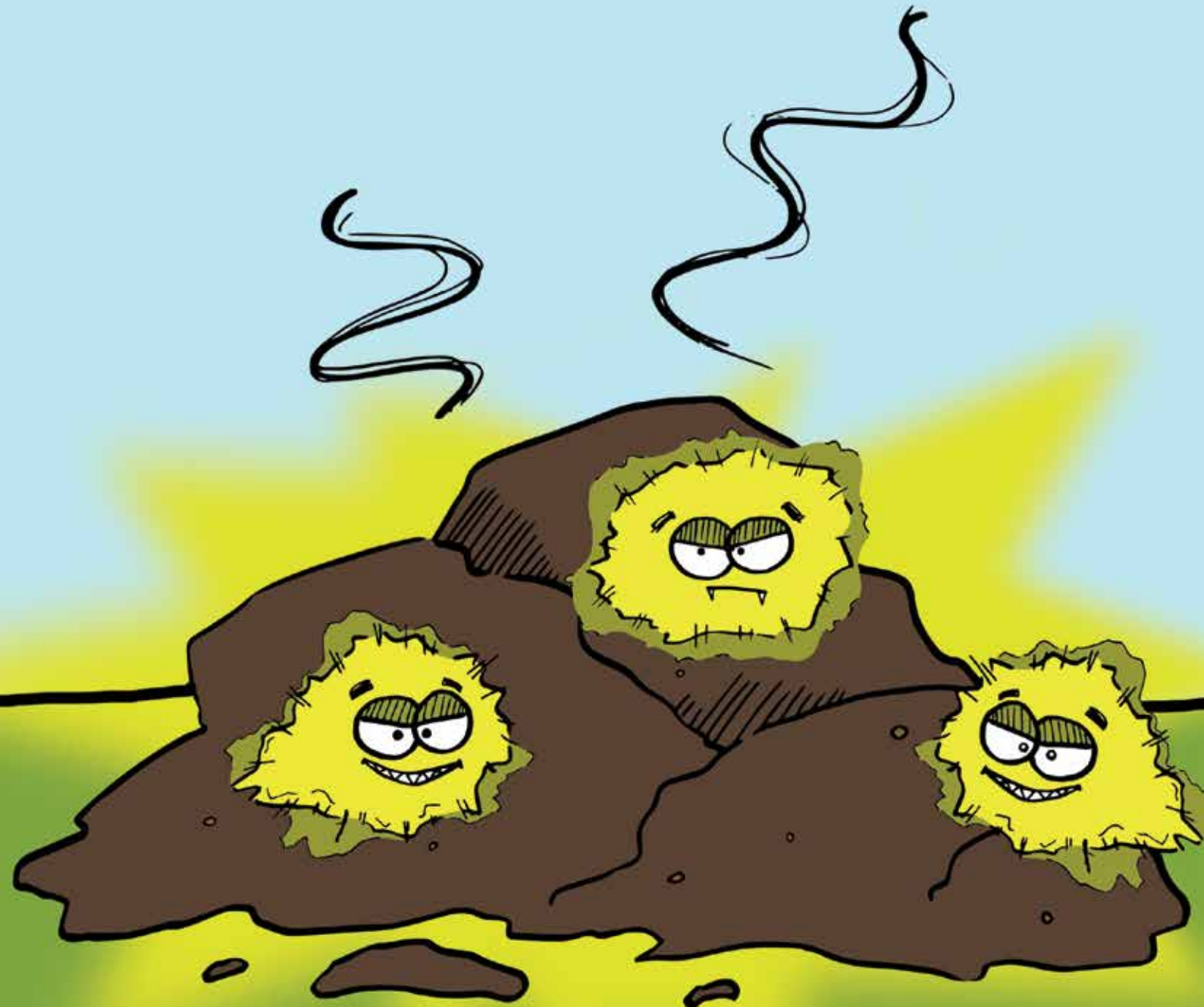


KEEPING YOURSELF AND OTHERS
SAFE FROM DISEASES
DURING VAULT EMPTYING



TOILETS PROTECT US FROM DISEASES - EMPTYING THEM MUSTN'T MAKE US SICK!

The reason we have toilets is to keep people separate from their poo because it may have diseases in it. This means it is very important when a vault is emptied that the workers keep the sludge from touching themselves or the household area. Your job is to protect the family, the home and yourself when you empty a vault.



WHAT THINGS IN SLUDGE CAN MAKE ME SICK?

SLUDGE CONTAINS DIFFERENT TYPES OF GERMS THAT ARE TOO SMALL TO SEE. IF THESE GET INTO YOUR BODY THEY CAN MAKE YOU SICK.

