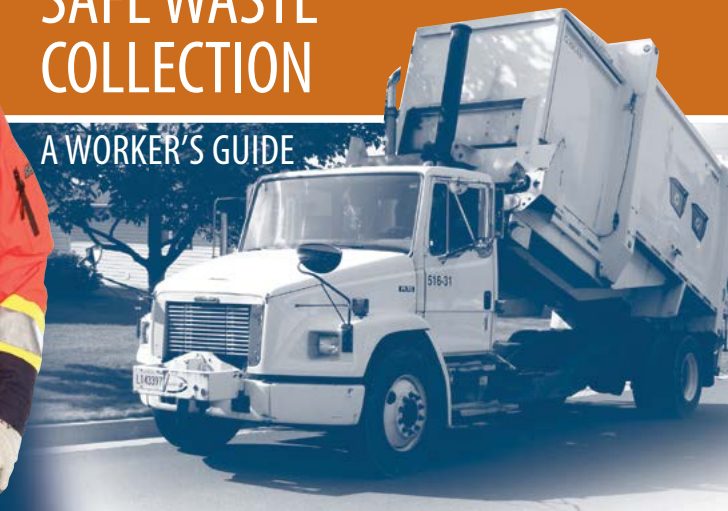




SAFE WASTE COLLECTION

A WORKER'S GUIDE



Workplace hazards

Waste collectors are exposed to a variety of health and safety hazards.

Potential incidents:

- ◆ Falls while getting off truck/platform/moving vehicle.
- ◆ Being struck by reversing truck or traffic.
- ◆ Back and shoulder injuries due to manual handling.
- ◆ Being pinched by the hydraulic mechanism.
- ◆ Punctures, cuts, abrasions, chemical exposure, biological exposure and contact with flying objects from waste.
- ◆ Slips and trips.
- ◆ Heat stroke and frostbite from extreme temperatures.

TIP

Use three-point contact when entering or exiting the vehicle.



Safe work procedures

- ◆ Perform a pre-use inspection at the beginning of every shift.
- ◆ Wear personal protective equipment.
- ◆ Watch for traffic and stay visible.
- ◆ Collect from one side of the road at a time.
- ◆ Stay clear of any pinch points while the garbage is being compacted.
- ◆ Do not ride on the platform for more than 300 metres* at a time.
- ◆ When a waste collector is standing on the platform, operate the vehicle:
 - ◆ At a speed no greater than 16 km/h.*
 - ◆ Only in a forward direction.
 - ◆ At extremely slow speed over bumps and potholes.
- ◆ Avoid operating the vehicle in reverse. See page 5.

*ANSI Z245.1-2012

TIP

Discuss hazards specific to your job with your supervisor and colleagues.















Pre-use inspection

Inspect the vehicle before every shift and report any deficiencies or concerns to your employer.

Refer to manufacturer's user manual for a complete checklist.

PRE-USE INSPECTION CHECKLIST (SAMPLE)

<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
	TIRES		BRAKES		HOISTING SYSTEM		LIGHTS		FLUID LEVELS		LIFT SYSTEM
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
	FIRST AID KIT		FIRE EXTINGUISHER		EMERGENCY PROCEDURES		BACKUP ALARM		WIPERS		CAMERA



Operating in reverse

Avoid operating the vehicle in reverse.

If reversing is required:

- ◆ Driver must perform a complete 360-degree visual check.
- ◆ Driver must have visual contact with co-worker(s) at all times.
- ◆ Driver must STOP immediately if the co-worker is not in sight.

Reduce the risk by:

- ◆ Shortening the distances reversed.
- ◆ Backing up at low speed.
- ◆ Reporting poor location of waste to your employer.
- ◆ Planning the collection times to avoid heavy traffic.
- ◆ Ensuring the backup camera, reverse detectors, backup alarm and flashing lights are working properly.

TIP

Never stand behind the garbage truck.
The driver must be able to see the waste collector at all times.

What should I wear?

TIP

A waste collector is exposed to all weather elements. Dress appropriately.



