

# Stay clean - stay healthy

Looking after your health in the waste/recycling industry



*This pocket card is for workers in the waste management and recycling industry. It illustrates the importance of personal hygiene and protective clothing in avoiding infection.*

*This is a web-friendly  
version of pocket card  
INDG415*



Health and safety Executive

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If you are very ill, tell your boss and your doctor.



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Wash your hands.



Keep bugs away. Always wear protective clothing.



Keep cuts covered - keep bugs out.



Don't drink, eat or smoke with dirty hands.



They can make you very ill (vomiting, stomach cramps, diarrhoea).



There can be dangerous microscopic 'bugs' and chemicals in waste.

