

# AI-01174 Seven Waste Synthesis

👤 Owner	Ⓜ Rigel Arcayan
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What are the 7 wastes? Explain and delve. List 10 examples of each.

The "7 Wastes" are a set of inefficiencies often encountered in manufacturing and business processes. They were originally identified as part of the Lean Manufacturing philosophy, but their concepts can be applied to various industries and contexts. These wastes, when eliminated, can lead to improved productivity, quality, and overall efficiency.

**1. Overproduction:** This occurs when items are produced in excess of what is immediately needed, leading to excess inventory and potential waste of resources.

**Examples:**

- Producing more units than are currently required to meet customer demand.
- Manufacturing products before they are needed due to inaccurate forecasting.
- Creating excessive safety stock that is never used.

**2. Waiting:** This waste arises when items or people are idle, waiting for the next process step to begin.

**Examples:**

- Employees waiting for materials or tools to complete their tasks.
- Products waiting in a queue for inspection or quality control.
- Machinery sitting idle due to downtime or maintenance.

**3. Transport:** This waste refers to the unnecessary movement of materials or products within a facility or between locations.

**Examples:**

- Moving materials between departments or warehouses multiple times.
- Transporting products to and from storage locations unnecessarily.
- Using inefficient transportation methods that require extra handling.

**4. Processing:** This waste occurs when more effort is put into a process than is necessary to achieve the desired result.

**Examples:**

- Performing unnecessary steps in a manufacturing process.
- Using complex or inefficient equipment for simple tasks.
- Overprocessing products to a higher standard than is required by customers.

**5. Inventory:** This waste refers to the excess storage of materials or finished goods that are not needed immediately.

**Examples:**

- Large quantities of raw materials or components sitting idle in warehouses.
- Finished products that are not sold or used in a timely manner.
- Obsolete or damaged inventory that cannot be used or sold.

**6. Motion:** This waste involves unnecessary movement of people or materials within a workspace.

**Examples:**

- Employees walking long distances to retrieve tools or supplies.
- Materials being moved frequently between different locations.
- Inefficient layouts that require excessive movement.

**7. Defects:** This waste arises when products or services do not meet the required quality standards, leading to rework or scrap.

**Examples:**

- Products that are defective or damaged during manufacturing.
- Errors in paperwork or documentation.

- Services that do not meet customer expectations.

**Synthesize the concepts of seven waste into the realm of human living, health, relationships, jobs, finances and investment. List 10 examples of each.**

## **Synthesizing the Seven Wastes in Various Life Domains**

### **Human Living**

#### **Overproduction:**

- Consuming excessive food or drink, leading to health issues.
- Acquiring more possessions than needed, creating clutter.
- Spending too much time on activities that don't contribute to well-being.

#### **Waiting:**

- Procrastinating on important tasks, leading to stress and missed opportunities.
- Spending excessive time commuting or waiting in lines.
- Avoiding necessary medical check-ups or treatments.

#### **Transport:**

- Moving frequently between residences, causing disruption and added expenses.
- Traveling long distances for unnecessary errands or activities.
- Constantly switching between tasks or projects, leading to decreased productivity.

#### **Processing:**

- Engaging in overly complex routines or habits that consume time and energy.
- Overthinking decisions or worrying excessively about minor issues.
- Engaging in excessive self-criticism or negative self-talk.

#### **Inventory:**

- Hoarding belongings or food, creating clutter and waste.

- Carrying excessive emotional baggage, hindering personal growth.
- Accumulating debt or financial obligations that limit future choices.

#### **Motion:**

- Constantly switching between tasks or activities, leading to decreased focus and efficiency.
- Engaging in excessive multitasking or trying to do too much at once.
- Moving frequently between different living situations or relationships.

#### **Defects:**

- Making unhealthy choices or engaging in harmful behaviors.
- Developing negative thought patterns or beliefs.
- Engaging in destructive relationships or habits.

### **Health**

#### **Overproduction:**

- Overeating or consuming excessive amounts of unhealthy foods.
- Engaging in excessive exercise or physical activity, leading to injuries.
- Taking too many medications or supplements.

#### **Waiting:**

- Delaying medical appointments or treatments, allowing conditions to worsen.
- Avoiding necessary screenings or check-ups.
- Neglecting preventive health measures.

#### **Transport:**

- Constantly moving between different healthcare providers or facilities.
- Traveling long distances for medical appointments or treatments.
- Switching between different health plans or insurance providers.

#### **Processing:**

- Engaging in overly complex health routines or regimens.

- Overthinking health concerns or worrying excessively about minor symptoms.
- Seeking unnecessary medical interventions or treatments.

### **Inventory:**

- Hoarding medications or medical supplies.
- Carrying excessive emotional baggage related to health issues.
- Accumulating medical debt or financial obligations.

### **Motion:**

- Constantly switching between different health plans or providers.
- Engaging in excessive multitasking or trying to do too much at once while managing health issues.
- Moving frequently between different living situations or environments that affect health.

