

Garbage - Emptying Cans

Always wear gloves

Check the weight of the can by tilting or pushing it

Look over the contents of the can for sharp points or protrusions

Grasp the lip around the rim of the can; use two hands if the can is heavy and avoid bending your wrists

Change hands to pick up and lower trash cans

Empty trash cans frequently to avoid accumulating heavy loads

Bend your knees and
keep your back straight
as you pick up or lower the cans



Position the can on the barrel rim
before you empty the contents
and replace the lining

***Do not stoop over
to line the can***



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Safety Talk Discussion

Be Accountable: Choose safety - work safe - and go home injury free!