## TAKING OUT THE TRASH

- Limit excess compacting of waste in containers. Never use your hands or feet.
- Never dig through waste containers or bags for lost items.
- Limit the size of your waste containers and bags to a size that your employees can handle. 55gallon drums used as waste containers increases the potential for worker injury.
- Never over-fill workplace bags or containers.
- Empty containers more frequently to help keep the weight down in the containers or bags.



- Use garbage bags that are sufficient for your needs.
- Maintain containers in good condition free of leaks, sturdy handles, etc.
- Provide shielding or protection for glass or other sharp or puncture hazards before putting into waste containers, such as placing glass in a sealed box.
- When lifting bags or containers use your legs, <u>NOT YOUR BACK</u>. Always lift gradually and smoothly, without jerking or twisting.
- Limit bag or container contact with your body. Keep bags or containers away from your body.
- Use bags with built in handles or tie the bags in a manner that provides a handle from you to grip and carry the bag.
- **Push wheeled waste containers.** Never pull wheeled containers.



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