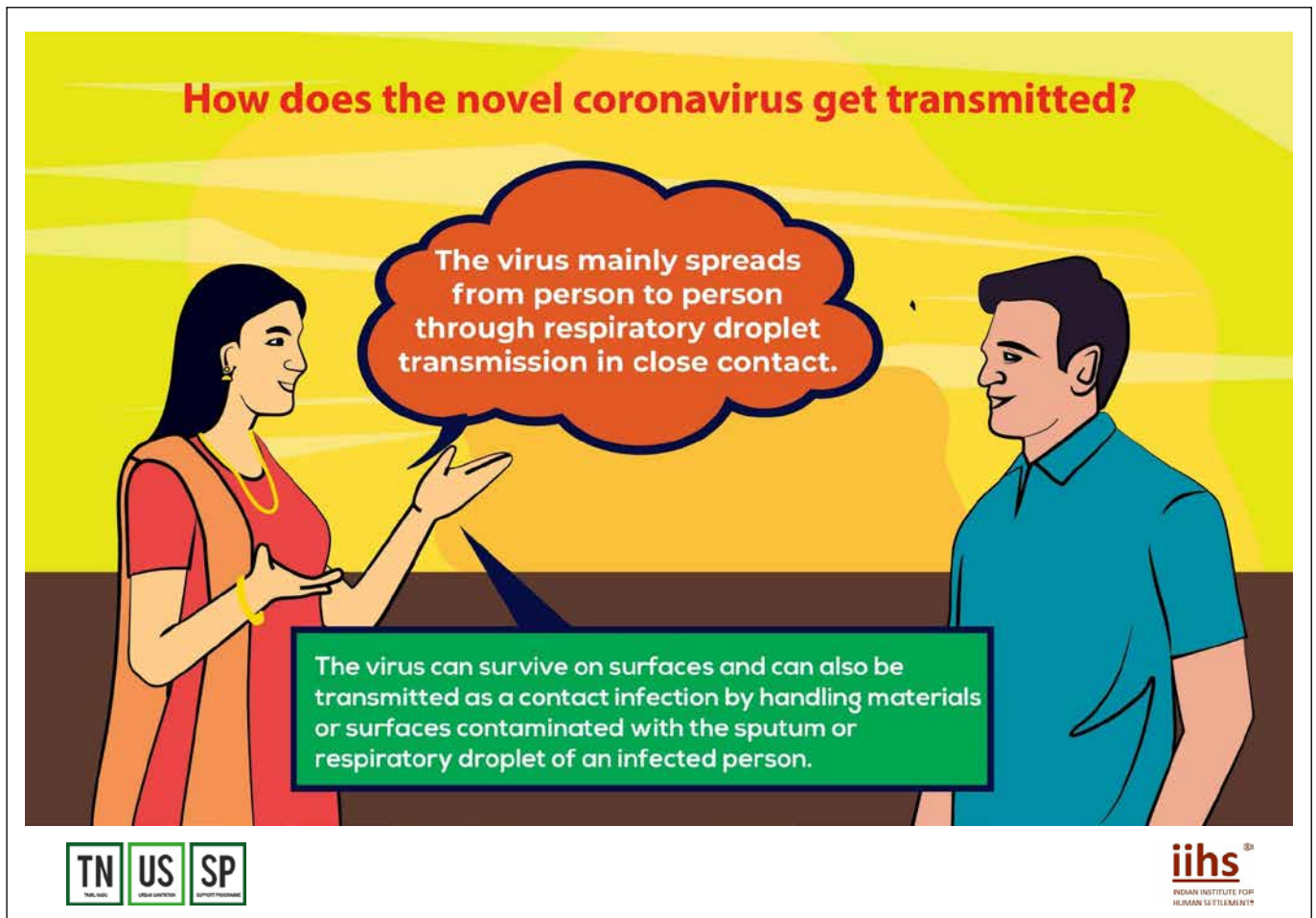




PRACTITIONERS' RESOURCES

1. Guidelines for Desludging operators by IIHS, Bengaluru



How to stay safe?

General preventive and mitigation measures



The most effective preventive measures in the community include:

- 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.
- Avoid touching your eyes, nose, and mouth.
- Cover your mouth and nose when coughing or sneezing. Cough/ sneeze into a tissue or flexed elbow and immediately dispose of the tissue.
- Wear a medical mask if you have respiratory symptoms and wash hands using soap after disposing of the mask.
- Maintain physical distance (a minimum of 1 metre) from persons with respiratory symptoms.
- Avoid unnecessary travel and stay away from large groups of people.
- Stay at home if you feel unwell.
- Use headphones/ speaker phones when using mobile phone to avoid touching face.



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Recommended Good Practices for De-sludging Operators



- Obtain ID card or permission letter from the ULB and always carry them for movement during lockdown period.
- Work cloths must be worn before starting the day's work. Always use mask, non disposable gloves, footwear and appropriate clothing (like long sleeved shirt, long trousers) before starting desludging operations.
- Ensure hand sanitizers and soap is available in the desludging vehicle.
- While desludging, maintain physical distance (1m) with members of households.
- Use hand sanitizers frequently.



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Recommended Good Practices for De-sludging Operators



Never enter any septic tank.



Recommended Good Practices for De-sludging Operators



After the sludge is emptied from septic tank, clean the pipe using disinfectant and place it back in the truck. Wash hands and any surface which came in contact with fecal sludge using soap.



Recommended Good Practices for De-sludging Operators



- After reaching the FSTP reconnect the pipe, open the release valve and transfer the fecal sludge to the receiving facility.
- Avoid spillage of fecal sludge throughout the operations. In case of spillage sprinkle lime powder over the spillage and clean the surface using disinfectant.
- Wash hands after performing any task with possible exposure to fecal sludge.



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Recommended Good Practices for De-sludging Operators



- Working cloths and reusable PPE must be cleaned thoroughly using water added with disinfectant.
- Wear personal cloth before leaving from work.

Choice of Disinfectant

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



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Recommended Good Practices for De-sludging Operators



Choice of PPE

- Cloth mask.
- Gloves.
- Head band and Wrist band.
- Foot wear covering whole foot/ gum boots.



How to put on and remove ppe?

1. Cover nose and mouth with mask and secure ties/elastic band behind the head and neck. While removing: Front of mask is contaminated — DO NOT TOUCH! Grasp bottom ties or elastics and remove without touching the front.



2. Wear gloves. Outside of gloves are contaminated, use gloved hand to remove other glove, follow this procedure to remove other glove



3. Wear Boots to cover your legs. Remove Boots with gloved hands.



Hand hygiene should be performed at all five moments.



- Before putting on PPE and after removing it, when changing gloves
- After any desludging or maintenance activity
- After contact with any respiratory secretions
- Before eating
- After using the toilet



2. Guidelines for Desludging operators by IIHS, Bengaluru

नोवल कोरोनावायरस कैसे फैलता है?

यह वायरस मुख्य रूप से जो लोग इस वाइरस (वर्षाणु) से संक्रमित हैं उनकी साँस की बूंदों (खाँसने और छींकने के दौरान निकली) के संपर्क में आने से एक व्यक्ति से दूसरे व्यक्ति में फैलता है।

यह वायरस सतहों पर जीवित रह सकता है और संक्रमित व्यक्ति की खाँसी या छींकों से निकलने वाली छोटी-छोटी बूंदों के माध्यम से संक्रमित पदार्थों या सतहों पर काम करते हुये या उनके संपर्क में आने से भी फैल सकता है।



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सुरक्षति कैसे रहें?

रोकथाम और इसे कम करने के सामान्य उपाय



समुदाय में सबसे प्रभावी रोकथाम उपायों में नमिन शामिल हैं:

- अपने हाथों को अल्कोहॉल-आधारित हैंड रब (हाथों पर मलने वाला तरल) या साबुन और साफ पानी के साथ रगड़कर नियमित रूप से धोएं। यदि आपके हाथ गंदे दिखाई दे रहे हैं तो साबुन और पानी का इस्तेमाल करें।
- अपनी आंखों, नाक और मुंह को छूने से बचें।
- खांसते या छींकते समय अपना मुंह और नाक ढक लें। टिशू या कोहनी मोड़कर मुंह के सामने लगाकर खांसें / छींकें और टिशू को तुरंत फेंक दें।
- यदि आपमें सांस संबंधी लक्षण हैं तो मेडिकल मास्क पहनें और मास्क को फेंकने के बाद साबुन से हाथ धोएं।
- सांस संबंधी लक्षणों वाले व्यक्तियों से (कम से कम 1 मीटर) शारीरिक दूरी बनाए रखें।
- बनिा मतलब बाहर जाने से बचें और लोगों के बड़े समूहों से दूर रहें।
- यदि आप अस्वस्थ महसूस करते हैं तो घर पर रहें।
- चेहरा छूने से बचने के लिए मोबाइल फोन का उपयोग करते समय हेडफोन या स्पीकर फोन का उपयोग करें।



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डीसलजि ऑपरेटरों (डीएसओ/DSO) के लिए अच्छे अभ्यासों के सुझाव



- यूएलबी से आईडी कार्ड या अनुमति पत्र प्राप्त करें और लॉकडाउन अवधि के दौरान आते-जाते समय उन्हें हमेशा साथ रखें।
- काम के दौरान पहने जाने वाले कपड़े दैनिक काम शुरू करने से पहले पहनने चाहिए। डीसलजि ऑपरेशन शुरू करने से पहले हमेशा मास्क, दस्ताने, जूते और उपयुक्त कपड़े (जैसे लंबी आस्तीन वाली शर्ट, लंबी पतलून) का उपयोग करें।
- ध्यान दें कि डीसलजि गाड़ी /वाहन में हैंड सैनिटाइजर और साबुन हमेशा रहना चाहिए।
- डीसलजि करते समय, घरों के सदस्यों से (कम से कम 1 मीटर) शारीरिक दूरी बनाए रखें। बार-बार हैंड सैनिटाइजर का इस्तेमाल करें।



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कभी भी किसी सेप्टिक टैंक में प्रवेश न करें।



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अच्छे अभ्यासों के सुझाव



सेप्टिक टैंक से कीचड़ को
खाली करने के बाद,
कीटाणुनाशक का उपयोग
करके पाइप को साफ करें
और इसे ट्रक में वापस
रखें। हाथ और किसी भी
सतह जो मल (फेकल)
कीचड़ के संपर्क में आई
हो उसे साबुन से अच्छी
तरह धोएं।



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- एफएसटीपीFSTP पहुँचने के बाद पाइप को फरि से कनेक्ट करें, रलीज वाल्व खोलें और मल कीचड़ को जमा करने वाले स्थान पर खाली करें।
- पूरी गतविधि के दौरान मल कीचड़ के रसिाव से बचें। कीचड़ छलक जाए तो छलकाव पर चूने का पाउडर छड़िकें और कीटाणुनाशक का उपयोग करके सतह को साफ करें।
- काम के दौरान मल कीचड़ के संपर्क में आने पर साबुन से हाथ धोएं।



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- काम के दौरान इस्तेमाल किए जाने वाले कपड़ों और दोबारा इस्तेमाल किए जाने वाले व्यक्तिगत सुरक्षा उपकरण (पीपीई) को पानी के साथ कीटाणुनाशक मिलाकर अच्छी तरह से साफ करें।
- काम से घर जाने से पहले कपड़े बदलने वाले स्थान पर अपने खुद के कपड़े पहनलें।

कीटाणुनाशक / वसिंक्रामक का चुनाव

- हैंड वाश - बेहतर विकल्प:
क. साबुन और पानी
ख. अलकोहॉल-आधारित हैंडरब (अगर हाथ गंदे नहीं देखि रहे हैं)
- सतहों और दोबारा इस्तेमाल किए जाने वाले दस्तानों के कीटाणुशोधन के लिए 0.5% (बराबर) सोडियम हाइपोक्लोराइट
- सतहों को साफ करने के लिए सभी कार्यों में इस्तेमाल होने वाले हल्के क्षारीय डिटर्जेंट



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व्यक्तिगत सुरक्षा उपकरण (पीपीई/PPE)

- कपड़े का मास्क
- दस्ताने
- हेड बैंड और रसिट बैंड
- पूरे पैर को ढकने वाले जूते / गम बूट



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व्यक्तिगत सुरक्षा उपकरण (पीपीई/PPE) इस्तेमाल करने का तरीका

1. नाक और मुँह को मास्क से ढक लें और इलास्टिक बैंड को सिर और गर्दन के पीछे बांध लें। हटाने समय: मास्क के आगे का हिस्सा / रेस्पिरिटर दूषित होता है उसे न छुएँ। इलास्टिक्स या फीते को नीचे से पकड़ें और सामने का हिस्सा छुए बिना निकाल दें।



2. दस्ताने पहनें और उन्हें कोहनी तक चढ़ा लें। दस्ताने के बाहर का भाग दूषित होता है, दस्ताने को उतारने के लिए दस्ताने पहने हुये दूसरे हाथ का उपयोग करें, दूसरा दस्ताना भी इसी तरीके से उतारें।



3. अपने पैरों को ढकने के लिए जूते पहनें। जूतों को दस्ताने वाले हाथों से निकालें।



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हाथ की सफाई नमिन पाँच मौकों पर ज़रूर की जानी चाहिए



- व्यक्तिगत सुरक्षा उपकरण (पीपीई) पहनने से पहले और उसे उतारने के बाद, दस्ताने बदलते समय
- किसी भी शौचालय की सफाई या रखरखाव गतिविधि के बाद
- सांस से निकली किसी भी चीज़ के संपर्क में आने के बाद
- खाने से पहले
- शौचालय का उपयोग करने के बाद



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3. Desludging operators' poster by UMC, Ahmedabad









Hi, I am Sattu and this is my wife - Hema. We work as desludging operators with the private contractor of our city. I know, like us many of you are also providing this service to citizens during this CORONA pandemic. And that's why I would like to share a few safety tips with you....

