



Handbook for Sanitation Workers on use of Personal Protective Equipment

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Topics covered

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- Introduction to PPEs
- PPEs for different sanitation jobs
- Order of wearing the PPEs
- Do's and don'ts of wearing PPEs
- Order of removing the PPEs
- Safe Disposal of PPEs
- Maintaining Hand Hygiene

Need for the handbook

We have made this handbook to guide sanitation workers on the correct use of personal protective equipments (PPEs). It includes the correct process of wearing & removing PPEs, its maintenance as well as disposal. PPEs if not used properly can cause accidents instead of preventing them. In absence of any PPE guidelines for sanitation workers, we have included critical things to be taken care of while using PPEs.

It covers PPEs for the following category of sanitation workers:

1. Street sweepers
2. Door to door waste collectors
3. Public & community toilet cleaners
4. Open drain cleaners
5. Fecal sludge treatment plant and sewage treatment plant operators
6. Desludgers (mechanical)



Introduction

- You, as a sanitation worker, are exposed to occupational health and safety hazards. The work involves risk of coming in contact with hazardous biological and chemical agents
- PPEs are a crucial barrier between you and disease-causing agents at the work site
- It has been observed that the usage of PPEs is low. Fellow sanitation workers of yours have shared major reasons for this- wearing PPE causes discomfort, reduces efficiency to perform work, involves additional cost and maintenance



Introduction

- Due to the COVID-19 pandemic, everyone has started wearing masks regularly. Even though it was uncomfortable initially, we have developed a habit in order to protect ourselves. Similarly, there is a need to make the habit of using other personal protective equipment as well
- Workers in other industries who work in difficult situation like yours also wear PPEs for their protection. For example, miners, construction workers etc. Sanitation work is also hazardous in nature. Hence, it is essential that you wear PPEs during work-hours
- It might take some time to get used to working while wearing PPEs. But it will protect you from injuries and diseases. Your safety and good health is of prime importance



Source: lakeland.com



Source: businessinsider.in

PPEs for different sanitation jobs

Based on Central Public Health and Environmental Engineering Organisation guidelines

Street sweepers and door to door waste collectors



Particulate Mask with a nose clip



Nitrile Gloves – 13” in length



PVC water proof apron



Comfortable shoes without steel toe



High visibility reflective jacket



Cotton sun hat

Community/ public toilet cleaners



Safety Goggles with or without strap.



Nitrile Gloves – 18” in length



Particulate Mask with a nose clip



PVC water proof apron



Comfortable shoes without steel toe



High visibility reflective jacket

PPEs for different sanitation jobs

Based on Central Public Health and Environmental Engineering Organisation guidelines

Open drain cleaners



Particulate Mask with a nose clip



Nitrile Gloves – 18” in length



Safety helmet



Thigh waders with attached boots



High visibility reflective jacket



Safety goggles with straps

Sewage treatment plant/ Fecal sludge treatment plant operators



Safety helmet



Nitrile Gloves – 18” in length



Particulate Mask with a nose clip



PVC water proof apron



Gumboots without steel toe



High visibility reflective jacket

PPEs for different sanitation jobs

Based on Central Public Health and Environmental Engineering Organisation guidelines

Desludgers (mechanical)



Respirator



Nitrile Gloves –
18” in length



Safety helmet



Gumboots without
steel toe



High visibility reflective
jacket



Safety goggles
with straps

Order of wearing PPEs before starting work

Please ensure that your PPEs are clean before wearing them



Put on apron



Put on mask



Put on goggles



Put on gloves



**Wear boots/
wader suit**



Wear helmet

Do's and Don'ts of wearing an Apron

While wearing



1



2

3

Pull the apron over your head and fasten the strap at the back of your waist

While working



4

Do not touch the apron while handling the waste

While removing



5

Remove the apron with gloved hands

Taking care of PPE



6

Wash the apron with soap/detergent after completion of work everyday



7

Dry it in shade. Do not store wet apron

Do's and Don'ts of wearing a Mask

While wearing



Wash your hands before putting mask



Hold the mask, find the top side where metal piece or stiff edge is



Secure the loops, ties or elastic behind your ears or around your head

While wearing



If there is a metallic or wire piece, press it to fit the shape of your nose



Cover your nose and mouth fully and minimize the amount of gaps

While working



Do not touch the mask while using it. If you touch it, wash your hands right away

