

Not with a broken arm

Taking short cuts is a major cause of falls and broken limbs, so slow down.

Being careless costs.



Not with a bad back

You lift the equivalent of a Double Decker bus each day, so use your legs not your back.

Being careless costs.



Not with a broken leg

Taking short cuts is a major cause of falls and broken limbs, so slow down.

Being careless costs.



Not if you're dead

The fatality rate in the waste and recycling industry is 10 times higher than the national average, so look out.

Being careless costs.



Not with a sprained ankle

In a typical week, you lift the equivalent of 8 Indian elephants, so watch yourself.

Being careless costs.



Not with a dodgy knee

Jumping out of your cab exerts one and a half times more force on your knees than climbing out, so use the steps.

Being careless costs.

