

Water Pails and Buckets

Water pails/buckets are heavy and unstable loads. Use proper body movement and safe work procedures to prevent injuries.

Filling

- Use a hose to avoid lifting
- Use a smaller container to top it up if there is no hose
- Fill pail to 1/2 (one-half) or 2/3 (two-thirds) full to reduce the weight



Lifting

- Use two hands
- Grasp opposite sides of the rim of the pail to stabilize your body and keep the pail from swinging
- Use grips that allow elbows to remain at or near your sides



Carrying

A thin handle on a bucket causes significant contact pressure on the hand with prolonged use.



- Increase the diameter of the handle by adding padding or by attaching a thicker handle – you have greater grip strength and feel less pressure on your hand
- Wear gloves to increase padding around the handle
- Do not overfill the bucket with water/washcloths/sponges
- Distribute weight evenly by dividing the contents equally into 2 buckets



Tips

- Alternate hands
- Mark buckets with a 2/3 fill line
- Do not overfill the bucket
- Keep buckets light enough to carry comfortably

Emptying mop buckets while dumping dirty water involves lifting. Movements include carrying a heavy load, bending at the waist, awkward arm and hand postures.

Emptying

- Use floor drains if available to reduce the vertical distance of the lift
- Lift the pail from the cart to the edge of the sink, supporting the weight on the sink as you empty it

No Floor Drain Available

- Use a smaller container to 'bail out' some of the water
- Place a platform in front of the sink and lift the bucket onto the platform – then tilt and lever over the edge of the sink to empty
- Consider emptying into a toilet
- Remove the wringer mechanism and use one hand to tilt the bucket to empty it; avoid lifting the full weight of the bucket; when the drain is protected by a low barrier, use the barrier as a pivot point to lever the bucket to empty it



Use good body mechanics when emptying buckets into floor sink



Rest edge of pail against the sink

Tips

- Use the smallest amount of cleaning solution possible
- Use mop buckets with a drain opening
- Use sinks mounted on the ground

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Safety Talk Discussion

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