## Task: EMPTYING TRASH CONTAINERS

### Modification to Daily Attire Requirements:
Long Pants or Equivalent such as Coveralls or Chaps (Per small or large container hazards)

### Required PPE:
1. Non-Slip Shoes
2. Nitrile and Leather Gloves (as needed)

### Required Training:
- Safe Lifting
- Bloodborne Pathogen Training

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<th>TASK</th>
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| Emptying **Small** Trash Containers | Bumps to Head | • Be aware of surroundings especially when reaching under desks, counters, etc.  
• Avoid rushing |
| | Ergonomic Injury - Muscle Strain | • Use safe lifting techniques; bend with knees |
| | Cuts and Abrasions | • Look at bag to detect items that may puncture or have punctured the bag and/or are protruding through the bag  
• Avoid allowing trash bag to brush or rub against body |
| Emptying **Large** Trash Containers | Ergonomic Injury - Muscle Strain | • Use safe lifting techniques; bend with knees  
• Ask for assistance with large, heavy and/or awkward loads |
| | Cuts and Abrasions | • Wear long pants or equivalent  
• Wear leather gloves  
• Look at bag to detect items that may puncture or have punctured the bag and/or are protruding through the bag  
• Avoid allowing trash bag to brush or rub against body |
| Transferring Trash Bags into Dumpster | Ergonomic Injury - Muscle Strain | • Use safe lifting techniques; bend with knees  
• Avoid leaning, pulling, or over reaching  
• Ask for assistance with large, heavy and/or awkward loads |
| | Cuts and Abrasions | • Wear long pants or equivalent  
• Wear leather gloves  
• Look at bag to detect items that may puncture or have punctured the bag.  
• Avoid allowing trash bag to brush or rub against body |