Disclaimer: These instructions are not SOPs for their regular work but intended to highlight additional safety measures to be taken by sanitation workers








Before leaving home for your work, you must

- | | | | | | |
|---|---|---|---|--|--|
|  | 1. Wear full sleeve and full-length clothes |  | 3. Carry the Emergency pass issued by ULB |  | 5. Gloves, mask, apron (if mask is not available, then use a clean cloth in 2-3 layers to cover your nose and mouth) |
|  | 2. Cover wounds with water-proof band-aid |  | 4. Carry water and soap to wash hands |  | 6. Carry extra set of clothes |





When you reach the workplace, you must

- | | | | | | |
|---|---|---|---|---|---|
|  | 1 Wash hands with soap |  | 2 Wear PPEs as per recommended steps (if damaged, ask officer to replace) |  | 3 Pick cleaning equipment and vehicle only after wearing PPE |
|  | 4 Carry water in the vehicle, soap/ alcohol-based sanitizer |  | 5 Sit at opposite corners of the seats to maintain distance |  | 6 Avoid touching your eyes, nose, and mouth and mask while wearing it |

When you start your work, follow these steps...

- | | | | | | | | |
|---|---|---|---|--|---|---|--|
|  | 1 Maintain distance while interacting with people |  | 2 Barricade the desludging area |  | 3 Hold desludging pipe with gloved hands |  | 4 After the sludge is emptied, clean the pipe and barricades |
|  | 5 Sprinkle lime powder if there is any spillage of sludge |  | 6 Wash hands after performing any task with possible exposure to fecal sludge |  | 7 Wash the vehicle and other equipments used during desludging using disinfectant | | |

When we return to your work base (transfer station, ward office, office)

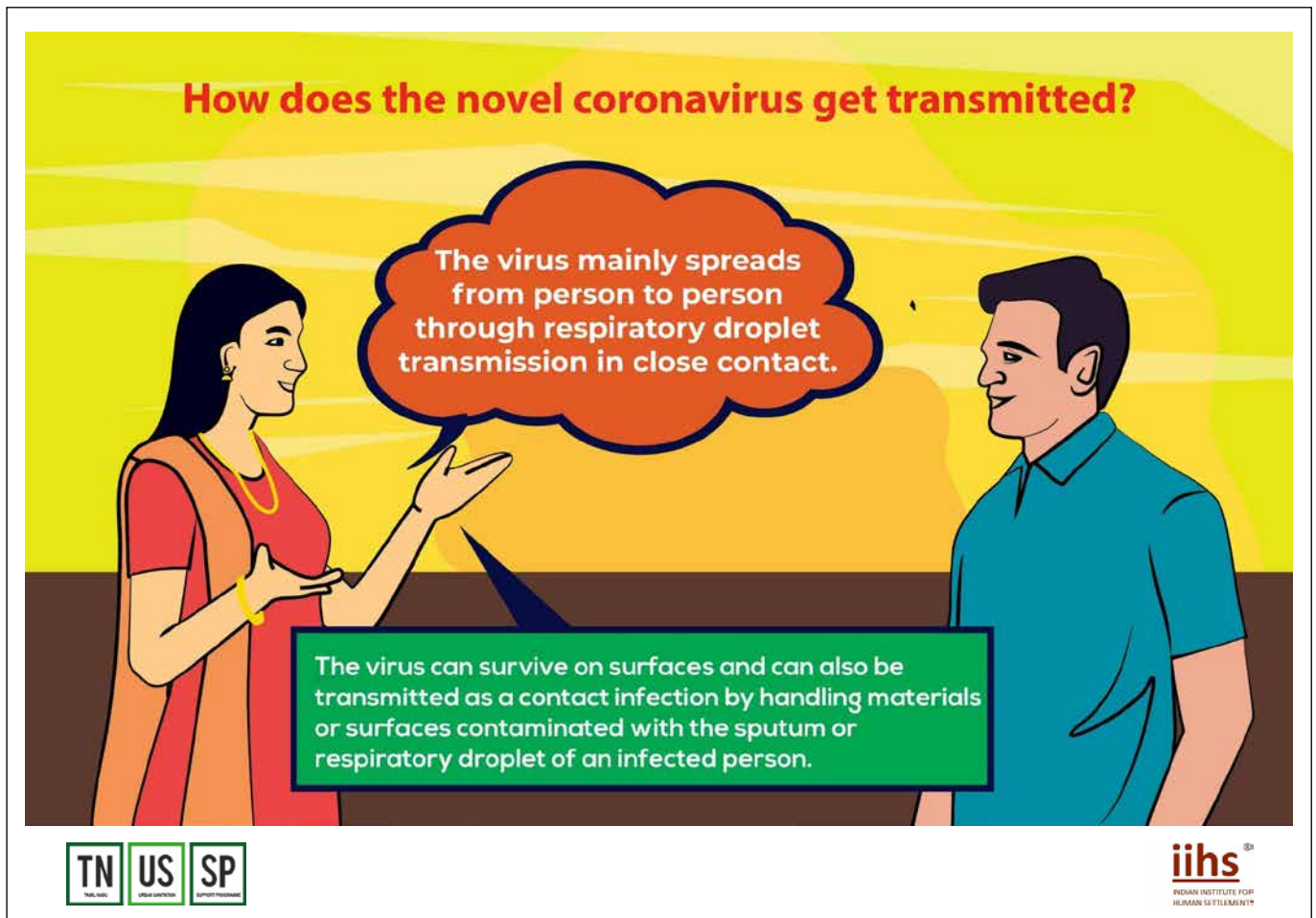
- | | | | | | | | | | | | |
|---|---------------------|---|---------------------|---|----------------|---|------------------------------------|--|--------------------------------------|---|---------------------------|
|  | Remove safety gears |  | Wash hands and face |  | Change clothes |  | Disinfect clothes safety and gears |  | Hang safety gears in sunny dry space |  | Wear mask and return home |
|---|---------------------|---|---------------------|---|----------------|---|------------------------------------|--|--------------------------------------|---|---------------------------|

Contact a doctor immediately if you have any cough/fever or running nose

Let's conquer the virus by ensuring our safety

Safety and Dignity to Sanitation Work | Urban Management Centre with support from BMGF | manvita@umcasia.org

4. Guidelines for FSTP operators by IIHS, Bengaluru



How to stay safe?

General preventive and mitigation measures



The most effective preventive measures in the community include:

- 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.
- Avoid touching your eyes, nose, and mouth.
- Cover your mouth and nose when coughing or sneezing. Cough/ sneeze into a tissue or flexed elbow and immediately dispose of the tissue.
- Wear a medical mask if you have respiratory symptoms and wash hands using soap after disposing of the mask.
- Maintain physical distance (a minimum of 1 metre) from persons with respiratory symptoms.
- Avoid unnecessary travel and stay away from large groups of people.
- Stay at home if you feel unwell.
- Use headphones/ speaker phones when using mobile phone to avoid touching face.



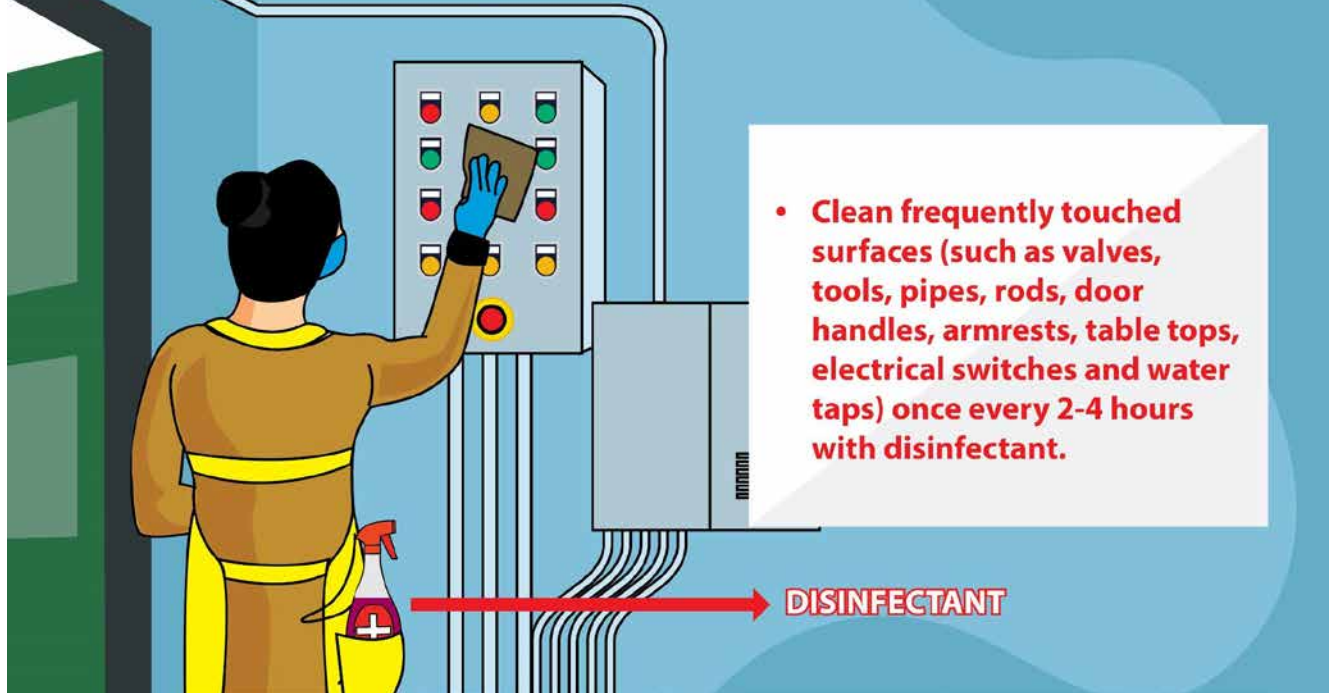
Recommended good practices for FSTP Operators



- Work cloths must be worn at the changing area before starting the day's work. Always use mask, gloves, footwear and appropriate clothing (like long sleeved shirt, long trousers and apron).
- Ensure hand sanitizers and soap is available at the FSTP premises and encourage its usage by all staff.



Recommended good practices for FSTP Operators



- Clean frequently touched surfaces (such as valves, tools, pipes, rods, door handles, armrests, table tops, electrical switches and water taps) once every 2-4 hours with disinfectant.



Recommended good practices for FSTP Operators



- While receiving fecal sludge, conduct tests with extreme caution. Wash hands and any surface which accidentally comes in contact with fecal sludge.
- Wash hands after performing any task with possible exposure to fecal sludge.



Recommended good practices for FSTP Operators



In case of spillage of fecal sludge ensure that lime powder is sprinkled over the spillage and the surface is cleaned using disinfectant



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Recommended good practices for FSTP Operators



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Recommended good practices for FSTP Operators

Access holes should be suitably covered when no operation and maintenance activity is being performed.



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Recommended good practices for FSTP Operators



- Working cloths and reusable PPE must be cleaned thoroughly using water added with disinfectant daily.
- Wear personal cloth at the changing area before leaving home from work.



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Recommended vigilant activities for FSTP operators



- Do not allow more than 5 visitors (or as specified from time-to-time by the Government) at a time in the site.
- Obtain ID card or permission letter from the ULB and always carry them for movement during lockdown period.



Recommended vigilant activities for FSTP operators



- Check health condition of staffs regularly and report to the ULB if any COVID symptoms are seen. Ensure that medical assistance is provided for any staff with symptoms of infection.
- Encourage co-workers to take leave if they are found to be ill.



