

This is a job that is often done with the back and contributes to the 5,000 back lifts a month we tend to do both at home and at work. There are two basic methods to use with this job.



POWERLIFT®: Stand with a wide stance, bent knee technique, close to the can.

Grasping the garbage bag in the usual manner, at the top with both hands, use your legs to pull the bag from the can.



Tip the Can: If the bag is stuck in the can with suction, you can break the suction by simply tipping the can over onto its side. Then give the can a sharp tap on the floor which breaks the suction, and then pull the bag out to you, with your legs.

Remember as you tip the can, to step away from the front of it, so that you are pulling the bag out towards you with your legs, rather than tipping the can, and standing at the side of it, and pulling the bag out with a bend/twist. Once the bag is out, lift it with POWERLIFT® and carry it away.

PULLING WASTE CAN LINERS