



Risky Business – Finish the Day Safe

Custodians – Trash Removal

At-Risk Behavior

Taking trash to the dumpster.

Why We Care

Daily custodial staff must remove trash and relocate to the dumpster. It is very common for the trash to be overfilled causing strain or overexertion.

What Am I About To Do?

Remove trash bags and place in dumpster.

How Could I Get Hurt?

- You could suffer a muscle strain from overfilling the trash can and being unable to lift the bags to the proper height.
- You could be removing the trash from the receptacle which can create excess stress on the back, shoulders or arms.
- You could experience a slip/trip/fall from carrying too many trash bags to the dumpster.
- You could be twisting or using violent jerk motions when throwing trash bags into dumpster.

What Am I Going To Do To Prevent Injury?

- Do not fill trash cans to the top and have a maximum fill level to safely lift trash bags by reducing the weight.
- Poke a hole in the bag to minimize suction from the bag when removing from trash can.
- Move close to the load and lift. Do not overreach while setting down or carrying the load.

Discussion Points

- How can I avoid excessive twisting while putting trash in dumpster?
- When should I ask for help lifting?
- What is the proper lifting technique?



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