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Final Wash Exam

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**QUESTIONS**

1. What is Sanitation and Hygiene?

**Sanitation** means the prevention of human contact with wastes, for hygienic purposes. It also means promoting health through the prevention of human contact with the hazards associated with the lack of healthy food, clean water and healthful housing, the control of **vectors** (living organisms that transmit diseases), and a clean environment. It focuses on management of waste produced by human activities.

There are different types of sanitation relating to particular situations, such as:

* **Basic sanitation**: refers to the management of human faeces at the household level. It means access to a toilet or latrine.
* **Onsite sanitation**: the collection and treatment of waste at the place where it is deposited.
* **Food sanitation**: refers to the hygienic measures for ensuring food safety. Food hygiene is similar to food sanitation.
* **Housing sanitation**: refers to safeguarding the home environment (the dwelling and its immediate environment).
* **Environmental sanitation**: the control of environmental factors that form links in disease transmission. This category includes solid waste management, water and wastewater treatment, industrial waste treatment and noise and pollution control.
* **Ecological sanitation:** the concept of recycling the nutrients from human and animal wastes to the environment.

According to the World Health Organisation (WHO), “Hygiene refers to conditions and practices that help to maintain health and prevent the spread of diseases.”One of the most effective ways to protect others and ourselves from diseases is to adopt good practices of personal hygiene. These may include:

• taking bath at least once a day.

• washing hands after using the toilet, before preparing food or serving food, before and after eating food, if someone around you is infected with cold or any other infectious disease, after handling pets and domestic animals.

• Brushing teeth in the morning and before going to bed.

• rinsing mouth after every meal.

• wearing clean clothes.

1. Why are water, sanitation, and hygiene important?

The following points below provides information why WASH is important:

Good hand-washing practices have also been shown to reduce the incidence of other diseases, notably pneumonia, trachoma, scabies, skin and eye infections and diarrhoea-related diseases like cholera and dysentery.

Sanitation makes a positive contribution in family literacy. According to a UNICEF study, for every 10 per cent increase in female literacy, a country’s economy can grow by 0.3 per cent. Thus, sanitation contributes to social and economic development of the society. Improved sanitation also helps the environment.

Lack of water and toilets at schools, clinics and other public places prevents women from managing their menstruation hygienically, in privacy and with dignity, resulting in negative health impacts and perpetuating inequalities.

Approximately 90% of untreated sewage is dumped into rivers, lakes, and oceans. This pollution affects water sources in the long term, disrupting ecosystems. The wildlife that inhabits these areas is not only harmed, but is in turn harmful to the people in surrounding communities. This environmental damage costs billions of dollars, affecting sustainability and the economy on a global scale.

One key goal of sanitation is to safely reduce human exposure to pathogens. Pathogens are excreted by infected individuals and if not properly contained or treated, may present a risk to humans who come in contact with them. These individuals can also be exposed to pathogens through drinking water or eating food contaminated with pathogens found in human excreta.

The lack of safe water, functional toilets and handwashing facilities in healthcare settings poses significant health risks to patients, healthcare workers and nearby communities. The on-going Ebola epidemic in West Africa *(16)* and periodic outbreaks of cholera on multiple continents have highlighted the devastating consequences of the lack of WASH facilities as a first line of defense for healthcare workers in preventing HAI and for patients in cholera treatment centres

1. What is open defecation?

**Open defecation refers to the practice whereby people go out in fields, bushes, forests, open bodies of water, or other open spaces rather than using the toilet to defecate.** There are many reasons why some people defecate in the open. The reasons may include one or more of the following:

• Some household do not have toilets and cannot afford to build one.

• In some cases toilet is available but is of low quality and are not well maintained.

• People prefer not to use toilets to delay the toilet pit filling up, in the case of a pit latrine.

Toilets are not available at the workplace or public places, e.g., during farming activities.

• Some people are ignorant about the benefits of using toilets.

• Cultural or habitual preference for defecation in the open.

• Sometimes the toilet buildings are encroached upon and are used for some other purpose.

