

BASIC HYGIENE: WHEN HANDLING HUMAN WASTE/SEWAGE

reducing your health risk while handling waste

Workers who handle human waste or sewage may be at an increase risk of becoming ill from waterborne diseases. To reduce this risk the following guidance should be followed:

Protect

YOURSELF



- Avoid touching face, mouth, eyes, nose or open sores and cuts
- Do not smoke, chew tobacco or gum
- keep open sores, cuts and wounds covered with clean, dry bandages
- Gently flush eyes with safe water if waste gets in contact with eyes

Wash Hands

BEFORE & AFTER IMMEDIATELY



- With soap and water when handling human waste or sewage
- Eating or drinking after handling human waste or sewage
- Using the toilet

Personal Protective Equipment (PPE)



PROTECT YOURSELF FROM SPLASHES AND EXPOSURE

- Goggles
- Long waterproof gloves
- Rubber boots/disposable shoe covers
- Face shield

Wardrobe Safety

USE/WEAR



- Waterproof gloves to prevent cuts and contact with human waste or sewage
- Rubber boots or waterproof shoe covers at the worksite and during transport
- Remove rubber boots and work clothes before leaving worksite
- Clean contaminated work clothing with 0.05% chlorine solution

Vaccination Recommendations

PROVIDED AT NO COST TO JLAB STAFF



- **Tetanus:** Booster every 10 years
- **Hepatitis A:** 2 shot series (initial and 6 months booster
- **Hepatitis B:** 3 shot series(initial, 30 day booster, 6 months booster

Occupational Medicine may also run titers to prove immunity after the series

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This information is based on guidance provided by the Centers for Disease Control and Prevention (CDC)

For more information please contact Occupational Medicine at ext 7539 or visit https://www.cdc.gov/healthywater/global/sanitation/workers_handlingwaste.html