

Guidelines for Sanitation Workers: Solid waste collectors

Part-I (Awareness on Spread of COVID-19 and general preventive measures)

How is the novel coronavirus get transmitted?¹

1. The virus mainly spreads from person to person through respiratory droplet transmission in close contact.
2. The virus can survive on surfaces and can also be transmitted as a contact infection by handling materials or surfaces contaminated with the sputum or respiratory droplet of an infected person.

How to stay safe?- General preventive and mitigation measures

The most effective preventive measures in the community include:

1. Wash your hands regularly with an alcohol-based hand rub or with soap and clean water. If your hands are visibly dirty use only soap and water.
2. Avoid touching your eyes, nose, and mouth.
3. Cover your mouth and nose when coughing or sneezing. Cough/ sneeze into a tissue or flexed elbow and immediately dispose of the tissue.
4. Wear a medical mask if you have respiratory symptoms and wash hands using soap after disposing of the mask.
5. Maintain physical distance (a minimum of 1 metre) from persons with respiratory symptoms.
6. Avoid unnecessary travel and stay away from large groups of people.
7. Stay at home if you feel unwell.
8. Use headphones/ speaker phones when using mobile phone to avoid touching face.

Part II (Specific measures to be taken by Solid waste collectors)

Recommended good practices for solid waste collectors²

1. Obtain ID card or permission letter from the ULB and always carry them for movement during the lockdown period.
2. Work clothes must be worn before starting the day's work. Always use mask, gloves, footwear and appropriate clothing (like long sleeved shirt, long trousers) to cover skin and hair as much as possible before starting work.
3. Ensure hand sanitizers and soap are available in the solid waste collection vehicle.
4. Workers should maintain at least 1 meter of distance from each other. If workers are in groups, maintain smaller groups and be in the same groups day after day so that if someone falls ill with COVID-19 it will be easier to identify and quarantine others who were exposed.

¹ World Health Organization. (2020). *Water, sanitation, hygiene and waste management for the COVID-19 virus. Technical Brief*. 3 March 2020.

² Global Alliance of Waste Pickers (2020). *Recommendations for waste pickers regarding corona virus (COVID-19)*. [Accessed 03 April 2020]. Available from <https://globalrec.org/covid19/>

5. While collecting waste from households, maintain physical distance (1m) with members of households. Use hand sanitizers frequently.
6. Any solid waste may be contaminated by the virus. Coronaviruses are believed to live on surfaces extended time period. Never touch waste with bare hands.
7. Wash hands and any body part which came in contact with waste using soap.
8. Avoid exposure to fumes or dust from waste materials, especially when waste is being transferred or compacted.
9. Avoid putting your gloves in your pocket (better to store them in a designated plastic bag). Never touch your face with gloves.
10. Wash hands with soap and water before and after collection routes and any time you remove your gloves.
11. Bio-medical waste from households with covid related quarantined persons must be collected only by ULB authorised bio-medical waste collectors.
12. After work, working clothes and reusable PPE must be cleaned thoroughly using water added with disinfectant.
13. Take a bath using soap after the days' work.
14. Wear personal clothes at the changing area before leaving home from work.

Part III (Choice of disinfectant and PPE)

Choice of Disinfectant

1. Hand wash- preferred option:
 - a. Soap and water
 - b. Alcohol-based hand rub (if hands are not visibly dirty)¹
2. Sodium hypochlorite at 0.5% (equivalent 5000ppm) for disinfection of surfaces and reusable gloves
3. Mildly alkaline all-purpose detergent for cleaning surfaces³

Choice of PPE

1. Cloth mask
2. Gloves
3. Head band and Wrist band
4. Footwear covering whole feet/ gum boots

³¹ World Health Organization. (2020). *Water, sanitation, hygiene and waste management for the COVID-19 virus. Technical Brief*. 3 March 2020.

Finnish Institute of Occupational Health. *Cleaning guidelines for the prevention of covid-19 infections*. [Online]. 2020. [Accessed 28 March 2020]. Available from: <https://www.ttl.fi/en/cleaning-guidelines-for-the-prevention-of-covid-19-infections%e2%80%af/>

How to put-on and take off PPE⁴

HOW TO PUT ON AND TAKE OFF
Personal Protective Equipment (PPE)

World Health Organization

How to put on PPE (when all PPE items are needed)

Step 1
- Identify hazards & manage risk. Gather the necessary PPE.
- Plan where to put on & take off PPE.
- Do you have a buddy? Mentor?
- Do you know how you will deal with waste?

Step 2
- Put on a gown.

Step 3a OR **Step 3b**
- Put on face shield. OR - Put on medical mask and eye protection (e.g. eye visor/goggles)

Note: If performing an aerosol-generating procedure (e.g. aspiration of respiratory tract, intubation, resuscitation, bronchoscopy, autopsy), a particulate respirator (e.g. US NIOSH-certified N95, EU FFP2, or equivalent respirator) should be used in combination with a face shield or an eye protection. Do user seal check if using a particulate respirator.

Step 4
- Put on gloves (lower cuff).

How to take off PPE

Step 1
- Avoid contamination of self, others & the environment
- Remove the most heavily contaminated items first

Remove gloves & gown
- Peel off gown & gloves and roll inside, out
- Dispose gloves and gown safely

Step 2
- Perform hand hygiene

Step 3a
If wearing face shield:
- Remove face shield from behind
- Dispose of face shield safely

Step 3b
If wearing eye protection and mask:
- Remove goggles from behind
- Put goggles in a separate container for reprocessing
- Remove mask from behind and dispose of safely

Step 4
- Perform hand hygiene

Part IV (Hand wash)

Hand hygiene should be performed at all five moments¹

1. Before putting on PPE and after removing it, when changing gloves
2. After any toilet cleaning or maintenance activity
3. After contact with any respiratory secretions
4. Before eating
5. After using the toilet

Handwashing procedure shown below⁵

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

④ Duration of the handwash (steps 2-7): 15-30 seconds
⑤ Duration of the entire procedure: 40-60 seconds

0

Wet hands with water;

1

Apply enough soap to cover all hand surfaces;

2

Rub hands palm to palm;

3

Right palm over left dorsum with interlocked fingers and vice versa;

4

Palm to palm with fingers interlocked;

5

Backs of fingers to opposing palms with fingers interlocked;

6

Rotational rubbing of left thumb clasped in right palm and vice versa;

7

Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8

Rinse hands with water;

9

Dry hands thoroughly with a single use towel;

10

Use towel to turn off faucet;

11

Your hands are now safe.

Patient Safety

SAFER CARE THROUGH BETTER HANDS

SAVE LIVES

Clean Your Hands

⁴¹ World Health Organization. (2020). *Water, sanitation, hygiene and waste management for the COVID-19 virus. Technical Brief*. 3 March 2020.

World Health Organization. (2008). *How to put on and take off personal protective equipment (PPE)*. [Online]. [Accessed 30 March 2020]. Available from: [https://www.who.int/publications-detail/how-to-put-on-and-how-to-remove-personal-protective-equipment-\(ppe\)](https://www.who.int/publications-detail/how-to-put-on-and-how-to-remove-personal-protective-equipment-(ppe))

⁵ World Health Organization. *How to Handwash..* May, 2009.