1. What is Sanitation Marketing?

Sanitation marketing is the application of the best social and commercial marketing practices to change behavior and to scale up the demand and supply for improved sanitation, particularly among the poor. This is a market-driven approach with the ‘products’ (latrines, pit emptying services,) being promoted through various channels (radio messages, posters, demonstration areas). Households are no longer beneficiaries but potential clients who need to be given information on these products and persuaded to purchase facilities. under this approach, households’ needs, preferences and the amount they are willing to invest all need to be identified upfront, as do the motivating factors that will encourage them to install household latrines.

1. What are some of the biggest challenges you face in teaching hygiene and sanitation?

Some challenges in teaching hygiene and sanitation include;

* Mutual incomprehension between different mindsets is frequently a barrier to improving sanitation and hygiene provision. Some policy-makers argue, for example, that sanitation as a household amenity is a household responsibility, so that public agencies should concentrate their energies on public aspects of sanitation, e.g. on public networks for storm water drainage, sewerage etc, i.e. large public works projects.
* Lack of political and budgetary priority, lack of demand: A limiting factor commonly evoked is lack of funds for investment. Both water and sanitation have been losing out to other sectoral interests in the competition for scarce public funds.
* Lack of human and technical capacity: lack of capacity in terms of human resources inhibits development, particularly at a decentralised level. The multi-faceted nature of WASH means that a wide range of different disciplines and skills is required to improve sanitation and hygiene provision.
* Lack of strong messages: Promoting sanitation and hygiene presents a substantial communication challenge.
* Lack of information:There is a lack of up-to-date information on sanitation and hygiene needs.
* ‘Cultural’ factors: people have to be persuaded that hygiene is necessary for health, not forced by cruel words or threats... to build latrines. A well thought-out and good informative method of educating is far more likely to win genuine support’

1. What is sustainable sanitation?

Sustainable sanitation is a sanitation system designed to meet certain criteria and to work well over the long-term. The main objective of a sanitation system is to protect and promote human health by providing a clean environment and breaking the cycle of disease.

To qualify as sustainable sanitation, a sanitation system has to be economically viable, socially acceptable, technically and institutionally appropriate, and protect the environment and natural resources.

1. What are the steps for planning and implementing a successful WASH behavior change campaign?

These steps include:

Steps in planning

The following steps should be considered when planning a successful WASH behavior change campaign;

* Carry out a social and health impact assessment
* Set objectives and define the target groups
* Design strategy
* Implement strategy
* Evaluate strategy

The following strategy should be considered when implementing a successful WASH behavior change campaign;

* Multi‐Level Advocacy
* Igniting Community‐Based Approaches to Change
* Strengthening Household Support, Outreach, and Promotion
* Multiplying messages through traditional media
* Increasing Availability and Affordability of Hygiene and
* Products through Private Commercial and NGO Sector Initiative
* Emphasizing school hygiene and sanitation
* Establishing demonstration latrines and handwashing stations

