

WASTEWATER WORKERS

STAYING HEALTHY ON
THE JOB

Protect yourself and your family

LOOK FAMILIAR?



WHAT ARE THE RISKS?

Exposure to pathogens such as:

- **Biological- Bacteria, Virus, Parasites and Fungi**
 - **Chemical- Cleaners, Solvents, Medications**
 - **Metals- Mercury**
-
- **Injury from Slips and Falls**

MODE OF TRANSMISSION

Three primary routes of exposure to pathogens

1. Hand to Mouth transmission- fecal oral route
2. Direct Skin Contact- splashes to skin or mucous membranes
3. Inhalation- vaporized droplets, spores

BIOLOGICAL INFECTIONS

Bacterial risks include:

Tetanus-most serious

- Clostridium tetani bacteria found in intestines of animals
- Excreted in feces that infects soil and water
- Introduced to body **through open wound**
- Grows at site of injury causing severe muscle spasms

Vaccine Preventable!

Tetanus, diphtheria & pertussis (Tdap) or (Td) booster

BACTERIAL DISEASE

**These Infections are Spread by Hand to Mouth Activity
(Fecal oral route)**

Salmonellosis

Shigellosis

Campylobacter

E Coli

*Typhoid Fever- vaccine available for endemic areas

All cause severe Gastrointestinal Disease with fever,
nausea, vomiting and diarrhea

Not vaccine preventable!

Must protect yourself from exposure!

VIRAL DISEASES

Most serious is Hepatitis

Liver inflammation

Can lead to liver cancer and/or liver failure

The Hepatitis A virus is spread by Hand to Mouth activity

Highly contagious

Excreted in the feces of infected people

Spread through contaminated food/water or person to person by the fecal oral route

Causes fever, abdominal discomfort, last 4 weeks or more

1 out of 5 continue with symptoms for up to 15 months.

Vaccine Preventable!

VIRAL DISEASE

Hepatitis B and Hepatitis C

Spread through infected blood and body fluids

- Transmitted when infected fluids enter the bloodstream through a wound or splash on mucous membranes.
- Hepatitis B can live on inanimate objects for 7 days

No studies confirming transmission through waste water

Protect yourself! Get vaccinated!

Hepatitis B vaccine available

No vaccine for Hepatitis C

VIRAL DISEASES

**Other viral diseases spread by hand to mouth activity
(Fecal oral route)**

**Polio- neurological infection that may lead to paralysis
Vaccine Preventable!**

Gastro-enterovirus

Rotaviruses

Adenoviruses

**All cause abdominal discomfort, fever, nausea, vomiting,
diarrhea that can last 3 or more days**

**Not vaccine preventable!
Must protect yourself from exposure!**

PARASITES

**Infection occurs through hand to mouth activity
(Fecal oral route)**

Causing fever and Gastrointestinal symptoms

Parasites

Giardiasis

Cryptosporidium

Amoebic Dysentery

Balantidium coli

Hook worms, round worms, tape worms

Not vaccine preventable!

Must protect yourself from exposure!

FUNGI

Most fungus/molds live in warm moist environments

Found in soil and dust

Spreads by direct contact with a fungus that infects a break in the skin or by inhalation of fungal spores.

Fungi –these cause respiratory symptoms

Valley Fever

Blastomycosis

Aspergillosis

Not vaccine preventable!

Must protect yourself from exposure!

EMPLOYER RESPONSIBILITY

Engineering Controls such as ventilation

Employee education

Personal Protective Equipment (PPE) and maintenance

Separate spaces for clean and contaminated equipment

Policies and procedures for post exposure management of workers exposed to biohazardous materials

PROTECT YOURSELF

How to Protect Yourself?

