

Safe Work Procedure: Handling Waste

Department	Approved by:	Date Created:	Review/Revised Date:
Environmental Services	Regional Director of Support Services	2013/09	2017/06; 2022/06

Potential Hazards:	Personal protective equipment / devices required / other safety considerations
<p><i>Fill in those that apply:</i> Risk for injury: H=High M=Medium L=Low L Awkward/sustained postures (bend, reach, lift) L Forceful exertions (lifting) L Sharp points/edges (sharp materials) L Pinch points (bin lids) L Materials falling (bin lids) L Surfaces causing falls (icy, snow in winter) L Biological pathogens - contact with waste</p>	<ul style="list-style-type: none"> • Wear gloves when handling waste • Appropriate non-slip footwear • Cart with Backsaver (if appropriate)

Training / Reference information

- SCHIPP Module 1 training
- Department Orientation
- IPC training: Sharps policy and Waste Management policy

Note: Signs and symptoms of a musculoskeletal injury (MSI) can include pain, burning, swelling, stiffness, numbness/tingling, and/or loss of movement or strength in a body part. Report these to your supervisor.

Employers must ensure that workers are trained and follow this safe work procedure Steps to perform this task safely:

1. Assess the load. Do not attempt to lift or carry heavy or awkward loads by yourself. Use a lift aid or get assistance.
2. Wear gloves when handling garbage.
3. Do not push down waste in garbage bags in order to close. There is a risk of contacting sharps when pushing bags down. Allow enough room for the bag to be tied comfortably.
4. When picking up biological waste, ensure that container is securely closed.
5. If garbage container is outside, be aware of the weather conditions (i.e. - winds).

6. Where possible, move any obstructions.
7. Proper lifting and carrying procedures are to:
 - use a wide stance either side or front to back (lunge position)
 - get close to what you have to lift
 - bend your knees and hips
 - get a good grip before lifting
 - try to keep your back straight, shoulders back and elbows in
 - lift by pushing with your legs; if using a lunge position, push more through your front leg"
 - keep the load close to your body when lifting or carrying
 - turn by taking small steps with your feet. *Do not twist your back when lifting, lowering or carrying*
8. Do not try to swing and throw heavy bags or other items into the bin.
9. When two or more persons are lifting or carrying a load, the method of handling the object should be prearranged before lifting and one person should determine the count to lift.