



LIFTING & MOVING TECHNIQUES

Lifting and carrying of heavy loads again and again may lead to a serious back injury.

Tips and improvement ideas:

- Check the weight to be sure that you are comfortable with the lift. Do not lift anything you think is too heavy.
- Use handles, handholds, or cutouts.
- Use carts with large wheels. A larger wheel rolls easily and requires less force over door thresholds, elevator gaps, etc.
- Bend your knees and, with your back straight, lift the load with a good grip, and keep the load close to the body. Do not lift and twist.
- Get assistance



Get help and coordinate the move



Use an electric pallet jack



Use a convertible three-way dolly

Emptying mop buckets involves lifting of heavy buckets, bending at the waist, awkward arm and hand posture, and carrying a heavy load.

- Use the smallest amount of cleaning solution possible.
- With bent knees, lift the bucket keeping it close to your body
- Keep your back straight and do not twist
- Rest the bucket on the edge of the sink while dumping water.
- If possible, use sinks mounted on the floor.



Emptying Office Trash Cans

Don't assume the trash cans weigh about the same each time. Injuries can occur when lifting an unexpected heavy trash can.

- Look over the contents of the trash cans.
- Always wear gloves when emptying trash cans.
- Check the weight of the trash can by tilting or tapping it.
- Use proper lifting techniques. Bend at your knees and keep your back straight as you pick up or lower trash cans.

- Firmly grasp the lip around the rim of the can.
- Position the trash can on the barrel rim for emptying the contents and replacing the lining.
- Whenever possible, alternate hands to pick up the lower trash cans.
- Be sure not to place your hand at the bottom of the liner bag since there might be sharp points.
- Empty trash cans frequently to avoid accumulating heavy loads.



Do not stoop over to reline trash cans.

Lifting's a breeze when you bend at the knees.



Bend your knees and keep your back straight.

Avoid the worst. Put safety first.



Remain upright while relining trash cans.

Get smart! Use safety from the start.

Expect the unexpected. Gear up for safety.



Use a barrel with holes.



Use a barrel designed with

Lifting Garbage from a Barrel

Heavy lifting again and again becomes even more difficult when the contents of the bag have been pushed down to avoid extra trips to the dumpster. A strong suction is generated by the vacuum of air when a filled garbage bag is lifted from a barrel. Extra force is then needed to pull the bag out.

- Do not overfill or compact trash in the barrel.
- Prevent overfilled barrels. Empty the barrels when they become half full.

Before pulling the bag:

- Do not dig in the garbage.
- Look for any sharp or protruding objects.
- Check the load and get help if it's too heavy or awkward

Then:

- Tie the bag
- Remember to bend your knees and keep the load close to your body. Keep your back straight and do not twist.

To make the lift easier:

- Use a barrel with lift vents on the sides. This design reduces suction.
- Drill holes around the walls of the barrel close to the bottom to reduce suction.
- Ask for help especially when the bag is overfilled and too heavy.



Use proper lifting techniques. Keep the load close to your body.

Don't learn safety by accident.

Lift with your legs, not your back.



This cart forces employee to reach and work harder.

Dumping Trash Bags

The dumping of heavy trash bags requires high force again and again. Awkward postures are often involved.

- Wear gloves at all times
- Roll barrels and other equipment containing trash bags as close as possible to the dumpster.
- If the bag is too heavy, get help.
- With feet and body facing the dumpster, step closer and toss the bag forward into the dumpster. Avoid twisting. Do not toss sideways.
- Use a step-up platform next to the

dumpster to empty trash bags. It will reduce lifting above shoulder heights.

- Place the dumpster next to the loading dock, if one is available.



Use proper lifting techniques



Face the dumpster, step closer and toss the bag straight ahead.



Use equipment to move trash bags closer to dumpster.



Drop trash bags into the dumpster.