### **Defects:**

- Developing chronic health conditions or diseases.
- Engaging in unhealthy behaviors or habits that contribute to health problems.
- Ignoring warning signs or symptoms of health issues.

## **Relationships**

### **Overproduction:**

- Overcommitting to too many relationships or activities.
- Engaging in excessive communication or contact.
- Trying to control or manipulate others.

### **Waiting:**

- Avoiding difficult conversations or addressing underlying issues.
- Neglecting to spend quality time with loved ones.
- Holding onto resentment or grudges.

### **Transport:**

- Constantly switching between different social groups or circles.
- Traveling long distances to maintain relationships.
- Engaging in excessive online communication at the expense of in-person interactions.

#### **Processing:**

- Engaging in overly complex or dramatic communication styles.
- Overanalyzing or overthinking interactions with others.
- Seeking validation or approval from others.

#### **Inventory:**

- Holding onto past hurts or resentments.
- Accumulating unresolved conflicts or disagreements.
- Engaging in toxic or unhealthy relationships.

#### **Motion:**

- Constantly switching between different relationships or social groups.
- Engaging in excessive multitasking or trying to do too much at once in relationships.
- Moving frequently between different living situations or environments that affect relationships.

#### **Defects:**

- Developing unhealthy or dysfunctional relationships.
- Engaging in harmful behaviors or habits that damage relationships.
- Ignoring warning signs of relationship problems.

### **Jobs**

#### **Overproduction:**

- Taking on excessive workload or responsibilities.
- Working excessive hours or overtime.

- Engaging in unnecessary tasks or activities.

**Waiting:**

- Delaying important tasks or projects.
- Avoiding necessary meetings or communication.
- Neglecting to seek feedback or mentorship.

**Transport:**

- Constantly switching between different jobs or roles.
- Traveling long distances for work-related activities.
- Engaging in excessive commuting or travel.

**Processing:**

- Engaging in overly complex or inefficient work processes.
- Overthinking or overanalyzing work tasks.
- Seeking unnecessary approval or validation from colleagues.

**Inventory:**

- Hoarding work-related materials or documents.
- Carrying excessive emotional baggage related to work.
- Accumulating work-related debt or financial obligations.

**Motion:**

- Constantly switching between different tasks or projects.
- Engaging in excessive multitasking or trying to do too much at once at work.
- Moving frequently between different jobs or companies.

**Defects:**

- Making mistakes or errors in work.
- Engaging in harmful behaviors or habits that affect job performance.
- Ignoring warning signs of job dissatisfaction or burnout.

## **Finances**

### **Overproduction:**

- Overspending or accumulating unnecessary debt.
- Investing in risky or speculative ventures.
- Engaging in excessive financial transactions.

### **Waiting:**

- Delaying financial planning or budgeting.
- Avoiding necessary financial advice or counseling.
- Neglecting to save or invest for the future.

### **Transport:**

- Constantly switching between different financial institutions or advisors.
- Engaging in excessive financial transactions or transfers.
- Traveling long distances for financial-related activities.

### **Processing:**

- Engaging in overly complex financial planning or budgeting.
- Overthinking or overanalyzing financial decisions.
- Seeking unnecessary financial advice or products.

### **Inventory:**

- Hoarding financial documents or records.
- Carrying excessive emotional baggage related to finances.
- Accumulating unnecessary financial debt or obligations.

### **Motion:**

- Constantly switching between different financial strategies or investments.
- Engaging in excessive multitasking or trying to do too much at once with finances.
- Moving frequently between different financial situations or circumstances.



**Defects:**

- Making financial mistakes or errors.
- Engaging in harmful financial behaviors or habits.
- Ignoring warning signs of financial problems or instability.

**Investment****Overproduction:**

- Overinvesting in risky or speculative ventures.
- Diversifying excessively or spreading investments too thin.
- Engaging in excessive trading or buying and selling.

**Waiting:**

- Delaying investment decisions or actions.
- Avoiding necessary financial advice or research.
- Neglecting to monitor or review investments.

**Transport:**

- Constantly switching between different investment strategies or advisors.
- Engaging in excessive financial transactions or transfers.
- Traveling long distances for investment-related activities.

**Processing:**

- Engaging in overly complex investment strategies or analysis.
- Overthinking or overanalyzing investment decisions.
- Seeking unnecessary financial advice or products.

**Inventory:**

- Hoarding investment-related documents or records.
- Carrying excessive emotional baggage related to investments.
- Accumulating unnecessary financial debt or obligations.

**Motion:**

- Constantly switching between different investment strategies or advisors.
- Engaging in excessive multitasking or trying to do too much at once with investments.
- Moving frequently between different financial situations or circumstances.

**Defects:**

- Making investment mistakes or errors.
- Engaging in harmful investment behaviors or habits.
- Ignoring warning signs of investment problems or instability.