

DO'S AND DON'TS FOR SANITATION STAFF IN CORONA TIMES

BEFORE STARTING WORK


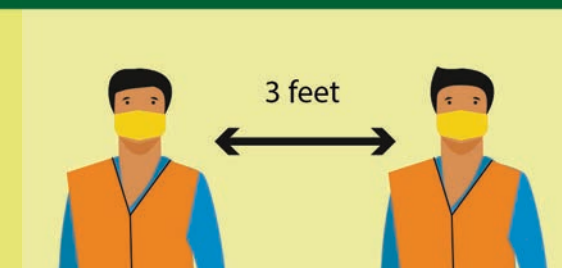






 Wear freshly washed pair of uniform, mask and gloves, shoes; do not wear unwashed clothes	 Wash your hands thoroughly	 If there are any wounds etc., cover them with clean water proof bandage	 Take along water in a bottle. Drink water at regular intervals	 Take along soap bar/ liquid soap in a spray bottle	 Pick up the work equipment such as trolley, bin, bag etc. only after wearing uniform, mask and gloves	 Obtain and ID card from the Gram Panchayat or Municipality and always carry it with you
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- Take along clean masks (at least 3-4) in a separate sealed bag
- Whenever you remove the mask for eating or any other activity, wash your hands thoroughly and put on a fresh and clean mask from this bag
- While removing the mask, take care not to touch the potentially infected outer surface of the mask
- Keep the discarded mask in a separate sealed bag to be taken back for washing and sterilisation

AFTER WORK

 On completing the day's work, keep your work equipment at designated place	 Clean them all thoroughly with soap water or Alcohol solution	 Remove your shoes, uniform, gloves and mask (in this order)	 Put uniform, masks and gloves in a soap bucket. Preferably use hot water for washing. Shoes to be washed separately	 Make sure the masks are washed thoroughly and dried in the sun
 Have a bath with soap, wash your hair also	 Do not touch fresh clothes before you have had your bath. Keep a fresh pair of clothes inside the bathroom or at accessible location when you leave for work in the morning so that you can wear them after your bath (Or ask someone to handover fresh clothes to you after your bath).	 Sterilise your phone, wallet etc. using sanitizer or any Alcohol based solution	 Wash your water bottle, lunch dabba, soap solution bottle etc. separately	 Take steam / drink some hot fluids

DURING COLLECTION & TRANSPORTATION OF WASTE

 Keep your mask on always, whenever you remove it, wash your hands and put on a fresh mask. Always wear your gloves while at work, except during breaks	 Maintain at least 3 ft distance with co-workers, friends and strangers as COVID symptoms are often not visible, you could also be a carrier without knowing.	 Preferably ask people to drop waste in your bin/cart directly to minimise human contact. Never touch waste/garbage with bare hands. Waste containing any mask, bio medical waste or anything that has body fluids such as tissues, spoons, straws, ice cream sticks etc should be collected separately as Domestic Hazardous Waste.	 Avoid touching any part of your face, including mouth, nose, eyes and ears at any time.
 Avoid putting your gloves in your pocket (better to store them in a designated plastic bag). Never touch your face with gloves.	 The Domestic Hazardous Waste from quarantined houses/locations should not be picked up by the regular solid waste collection staff. This waste should be stored in yellow bags provided by the ULB and be picked up by staff separately authorized by the ULB for collecting bio-medical waste or deposited at deposition centres identified by the ULB.	 Strictly do not spit. When coughing or sneezing always cover your nose and mouth in your elbow	 Avoid touching your phone, purse etc. when at work. If you must, make sure to sterilise with alcohol-based solution (70% ethanol or isopropyl alcohol, applied with a microfiber cloth). Use speaker phones when using mobile phone to avoid touching face.

DURING BREAKS:

1. Before eating food, remove mask and gloves, apron and wash your hands, arms and face thoroughly with soap.
2. Preferably eat hot, cooked food. Avoid eating cold, uncooked food.
3. Maintain social distancing when eating/resting.
4. The food must be kept away from clothing and preferably at some height closer to the face so that nothing from the clothing falls on the food.