Recommended Good Practices for De-sludging Operators



How to put on and remove ppe?

1. Cover nose and mouth with mask and secure ties/elastic band behind the head and neck. While removing: Front of mask is contaminated — DO NOT TOUCH! Grasp bottom ties or elastics and remove without touching the front.



2. Wear gloves. Outside of gloves are contaminated, use gloved hand to remove other glove, follow this procedure to remove other glove



3. Wear Boots to cover your legs. Remove Boots with gloved hands.



Hand hygiene should be performed at all five moments.

- Before putting on PPE and after removing it, when changing gloves
- After any cleaning or maintenance activity
- After contact with any respiratory secretions
- Before eating
- After using the toilet



5. Guidelines for FSTP operators by IIHS, Bengaluru

नोवल कोरोनावायरस कैसे फैलता है?

यह वायरस मुख्य रूप से जो लोग इस वाइरस (वर्षाणु) से संक्रमित हैं उनकी साँस की बूंदों (खाँसने और छींकने के दौरान निकली) के संपर्क में आने से एक व्यक्ति से दूसरे व्यक्ति में फैलता है।

यह वायरस सतहों पर जीवित रह सकता है और संक्रमित व्यक्ति की खाँसी या छींकों से निकलने वाली छोटी-छोटी बूंदों के माध्यम से संक्रमित पदार्थों या सतहों पर काम करते हुये या उनके संपर्क में आने से भी फैल सकता है।



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सुरक्षति कैसे रहें?

रोकथाम और इसे कम करने के सामान्य उपाय



समुदाय में सबसे प्रभावी रोकथाम उपायों में नमिन शामिल हैं:

- अपने हाथों को अल्कोहॉल-आधारित हैंड रब (हाथों पर मलने वाला तरल) या साबुन और साफ पानी के साथ रगड़कर नियमिति रूप से धोएं। यदि आपके हाथ गंदे दिखाई दे रहे हैं तो साबुन और पानी का इस्तेमाल करें।
- अपनी आंखों, नाक और मुंह को छूने से बचें।
- खांसते या छींकते समय अपना मुंह और नाक ढक लें। टिशू या कोहनी मोड़कर मुंह के सामने लगाकर खांसें / छींकें और टिशू को तुरंत फेंक दें।
- यदि आपमें सांस संबंधी लक्षण हैं तो मेडिकल मास्क पहनें और मास्क को फेंकने के बाद साबुन से हाथ धोएं।
- सांस संबंधी लक्षणों वाले व्यक्तियों से (कम से कम 1 मीटर) शारीरिक दूरी बनाए रखें।
- बनिा मतलब बाहर जाने से बचें और लोगों के बड़े समूहों से दूर रहें।
- यदि आप अस्वस्थ महसूस करते हैं तो घर पर रहें।
- चेहरा छूने से बचने के लिए मोबाइल फोन का उपयोग करते समय हेडफोन या स्पीकर फोन का उपयोग करें।



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एफएसटीपी FSTP ऑपरेटर्स के लिए अच्छे अभ्यासों के सुझाव



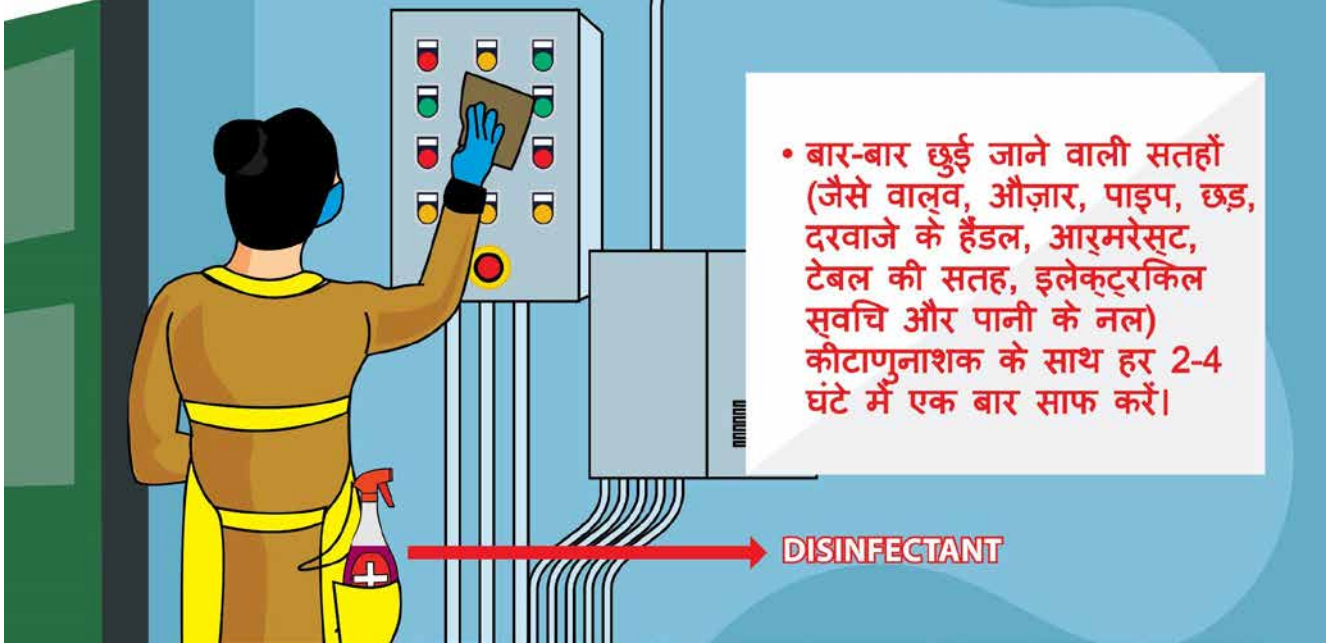
- दनि का काम शुरू करने से पहले, काम के दौरान पहने जाने वाले कपड़े, कपड़े बदलने वाले स्थान में पहनें। सीटी / पीटी हमेशा मास्क, दस्ताने, जूते और उपयुक्त कपड़े (जैसे लंबी आस्तीन वाली शर्ट, लंबी पतलून) का उपयोग करें।
- सुनिश्चित करें कि शौचालय परिसर में साबुन या हैंड सैनिटाइज़र उपलब्ध हैं और शौचालय उपयोगकर्ताओं को इसका उपयोग करने के लिए प्रोत्साहित करें।



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- बार-बार छुई जाने वाली सतहों (जैसे वाल्व, औज़ार, पाइप, छड़, दरवाजे के हैंडल, आर्मरेस्ट, टेबल की सतह, इलेक्ट्रिकल स्विच और पानी के नल) कीटाणुनाशक के साथ हर 2-4 घंटे में एक बार साफ करें।



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- मल (फेकल) कीचड़ प्राप्त करते समय, सावधानी के साथ जांच करें। काम के दौरान मल कीचड़ के संपर्क में आने पर हाथ साबुन से धोएं।



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मल कीचड़ के रसिाव या छलकने की स्थितिमें, छलके कीचड़ पर चूने का पाउडर छड़िकें और कीटाणुनाशक का उपयोग करके सतह को साफ करें।



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- घावों को मल कीचड़ के संपर्क में आने से बचाएं।



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जब कोई संचालन और रखरखाव गतिविधि नहीं की जा रही हो तो, मैन होल (एक्सेस होल्स) ठीक तरह से ढका जाना चाहिए।



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- काम के दौरान इस्तेमाल किए जाने वाले कपड़ों और दोबारा इस्तेमाल किए जाने वाले व्यक्तिगत सुरक्षा उपकरण (पीपीई) को पानी के साथ कीटाणुनाशक मिलाकर अच्छी तरह से साफ करें।

- काम से घर जाने से पहले कपड़े बदलने वाले स्थान पर अपने खुद के कपड़े पहन लें।



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- साइट पर एक समय में 5 (या सरकार द्वारा समय-समय पर निर्दिष्ट) से अधिक व्यक्तियों को अनुमति न दें।
- यूएलबी से आईडी कार्ड या अनुमति पत्र प्राप्त करें और लॉकडाउन अवधि के दौरान आते-जाते समय उन्हें हमेशा साथ रखें।



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एफएसटीपी FSTP ऑपरेटरों के लिए सतर्क गतिविधियों के लिए सुझाव



- कर्मचारियों की स्वास्थ्य स्थिति की नियमि रूप से जाँच करें और यदि किसी में COVID के लक्षण दिखाई दें तो यूएलबीको रिपोर्ट करें। सुनिश्चित करें कि संक्रमण के लक्षणों वाले किसी भी कर्मचारी के लिए चिकित्सा सहायता प्रदान की जाए।
- सहकर्मियों को बीमार होने पर छुट्टी लेने के लिए प्रोत्साहित करें।



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डीसलजि ऑपरेटर्स (डीएसओ/DSO) के लिए अच्छे अभ्यासों के सुझाव



व्यक्तिगत सुरक्षा उपकरण (पीपीई/PPE)

कपड़े का मास्क

दस्ताने

हेड बैंड और रसिट बैंड

पूरे पैर को ढकने वाले जूते / गम बूट



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व्यक्तिगत सुरक्षा उपकरण (पीपीई/PPE) इस्तेमाल करने का तरीका

1. नाक और मुँह को मास्क से ढक लें और इलास्टिक बैंड को सिर और गर्दन के पीछे बांध लें। हटाने समय: मास्क के आगे का हिस्सा / रेस्पिरिटर दूषित होता है उसे न छुएँ। इलास्टिक्स या फीते को नीचे से पकड़ें और सामने का हिस्सा छुए बिना निकाल दें।



2. दस्ताने पहनें और उन्हें कोहनी तक चढ़ा लें। दस्ताने के बाहर का भाग दूषित होता है, दस्ताने को उतारने के लिए दस्ताने पहने हुये दूसरे हाथ का उपयोग करें, दूसरा दस्ताना भी इसी तरीके से उतारें।



3. अपने पैरों को ढकने के लिए जूते पहनें। जूतों को दस्ताने वाले हाथों से निकालें।



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हाथ की सफाई नमिन पाँच मौकों पर ज़रूर की जानी चाहएि



- व्यक्तिगत सुरक्षा उपकरण (पीपीई) पहनने से पहले और उसे उतारने के बाद, दस्ताने बदलते समय
- किसी भी शौचालय की सफाई या रखरखाव गतिविधि के बाद
- सांस से निकली किसी भी चीज़ के संपर्क में आने के बाद
- खाने से पहले
- शौचालय का उपयोग करने के बाद



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6. FSTP operators' poster by UMC, Ahmedabad



Hi, I am Mahesh. I work as a FSTP operator for the municipality.

I know that many of you are also providing such services to citizens during this Covid-19 pandemic. And that's why I would like to share some safety tips with you to protect you from the Novel Corona Virus...

Disclaimer: These instructions are no SOPs for their regular work but intended to highlight additional safety measures to be taken by sanitation workers

Before leaving home for your work, you must



Wear full sleeve and full-length clothes



Bottles of water and soap to wash hands during break

3 FT

Sit on opposite corner of vehicles if travelling together



Cover wounds with water-proof band-aid



Carry extra set of clothes



Carry the emergency pass issued by ULB

When you reach the workplace, you must



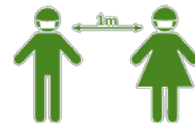
1. Wash hands with soap for 20 seconds at least

2. Avoid touching unnecessary objects



3. Wear gloves, mask/cloth, apron, boots

4. Avoid touching face, nose, mouth, eyes



5. Maintain safe distance while traveling together to work site

When you start your work, follow these steps...

4 FT

Maintain safe distance with co-workers, don't sit together if possible



Collect sample with caution when receiving fecal sludge



Do not touch unnecessary objects



Wash eyes, nose, face in case waste touches



Disinfect high touch surfaces – water taps, stair rails, door handles etc. once every 2-4 hours

Lime powder

Spillage of fecal matter to be sprinkled with lime powder and disinfected



Wash hands with soap before and after having lunch
Also, after having performing any task with possible exposure to faecal sludge, touching register or cleaning the surrounding

At the end of the day,



Remove safety gears



Wash hands and face



Change clothes and put all in a bag



Wear mask/cloth and return to home



Before meeting anyone in the family, first wash clothes and PPEs with soap and hang them in a sunny dry place

Contact a doctor immediately if you have any cough/fever or running nose

Let's conquer the virus by ensuring our safety

Safety and Dignity to Sanitation Work | Urban Management Centre with support from BMGF | manvita@umcasia.org

7. Personal Protective Equipments (PPE) for Sanitation Workers by Saniverse

Personal Protective Equipment for Sanitation Workers

When to use PPE?

Appropriate Combinations of PPE for various Sanitation Workers



saniverse
environmental solutions

© C.S. Shrivastava Prasad

When to use PPE?

