

# Restaurant Trash Handling

Handling trash can lead to many injuries, including back strains, cuts and punctures, as well as slip and falls. Proper handling of trash can reduce these injuries. These tips can help employees avoid injuries.

- Do not allow any trash container to get more than three-quarters full. Be sure to note that food waste is much heavier than general waste and the bag becomes overloaded and too heavy for a person to handle.
- Do not push down on the bag to remove the air! Keep in mind that the container could accidentally contain glass or broken plastic and you could be severely cut. When emptying restroom trash, be careful as it could contain medical waste, including needles.
- Spilled food or leaking liquids around waste bags should be cleaned up immediately—even if you didn't cause it. If you don't clean it up, someone can and will slip and fall. It could be you!
- Place broken glass and plastic in a designated waste container! Putting it into the general waste could expose one of your fellow employees to a severe cut!



## Proper method of removing a plastic trash bag from a container:

- Tie the bag top.
- Tip the waste container slightly to its side.
- Tug the bag out slowly and evenly using both hands. Do not lift the trash bag straight out of the container.

## Proper method of placing the waste bag in the dumpster:

- Open the side door of the dumpster before you start your lift.
- Grab the top of the bag with both hands lifting with your legs not your back.
- Place the bag into the dumpster.
- Do not allow the bag to come into contact with your body—if there is glass in it, it will cut you!

Should you have any questions or need further assistance, please visit our website, send an email or call us.