

Garbage - Transporting, Lifting and Dumpsters

The dumping of garbage bags requires repeated high force and high shoulder lifts to toss in bags.

Common problems	Possible solutions
<ul style="list-style-type: none"> ▪ Heavy lids with stiff hinges ▪ Overhead push of lids for shorter workers ▪ Need to hold lid open with one arm while throwing bag in with the other 	<ul style="list-style-type: none"> ▪ Step stool - for better working height to throw in bags ▪ Locking hinge lid - to allow two-handed handling of bags

Transporting to Dumpster

- Always transport garbage bags to the dumpster with a cart
- Keep bags compact and light if no carts are available

Lifting to Dumpster

- Always wear gloves
- Roll barrels and other equipment containing trash bags as close to the dumpster as possible
- If the bag is too heavy, get help
- Use a step up platform next to the dumpster
- Avoid twisting and tossing side ways



With feet and body facing the dumpster, step closer and toss the bag forward into it



Place the dumpster next to the loading dock, if available

Dumpsters

Use a mechanized garbage dumpster, if available, to save time and effort and increase efficiency.



Portable trash dumper



Hydraulic lift truck



Tilt truck/hopper dumper

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Safety Talk Discussion

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