Categories of PPE their details and when to use them?

PPE for Sanitation Workers

2

When to use PPE?



Head Protection

Should be worn in case of physical hazards such as impact due to falling object or collision with fixed objects at workplace. Type of helmet depends on the physical risk present at the workplace.



Ear Protection

Should be worn in case of risk of exposure to high decibels noise at the workplace. They are also recommended where continuous exposure to mist or droplets of fluid / spray is expected.



Face Protection

Should be worn where there is risk of continuous droplets or splashes of fluids, heat from hot solid bodies and electric arcs.



Eye Protection

Should be worn in case of risk of incidental impact of fragments and dusts, gases and droplets or splashes of fluids.



Lung protection: Respirators

Should be worn when working in confined space where there is risk of oxygen deficiency and / or when concentration of toxic substances are at dangerous levels.



Lung protection: Face Masks

Should be worn when there is risk of solid and liquid particles including nanoparticles such as dusts, fumes, mists, fibers, vapors, gases and microorganisms.

PPE for Sanitation Workers

3

When to use PPE?



Hand Protection

Hand protection are classified as mechanical resistant and chemical resistant gloves.

Mechanical resistant are recommended where there is higher risk of abrasion, cut, tear or puncture and incidental contact with hazardous liquids.

Chemical resistant gloves are recommended where intentional contact with the hazardous liquid is expected and there is higher risk of penetration or permeation of chemicals into the glove.



Body Protection

Body protection are used for as chemical & biological hazards, thermal hazards and high visibility. Further intentional and incidental exposure to hazard determines the type of body protection.

These hazards in sanitation are mostly due to incidental exposure to hazardous substance. Intentional exposure is only observed in case of sewer workers engaged in manual cleaning of sewerage systems and septic tanks.



Foot Protection

Foot protection is recommended to protect the workers from physical and chemical hazards at the workplace.

Foot protection helps to avoid injuries arising from contact from falling, rolling or cutting object, penetration from soles and uppers, contact with hazardous substances and slipping and falling on wet surfaces.

Types include – safety footwear, protective footwear and occupational footwear

Material – Leather and similar material, rubber or all polymeric material.

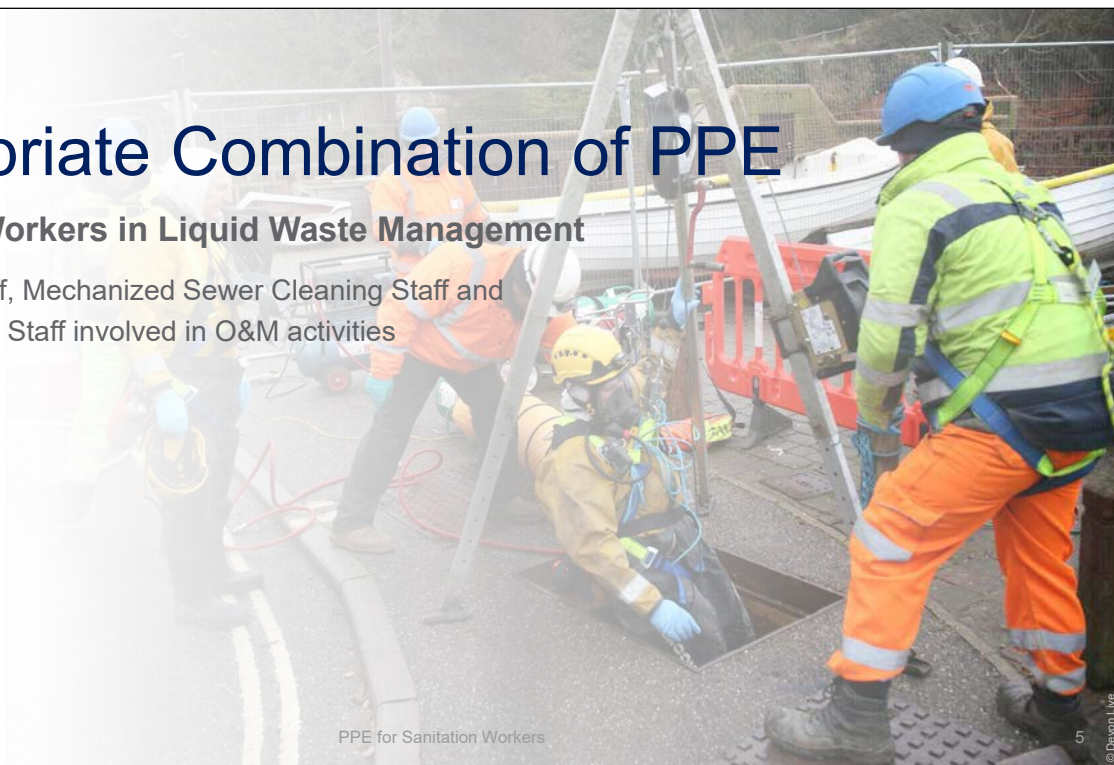
PPE for Sanitation Workers

4

Appropriate Combination of PPE

Sanitation Workers in Liquid Waste Management

Desludging Staff, Mechanized Sewer Cleaning Staff and Treatment Plant Staff involved in O&M activities



PPE for Sanitation Workers

5

HEAD PROTECTION



Hard Hat

Hard Hat with shell made out of Polypropylene Co-Polymer with headband, harness, sweatband, peak and chinstrap.

Recommended for use only when hazard of falling object, working at height or near open chambers.

EAR PROTECTION



Ear Plugs

Corded, flanged shaped ear plugs made out of non irritant and non allergic material. The ear plugs should be washable and reusable.

Recommend for use only in case of noise hazard.

FACE PROTECTION



Face Shield

Face shield made out of clear Polycarbonate having size 8.0" x 15.5" and thickness of 1.0 mm. The shield should be compatible with the safety hard hat.

EYE PROTECTION



Safety Goggles

Safety goggles must be light weight made out of clear Polycarbonate material offering high impact resistance and 99.9% UV protection.

PPE for Sanitation Workers

6

LUNG PROTECTION



N 95 Face Mask

N 95 face mask with exhalation valve and straps made out of Thermoplastic Elastomer, Aluminium nose clip, Polyurethane nose foam, Polypropylene filter, Polyester shell and cover web.

HAND PROTECTION



Mechanical Resistant Gloves

Mechanical resistant, nitrile coated gloves having nylon lining, specialized grip such as dotted or sandy and knitted cuffs.

Recommended to be worn for jobs which might include incidental contact with liquid hazardous waste or chemical.

HAND PROTECTION



Chemical Resistant Gloves

Chemical resistant, nitrile gloves having flock lined inners, diamond finish grip, straight cuff, minimum thickness of 0.38 mm and length of 330 mm.

Recommended to be worn on jobs which includes continuous and intentional contact with liquid hazardous waste or chemical.

PPE for Sanitation Workers

7

BODY PROTECTION



Full Sleeves Shirt

High visibility full sleeves shirt made out of high wicking polyester for comfortable use in hot and humid conditions.

Presence of reflective strips for high visibility in low light conditions is optional.

BODY PROTECTION



Full Length Pants

High visibility full length pants made out of polyurethane coated breathable polyester for comfortable use in hot and humid conditions and easy cleaning.

Presence of reflective strips for high visibility in low light conditions is optional.

FOOT PROTECTION



Protective Footwear

Protective footwear having steel toe with upper body made out of grain leather and polyurethane outsole for protection against physical hazards.

Ankle length shoes when paired with full pants provides complete protection from incidental splashes of hazardous liquids.

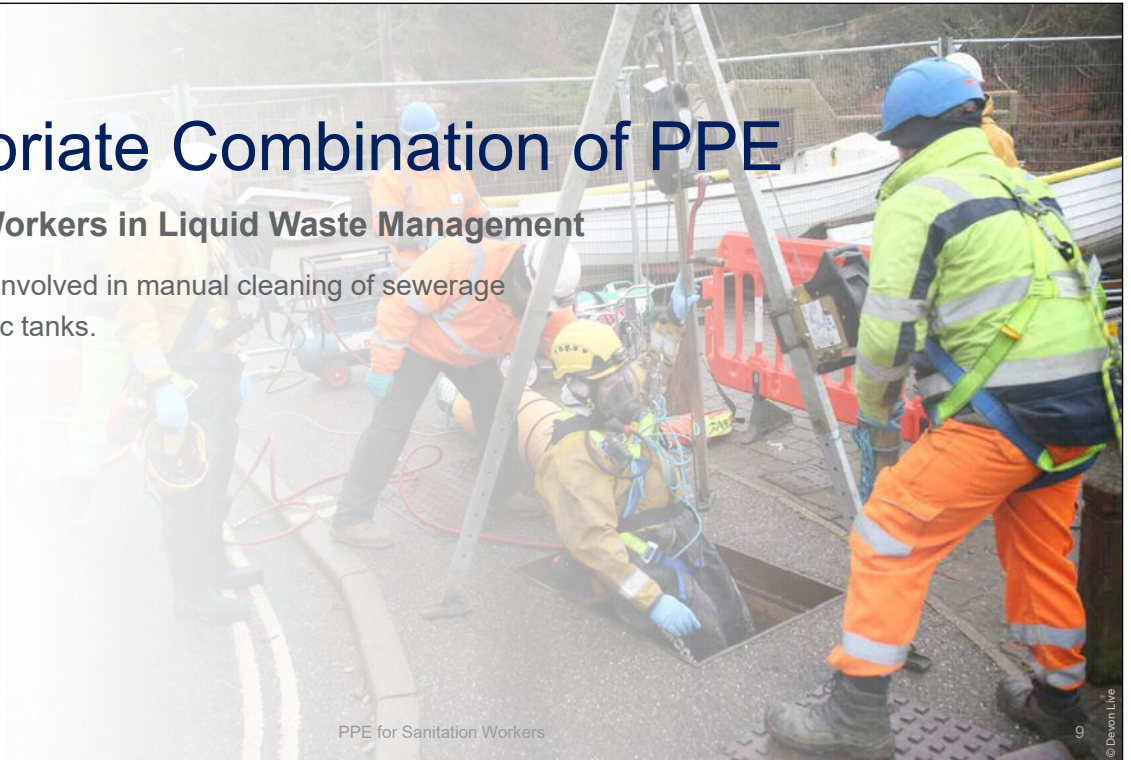
PPE for Sanitation Workers

8

Appropriate Combination of PPE

Sanitation Workers in Liquid Waste Management

Sewer workers involved in manual cleaning of sewerage network or septic tanks.



PPE for Sanitation Workers

9

HEAD PROTECTION



Hard Hat

Hard Hat with shell made out of Polypropylene Co-Polymer with headband, harness, sweatband, peak and chinstrap.

Use of hard hat is mandatory when working in confined spaces such as sewerage system or tanks.

EAR PROTECTION



Ear Plugs

Corded, flanged shaped ear plugs made out of non irritant and non allergic material. The ear plugs should be washable and reusable.

Recommend for use only in case of noise hazard.

LUNG PROTECTION



Full Face Respirator

Full face respirators with replaceable filter cartridge. The mask is made out of clear Polycarbonate material and have high impact resistant. The silicone seal around the mask and thermoplastic elastomer, makes it air tight.

LUNG PROTECTION



PAPR

Powered Air Purifying Respirator are full face respirator with battery powered blower.

It is recommended for use in confined spaces which are well ventilated having concentration of the toxic substances at dangerous levels.

PPE for Sanitation Workers

10

LUNG PROTECTION



SCBA

Self Contained Breathing Apparatus is a full face respirator which comes with a cylinder which provides necessary oxygen for breathing.

It is recommended for use in confined spaces having deficiency of oxygen such as sewers or underwater.

HAND PROTECTION



Chemical Resistant Gloves

Chemical resistant, nitrile gloves having flock lined inners, diamond finish grip, straight cuff, minimum thickness of 0.38 mm and length of 330 mm.

Recommended to be worn on jobs which includes continuous and intentional contact with liquid hazardous waste or chemical

BODY PROTECTION



Full Sleeves Shirt

High visibility full sleeves shirt made out of high wicking polyester for comfortable use in hot and humid conditions.

Presence of reflective strips for high visibility in low light conditions is optional.

PPE for Sanitation Workers

11

BODY PROTECTION



Body Protection

Disposable Coveralls made out of non woven polypropylene with polyethylene barrier film.

The coveralls are breathable and protect the worker from incidental splashes of hazardous liquid waste.

FOOT PROTECTION



Foot Protection

Chest Wader Suits made out of polyester coated with PVC, steel toe rubber shoes molded into the suit to provide complete water tightness.

These are recommended for use where the lower body of the worker will be continuous contact with hazardous liquid waste.