8) What are the challenges faced by WASH Projects in Africa

* Lack of information; , there is a lack of up-to-date information on sanitation and hygiene needs. On the basis of such data as is available, the gap in sanitation coverage is clearly substantial. The empirical studies available point to great needs in terms of improvement of sanitary/hygiene conditions in large sectors of the population.
* Tensions between mind: lack of understanding between those who work in the public and private sectors in Africa, including some scepticism about the role of private providers which are profit-making
* Lack of coordination: There had been very ‘scattered responsibilities’ which had constituted ‘a key stumbling block, hindering strategic solutions and problem-solving’
* Lack of political and budgetary priority, lack of demand:
* Donors’ agendas: As public funds are scarce and sanitation/hygiene starts from a very small share of the national budget, external funds are important to ‘oil the wheels’ of the WASH initiative. It is clearly felt there is a lack of external funding for the sector. Sanitation has not been subject to a national policy
* Lack of human and technical capacity: lack of capacity in terms of human resources. The range of skills, including ‘softer’ people-based skills, required for the sanitation and hygiene sector are not sufficiently represented, with engineers outweighing other disciplines. he lack of teaching manuals on sanitation and hygiene for school teachers means that sanitation and hygiene are still little or inadequately taught at (primary) schools.
* Low capacity to absorb funds: Donors’ reticence to fund sanitation and hygiene programmes in many African countries may reflect the country’s low capacity to absorb funds. The planning system for development is slow – from communal level, via district and regional levels, to central government.
* Lack of access to credit: lack of demand for and availability of micro-credit for sanitation services
* Lack of arrangements for cleaning and maintenance: It appears that more research is needed on the issue of cleaning latrines in view of the unconvincing answers given during this study. Who is responsible for cleaning latrines and how are duties apportioned? Are those who are given responsibility clear about their duties and do they accept them? What exactly is it about latrine-cleaning which seems to make people evasive in their replies?
* Complexities of behaviour change: he level at which hygienic practices are adopted in rural villages lags behind the level of knowledge about such issues in all seven cases, especially regarding the use of latrines and soap for handwashing.
* ‘Cultural’ factors: The Sanitation Challenge refers to ‘a problem of culture, education and social relations. People have to be persuaded that hygiene is necessary for health, not forced by cruel words or threats... to build latrines. A well thought-out and good informative method of educating is far more likely to win genuine support’

9) You have visited one of the schools in your locality. What part of its surroundings can you see that satisfy the criteria for disease prevention? List the parts of the building and its surroundings, and state why they are important.

Parts of the building and surroundings will include:

1. **Toilets/ latrines:**

The consequences of poor toilets/latrine facilities can range from pupil/students failing to concentrate because they’re uncomfortable yet refuse to use the facilities, to the spread of bacteria,

School latrines should meet the following requirements:

* They must be located away from the classroom in order to avoid interfering with the students’ learning process. They must be reasonably accessible.
* They must be well maintained and agreeable to use. They should provide privacy and security.
* There must be handwashing facilities near the latrine
* There should be separate latrines for male and female students
* There must be a bucket with water and a jug inside female latrines
* Latrines should be hygienic to use and easy to clean
* Toilets should be adequately ventilated

1. **Class room:**

The cleanliness of the classroom is vital for a good learning process. Students should be involved in the maintenance of classroom cleanliness on a daily basis. The floor of the classroom should be smooth to reduce dust. Dust and cracks in the floor must be avoided because these are good hiding sites for biting animals

1. **Playing ground**

Playing ground for schoolchildren is very important for their early development however, these play grounds should have some high level of hygiene standards to prevent children from contract diseases and having hurting themselves with sharps. Playgrounds needs to be protected, well ventilated, free from sharp objects which can give them wounds.

1. **Water supply system:**

Many pupil/students may walk hours to get to school. The provision of safe water for drinking is important. Water availability should be about five liters per day per student and water must be available throughout the school day. Water storage tank/containers may be necessary to provide water reserves and satisfy the demand at peak hours. Without the absence of safe water systems in school, there can be recurrent cholera outbreaks and diarrhea infections.

1. **Location of the school:**

The school should be located faraway from noising neighborhood and areas were community wastes are being dumped to avoid the transmission of airborne diseases and students/pupil feeling uncomfortable in the classroom.

10) You have asked the local county government to provide a license for your new hotel in town. The *inspector* asks you to assist him to describe the basic hygiene for your business before licensing. Kindly describe.

