

Top 10 Junk Removal Safety Tips

- 1. Lift With Your Legs, Not Your Back** Always bend at the knees and keep your back straight. Use your legs to lift heavy items and avoid twisting while carrying.
- 2. Wear Proper PPE** Gloves, steel-toed boots, safety glasses, and masks should be standard. Protect yourself before you wreck yourself.
- 3. Hydrate and Take Breaks** Especially in the heat - drink water regularly and don't push through fatigue. A clear mind and strong body prevent accidents.
- 4. Know Your Limits** Don't try to be a hero. Team lift when needed and use tools like dollies and straps to assist with heavy or awkward items.
- 5. Watch for Sharp or Hazardous Objects** Look before you grab. Nails, glass, chemicals, and even biohazards can be hidden in piles or bags.
- 6. Secure the Load Properly** Distribute weight evenly in the truck, strap everything down, and do a final walk-around before driving off.
- 7. Drive Safe, Always** No speeding, no distractions. Be alert during backing up, turning, and unloading - the truck is your responsibility.
- 8. Inspect the Job Site First** Look for trip hazards, unstable piles, low-hanging branches, or dangerous conditions before you begin work.
- 9. Use Proper Communication** Stay in sync with your teammate - use hand signals, radios, or quick check-ins to avoid confusion and stay efficient.
- 10. Speak Up About Unsafe Conditions** - If something feels off - stop and say something. Safety is everyone's job, and your voice matters.

Lead with care. Work with pride. Stay safe out there!