BODY PROTECTION



Body Protection

The sewage proof diving suit are completely water tight from head to toe with integrated gloves and shoes. It comes with a diving helmet and inline air blower kept above the ground. This ensures continuous supply of fresh air for prolonged work under wastewater.

PPE for Sanitation Workers

12

Appropriate Combination of PPE

Sanitation Workers in House Keeping

Housekeeping staff involved in cleaning of washrooms



PPE for Sanitation Workers

13

LUNG PROTECTION



Face Mask

Foldable respiratory half mask made of non-woven polypropylene. Wide adjustable elastic straps, Aluminium nose clip, Reinforcement nose foam.

Recommended to be worn on job while cleaning water closets and using aerosols containing chemicals.

HAND PROTECTION



Chemical Resistant Gloves

Chemical resistant, nitrile gloves having flock lined inners, diamond finish grip, straight cuff, minimum thickness of 0.38 mm and length of 330 mm.

Recommended to be worn on jobs which includes continuous and intentional contact with liquids or cleaning chemical.

BODY PROTECTION



Work Shirt

Short sleeve work shirt made out of polyester and cotton. This material is comfortable to prolonged wearing and helps to wick out moisture.

The work shirt is to be worn on the job as a uniform and is combined with apron or a bib to protect the from liquid splashes.

PPE for Sanitation Workers

14

BODY PROTECTION



Cargo Pants

Full length cargo pants made out of polyester and cotton. The pants should have gusseted crotch, wide belt loops and reinforced front and cargo pockets.

The cargo pants shields the legs of the worker from incidental splash of water or chemicals used for cleaning.

BODY PROTECTION



Bib Apron

Unisex multipurpose bib apron made of polycotton fabric, Neck strap adjusted with snap buttons for length, Back width adjustable with strap & buttons.

Recommended to be worn as worker might be exposed to incidental contact / splashes of liquids.

FOOT PROTECTION



Protective Footwear

Protective footwear having steel toe with upper body made out of grain leather and polyurethane outsole for protection against physical hazards.

Ankle length shoes when paired with full pants provides complete protection from incidental splashes of hazardous liquids.

PPE for Sanitation Workers

15

Appropriate Combination of PPE

Sanitation Workers in Solid Waste Management

Workers involved in door to door collection, working at transfer station, segregation line and O&M activities at SWM plant

PPE for Sanitation Workers

16

HEAD PROTECTION



Hard Hat

Hard Hat with shell made out of Polypropylene Co-Polymer with headband, harness, sweatband, peak and chinstrap. Recommend for use in case of physical hazard from falling object or when working at height.

EAR PROTECTION



Ear Plugs

Corded, flanged shaped ear plugs made out of non irritant and non allergic material. The ear plugs should be washable and reusable. Recommend for use only in case of noise hazard at SWM Plant.

FACE PROTECTION



Face Shield

Face shield made out of clear Polycarbonate having size 8.0" x 15.5" and thickness of 1.0 mm. The shield should be compatible with the safety hard hat. Recommended when using sprays / aerosols.

LUNG PROTECTION



Face Mask

Foldable respiratory half mask made of non-woven polypropylene. Wide adjustable elastic straps, Aluminium nose clip, Reinforcement nose foam. Recommend in case of collection or handling organic waste and protect from hazardous gases.

PPE for Sanitation Workers

17

LUNG PROTECTION



N 95 Face Mask

N 95 face mask with exhalation valve and straps made out of Thermoplastic Elastomer, Aluminium nose clip, Polyurethane nose foam, Polypropylene filter, Polyester shell and cover web

Recommended to be worn for jobs where there is collection or processing of dry waste or C&D waste

HAND PROTECTION



Mechanical Resistant Gloves

Mechanical resistant, nitrile coated gloves having nylon lining, specialized grip such as dotted or sandy and knitted cuffs.

Recommended to be worn for jobs which might include incidental contact with dry waste or inert waste

HAND PROTECTION



Chemical Resistant Gloves

Chemical resistant, nitrile gloves having flock lined inners, diamond finish grip, straight cuff, minimum thickness of 0.38 mm and length of 330 mm.

Recommended to be worn on jobs which includes continuous and intentional contact with wet waste or hazardous waste

PPE for Sanitation Workers

18

BODY PROTECTION



Bib Apron

Unisex multipurpose bib apron made of polycotton fabric, Neck strap adjusted with snap buttons for length, Back width adjustable with strap & buttons.

Recommended to be worn when continuous and intentional contact with liquid hazardous waste such as organic waste segregation station.

BODY PROTECTION



Full Sleeves Shirt

High visibility full sleeves shirt made out of high wicking polyester for comfortable use in hot and humid conditions.

Presence of reflective strips for high visibility in low light conditions is optional.

BODY PROTECTION



Full Length Pants

High visibility full length pants made out of polyurethane coated breathable polyester for comfortable use in hot and humid conditions and easy cleaning.

Presence of reflective strips for high visibility in low light conditions is optional.

PPE for Sanitation Workers

19

FOOT PROTECTION



Protective Footwear

Protective footwear having steel toe with upper body made out of grain leather and polyurethane outsole for protection against physical hazards.

These shoes are recommended for most of the jobs in SWM. Ankle length shoes when paired with full pants provides complete protection from incidental splashes of hazardous waste like wet waste slurry or leachate or processed liquid fuel.

PPE for Sanitation Workers

FOOT PROTECTION



Protective Footwear

Protective footwear made out of poly vinyl chloride and has energy absorption heel. Anti-skid, highly flexible and extra strong for protection against physical hazards.

These shoes are recommended for jobs in SWM where the worker is going to come in continuous contact with liquid. Ankle length shoes should be paired with full pants provides complete protection.

20

Appropriate Combination of PPE

Sanitation Workers in Solid Waste Management

Sweepers involved in sweeping and cleaning of streets

PPE for Sanitation Workers

21

LUNG PROTECTION



Face Mask

Foldable respiratory half mask made of non-woven polypropylene
Wide adjustable elastic straps,
Aluminium nose clip,
Reinforcement nose foam
Recommend to use in case of sweeping activity to protect from dust particles.

HAND PROTECTION



Mechanical Resistant Gloves

Mechanical resistant, nitrile coated gloves having nylon lining, specialized grip such as dotted or sandy and knitted cuffs.
Recommended to be worn for jobs which include incidental contact with dry waste in street cleaning.

BODY PROTECTION



Full Sleeves Shirt

High visibility full sleeves shirt made out of high wicking polyester for comfortable use in hot and humid conditions.
Presence of reflective strips for high visibility in low light conditions is mandatory.

PPE for Sanitation Workers

22

BODY PROTECTION



Cargo Pants

Full length cargo pants made out of polyester and cotton. The pants should have gusseted crotch, wide belt loops and reinforced front and cargo pockets.
Presence of reflective strips is mandatory. The full length pants protects the worker from coming in contact with dusts and harmful substances.

BODY PROTECTION



High Visibility Safety Vests

Safety Vests made of plain or mesh polyester, 1 or 2 inch high gloss white or yellow horizontal & vertical reflective tape.
Recommended to be worn with apparel in street sweeping activity for high visibility in low light conditions.

FOOT PROTECTION



Protective Footwear

Protective footwear having steel toe with upper body made out of grain leather and polyurethane outsole for protection against physical hazards.
Ankle length shoes when paired with full pants provides complete protection from dusts, particulate matters and splashes of liquids.

PPE for Sanitation Workers

23



saniverse
environmental solutions

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8. D2D Waste collectors' poster by UMC, Ahmedabad







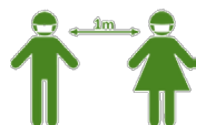
Hi, I am Mahesh. My wife, Leela and I work with a contractor who provides door-to-door waste collection service for the municipality. I know that like us, many of you are also providing these services to citizens during this Covid-19 pandemic. And that's why I would like to share some safety tips with you to protect you from the Novel Corona Virus....

Disclaimer: These instructions are no SOPs for their regular work but intended to highlight additional safety measures to be taken by sanitation workers

Before leaving home for your work, you must

- | | | | | | |
|---|--|---|--|--|---|
|  | 1. Wear full sleeve and full-length clothes |  | 3. Carry the Emergency pass issued by ULB |  | 5. Gloves, mask, apron (if mask is not available, then use a clean cloth in 2-3 layers to cover your nose and mouth) |
|  | 2. Cover wounds with water-proof band-aid |  | 4. Carry water and soap to wash hands |  | 6. Carry extra set of clothes |






When you reach the workplace, you must

- | | | | | | | | | | |
|--|--|---|--|--|---|--|--|---|--|
|  | 1. Wash hands with soap for 20 seconds at least |  | 2. Avoid touching unnecessary objects |  | 3. Wear gloves, mask/cloth, apron, boots |  | 4. Avoid touching face, nose, mouth, eyes |  | 5. Maintain safe distance while traveling together to work site |
|--|--|---|--|--|---|--|--|---|--|

When you start your work, follow these steps...

- | | | | | | |
|---|---|--|---|--|---|
|  | 1. Blow horn to open the gate |  | 4. Do not touch dustbins and waste with bare hands |  | 6. Ask citizens to dispose used masks and gloves in a separate bag |
|  | 2. Keep distance of minimum 4 feet from citizens |  | 5. Do not collect waste from a quarantined household unless you are informed by the municipality |  | 7. Use sheet/pan to pick up littered waste |
|  | 3. Ask citizens to throw their waste directly in the vehicle/ your bin |  | 8. Take extra care while picking up waste may carry saliva i.e. ice-cream stick, etc. | | |

When you return to your work base (transfer station/ ward office etc.)

- | | | | | | | | | | |
|---|----------------------------|---|----------------------------|---|--|---|---|--|--|
|  | Remove safety gears |  | Wash hands and face |  | Change clothes and put all in a bag |  | Wear mask/cloth and return to home |  | Before meeting anyone in the family, first wash clothes and PPEs with soap and hang them in a sunny dry place |
|---|----------------------------|---|----------------------------|---|--|---|---|--|--|

Contact a doctor immediately if you have any cough/fever or running nose

Let's conquer the virus by ensuring our safety

Safety and Dignity to Sanitation Work | Urban Management Centre with support from BMGF | manvita@umcasia.org

9. Street sweepers' safety poster by UMC, Ahmedabad



Hi, I am Rashmi. I work with a contractor who provides street cleaning service for the municipality. I know that like us, many of you are also providing these services to citizens during this Covid-19 pandemic. And that's why I would like to share some safety tips with you to protect you from the Novel Corona Virus....

Disclaimer: These instructions are no SOPs for their regular work but intended to highlight additional safety measures to be taken by sanitation workers

Before leaving home for your work, you must



1. Wear full sleeve and full-length clothes



2. Cover wounds with water-proof band-aid



3. Carry the Emergency pass issued by ULB



4. Carry water and soap to wash hands



5. Gloves, mask, apron (if mask is not available, then use a clean cloth in 2-3 layers to cover your nose and mouth)



6. Carry extra set of clothes

When you reach the workplace, you must



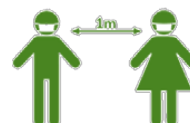
1. Wash hands with soap for 20 seconds at least

2. Avoid touching unnecessary objects, only your PPEs, cart and broom



3. Wear gloves, mask/cloth, apron, boots

4. Avoid touching face, nose, mouth, eyes



5. Maintain safe distance while traveling together to work site

When you start your work, follow these steps...



1. Blow horn to open the gate



2. Keep distance of minimum 4 feet from citizens



3. Ask citizens to throw their waste directly in the vehicle/ your bin



4. Do not touch dustbins and waste with bare hands



5. Do not collect waste from a quarantined household unless you are informed by the municipality



6. Wash eyes, nose, face in case waste touches



7. Use sheet/pan to pick up littered waste



8. Take extra care while picking up waste that may carry saliva i.e. ice-cream stick, etc.

When you return to your work base (transfer station/ ward office etc.)



Remove safety gears



Wash hands and face



Change clothes and put all in a bag



Wear mask/cloth and return to home



Before meeting anyone in the family, first wash clothes and PPEs with soap and hang them in a sunny dry place



Contact a doctor immediately if you have any cough/fever or running nose

Let's conquer the virus by ensuring our safety

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10. Drain cleaners' poster by UMC, Ahmedabad



Hi, I am Riyaz. My wife- Gul and I work as drain cleaners for our municipality I know that like us, many of you are also providing these services to citizens during this Covid-19 pandemic. And that's why I would like to share some safety tips with you to protect you from the Novel Corona Virus....

