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. 55-gallon 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, NOT YOUR BACK. 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.