

Safely Handling Trash

Here are a few general guidelines to help keep you safe while handling and emptying trash.

Handling Trash:

- Be aware of glass or sharps when emptying containers.
- Bend your knees and keep your back straight as you pick up and lower the cans.
- DO NOT push down contents of the bag with your hands.
- Use gloves when handling trash.

Emptying Trash:

- To remove trash bags from the container, lay the container on its side and slide the bag out to decrease vacuum effect.
- DO NOT throw heavy bags up to an elevated dumpster; lift trash and drop it in.
- When lifting trash to a dumpster, avoid twisting and tossing sideways, and use a partner when possible.



Transporting Trash:

- Use two people to transport heavy bags.
- When carrying two bags, distribute the weight evenly.
- Hold plastic trash bags away from your body when carrying to avoid sharps injury.
- Use wheeled trash containers or dollies when transporting containers.
- Never drag bags across the floor as they could rip, spilling the contents on the floor.

Trick of the trade

To avoid over-filling garbage bags and to reduce the suction effect, place a loosely fitting false bottom in the container (e.g. a light piece of foam or an empty, upside down box).



S.H.A.P.E.
Safety

Don't assume that garbage bags weigh the same each time. Injuries can occur when lifting an unexpectedly heavy bag.



S.H.A.P.E.
Performance

Don't be afraid to ask for help when lifting trash. Although it may seem like a waste of time, you're actually saving time, due to possible injury or spill.

Trainer's Toolbox

- Share the Safety tip regarding garbage bag weight.
- Discussion point: Why is it important to avoid pushing trash down with hands?