Disclaimer: These instructions are not SOPs for regular work but intended to highlight additional safety measures to be taken by sanitation workers

Before leaving home for you work, you must

1. carry our ID card



2. Pack a spare pair of clean clothes in a plastic bag, water and soap



3. Cover wounds with water-proof band-aid



When you reach the workplace, you must



1. Wash hands with soap for 20 seconds at least

2. Wear mask, gumboots, apron and gloves (if mask is not available, then use a clean cloth in 2-3 layers to cover your nose and mouth)



3. Pickup the equipment like shovel, hoe & barricade cone & ribbon only after wearing PPE

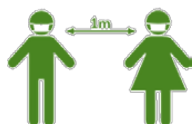
4. Carry bottles of water/ soap to wash our hands thoroughly when they want to take a break



5. Carry own food for lunch along with drinking water

When you reach the workplace, you must

1. maintain 1 meter distance with your co-workers or with others



2. Remove debris and trash from the drain and surrounding area using equipment only. Do not touch anything with bare hands



3. Clean the area by sweeping, bleaching, disinfecting and complete sanitization



When you return to your work base (ward office)



Remove safety gears



Wash hands and face



Change clothes and put all in a bag



Wear mask/cloth and return to home



Before meeting anyone in the family, first wash clothes and PPEs with soap and hang them in a sunny dry place



Contact a doctor immediately if you have any cough/fever or running nose

Let's conquer the virus by ensuring our safety

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11. Community toilet (CT) caretakers' poster by UMC, Ahmedabad



Hi, I am Raghu. My wife, Sushma and I work as caretaker of a community toilet in our ward.
I know that like us, many of you are also providing these services to citizens during this Covid-19 pandemic. And that's why I would like to share some safety tips with you to protect you from the Novel Corona Virus....

Disclaimer: These instructions are not SOPs for regular work but intended to highlight additional safety measures to be taken by sanitation workers

Before leaving home for your work, you must



1. Wear full sleeve and full-length clothes



2. Cover wounds with water-proof band-aid



3. Carry the Emergency pass issued by ULB



4. Carry water and soap to wash hands



5. Gloves, mask, apron (if mask is not available, then use a clean cloth in 2-3 layers to cover your nose and mouth)



6. Carry extra set of clothes

When you reach the workplace, you must



1 Wash hands with soap



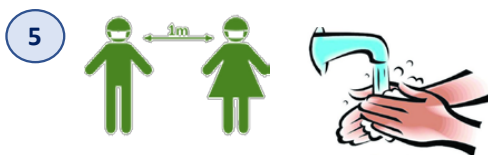
2 Wear PPEs as per recommendations



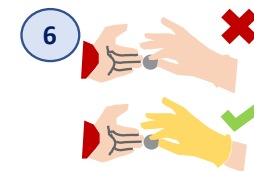
3 Draw circles outside the toilet block to make users maintain distance



4 Clean the toilet block by wearing PPEs



5 Instruct users to maintain distance of at least 1 m & to wash their hands with soap after using toilet



6 Collect user charges while wearing gloves



7 Clean and disinfect frequently touched objects and surfaces.



8 Wash hands with soap before having any food



9 Remove gloves and masks, clean them thoroughly with soap water

When you finish your work



Remove safety gears



Wash hands and face



Change clothes and put all in a bag



Wear mask/cloth and return to home



Before meeting anyone in the family, first wash clothes and PPEs with soap and hang them in a sunny dry place

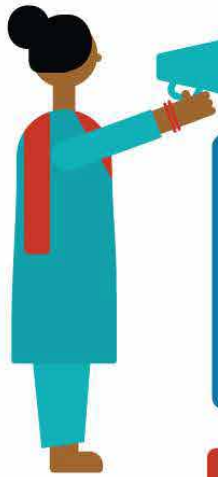


Contact a doctor immediately if you have any cough/fever or running nose

Let's conquer the virus by ensuring our safety

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12. Handwashing steps Poster by WaterAid



HANDWASHING STEPS



We all can keep ourselves, our family and our community healthy and safe from Coronavirus, **COVID 19** and other diseases by washing hands with soap and water thoroughly following simple steps. This way, every part of our hands are clean.

All of us can follow these simple steps:

1

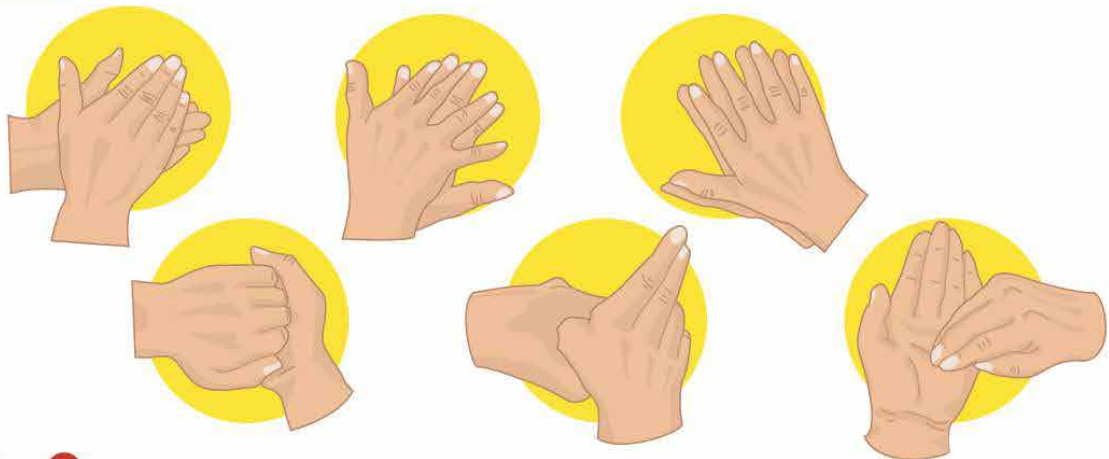
Wet your hands with clean water & apply soap.

2

Lather your hands by rubbing them together with the soap.

3

Lather your palms, the backs of your hands, between your fingers, around your thumbs, and under your nails. **SCRUB YOUR HANDS FOR AT LEAST 20 SECONDS.**



4

Rinse your hands well with clean water
Dry your hands using a clean towel or air dry them.



REMEMBER

Next time you wash your hands - use soap and follow these simple steps!

Protect yourself and your family from Coronavirus and COVID-19, and keep healthy

13. Handwashing steps Poster by WaterAid



हाथ धोने की सही विधि



कोरोना-वायरस व अन्य बीमारियों से हम स्वयं को, अपने परिवार को एवं अपने समुदाय को स्वस्थ और सुरक्षित रख सकते हैं, अगर हम अपने हाथों को साबुन एवं पानी से चरणबद्ध तरीके से धोएं। ऐसा करने से, हमारे हाथ का हर हिस्सा साफ होता है।

आइए जाने इन सरल चरणों को:

1

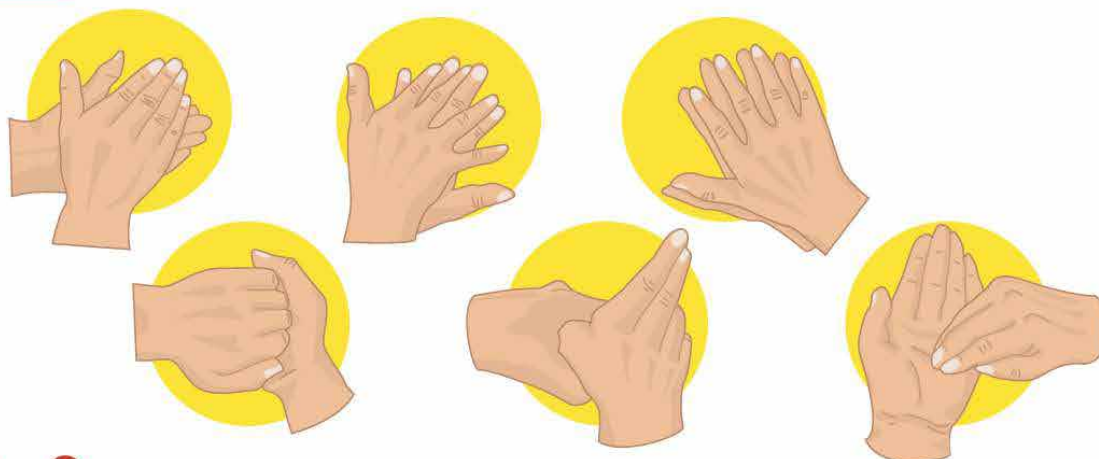
सबसे पहले अपने हाथों को साफ पानी से गीला करें, और हथेलियों में साबुन लगाएं।

2

अब अपने हथेलियों को आपस में मलें, ताकि झाग बन सके।

3

पहले हथेलियों के धारियों के ऊपर, उसके बाद पीछे, उँगलियों के बीच में, अँगूठों के चारों ओर एवं नाखूनों के नीचे व अंदर के हिस्से को, कम से कम 20 सेकेंड तक अच्छे से मलें।



4

इसके बाद साफ पानी से अपने हाथों को अच्छी तरह से धो लें। अंत में, एक साफ तौलिया या हवा का उपयोग करके अपने हाथों को सूखा लें।



याद रखें

अगली बार आप जब भी हाथ धोएँ, साबुन का प्रयोग करें एवं इन सरल तरीके व चरणों का जरूर पालन करें। ऐसा कर, आप अपने और अपने परिवार को कोरोना वायरस से सुरक्षित रख सकते हैं।

14. When to wash hands Poster by WaterAid



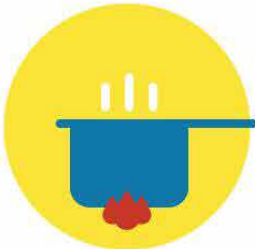


WASH YOUR HANDS




We can protect ourselves, our family and our community from Coronavirus and **COVID 19**, as well as other diseases when we wash our hands thoroughly with soap and water.

We all need to wash our hands with soap and water at these important times:

BEFORE

- **Preparing Food**
- **Eating**
- **Feeding Children**

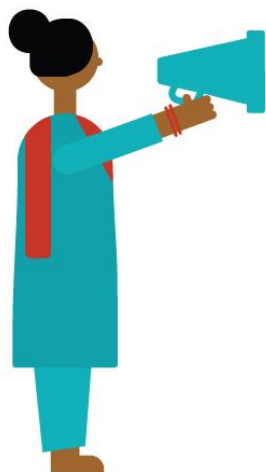
After

- **Using the toilet, washing children's bottom and disposing their stool**
- **Sneezing, coughing, blowing one's nose, and after contact with person with any illness or having symptoms of fever, cough, sneezing**
- **Any task performed outside the home, touching objects and surfaces outside the home**

AFTER

 **REMEMBER** Everyone in the family and community must wash hands well with soap and water at these times: children, adolescents, women, men, elderly, vendors, sanitation workers and cleaners.

15. When to wash hands Poster by WaterAid



सही तरीके से हाथ धोएं



जब हम साबुन एवं पानी से अच्छे से हाथों को धोते हैं, तब हम स्वयं का, अपने परिवार का एवं अपने समुदाय का इस कोरोना वायरस के साथ-साथ कई अन्य बीमारियों से भी बचाव कर सकते हैं।

आइए जानें, कब कब हाथों को साबुन एवं पानी से धोना जरूरी है

पहले



खाना बनाने से पहले



खाना खाने से पहले



बच्चों को खिलाने से पहले



शौचालय का उपयोग करने एवं बच्चों के मल निपटान के बाद

छींकने, खाँसने एवं नाक साफ करने के बाद।
ऐसे व्यक्ति के संपर्क में आने के बाद, जो संक्रमित हो या जिसमें बुखार, खाँसी, या सर्दी के लक्षण हों



