

First aid

- Disinfect the whole wound and cover it with a bandage.
- Inform your supervisor of the incident.
- If you get splashed in the eyes, flush them for at least 15 minutes using a mounted or portable eyewash unit.
If there is no eyewash unit, use an eyewash bottle and then go to an eyewash unit.
- For more information, go to:

Fiche technique :
Équipements d'urgence –
rinçage des yeux et de la peau

<http://www.santeau travail.qc.ca/documents/13275/c14a4bfc-0416-4694-96e7-3c6081bf0aa5>

(In French only)

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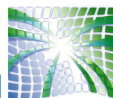
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Be careful with wastewater

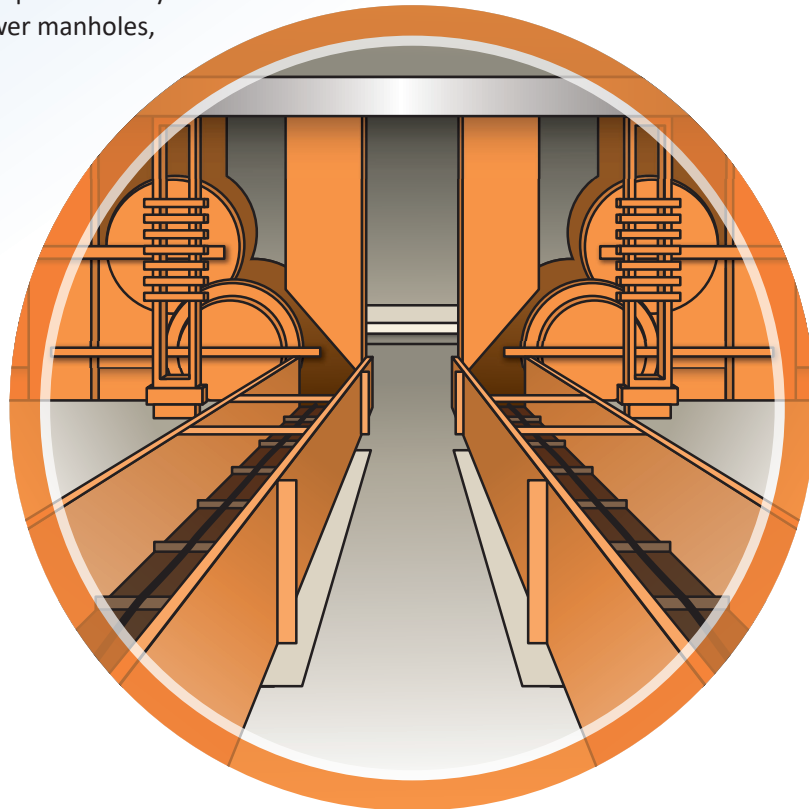


Be cautious!

Wastewater can contain a lot of germs, including hepatitis A virus. You could be exposed to those germs if you touch wastewater or are splashed with it. When wastewater, mud or dust are stirred up, germs and/or their toxins can also be transported in the air.

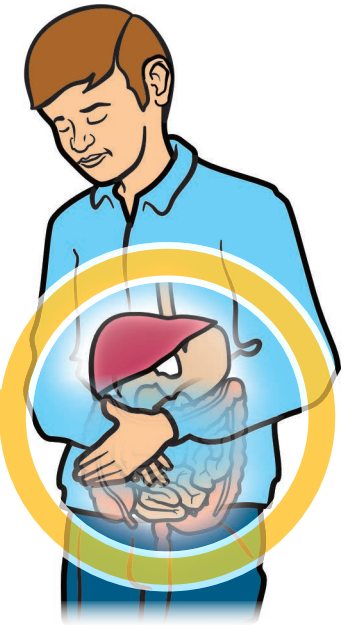
For instance, in wastewater treatment plants, bioaerosols are emitted throughout most of the process, especially during grit removal, screening, settling and dewatering.

Sewer-pipe cleaners are exposed mostly when working on ducts and sewer manholes, or in closed spaces.



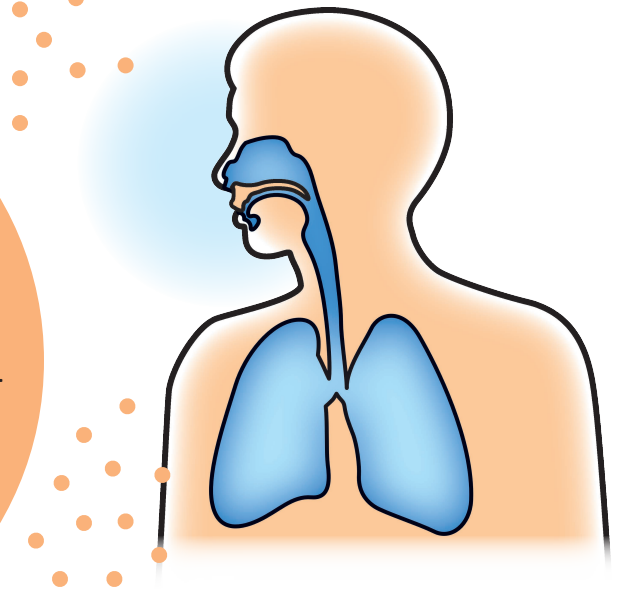
Can these germs be harmful?

- Hepatitis A virus infects the liver. Symptoms include fever, fatigue, jaundice and loss of appetite. You don't feel well for weeks.
- Other germs can cause gastroenteritis, which causes diarrhoea, stomach aches and fever that last a couple of days.
- Depending on the germ, bioaerosols can cause digestive problems, discomfort, fever, eye or skin irritations and respiratory symptoms (throat irritation, cough, difficulty breathing).



