



## Can you afford to live on 60 percent of your salary for the next 6 weeks?



**Industry:** Solid waste & recycling  
**Occupation:** Driver  
**Task:** Collection & transfer of garbage & recyclables

It was just an average day for this 33-year-old sanitation worker. There are 500 homes on his route. That means he climbs in and out of his truck 1,000 times a day. At each stop he lifts a bin full of glass, some weighing as much as 100 pounds. On this day, in the middle of his shift, he felt a sharp pain in his right hand while he was climbing into his cab. He continued to work, attempting to use mainly his left hand so that he could finish his shift. The next day, he went to the doctor and was diagnosed with a sprain to the right hand and wrist. He was off work for six weeks due to the injury. That's six weeks of time loss compensation at about 60 percent of his average pay.

### Injury Prevention Tips for Times When Manual Lifting is Needed

#### Employees

- Evaluate the weight first. Don't lift loads that are too heavy. Tag the bin or tote and require customers to separate into smaller loads.
- Keep loads close to your body. Avoid twisting with your body. Turn with your feet.
- When lifting, use both hands to distribute the weight evenly.
- Report symptoms early to your employer and to your doctor.

#### Employers

- Do not expect workers to lift heavy loads. Work with customers to assure weight limits are respected.
- Support workers who refuse over-weight loads.
- Provide mechanical aids or more than one worker for heavy loads.

[www.KeepTruckingSafe.org](http://www.KeepTruckingSafe.org)

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