घर के बाहर कोई भी कार्य करने के बाद और बाहर की किसी वस्तु या सतह को छूने के बाद



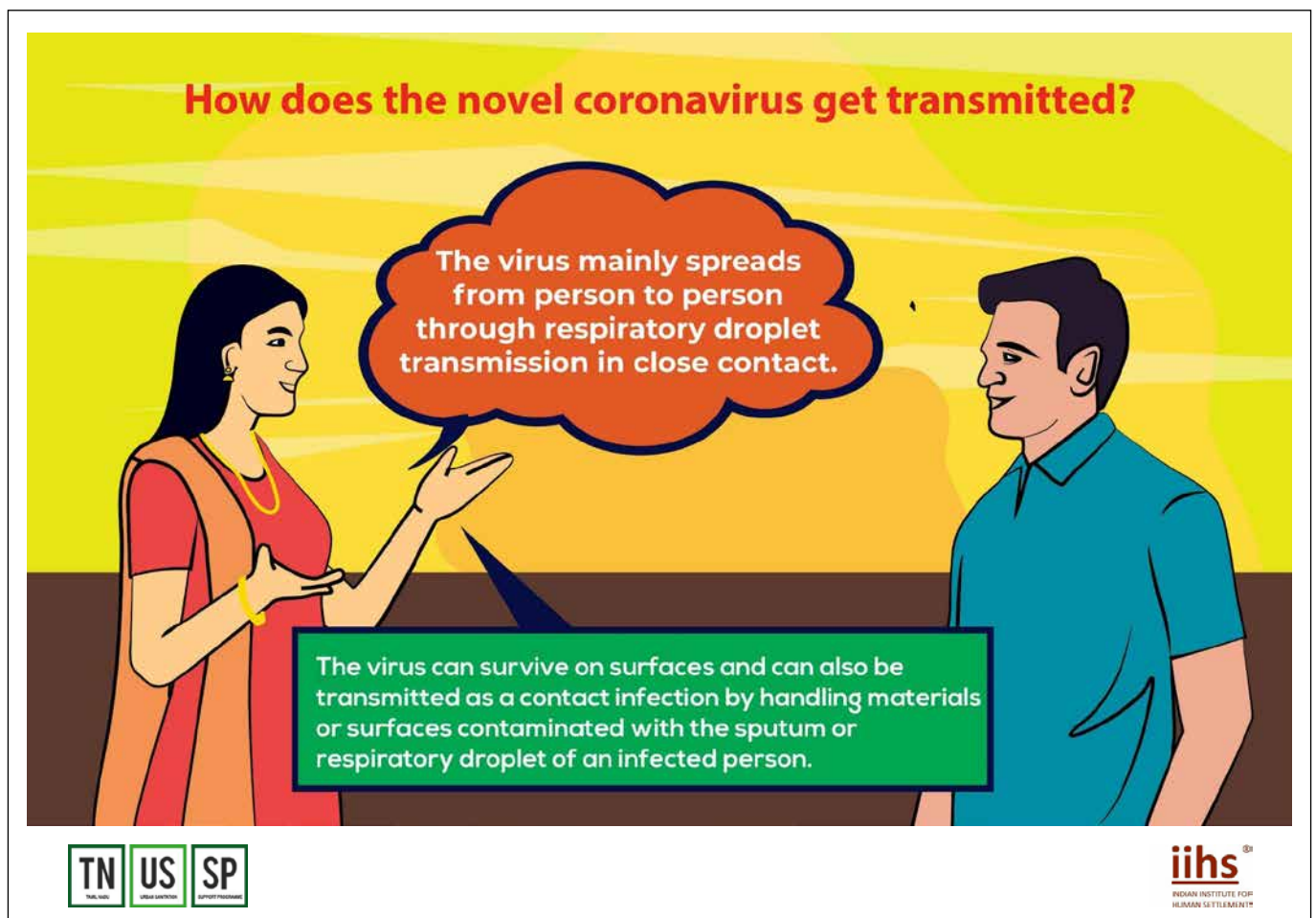
बाद



याद रखें

परिवार और समुदाय के सभी व्यक्ति को इन जरूरी समय (क्षण) पर साबुन और पानी से अच्छी तरह से हाथ धोना चाहिए- चाहे वह बच्चे हों, किशोर हो, महिला हो, पुरुष हो, बुजुर्ग हो, दुकानदार हो, घरेलू कर्मचारी हो या सफाई-कर्म हो।

16. Guidelines for Sanitation Workers (CT/PT) by IIHS, Bengaluru



How to stay safe?

General preventive and mitigation measures



The most effective preventive measures in the community include:

- 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.
- Avoid touching your eyes, nose, and mouth.
- Cover your mouth and nose when coughing or sneezing. Cough/ sneeze into a tissue or flexed elbow and immediately dispose of the tissue.
- Wear a medical mask if you have respiratory symptoms and wash hands using soap after disposing of the mask.
- Maintain physical distance (a minimum of 1 metre) from persons with respiratory symptoms.
- Avoid unnecessary travel and stay away from large groups of people.
- Stay at home if you feel unwell.
- Use headphones/ speaker phones when using mobile phone to avoid touching face.



Recommended Good Practices at CT/PT for sanitary workers



Recommended Good Practices at CT/PT for sanitary workers

நவீன பொது கழிப்பிடம்

GENTS



Ensure soaps or hand sanitizers are available at the toilet premises and encourage its usage by toilet users.

Encourage payment through coins. The coins collected may be used after disinfecting.



LADIES



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HUMAN SETTLEMENTS

Recommended Good Practices at CT/PT for sanitary workers

நவீன பொது கழிப்பிடம்

GENTS

Use physical barriers to ensure at least 1 m distance from the users at the user fee collection counters.

Direct users to maintain physical distance (1 m) among themselves and properly clean the toilet bowls after use.

1M



LADIES



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Recommended Good Practices at CT/PT for sanitary workers

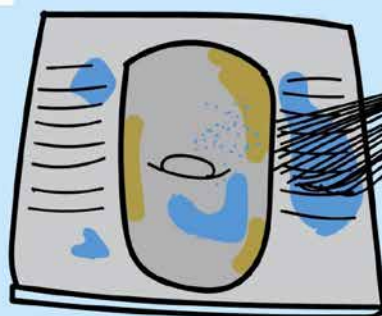
Clean frequently touched surfaces (door handles, armrests, table tops, light switches, water taps) frequently (once every 2-4 hours) with disinfectant.



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Recommended Good Practices at CT/PT for sanitary workers

Clean the toilet bowl at least two to three times per day. Depending on the usage clean more often.



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Recommended practices for cleaning toilet premises and bowls at CT/ PT



Wear gloves, disinfect door handles, taps, shower, mirrors and soap dispensers in the toilet with a wet cloth and disinfectant.

Put the cleaning cloth in the laundry bag.



Recommended practices for cleaning toilet premises and bowls at CT/ PT



- While cleaning a toilet bowl, wear protective gloves.
- Apply detergent on the toilet bowl, on both sides of the lid and on the seat (for western) and foot rest (for Indian). Flush the toilet.
- Apply the toilet bowl cleaner on the bowl while paying special attention to stains. Clean the bowl with a toilet brush.
- Wash the brush when you flush the toilet.
- Disinfect the gloves and put them in their designated container.



Recommended practices for cleaning toilet premises and bowls at CT/ PT

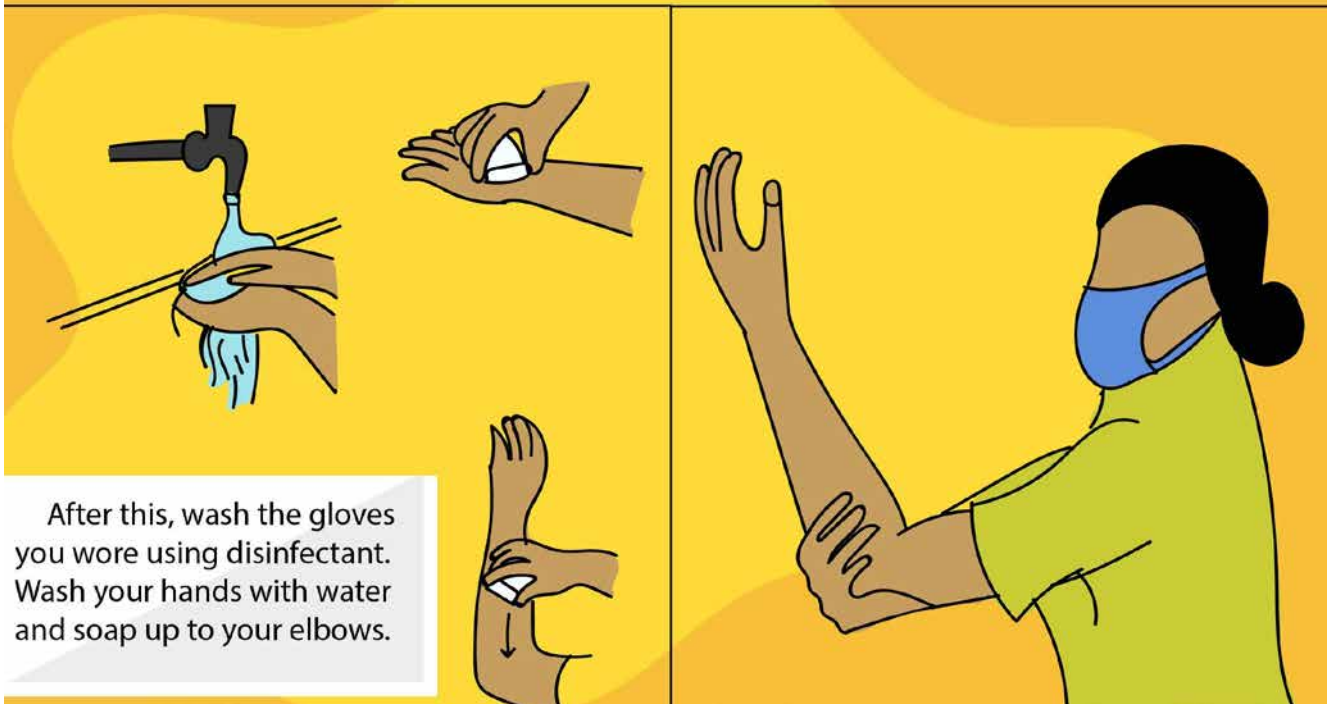
Clean the floor with the floor cleaning equipment and the multi-purpose cleaner.

Wash and clean the equipment and the gloves as well as their container with water and the disinfecting cleaner.

Clean the floor cleaning equipment and the contact surfaces of the cleaner containers with the disinfectant.



Recommended practices for cleaning toilet premises and bowls at CT/ PT



After this, wash the gloves you wore using disinfectant. Wash your hands with water and soap up to your elbows.



Recommended practices for cleaning toilet premises and bowls at CT/ PT

The work clothes must be washed using disinfectant at the workplace.



CHANGE ROOM

Remove your work clothing and put on your personal clothes at the changing area, before you exit the workplace.



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Recommended practices for cleaning toilet premises and bowls at CT/ PT



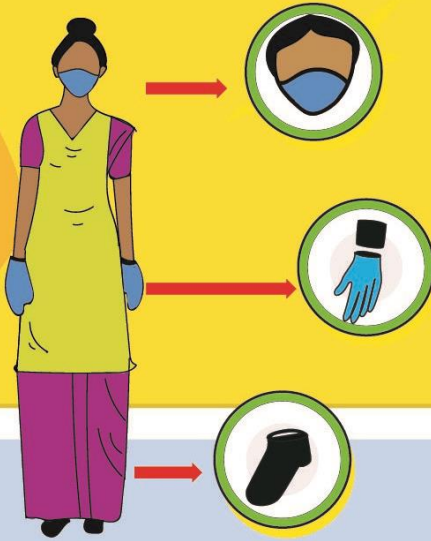
Use leakproof and easily removable bags in waste bins.
Monitor waste bins and do not let them get more than three-quarters full.

Empty waste bins daily.
The collected bin bags must be closed tightly and disposed as per ULB.



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Recommended Good Practices at CT/PT for sanitary workers



Choice of PPE

- Cloth mask.
- Gloves.
- Head band and Wrist band.
- Foot wear covering whole foot/ gum boots.



How to put on and remove ppe?

1. Cover nose and mouth with mask and secure ties/elastic band behind the head and neck. While removing: Front of mask is contaminated — DO NOT TOUCH! Grasp bottom ties or elastics and remove without touching the front.



2. Wear gloves. Outside of gloves are contaminated, use gloved hand to remove other glove, follow this procedure to remove other glove



3. Wear Boots to cover your legs. Remove Boots with gloved hands.



Hand hygiene should be performed at all five moments.

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



17. Guidelines for Sanitation Workers (CT/PT) by IIHS, Bengaluru

नोवल कोरोनावायरस कैसे फैलता है?

