

safety **lately**



A monthly newsletter from A&A Elevated Facility Solutions



Waste Disposal & Recycling Requirements

Ensuring Compliance with CIMS Waste Disposal & Recycling Requirements

STAY SAFE, STAY COMPLIANT!

At A&A, safety is our top priority! As part of our commitment to CIMS certification, we are reinforcing best practices for waste disposal and recycling in janitorial operations. Proper handling of waste protects our employees, clients, and the environment.

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Waste Disposal & Recycling Requirements

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WHY COMPLIANCE MATTERS

CIMS (Cleaning Industry Management Standard) requires janitorial companies to implement structured safety procedures for handling waste and recyclables. Following these guidelines reduces health risks, improves efficiency, and ensures regulatory compliance.

KEY SAFETY PROCEDURES FOR WASTE DISPOSAL

- ✓ **General Waste:** Always use designated trash receptacles with secure liners to prevent leaks and contamination.
- ✓ **Hazardous Waste:** Identify and separate hazardous materials, such as chemicals and medical waste, using properly labeled, leak-proof containers.
- ✓ **Biohazardous Waste:** Follow OSHA's Bloodborne Pathogens Standard by disposing of contaminated materials in red bags or sharps containers.
- ✓ **Incident Reporting:** Immediately report spills, injuries, or non-compliance to a supervisor.

RECYCLING BEST PRACTICES

- ✓ **Sorting:** Always separate recyclables (paper, plastic, glass, and metals) from general waste using clearly labeled bins.
- ✓ **Chemical & Battery Recycling:** Dispose of used cleaning chemicals and batteries through approved recycling programs.
- ✓ **Vendor Coordination:** Partner with waste management services that prioritize sustainability and compliance.

EMPLOYEE TRAINING & AWARENESS

- Participate in annual safety training sessions.
- Follow emergency spill containment procedures.
- Read and understand Material Safety Data Sheets (MSDS) for proper chemical disposal.

Continuous Improvement

We are dedicated to regularly reviewing and improving our waste management policies. Your feedback is essential in maintaining a safe and compliant workplace.

Thank you for your commitment to safety and sustainability!

Stay safe and keep up the great work!



Bloating, how to de-bloat your diet

Bloating is that uncomfortable feeling in your stomach due to excess gas in the GI tract. Bloating can have several origins such as stress or hormones but can also be caused by eating too fast or swallowing too much air. Certain precautions can be taken to reduce your chance of bloating.

- Reduce carbonation, fizzy drinks like soda increase the likelihood of excess air getting into the GI tract. If skipping your favorite fizzy is too much, consider pouring some in a cup and waiting a few minutes till the bubbles sizzle out. Also, be wary of carbonated drinks that contain a fibrous source (ie chicory root) which may cause excess gas.
- Limit the likelihood of swallowing air by skipping a straw and drinking directly from a cup. Avoid chewing gum and hard candies as another factor that increases the likelihood of swallowing air.
- Limit sugar alcohols, such as sorbitol, erythritol, lactitol, and xylitol which can cause bloat and diarrhea if consumed in large portions. Sugar alcohols are usually added to foods to make them "sugar-free" or "lower in sugar".
- Catch up on those zzz's, sleep is an important time for our digestive system to relax and recharge for the day ahead. Poor sleep patterns result in the digestive system working overtime, resulting in increased gas/bloating.

- Get moving, physical exercise is so valuable for everybody's system. Exercising helps our GI tract work more efficiently and aids in waste excretion.
- Water, water, water- water helps to flush out excess toxins and sodium from the body that can cause bloating.

How Nutrition can help with Burnout

Amid a cold winter and the hectic schedules of a new year, burnout hits a peak around this time of year. Utilizing nutrition, by restoring nutritional deficiencies such as magnesium (stress causes increased magnesium loss), is crucial in building resiliency. Further consuming more than 75% of your daily caloric intake from produce, whole grains, nuts/seeds, and healthy protein had the greatest preventable impact against burnout.