How do you catch them?

- When you breathe in bioaerosols or get splashed with wastewater that gets into your respiratory system or your mouth. These germs can also be on your hands or on dirty gloves, food or a contaminated cigarette that you put in your mouth.

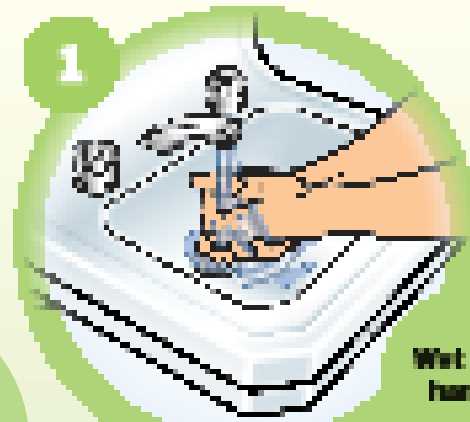


How can you protect yourself?

Wash your hands

- right away, if you come into contact with wastewater;
- often, and before eating, drinking or smoking.

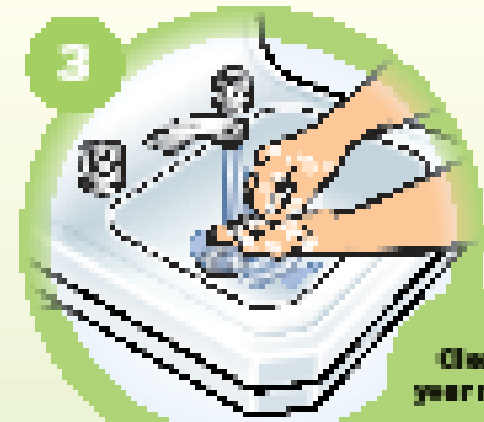
with water



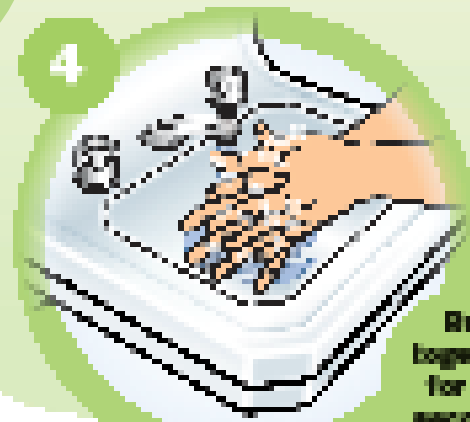
Wet your hands



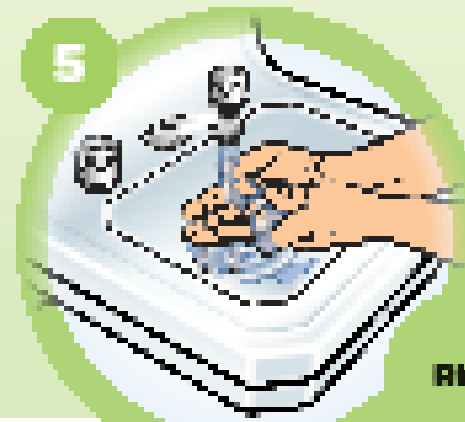
Lather



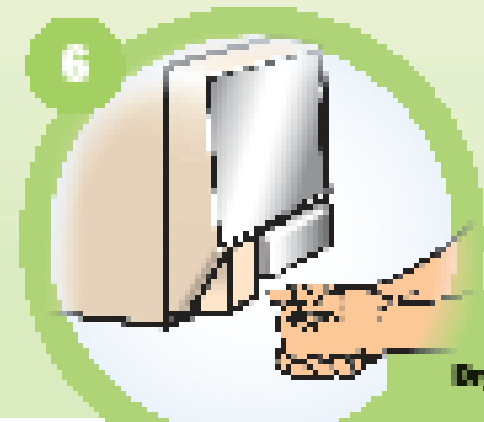
Clean your nails



Rub together for 15 seconds



Rinse



Dry

Washing your hands

without water



How can you protect yourself?

You should clean

- your truck as soon as you've finished working;
- equipment, machines, tools and work surfaces after using them;
- all surfaces right away after wastewater spills or overflows.

You should avoid using high-pressure jets. If there is no alternative, make sure you're familiar with the regula

Your employer must provide

- a clean room where you can
- garbage cans, sinks, soap and water to wash at the end of your shift
- a fast-drying antiseptic solution if you don't have access to a shower
- two lockers: one for your regular clothes and one for your work clothes;
- disposable gloves;
- puncture and cut resistant gloves for using mechanical rakes by hand;
- washers and dryers to wash work clothes on site. If there are no washers, wash them at home, separate from other clothes.



Your employer must also provide the following

- **if you get splashed with wastewater:** goggles or a face shield to protect your face, and non-slip waterproof boots;
- **if you're exposed to large amounts of wastewater:** protective waterproof clothing. This equipment belongs to you and you should clean it every time you use it;
- **if you're exposed to a lot of dust and bioaerosols, or if you use high-pressure jets:** a respirator mask.

Preventive vaccination

- Get vaccinated against hepatitis A if the occupational health team determines that your exposure to wastewater is significant. The employer covers the cost.
- I make sure I've been vaccinated against tetanus. When I turn 50, I have to get another dose of the vaccine.