While removing



First remove the gloves, then with clean hands remove the mask



Take off the mask from behind by holding the loop, ties or elastic

Taking care of PPE



If possible, put the mask in sun after use

Do's and Don'ts of wearing Goggles

While Wearing

1



Wash your hands before putting safety goggles

2



Place over face and eyes and adjust to fit

3



Do not touch goggles with dirty hands

While working

4



Flush eyes with water for at least 15 minutes if waste splashes into your eyes

5



Always report any eye injury, no matter how minor

While Removing

6



Remove your gloves before removing the goggles. Ensure that your hands are clean while removing the goggles

Taking care of PPE

7



Store safety goggles in a cover or a clean and dry place to avoid scratching, falling or being stepped on

Do's and Don'ts of wearing Gloves

While wearing

1



Clean hands before putting on gloves

2



Dry hands before putting on gloves

While working

3



Do not touch your face when wearing gloves

4



Grasp the outside of one glove at the wrist. Do not touch your bare skin



Remove the second glove by putting your fingers inside the glove at the top of your wrist

6



Continue pulling the glove down bringing the inside-out

Taking care of PPE

7



Wash your gloves after work with soap/detergent and dry them

8



9



Do not use gloves if they are damaged

Do's and Don'ts of wearing a Helmet

While wearing

1



Wear the helmet right way round. Tighten the headband

2



Tighten the chinstrap so that there are no chances of the helmet falling

3



Do not wear the helmet in direct sloping up or down manner

While working

4



Do not touch the helmet with dirty hands

While removing

5



Check the helmet regularly for any signs of damage

Taking care of PPE

6



Regularly clean your helmet with a wet cloth. Rinse with water and use mild soap if required

7



Do not store the helmet in direct sunlight or near hot surfaces

Do's and Don'ts of wearing a Wader Suit

While wearing

1



Clean your feet before wearing the wader suit

While working

2



Do not touch unclean waders with bare hands

While removing

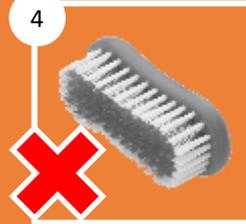
3



After work, remove the wader suit with gloved hands

Taking care of PPE

4



Do not use brushes or abrasive cloths to clean the inside of your waders

Taking care of PPE

5



Rinse your waders off with clean water after use

6



Hang the waders either upside-down or lay them flat to dry. Do not store your wet waders

Do's and Don'ts of wearing Gumboots

While wearing

1



Clean your feet and dry them before wearing the gumboots

While working

2



Do not touch your gumboots with bare hands

While removing

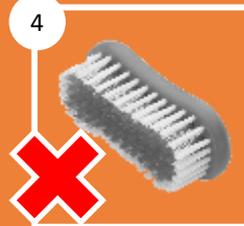
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After work, remove your gumboots with gloved hands

Taking care of PPE

4



Do not use brushes or abrasive cloths to clean the inside of your gumboots

Taking care of PPE

4



Clean your gumboots with water after completion of the work

5



Dry them in shade

Order of removing PPEs after work

Please clean your PPEs after work and ensure they are dry before storing them



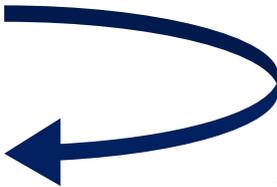
1
Remove boots with gloved hands



2
Remove helmet



3
Remove apron



4
Remove gloves



5
Remove goggles



6
Remove mask

While using PPEs, always ensure

1

To keep gloved hands away from face

2

To avoid touching or adjusting other PPE while working

3

To limit surfaces and items touched

4

To keep the PPEs out of reach of children.
Do not let children play with the PPEs

How to dispose PPEs?

- You should always throw discarded PPEs in bio-medical bins (yellow coloured bins)

- If the bin is not available, please wrap your used PPE properly in a bag, mark it with red colour and throw it in a dustbin

- Please wash your hands after disposing the PPE



How to maintain hand hygiene?

Always clean hands with soap and water or sanitizer at these critical times

- When you reach your work-station
- Before you start wearing PPEs, especially mask and gloves
- During breaks, especially before you are going to drink tea or water and have food
- After your break is over
- After you remove all PPEs, especially mask and gloves
- After changing work clothes
- After reaching home







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