

Waste Collection

Riding on/in the Trucks

- Ride only in designated areas of truck
 - Inside the Cab—wear your seatbelt
 - On a riding step of a rear loader; keep steps clear of waste, oil, ice and snow
 - Do not ride outside the truck when going over 10 miles per hour
- **Do not ride on the hopper sill or in the hopper! Never enter the body of the truck!**
- Do not use levers or hoses for handholds
- While riding on a rear step always **use both hands to hold onto grab handles** and have both feet firmly planted on step
- Do not get on or off the truck unless the truck is completely stopped—Do not jump down off a truck



- Maintain 3 points of contact when getting on or off stopped vehicles
- Always watch where you are dismounting to; look for slip/trip hazards

- Look out for traffic when exiting cab or walking into areas of vehicular traffic
- Never ride outside a truck or stand behind a truck while it is backing
 - Always be properly positioned and remain visible to the driver when directing a backing truck
- Stand clear of totes or bins being raised by the truck
- Watch out for low hanging branches, wires or other obstacles close to the truck
- Always remain alert to your surroundings

Stay Alert — Be Safe



Personal Protective Equipment PPE

All Labor Ready employees assigned to waste operations will be issued and expected to wear at a minimum:

- Steel Toed boots— at least 6 inches high w/steel shank
- Safety Glasses
- High Visibility Vest—ANSI Class II
 - Class III required in some instances—check with your Branch
- Gloves appropriate for the task
- Long legged pants—no shorts allowed

Additional PPE dependent on task and Location such as the recycle line:

- Hardhat
- Kevlar Gloves
- Kevlar Sleeves

General Safety Rules

- Report to work well rested and alert
- Drink Water
- Report any injury or incident to a supervisor immediately and notify your Branch
 - Report any needle sticks immediately
- Report any unsafe conditions to your supervisor immediately and notify your Branch
- If you are unsure about how to do a job ask for additional instructions from driver/route managers
- Do not operate or repair machinery or equipment without authorization and training
- Never report to work under the influence of drugs or

Waste/Recycling Industry Safety



BeSafe

Standard of Safety



Waste & Recycling Industry Safety

Hot Environments/Heat Stress

Exposure to heat can cause dehydration, illness and death. Heat illnesses include heat stroke, heat exhaustion, heat cramps and heat rash.

- Symptoms of Heat Exhaustions:
 - Headache, dizziness or fainting
 - Weakness, heavy sweating
 - Confusion or irritability
 - Thirst, nausea or vomiting
- Symptoms of Heat Stroke
 - Confusion; does not know name, time, date
 - May stop sweating
 - Loss of Consciousness, seizures
 - **Heat Stroke is a medical emergency that may result in death—call 911**

What you can do to protect yourself

- Drink plenty of fluids (water and sports drinks):
 - **Drink water every 15 minutes; drink often and before you are thirsty**
 - Avoid beverages containing caffeine or alcohol
 - Wear lightweight, light colored clothing
 - No shorts are allowed
 - Know the signs and symptoms of Heat Illnesses
 - Let your driver/supervisor know immediately if you or anyone you are working with show they signs/symptoms of Heat Illness

Cold Environments/Hypothermia

- When exposed to cold temperatures, your body begins to lose heat faster than it can be produced causing Hypothermia
- Signs/Symptoms of Hypothermia
 - Shivering, fatigue, loss of coordination, confusion and disorientation
- Dress in layers for warmth; layers provide better insulation
- Wear a hat and gloves with liners and warm socks
- Keep clothes and boots dry; change wet clothes immediately
 - Carry extra socks and gloves to change into
- Drink warm liquids but avoid beverages with caffeine

Recycling Center Safety

- A recycling center is a very busy environment with moving equipment and machinery!

- Report unsafe conditions to your Supervisor and the Branch

Always Be Alert and Pay Attention to your Job!

- Always wear the required PPE:
 - Safety Glasses, Steel toed boots—6 inches high
 - Hard Hat; Hearing protection
 - Class II high visibility vest (Class III may be required for some jobs)
 - Gloves (arm sleeves may be required)
 - Long pants are required—do not wear baggy or loose clothing as it may be caught in the machinery
- Never operate mobile equipment unless:
 - Dispatched by the branch to operate equipment
 - You have been properly trained to operate the equipment
- You may have to lift items weighing up to 60 lbs. Always use proper lifting techniques:



- Lift with your legs not your back
- Do not twist when lifting
- Grip firmly and hold load close to your body
- Get help with large or awkward items

- Know where the emergency and normal stops are on all machinery and be sure you have been trained on how to use them:
 - Never stand on conveyors to clear a jam
 - Never reach into machinery unless it has been properly locked out/tagged out
- If you have any concerns about solvents or fluids you may use ask your Supervisor for the Material Safety Data Sheet (MSDS) which explains about that product
- Know the procedures to report needle sticks and/or needles you find on the line



Test your Safety Knowledge

You should always report to work feeling this way:

- Tired and hungry
- Upset and ready for a fight
- Well rested and alert

When lifting heavy or bulky objects you should:

- Lift as quickly as you can
- Lift with your legs not your back
- Twist and throw the object

How many points of contact should you maintain when getting on or off a truck?

- 1 point of contact
- 2 points of contact
- 3 points of contact

When the weather is hot and humid what do you have to worry about?

- Dehydration
- Heat Exhaustion
- Heat Stroke
- All of the above

What should you do if you are injured on the job?

- Notify your Supervisor and call the Branch
- Don't tell anyone
- Walk off the job

When working on a conveyor line you should NEVER:

- Stand on the conveyor to clear a jam
- Use the emergency stop
- Report a needle stick to your Supervisor

MSDS stands for:

- Most Standard Direct System
- Material Standards Safety Sheet
- Material Safety Data Sheet

What is the minimum PPE required when working on a trash truck?

- 6 inch steel toed boots
- Class II high visibility vest
- Safety glasses
- All of the above

When riding on the rear step of a trash truck what is the maximum speed the truck can be traveling?

- 50 miles per hour
- 10 miles per hour
- There is no limit

What should you drink plenty of when it is hot and humid?

- Soda and coffee
- Water and sports drinks
- Soda and alcohol

General Rules

- Report any injuries/needle sticks immediately to your Supervisor and call the Branch
- Report any unsafe conditions to your supervisor and your branch
- Call your Branch if you are asked to do something other than what your were Dispatched to do

Name

Date