

## Garbage - Managing Containers and Bags

Don't assume that garbage cans weigh the same each time. Injuries can occur when lifting an unexpectedly heavy can.

### The risks of injury are related to:

- Size of the garbage can
- Trying to predict the weight
- Suction holding the bag in place (see *Safety Talk: Garbage - Pulling Bags*)
- Ability to replace lifting with pulling
- Controlling the weight of bag
- Method of transporting bag to dumpster (see *Safety Talk: Garbage - Transporting-Lifting-Dumpsters*)
- Mechanics of lifting bag into dumpster (see *Safety Talk: Garbage - Transporting-Lifting-Dumpsters*)

### Container Size

The right capacity for the container is based on the size and weight of the items placed in it.

When collecting heavy articles (wet paper, books, food waste):

- Use a smaller container
- Put in a false bottom to reduce the available space

### Controlling Bag Size

Ensure the garbage bags are not overfilled

- Place a false bottom (styrofoam blocks or cardboard box) in the container to "use up some of the capacity"
- Tie off the bag when it's 1/2 (one-half) full and start a new bag on top of the first
- Tie off the second bag when it reaches the top of the container at 1/2 (one-half) full

### Predicting the Weight

Often the person filling the container is not the person emptying it, so the containers may be overfilled.

- Test the load before lifting it, especially when a heavy load would be unusual



*Distribute the weight evenly between two bags*

### Times when garbage bags may be heavier than usual:

- Room set-up time
- Room clean-up time
- Special events

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### Safety Talk Discussion

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