

Limit reaching or lifting hazards when lifting trash, laundry or other kinds of bags by:

- Using handling bags for laundry, garbage, and housekeeping when possible that have side openings to allow for easy disposal without reaching into and pulling bags up and out. The bags should be able to slide off the cart without lifting.
- Using garbage cans that have a frame vs. a solid can to prevent plastic bags from sticking to the inside of the can or use products that stick to the inside of the garbage can that prevent the bag from sticking.
- Installing chutes and dumpsters at or below grade level.
- Using spring-loaded platforms to help lift items such as laundry keeping work at a comfortable uniform level.



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