

Garbage - Pulling Bags

Repeated heavy lifting is more difficult when the contents of the bag have been pushed down to avoid extra trips to the dumpster. A strong suction is generated and extra force is needed to pull the bag out.

Suction Effect

Garbage bags fit tightly against the walls of the container and create a suction effect. This makes it difficult to remove the bags by increasing the force required. In order to remove the bag, air must enter the space between the bag and container.

To reduce the suction

Place a loosely fitting false bottom in the container (i.e., a light piece of foam, empty box placed upside down)



Drill holes in the sides or bottom of the container



Use barrels designed with lift vents

Maintaining Garbage Cans

- Empty cans before they are half full
- Do not overfill or compact trash in the barrel
- Ask for help when the bag is overfilled and too heavy

Pulling the Bag



Check the load & tie the bag



Hold bag close to body

**Get help
if the load
is too heavy**

Tilt and Pull

Put the container on its side and use a pulling motion to get the bag out to avoid awkward lifts above your shoulders.

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Safety Talk Discussion

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