Use Personal Protective equipment properly

Practice good hand hygiene

**Get and stay up to date on
recommended immunizations**

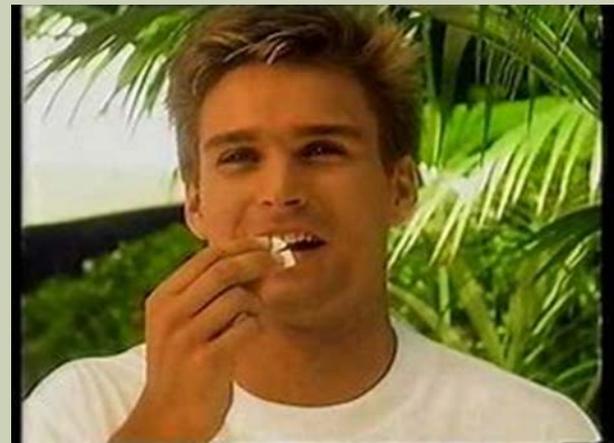
PERSONAL PROTECTIVE EQUIPMENT



PPE



DON'T NO HAND MOUTH ACTIVITIES



DON'T LEAVE WOUNDS UNPROTECTED



DON'T SPREAD GERMS



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PROTECT YOURSELF & OTHERS

**Always think, act,
and work to prevent
cross contamination
to people and
equipment.**

DO PRACTICE GOOD HAND HYGIENE

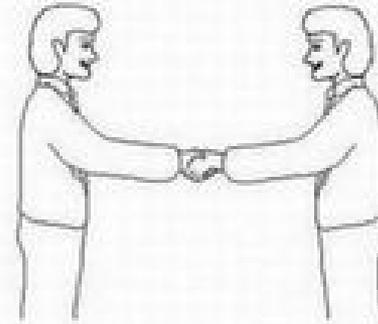


**Wash your hands!
YOU
know where they've been!**

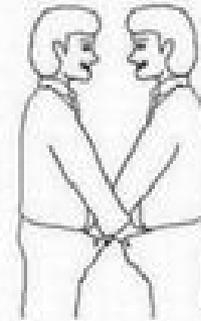


**WASH YOUR HANDS AFTER
USING THE RESTROOM!**

**Otherwise,
THIS:**



**Become:
THIS:**



DO



Make a portable hand wash station for your truck/vehicle.

Warm water, soap, paper towels.

**Hand sanitizer is supplemental.
It does not take the place of hand washing.**



DO PROTECT YOUR EYES



DO WEAR BOOTS AND GLOVES

Wash with hot soapy water, rinse with hot water, sanitize with bleach daily using 50-100ppm or 1-2 caps of bleach to 1 gallon water.

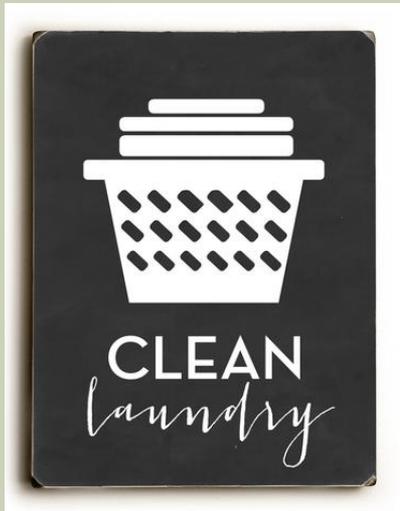
Check manufactures cleaning instructions.



DO WEAR COVERALLS



DO SEPARATE LAUNDRY



Keep your dirty laundry separated from the rest of the house! Keep dirty clothes, boots, gloves covered in your truck to prevent cross contamination.



DO



Wash clothes in hot water. Separate from family washer. Dry on hot heat.

DO

Review:

- Wash your hands after any contamination.
- Keep all cuts, scrapes, scratches completely covered.
- Do not work with sewage if you have a skin problem without checking with a physician.
- Wear protective, water repellent clothing, boots, gloves, goggles, face shields.
- Avoid hand to mouth contact such as eating, smoking, and drinking.
- Remove contaminated equipment between jobs and store separately from clean items.
- Separate work clothing from any family or household laundry.
- Inspect your equipment or replace it when worn out.
- See a physician if you become ill.

DO GET VACCINATED!

Recommended adult vaccines

- Tdap/Td
- Polio
- Hepatitis A
- Hepatitis B
- Influenza

DO REPORT UNSAFE CONDITIONS

Report unsafe or harmful working conditions.

Keep safety a priority and be diligent with proper procedures of best practice as described today.

Remember all it can take sometimes is one slip, one lapse in correct procedure and you can be infected with short term or even long term consequences.

STAYING HEALTHY ON THE JOB

Presentation by Bay County Health Department
1200 Washington Avenue
Bay City, MI 48708

Deborah Socier, R.S.,
Kathleen Janer, BSN, RN

