Further Reading

# ENVIRONMENTAL HYGIENE

## Types of Waste Found at Home and in School

1. **Organic Waste**
   - Description: Includes biodegradable waste such as food scraps, fruit and vegetable peels, garden waste, and paper.
   - Examples: Leftover food, banana peels, dried leaves, used paper tissues.
2. **Plastic Waste**
   - Description: Non-biodegradable waste made of plastic materials.
   - Examples: Plastic bottles, wrappers, broken plastic toys, disposable utensils.
3. **Paper Waste**
   - Description: Waste generated from paper products that can be recycled.
   - Examples: Old newspapers, notebooks, torn worksheets, cardboard boxes.
4. **Electronic Waste (E-Waste)**
   - Description: Discarded electronic items that may contain hazardous materials.
   - Examples: Broken chargers, old mobile phones, batteries, damaged headphones.
5. **Metal Waste**
   - Description: Waste made from metal materials that can often be recycled.
   - Examples: Aluminum cans, soda cans, broken scissors, bottle caps.
6. **Glass Waste**
   - Description: Broken or discarded glass items.
   - Examples: Broken windows, glass bottles, old mirrors, shattered light bulbs.
7. **Hazardous Waste**
   - Description: Waste that is dangerous or harmful to health and the environment.
   - Examples: Used batteries, expired medicines, chemical cleaning agents, paint cans.
8. **Textile Waste**
   - Description: Waste from old or damaged clothing and fabrics.
   - Examples: Torn clothes, old uniforms, worn-out shoes, rags.

## Methods of Waste Disposal

### 1. Segregation and Recycling

Sorting waste into categories like biodegradable, non-biodegradable, recyclable, and hazardous waste.

- Home: Separate plastics, glass, paper, and organic waste.
- School: Set up labeled bins for different types of waste.

### 2. Composting

Decomposing organic waste (food scraps, leaves, etc.) into nutrient-rich compost for plants.

- Home: A small compost bin in the backyard or kitchen.
- School: A compost pit or bin in the garden for food and plant waste.

**3. Incineration**

Burning waste materials at high temperatures to reduce waste volume.

- Home: Burning small amounts of dry leaves and paper (where allowed).
- School: Using controlled incinerators for non-recyclable waste.

**4. Reuse**

Finding new uses for old materials instead of throwing them away.

- Home: Reusing old jars for storage, making DIY crafts from old items.
- School: Reusing paper for rough work, repurposing old books or uniforms.

**5. Landfilling**

Disposing of waste in designated landfill areas.

- Home: Sending non-recyclable waste to municipal landfills.
- School: Ensuring proper disposal through waste management services.

**6.V ermicomposting**

Using worms to break down organic waste into fertilizer.

- Home: A small worm bin for kitchen scraps.
- School: A larger composting system using worms in the school garden.

## Types of drainage systems

1. Free drainage—---Pouring water in the compound
2. Open drainage—-Use of gutter to collect rainwater
3. Concealed drainage —-drainage is installed beneath the floor surface eg sink

### Care of different drainage systems

**1. Open drainage system**

- Remove any litter or insoluble solids
- keep the trap clear of any insoluble solids
- Pour hot water and detergent down the drain to keep it clean
- Check on the drains occasionally

**2 Concealed drainage system(care of the sink)**

- Clean the sink properly after use
- Do not allow food particles and oil into the sink. They can cause blockage
- Run clean water through the sink after cleaning it
- Pour some detergent down the sink to clear any grease which may cause
- blockage
- Unscrew the cleaning eye occasionally to clean up the U-bend
- Incase of blockage; Remove any pieces of food which may be caused by blockage
- Fill the bottom of the sink with water
- Use a plunger to dislodge the blockage
- Pour hot detergent water down the sink to remove grease
- Consult the plunge