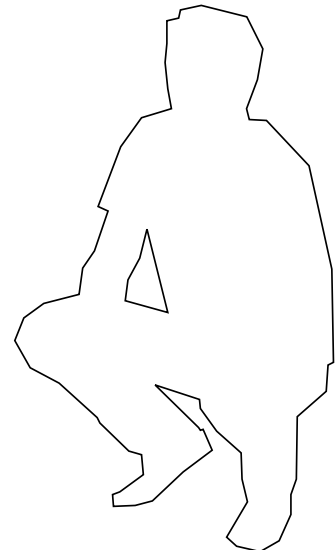


## Recommended Guidelines For Safe RMW Container Handling

Following the recommended maximum weight guidelines and suggestions for manual handling helps improve the safety and health of you, your staff, and anyone handling the special waste.

- Do not overfill container
- Total weight includes contents & container
- Weight should not exceed max weight amount unless otherwise noted on container

**Max Weight  
50 lbs**



## Suggested Ergonomic Guidelines - Manual Handling

- Use both hands when pushing or pulling whenever possible
- Turn or pivot entire body while minimizing twisting at waist
- Use entire body when pushing or pulling, rather than just the arms and shoulders
- Keep travel distance to less than 10 feet in front of you when lifting
- When bending to lift, keep your back straight, bend at the knees, and lift with your legs
- Never hug or push down on boxes