यह वायरस मुख्य रूप से जो लोग इस वाइरस (वर्षाणु) से संक्रमित हैं उनकी साँस की बूंदों (खाँसने और छींकने के दौरान निकली) के संपर्क में आने से एक व्यक्ति से दूसरे व्यक्ति में फैलता है।

यह वायरस सतहों पर जीवित रह सकता है और संक्रमित व्यक्तिकी खाँसी या छींकों से निकलने वाली छोटी-छोटी बूंदों के माध्यम से संक्रमित पदार्थों या सतहों पर काम करते हुये या उनके संपर्क में आने से भी फैल सकता है।



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रोकथाम और इसे कम करने के सामान्य उपाय



- अपने हाथों को अल्कोहॉल-आधारित हैंड रब (हाथों पर मलने वाला तरल) या साबुन और साफ पानी के साथ रगड़कर नियमित रूप से धोएं। यदि आपके हाथ गंदे दिखाई दे रहे हैं तो साबुन और पानी का इस्तेमाल करें।
- अपनी आंखों, नाक और मुंह को छूने से बचें।
- खांसते या छींकते समय अपना मुंह और नाक ढक लें। टिशू या कोहरती मोड़कर मुंह के सामने लगाकर खांसें / छींकें और टिशू को तुरंत फेंक दें।

- यदि आपमें साँस संबंधी लक्षण हैं तो मेडिकल मास्क पहनें और मास्क को फेंकने के बाद साबुन से हाथ धोएं।
- साँस संबंधी लक्षणों वाले व्यक्तियों से (कम से कम 1 मीटर) शारीरिक दूरी बनाए रखें।
- बर्ना मतालब बाहर जाने से बचें और लोगों के बड़े समूहों से दूर रहें।
- यदि आप असुवस्थ महसूस करते हैं तो घर पर रहें।
- चेहरा छूने से बचने के लिए मोबाइल फोन का उपयोग करते समय हेडफोन या स्पीकर फोन का उपयोग करें।



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•दिन का काम शुरू करने से पहले काम के कपड़े, कपड़े बदलने वाले स्थान में पहने जाने चाहिए। सीटी / पीटी परिसर में हमेशा मास्क, दस्ताने, जूते और उपयुक्त कपड़े (जैसे लंबी आस्तीन वाली शर्ट, लंबी पतलून और एप्रन) का उपयोग करें।



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GENTS



- सुनिश्चित करें कि शौचालय परिसर में साबुन या हैंड सैनिटाइज़र उपलब्ध हैं और शौचालय उपयोगकर्ताओं को इसका उपयोग करने के लिए प्रोत्साहित करें।
- फीस के पैसे सिक्कों में लेने को प्रोत्साहित करना। इकट्ठा किए गए सिक्कों का उपयोग उन्हें कीटाणुमुक्त करने के बाद किया जा सकता है।



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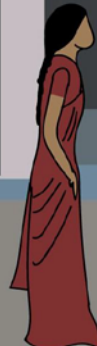
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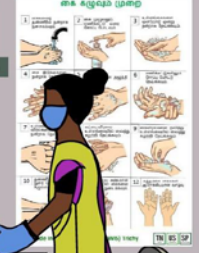
GENTS

- उपयोगकर्ता से फीस लेने वाले काउंटरों पर उपयोगकर्ताओं से कम से कम 1 मीटर की दूरी बनाए रखने के लिए किसी चीज़ से रुकावट बनाएँ।
- प्रत्यक्ष उपयोगकर्ताओं को आपस में शारीरिक दूरी (कम से कम 1 मीटर) बनाए रखनी चाहिए और उपयोग के बाद शौचालय को ठीक से साफ करना चाहिए।

1M



LADIES



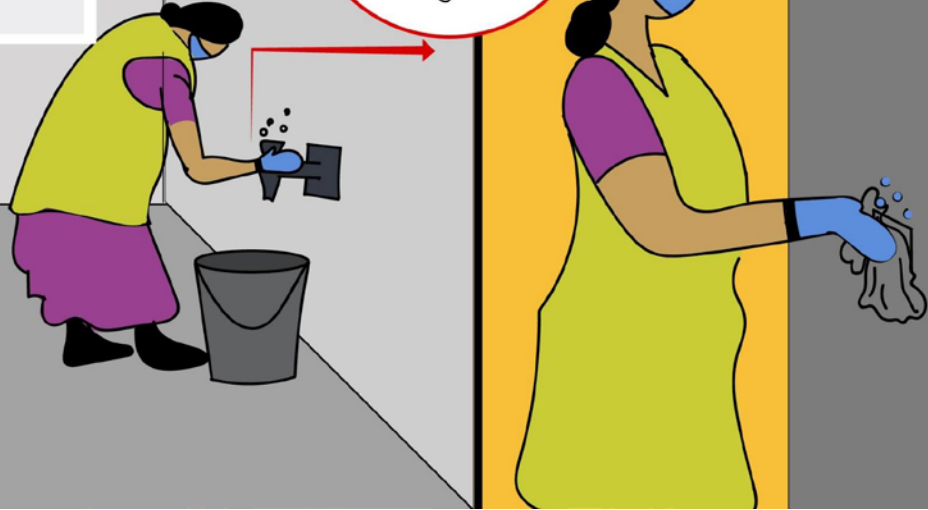
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• बार-बार छुई जाने वाली सतहों (दरवाजे के हैंडल, आर्मरेस्ट, टेबल टॉप, लाइट स्विच, पानी के नल) को बार-बार (हर 2-4 घंटे में एक बार) कीटाणुनाशक के साथ साफ करें।



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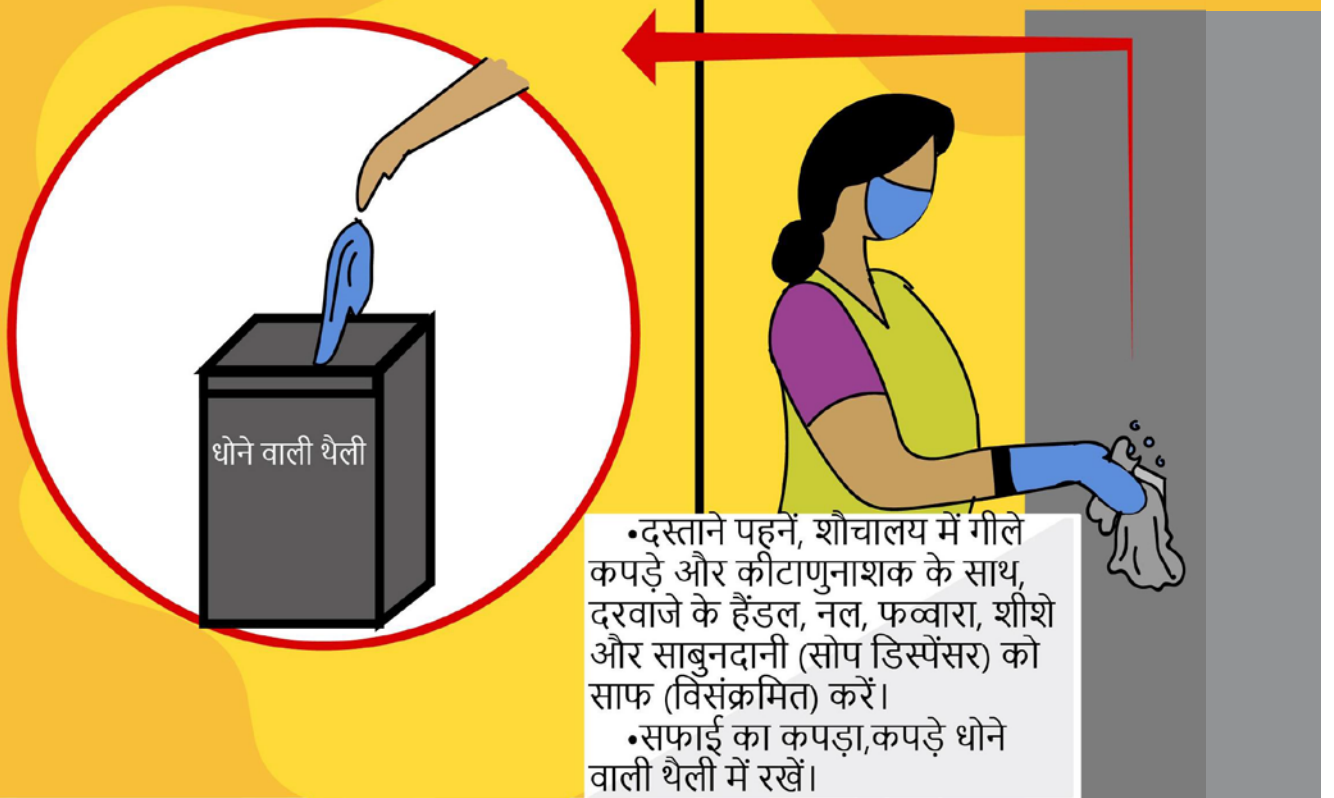
• शौचालय के कटोरे को हर दिन कम से कम दो से तीन बार साफ करें। उपयोग के आधार पर अधिक बार साफ।



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- शौचालय के कटोरे की सफाई करते समय, सुरक्षात्मक दस्ताने पहनें।
- शौचालय के कटोरे, ढक्कन के दोनों तरफ और सीट पर (वेस्टर्न के लिए) और (भारतीय के लिए) पैर रखने वाले स्थान में डिटर्जेंट डालें। शौचालय को फ्लश करें।
- दाग पर विशेष ध्यान देते हुए कटोरे पर टॉयलेट बाउल क्लीनर लगाएं। कटोरे को टॉयलेट ब्रश से साफ करें।
- जब आप टॉयलेट फ्लश करें तो ब्रश को धो लें।
- दस्ताने कीटाणुरहित करें और उन्हें उनके सही डब्बे में डालें।



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• फर्श की सफाई, सफाई उपकरण और बहुउद्देश्यीय क्लीनर करें।

• उपकरण और दस्ताने और साथ ही उनके डब्बों को पानी और कीटाणुनाशक क्लीनर से धोएं और साफ करें। फर्श की सफाई के उपकरण और क्लीनर कंटेनरों की छुई जाने वाली सतहों को कीटाणुनाशक से साफ करें।



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• इसके बाद, आपने जो दस्ताने पहने हैं उनको कीटाणुनाशक के साथ धो लें। पानी और साबुन से अपने हाथ अपनी कोहनी तक धोएं।



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•काम वाले कपड़ों को कार्यस्थल पर कीटाणुनाशक के साथ धोया जाना चाहिए।



CHANGE ROOM



•कार्यस्थल से बाहर नकिलने से पहले, कपड़े बदलने वाले स्थान पर अपने काम के कपड़ों को नकाल दें और अपने खुद के कपड़े पहन लें।



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•कचरे के डिब्बे में रिसावरोधी और आसानी से निकले जाने वाले बैग का उपयोग करें। कचरे के डिब्बे की निगरानी करें और उन्हें तीन-चौथाई से ज्यादा न भरने दें। कचरे के डिब्बे को रोजाना खाली करें। जमा



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व्यक्तिगत सुरक्षा उपकरण
(पीपीई)

- कपड़े का मास्क
- दस्ताने
- हेड बैंड और रिस्ट बैंड
- पूरे पैर को ढकने वाले जूते / गम बूट



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व्यक्तिगत सुरक्षा उपकरण (पीपीई/PPE) इस्तेमाल करने का तरीका

1. नाक और मुँह को मास्क से ढक लें और इलास्टिक बैंड को सरि और गर्दन के पीछे बांध लें। हटाने समय: मास्क के आगे का हिस्सा / रेस्पिरिटर दूषित होता है उसे न छुएँ। इलास्टिक्स या फीते को नीचे से पकड़ें और सामने का हिस्सा छुए बिना निकाल दें।



2. दस्ताने पहनें और उन्हें कोहनी तक चढ़ा लें। दस्ताने के बाहर का भाग दूषित होता है, दस्ताने को उतारने के लिए दस्ताने पहने हुये दूसरे हाथ का उपयोग करें, दूसरा दस्ताना भी इसी तरीके से उतारें।



3. अपने पैरों को ढकने के लिए जूते पहनें। जूतों को दस्ताने वाले हाथों से निकालें।



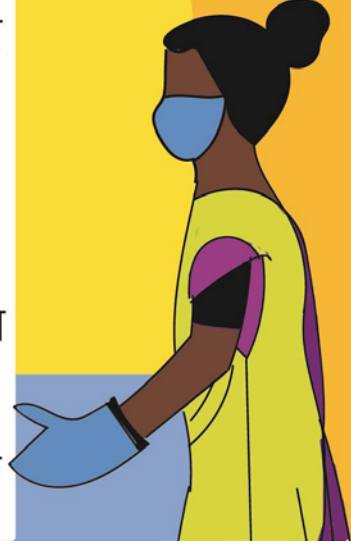
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हाथ की सफाई निम्न पाँच मौकों पर ज़रूर की जानी चाहिए



- व्यक्तिगत सुरक्षा उपकरण (पीपीई) पहनने से पहले और उसे उतारने के बाद, दस्ताने बदलते समय
- किसी भी शौचालय की सफाई या रखरखाव गतिविधि के बाद
- साँस से निकली किसी भी चीज़ के संपर्क में आने के बाद
- खाने से पहले
- शौचालय का उपयोग करने के बाद



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18. Social distancing at CT pictures



Source: Centre for Water and Sanitation (CWAS), CEPT University, Ahmedabad



Source: Centre for Water and Sanitation (CWAS), CEPT University, Ahmedabad



Source: Centre for Water and Sanitation (CWAS), CEPT University, Ahmedabad



Source: Centre for Water and Sanitation (CWAS), CEPT University, Ahmedabad



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