



We protect what matters.

Dear Valued Customer,

At Stericycle, we're helping our customers and employees understand how to protect themselves against strains, sprains and other injuries when handling boxes and containers used to package regulated medical waste (RMW).

Enclosed with this letter are recommended best practices from the National Institute for Occupational Safety and Health (NIOSH) on minimizing the risk of handling-related ergonomic injuries. Please note that this information relates only to handling under ideal conditions and does NOT relate to patient handling and movement.

We ask that you share this information with your employees and then post this flyer where your RMW is collected or stored, so your staff is continuously reminded. Stericycle has established container weight limits to protect people and reduce risk. Restricting your container weight limits will ensure that your containers are safe for everyone involved and consistent with NIOSH safe handling recommendations when packaging your RMW.

Please work with us to improve the safety and health of our workers by not overfilling RMW containers. Proper segregation and packaging are essential and required by Stericycle's Waste Acceptance Policy. Keeping total weight, inclusive of contents and container weight, at 50 pounds (or the stated limit on the container if it is for an amount more or less than 50 pounds) promotes safety. Per your contract terms, overweight fees can apply to containers over the specified limit.

Thank you for sharing this important safety information with your staff and supporting our efforts to put health and safety first. We appreciate your business and are constantly working to help you manage your medical waste in a responsible and compliant manner.

Sincerely,

Mark Frick

Mark Frick
Senior Vice President, Global EHS
Stericycle, Inc.



Safety First

Stericycle has established weight limits for safe handling of regulated medical waste containers in order to improve the safety and health of employees. 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.

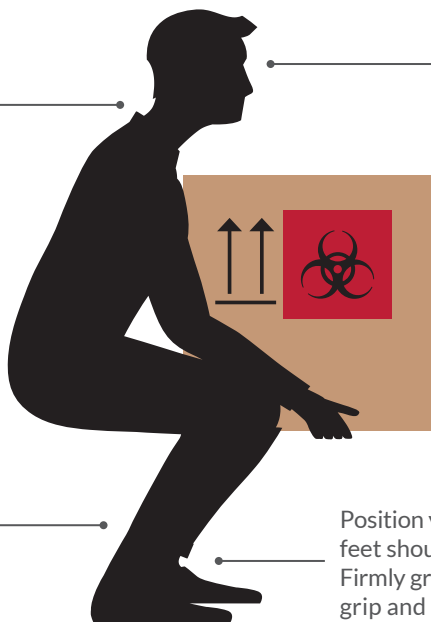
Questions? Call Stericycle Customer Service at 866-783-7422.

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.