It is of great significance for a hotel that its customers are satisfied with their services and they keep coming back to them. The satisfaction of customer is enormously important in customer building and branding. A happy customer is equivalent to killing two birds with one stone. A satisfied customer is himself an asset for the hotel. This appreciation and satisfaction by clients will depends mostly on the personal hygiene and sanitation. Good hygiene and sanitation are of prior importance for everyone hotel and catering industry. So sanitation and hygiene are something that need to be taken into serious consideration at each and every level be it the areas where people sleep,food is prepared, manufactured or served to be kept clean always.  If not taken into account on a serious basis poor sanitation and hygiene can lead to some disastrous outcomes of which some might be:

* Food Poisoning
* Contaminated surrounding leading to diseases
* Legal actions by the health department against the organisation
* Hefty fine-charges against the organisation

The basic hygiene required for a hotel include;

* **Proper Clothing at the workplace:**

It is of utmost importance that the hotel employees wear clothes which are clean, suitable for their job role and tidy. This is one of the good ways to maintain cleanliness at the workplace. For instance, the employers which deal with the matters of ‘food processing’ should always wear gloves and should make sure to keep them sanitised and clean so as to prevent the bacteria.

* **Sanitizing and cleaning tools and all equipments:**

One major reason of outbreak of any diseases is repetitive use of tools and equipments without properly disinfecting them. Many bacterial infections easily spread through fluids, mops, used instruments and unclean clothing. To avoid this, one must always disinfect the surroundings by using strong antibacterial cleaners for floors, sinks and shelves. All other objects used in the kitchen, housekeeping or anywhere should be regularly sanitized by appropriate anti-bacterial agents.

* **Proper waste and garbage disposal:**

There should be waste segregation containers available in the hotel rooms, kitchen, entrance of the hotel at the restaurant and these containers should have lids and always clean.

* Rooms:maintained a reasonable standards of cleanliness,all surface clean daily and regular supervision to ensure regular that existing hygiene standards are respected
* Furnishing:includes items such as curtain,drapes,screens,and furniture items should be washed /wipedwith diluted household bleach solutions or steam cleaned regularly.
* Linen should be change twice a week and whenever a guest check out
* Regular washing/wiping of toilets and washrooms
* Functional Air conditioning systems should be available in rooms, restaurants
* If a member of staff does contract a virus contagious disease like tuberculosis, make sure they stay away from the restaurant or services until after the symptoms have disappeared to avoid wider contamination.
* Encourage staff and customers to practice good hand hygiene by regularly washing their hands with good quality soap throughout the day. Make available places to wash hands and also hand sanitizers

11) You have to make a plan of action for the promotion of WASH in your town. Briefly describe the activities that need to be included in your plan.

* Need Assess:
* In collaboration with the opinion leaders in the community, we will carry out a WASH need assessment. There will be Strong participation of the local community regarding sanitation and water issues. This first stage intends to provide a common understanding of the importance of having a good action plan, and a common understanding of why an action plan is needed. Intense community-based workshop, carried out over a period of 2 to 5 days, depending on the specific objectives of the workshop. The output of the workshop is a sanitation and water management development plan which contains a list of prioritized problems, strategies and options for dealing with the identified problems
* Social and Environmental Mapping financing:

This stage is meant to gain an understanding of the latest conditions in the community life that is the social, economic, as well as environmental conditions. By developing a map, the community will be able to get a better picture of problems and priorities

* Identifying the Problems, Needs, and Resource Potential:

This stage defines the problems that are actually faced by the community, the needs that must be fulfilled in order to overcome the (sanitation and water management) problems, and the financial resources available to accomplish the needs. This process of identification should be done carefully in order to avoid becoming just a task of making a “wish list”, and should be viewed as a process of understanding the current situation and what must be done to overcome the situation as fast as possible.

* Determining the Priority in Problems and Needs:
* In this stage, the community members according to their level of urgency rank the problems and needs their importance for the development of community life, and the opportunity to overcome and to fulfil.
* Formulating the Choice of Strategy:  
  In this stage, the strategy is developed and the approach chosen that is the most feasible to be used in overcoming the problems and fulfilling the needs on the priority list.
* Formulating the Implementation Plan:  
  This stage is used to formulate a schedule and the division of tasks in carrying out the action chosen
* Formulating the Monitoring and Evaluation Plan:  
  This stage is used to formulate a plan and system of monitoring and evaluating the execution of activities.
* Implementation, Monitoring and Evaluation:   
  This final stage consists of carrying out the action, and at the same time monitoring and evaluating.

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