Lifting & Handling Garbage

Hazards:
• How heavy is the bag/can?
• What’s in it? (paper, food, liquids)
• PPE required?

Preventive Control Measures:
• Use smaller garbage cans and bags to reduce weight.
• Empty garbage more often to reduce weight.
• When pulling trash bags out of cans routinely, drill a few small holes in bottom of can to allow air to enter, making removal of the bag easier.
• Inspect wheels on garbage cans to ensure that they are free of debris and in safe repair. If they are not, remove from service until corrected.
• Build a platform near dumpster to reduce height and prevent lifting bags at or above shoulder level.