



A MINI TRAINING SESSION FOR INJURY PREVENTION

Quick Take on Safety

Trash Handling

TRAINING OVERVIEW AND OBJECTIVES

- Overview:** Discusses safety best practices when handling trash.
- Purpose:** Refresh employees about the importance of proper trash handling practices in an effort to avoid injuries.
- Preparation:**
- Read and become familiar with this Quick Take. *Change as needed to reflect procedures and personnel in your department.*
 - Have a receptacle filled with trash to use as a prop during this discussion.
- Handouts:** Quick Review of Safety—Trash Handling Safety
- Notes:** Review trash-handling procedures already in place. Consider frequency of trash removal. If trash canisters are getting too full, removal should be scheduled more often, and if getting too heavy, reduce the canister size.

Trash Handling Exposures

You might not think something as simple as taking out the trash could be hazardous. However, there is always the potential for cuts or blood borne pathogen exposure caused by sharps discarded in the trash. Strains to your shoulder or back can also occur if you don't pay attention to how you lift. Your health and safety are important to us; we don't want you to get hurt.

Proper Trash Handling Techniques

[Instructor prompt: Have a bin ready with the bag $\frac{3}{4}$ full of trash. Use this to demonstrate techniques where appropriate].

BEFORE REMOVING TRASH

- Always be aware of the potential for glass, syringes or other sharp objects in the trash.
- Wear proper personal protective equipment. *[Instructor prompt: Discuss the type of PPE required; puncture-resistant gloves, safety glasses, masks, etc.]*
- Pay attention to the weight of the trash. You may need to ask for help or use lifting equipment, such as a hand truck.

REMOVING TRASH FROM CONTAINER

- Never push down contents of the trash bag with your hands.
- Bend your knees and keep your back straight as you pick up and lower cans.
- If there is a problem removing the bag from the canister, tilt it if possible to help break the vacuum lock.

- Never stand in the canister to compact garbage. In addition to potential puncture exposure, you don't want to fall over.

TRANSPORTING TRASH

- If you have to carry two bags, distribute the weight evenly.
- Hold trash bags close to your body to reduce shoulder strain, but ensure the bags don't bump against your legs to avoid sharps injury.
- Never throw the trash bag over your shoulder.
- Use a hand truck or other equipment when transporting heavy loads.
- Do not drag bags across the floor or ground, as they could rip, spilling the contents.
- Pay attention to potential slip and trip hazards on the way to dumpsters. Be especially careful of ice around dumpsters.

DEPOSITING TRASH IN DUMPSTERS

- Be aware of bees or other wildlife in or near the dumpster.
- Open and secure dumpster lid *before* lifting and depositing trash bag.
- Do not throw heavy bags up to an elevated dumpster; carefully lift trash and drop it in.
- Avoid twisting sideways when you deposit trash bags.
- Never stand in the dumpster.

After trash handling is complete, make sure to wash your hands thoroughly with soap and water.]

DISCUSSION QUESTION

- Are there hazards in the way we remove garbage that we have not addressed?

Trash Handling Session Planning and Review

Trainer

Training
Date

Department(s)

TRAINING GOALS

- Employees are made aware of the importance of proper trash handling techniques.

REVIEW

Did the training meet the stated goals?

How can the training be improved?

TRAINER COMMENTS

