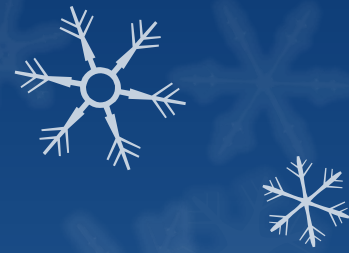


# Proper Lifting/Back Safety

SWANA Safety Summit

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# Proper Lifting

The average residential solid waste collector lifts several tons of solid waste and may walk upwards of six miles each day. Furthermore, most injuries in solid waste collection occur due to improper lifting. For these reasons, it is essential that the collector use the proper lifting technique in order to minimize back strain and fatigue. The sources that a collector may encounter are plastic bags, containers and yard debris.



# Plastic bags

- Plastic bags should always be lifted from the top. Never drag or pick up the bag from the bottom as puncture wounds or lacerations may result from this practice. Bags should be placed into the hopper and not thrown.
- Your team member could be struck
- If the bag misses, extra clean up and bending over may be needed.
- Use your teammate to help with heavy loads. Teamwork wins...

# Containers

- Before lifting a container, the collector should estimate how heavy the container is by shaking or tilting the container to one side.



# Yard Debris

- Use pitch fork to pick up piles of debris rather than bending over and picking it up.
- No limbs over 6 inches in diameter.
- Use your standard, example 4x4x4. If it is too heavy for you and your teammate, then schedule a boom truck to come get it.



# Back Injuries

- Back injuries can be extremely painful and long-lasting. According to the federal Bureau of Labor Statistics, the back injuries of more than 1 million workers account for nearly 20 percent of all injuries and illnesses in the workplace.

# Common Types of Injury

- Strain
- Sprain
- Herniated disk
- A back safety program is key to dramatically reducing debilitating back injuries on the job.
- Encourage your employees to maintain a healthy weight and good muscle tone through stretching exercises and other wellness programs.

# Proper Lifting Techniques

- If you are approaching an object and don't know what's in it, try moving it a little with your foot first to see how easily it moves. This will help you gauge how heavy the box is.
- Always wear nonskid shoes when you are lifting often or lifting potentially heavy objects.
- Never bend at the waist and lift the box up with your back. Keep your upper body straight and parallel with your lower legs. Grab the item and push up with your legs, not with your back.
- Never jerk your body around when lifting.
- Keep the object close to you.



# Other Tips

- ❑ Use 3 points of contact entering and exiting the cab of a vehicle
- ❑ Good balance plus 3 points of contact climbing on the back of a rear loader truck
- ❑ Aware of surroundings/good balance when ground guiding vehicles
- ❑ If you see a potential hazard, tell someone

# Lifting Correctly

<b>LIFTING DO'S &amp; DON'TS</b>			
<p><b>DO LIFT AS A TEAM</b></p>  <p>Do lift bulky or heavy loads as a team. Doing so is smart and the safe way to work.</p>	<p><b>DO TURN WITH LEGS</b></p>  <p>Do move your legs and feet when turning or lowering the load. Avoid twisting at your waist.</p>	<p><b>DO USE YOUR LEGS</b></p>  <p>Do lift the load using your powerful leg and buttocks muscles. Your feet should be wide apart, head and back upright. Keep abdominal muscles tight and the load in close.</p>	<p><b>DO USE EQUIPMENT</b></p>  <p>Do use equipment like hand trucks, dollies, or forklifts to do the heavy lifting. It's much less work and less risk of injury.</p>
<p><b>DON'T LIFT BULKY LOADS ALONE</b></p>  <p>Don't lift bulky or heavy loads alone. Doing so puts great stress on your low back muscles and spine.</p>	<p><b>DON'T TWIST WHEN LIFTING</b></p>  <p>Don't twist when lifting, lowering, or carrying any load as this increases your risk of back injury.</p>	<p><b>DON'T USE YOUR BACK</b></p>  <p>Don't lift the load with your rear end high and your head low. Use your leg muscles, not your weaker low back muscles.</p>	<p><b>DON'T LIFT HEAVY LOADS</b></p>  <p>Don't lift heavy loads when you can use equipment. It is less work and less stress on your low back.</p>

# Lifting Safely

