



Safety First

To improve the safety and health of your employees and ours, Stericycle has established weight limits for safe handling of our regulated medical waste (RMW) containers. Per the NIOSH Lifting Equation*, the maximum weight to be handled, under ideal conditions, is 50 pounds.

To ensure safe lifting conditions, do not overfill containers.

TOTAL WEIGHT, INCLUDING CONTENTS AND CONTAINER WEIGHT, SHOULD NOT EXCEED

50 POUNDS

(or the stated limit on the container if it is for an amount more or less than 50 lbs)



We appreciate your support in maintaining this essential safety guideline.

Questions? Call Stericycle Customer Service at 866-783-7422.

Ergonomic Guidelines for Handling Containers:

Whenever possible, use material handling equipment to help transport containers. Push, rather than pull, material handling equipment whenever possible and always look where you are walking.

Avoid twisting at the waist while handling containers. Pivot your feet to turn your whole body.

Let your leg muscles do the work. Bend at your knees and not the waist while keeping your back straight.



Ensure the intended travel path is free of potential slip, trip, and fall hazards.

Keep the item close to your body while avoiding body contact with waste containers. Maintain the container in the POWER ZONE (mid-thigh to chest height).

Before lifting containers, size up the load by slightly nudging the corner of the container to gauge its weight.

Position your body square to the container and place your feet shoulder width apart to form a solid base for support. Firmly grab containers with both hands to maintain a solid grip and prevent them from slipping/tipping.

For more information on the NIOSH Lifting Equation or the Ergonomics Guidelines for Manual Material Handling, please visit the NIOSH web site at [CDC.gov/NIOSH](https://www.cdc.gov/NIOSH).

*Please note that this information relates only to handling medical waste containers under ideal conditions and does NOT relate to patient handling and movement.