



## **eDay 2008 - Safety Guidelines for Handling e-waste.**

***Read these safety guidelines before handling any e-waste!***

### **General safety**

- Wear protective footwear, i.e. sports shoes or work boots – no open-toed shoes.
- Wear gloves to protect your hands from sharp corners on the equipment.
- If you are carrying e-waste onto a road always wear a high visibility vest.
- Be sure you have a tight grip on the object before you lift it.
- No running (just like at the pool!).
- Stay hydrated.
- Bundle cords before moving equipment – unbundled cords can get caught up or cause you to trip and drop the equipment or fall over.
- Watch your head on car boots and doors when removing equipment from vehicles.
- Do not direct traffic with your body, use clear gestures with your arms.
- If lifting equipment, remove rings or necklaces that could get caught and cause injury.

### **Steps to safe lifting**

e-waste (in particular CRT monitors) can weigh up to 16kg and care needs to be exercised when lifting this equipment. Safe lifting means keeping your back aligned while you lift, maintaining your centre of balance and letting the strong muscles in your legs do the actual lifting.

1. Stand close to the load with your feet wide apart.
2. Squat bending at the hips and knees – not your waist! This helps you keep your center of balance and lets the strong muscles in your legs do the lifting.
3. As you grip the load, align you back, pulling your shoulders back and sticking your chest out.
4. 'Hug' the load: keep the load close to your body while you lift. The closer the load is to your body, the less pressure it exerts on your back. Gradually straighten your legs to a standing position.
5. When you set the load down, squat down, bending at the hips and knees, keeping your lower back straight and aligned.
6. Avoid twisting: twisting can overload your spine and lead to serious injury. Make sure your feet, knees and torso are pointed in the same direction when you are lifting.