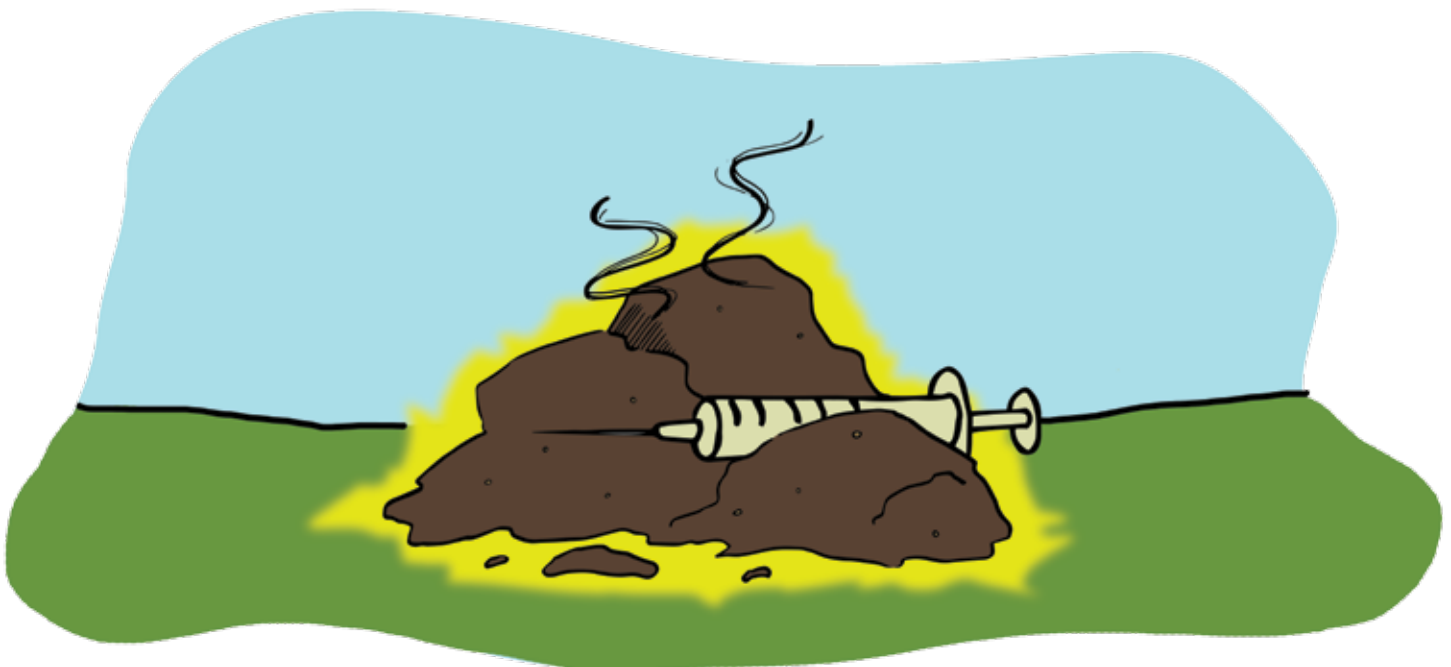
Some make you sick for a short time but are very dangerous. These can give you severe diarrhoea and vomiting. People who are a bit weak - like old people, babies or people who are sick with AIDS or TB - can get so sick from these diseases that they can even die.



Sludge can also contain the eggs of worms that live only in the human gut. If these eggs get into your stomach, they will hatch and the worms can live inside you for a long time and you can also pass them to your family. Having worms can make you sick, tired, weak and have stomach aches. Worms are very dangerous for children because they can keep them from growing well which can also make them less clever. Some worms can even go into your brain and cause problems or even death.



Sludge can also contain sharp things which could cut you. Never handle sludge with your hands.



HOW CAN GERMS IN SLUDGE GET INTO MY BODY?

Diseases from sludge can get into your body in different ways. If there is dry, dusty sludge, you could breathe some of it into your lungs. If it splashes, it could get into your eyes or nose. If something sharp in the sludge cuts you, it could get into your bloodstream.

THE MOST COMMON WAY YOU CAN GET SICK FROM GERMS IN SLUDGE IS BY TOUCHING TOOLS OR YOUR WORK EQUIPMENT OR CLOTHES THAT HAVE TOUCHED SLUDGE AND THEN TOUCHING SOMETHING THAT WILL GO IN YOUR MOUTH, LIKE FOOD OR A CIGARETTE.