How to adapt:

Warm and sunny ☀️	Cold ❄️	Rain or snow ☁️🌨️
Wear light-coloured, long-sleeved clothing with light-mesh reflective vest.	Dress in layers with synthetic fabric. Wear a winter hat.	Bring extra clothing. Wear a reflective vest.
Wear safety sunglasses.	Wear dark-coloured clothing with a reflective vest.	Ensure steady footing.
Wear a hat to protect from the sun and absorb sweat.	Ensure steady footing.	Do not wear a rubber rainsuit.
Drink plenty of water tempered to 15 C.	Watch for ice and other slipping hazards.	
Start early in the morning.	Start later in the day.	

Manual handling tips

- ◆ Warm up before your shift.
- ◆ Start at a gradual pace.
- ◆ Use a mechanical aid when possible.
- ◆ Roll garbage bins when possible.
- ◆ Use your legs and whole body momentum to handle waste.
- ◆ Work symmetrically. Use both hands to lift and carry heavy waste.
- ◆ Ensure proper footing before handling waste.
- ◆ Avoid lifting and carrying full garbage bins.
- ◆ One foot should face the load (garbage bag), the other should face the direction of movement (the truck).
- ◆ Alternate hands and vary your throwing techniques:
 - ◆ Softball throw
 - ◆ Backhand motion (one or two hands)
 - ◆ Forehand motion
 - ◆ Hammer throw
- ◆ When handling sharp objects, place them into the truck. Do not throw them.

TIP

Always bend at knees, keep back straight and do not twist when handling any materials.





Personal hygiene

- ◆ Wash your hands frequently, especially before eating or drinking.
- ◆ Avoid placing your hands in or near your eyes, mouth and ears.
- ◆ Treat wounds/injuries immediately.
- ◆ Shower at the end of the work day.
- ◆ Wash your work clothes separately.
- ◆ Talk to your doctor about vaccines (tetanus and/or hepatitis).
- ◆ If you get punctured by a used hypodermic needle, go immediately to the hospital where you will be tested and treated, if necessary.

If an accident happens

1. **Report the accident** to your employer as soon as possible and before leaving the workplace. Follow your organization's procedure for accident reporting.
2. If you receive medical attention, **advise your health-care provider** (a doctor, for example) that it is a workplace injury. The provider will complete and send the necessary form(s) to WorkSafeNB.
3. Together with your employer, **complete a Form 67 – Report of Accident or Occupational Disease** and send to WorkSafeNB within three days of an injury resulting in:
 - ♦ Medical costs
 - ♦ Wage loss
 - ♦ Inability to perform your regular work duties beyond the accident date



Employee responsibilities

Under the *Occupational Health and Safety Act*, you must:

- ◆ Ensure your own health and safety and that of co-workers.
- ◆ Report any hazards to your employer or supervisor.
- ◆ Use personal protective equipment when required.
- ◆ Consult and co-operate with your joint health and safety committee (JHSC) or health and safety representative.
- ◆ Co-operate with anyone who enforces the *OHS Act* and its regulations.

We are each responsible
for our own safety as well
as the safety of others.



Know your rights

Right to know: All employees – new, transferred or experienced – have a right to know workplace hazards, safe work procedures and emergency procedures.

Right to participate: All employees have a right to participate in solving health and safety problems and in the identification and control of workplace hazards. In workplaces with 20 or more employees, joint health and safety committees (JHSCs) help address health and safety concerns.

Right to refuse: All employees have the right to refuse unsafe work. If you are unsure about your safety at work, take the following steps:

STEP 1

Report the safety concern to your supervisor. If the problem is resolved, return to work. **If not, then go to Step 2.**

STEP 2

Report the matter to the joint health and safety committee or your health and safety representative. **If it is still unresolved, then go to Step 3.**

STEP 3

Call WorkSafeNB and explain the situation. Return to work only when the situation is safe.

In all cases, you should stay at work until your shift is finished.

Your organization's health
and safety contact: _____



1 800 999-9775

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