



# PREPARE FOR SAFE OPERATION

Follow your employer's safety program,  
• policies and procedures •

## Protect Yourself

Using personal protective equipment (PPE) is important any time you are around your vehicle. At a minimum you may need:

- ✓ **Hard hat** ✓ Heavy duty gloves
- ✓ **Approved Safety Footwear**
- ✓ **Hearing protection**
- ✓ **Safety glasses, goggles, or face shield**
- ✓ **Reflective clothing**

Do not wear watches, rings or jewellery while working and tie up long hair. These can get caught in equipment or come into contact with electrical wires, moving parts, or hydraulic equipment.

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



## Prepare Yourself for Your Shift:

**1** Warm up your muscles before your shift, ie: stretching and/or movement

**2** Start at a gradual pace.



**3** If a vehicle is equipped with mechanical aids or lifting devices, use them.



**4** Use your legs and whole body momentum to handle waste.



**5** Work symmetrically. Do not favour one side of the body over the other.