

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*

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



This pocket card is available in priced packs of 25 from HSE Books, ISBN 978 0 7176 6262 3. Single copies are free and a web version can be found at: www.hse.gov.uk/pubns/indg415.pdf.

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Wash your hands.



Keep bugs away. Always wear protective clothing.



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



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



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



Keep cuts covered - keep bugs out.

