

## MEDICAL WASTE BOX HANDLING

For the safety and convenience of your employees and ours, we have established weight limits for the safe handling of our Medical Waste Boxes.

Your assistance will minimize the chance of accidental leakage or damage of the box. Thus reducing the cost and liability of injuries and associated cleanup services.



## Safe Box Weight Not To Exceed

National Institute for Occupational Safety and Health (NIOSH) Recommended Safe Lifting Practices

- Never lift more than you are comfortable with.
- Minimize the distance between the load and your body.
- Don't reach out in front of your body when lifting.
- If lifting from floor level, keep your back straight, bend knees, and lift with your legs.
- Keep the travel distance for the lift/carry to less than 10 feet.
- Minimize twisting at the waist. Turn or pivot the entire body.
- Use your legs to push up and lift the load not your upper body or back.



Do not overfill the boxes.

We appreciate your support in maintaining a safe and healthy workplace and environment for your employees and ours.

We are dedicated to helping you maintain medical waste compliance.

For more information, contact us at 956-778-4412



www.rgvmedicalwaste.com