

# For waste transporters

## Countermeasures for the novel coronavirus related to waste collection

Make sure to take measures, before work, during work and breaks, and after work.

### POINT 01.

## 4 things to do before work

### 1 Health care/ Understanding your physical condition

Please maintain your health such as by getting plenty of sleep, and check your temperature regularly to understand your physical condition.

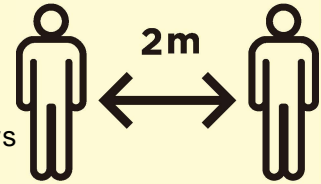


### Avoiding the "3Cs"

3Cs : Closed spaces, Crowded places, and Close-contact settings

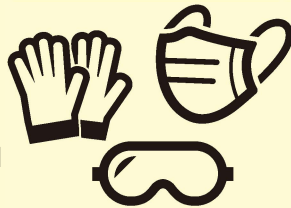


When changing clothes, maintain sufficient distance with others. Open doors and windows in changing rooms for thorough ventilation.



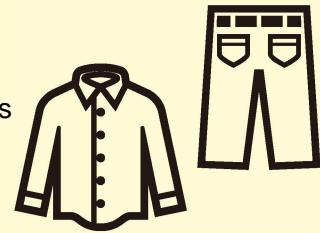
### 3 Appropriate use of personal protective equipment including gloves, goggles, and masks

To prevent adherence of the virus during work, make sure to wear gloves, goggles, and masks.



### 4 Work clothes with little exposed skin (wearing long sleeves/long pants)

To avoid the virus adhering to exposed skin during work, let's wear long sleeves and long pants.



### POINT 02.

## 4 things to do during work

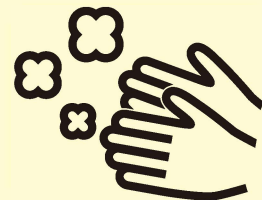
### 1 No touching with bare hands

Make sure not to touch any waste with bare hands. When putting on and removing gloves, make sure not to touch the outside of the gloves or your face with your bare hands.



### 2 Thorough disinfection

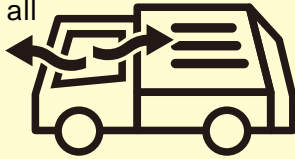
During spare moments at work, find chances to use alcohol based disinfectants.





### Ventilation of vehicles (opening windows)

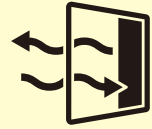
Open the windows of work vehicles, and maintain good ventilation at all times (Always wear mask when more than one person is in the vehicle)



### Avoid the "3Cs" during breaks

"3 Cs":  
Closed spaces,  
Crowded places, and  
Close-contact settings

During breaks, open windows when indoors or in the office, and maintain sufficient distance with others.



## POINT 03.

# — 3 things to do after work —



### Thorough disinfection/cleaning

After returning to office, let's focus on disinfecting the following!

- Disinfecting/cleaning vehicles



Disinfect and clean using alcohol based disinfectants or sodium hypochlorite cleaners (disinfection using 0.05% sodium hypochlorite or 70% alcohol)

- Disinfecting the driver's seat

Focus on cleaning the steering wheel, seat, and door handle.



- Disinfecting smartphones, tablets, etc.

Disinfect any smartphones and tablets that were carried around.



- Disinfecting/cleaning gloves and goggles

Properly disinfect and clean used gloves and goggles.



### Thorough handwashing

After returning to office and disinfecting as listed above, wash your hands and, as necessary, your face.



### Precaution when changing clothes

When taking off work clothes and protective gear, turn them inside out as not to touch the outside surfaces, and wash work clothes after taking them off. When changing clothes and showering, maintain sufficient distance with others.

