

# 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. 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.**
-  **Push wheeled waste containers. Never pull wheeled containers.**

