



Lead, Serve, Support

April 18, 2019

SAFETY MATTERS

THE HAZARDS OF TAKING OUT PAPER AND THE TRASH

School custodial, maintenance, and food service staff are usually responsible for taking out the trash. Unfortunately, every year employees are injured doing this seemingly minor chore, suffering injuries ranging from a simple strain or sprain to more serious injuries such as a hernia, disc or shoulder problems requiring surgery and time away from work. Injuries often occur when garbage cans are overfilled.

Here's Some Tips to Prevent Injuries When Taking Out the Trash!



LIGHTEN THE LOAD

Empty garbage cans frequently - to reduce the likelihood garbage cans will become overfilled and heavy.

Drill holes in the sidewall of the can to prevent a vacuum effect

A few holes drilled in the sidewall of the garbage can, approximately 6-8" from the bottom, helps prevent a vacuum effect or strong suction from occurring as overfilled bags are being lifted, thus making it more difficult to remove the bag.



Create a false bottom

Position a light piece of foam or an empty box or bucket under the plastic liner or tie a knot in the bottom of the bag to prevent overfilling of the bag.



Dump unused beverages down the drain

Have students pour unused beverages into a sink or buckets which can then be dumped down the drain as opposed to throwing them into the garbage. It helps reduce the weight as well as spills.



IF YOU EMPTY THE TRASH, REMEMBER:

DO:

- Analyze the load before lifting it.
- GET HELP if it's heavy, awkward or difficult to move.
- Lift with your legs; not your back.
- Carry the bag close to, NOT against your body.
- Use both hands to lift the bag up and over the edge of the dumpster.

DON'T:

- Use your hands to push down on garbage to make more room in the can or you could be cut or injured by sharp object or a needle of a used syringe, etc.



CREATE AND THEN MAINTAIN "CUSTODIAL FRIENDLY CLASSROOMS"

- Never** discard books and heavy items in the garbage. Leave them near trash cans in boxes marked "garbage".
- Use several small boxes to collect paper for recycling.
- Remove unused items. Make a habit of getting rid of materials you haven't used in the past year.

Enter our Healthy Back drawing for a chance to WIN a fabulous prize for yourself AND your District!

To enter click [here](#), scan the QR Code, or visit www://tinyurl.com/NCESDHealthyBacks

Sponsored by your friends in Safety Services at the NCESD

*To be eligible to win you must work in a district served by NCESD #171. Entries must be submitted by 8 a.m. on May 3, 2019.



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