



# Garbage Collection

Collecting garbage and recyclables is a strenuous job due to heavy loads, awkward postures and repetitive lifting. Following these recommended practices will help reduce the risk of developing and musculoskeletal injury.



## Recommended Practices

### For the Worker:

- 1) Follow good lifting techniques – refer to “Lifting Safety” brochure by THSAO.  
<http://www.thsao.on.ca/>
- 2) Move feet to pick garbage and place into truck, instead of twisting the trunk and throwing the load.
- 3) Reduce load weight by ensuring workers lift only one garbage bag at a time.
- 4) Do not lift heavy, awkward loads by yourself.
- 5) Wear appropriate footwear, glove and clothing of the weather conditions.

### For the Employer:

- 1) Ensure trucks have adequate grating on exterior and interior steps to prevent slips.
- 2) Ensure trucks have adequate grab handles at the side doors and the back of truck to encourage 3 point contact. Ensure grab handles have sufficient grip.
- 3) Ensure that ride-on platforms at back of truck are adequate size. Add extensions to steps if necessary.
- 4) Purchase trucks with air ride.
- 5) Purchase trucks with big, wide, and lower side hopper and lower rear hoppers.
- 6) Investigate automated load trucks.
- 7) Investigate design recycling and composite bins to increase vertical hand heights when lifting and to enable two handed lifting of organic bins.
- 8) Decrease number of stops per individual worker to reduce high lifting frequency.
- 9) Set a maximum weight limit per container and notifying customers that items will be tagged and NOT collected.
- 10) Consider payment by the hour instead tonnage or using a “finish and go home” pay scheme that encourages work at excessively fast rates and increases the potential for injuries.
- 11) Improve communication with the community on where garbage should be placed, especially in winter months.

