

Step by step guide

Are you a business, local government, shopping centre or sporting venue that is looking to support BINS4Blokes by introducing disposal bins for incontinence products in male toilets? Here is your step by step guide to making it happen.

For further information about BINS4Blokes, you can also see our Frequently Asked Questions.

1 Understand the facts and stats about why disposal bins are needed for men

1.34 million Australian boys and men experience incontinence. For boys and men who require incontinence products, there are very limited or no places for them to dispose of these. This may make them reluctant to leave their homes and engage in everyday activities.

There are a number of factors that may contribute to incontinence in boys and men, these are:

- congenital abnormalities and behavioural conditions in childhood
- some medications
- prostate problems, including prostate cancer and associated treatments
- other cancers, including bowel and bladder cancer and associated treatments
- chronic conditions, such as diabetes and cardiovascular disease
- higher Body Mass Index (BMI)
- neurological conditions, and
- intellectual and physical disabilities.

People living with incontinence are often stigmatised. The stigmatisation of incontinence can lead to withdrawal from work, social, physical and sexual activities or concealment of their incontinence, all of which adds to psychological distress and mental health issues. This can result in them being further isolated and withdrawing from everyday activities.

If you're a local government needing to raise a motion with your local Council to progress this measure, you may find our template motion useful.

2 Investigate if and where you currently have disposal bins in toilets

If you are the provider of toilets in a public or shared space, chances are that you will have an existing relationship with a disposal bin or hygiene services provider.

The first step to introducing disposal bins is to explore whether and where you currently have these in place and if they are adequate for all people who may need them regardless of the toilets that they may use. This will help you to assess the need for disposal bins across the toilets that you manage.

You may also want to explore who the current provider of your disposal bins is, how frequently your bins are being emptied and what the current arrangements are through existing contracts and agreements.

3 Determine where you will place the disposal bins

We're suggesting that at least one disposal bin be placed in one cubicle in each set of male, female and unisex toilets so that people can access disposal bins in all toilets.

You may choose to initiate a trial of placing disposal bins for incontinence products in the most used toilets. This will allow you to get an understanding of the need for these facilities before a broader roll out.

You may choose to jump straight in and have disposal bins be placed in at least one cubicle in each set of toilets that you manage. This will ensure that all people can access disposal bins.

4 Explore future costs of having disposal bins placed in toilets

If you currently have a disposal bin provider, the first step will be to contact them and find out what the cost of extending services would be, given that they are already attending to the toilets.

Costs for disposal bins vary depending on the size of the bin, frequency of collection and any existing agreements had with providers. A larger bin can cost anywhere between \$120 and \$540 per year with the disposal fees included (which can occur monthly, fortnightly or weekly).

Some disposal bin providers are listed in the table below along with their websites which have further information.

Disposal bin supplier	Website
Envirocaresystems	https://www.envirocaresystems.com.au/
Flick	https://www.flick.com.au/
Initial Hygiene	https://www.initial.com.au/
LaDonna Hygiene [SA Only]	http://www.ladonnahygiene.com/
Sanokil	https://sanokil.com.au/
Westralian [WA Only]	https://www.westralian.com.au/

5 Once you've implemented the disposal bins, register with the Continenence Foundation of Australia's BINS4Blokes campaign

If you implement disposal bins for incontinence products and support the BINS4Blokes campaign, we'd love to hear about it. By letting us know you've adopted the campaign, we can support your implementation of the campaign and engage with you in our evaluation. Jump onto our website at bins4blokes.org.au and answer a few questions about what you've done and where the disposal bins are located.

Once you do this, we will also send you some posters and resources to help you to promote the initiative, including information on how people can access additional supports and help with their incontinence through the **National Continenence Helpline** by calling **1800 33 00 66** or emailing helpline@continenence.org.au.

6 Once you've implemented the disposal bins, let people know

The next step is to make sure that people know that you've implemented the disposal bins. It's important that you raise awareness of the inclusion of bins in toilets so that they can feel confident engaging in everyday activities.

You can promote your involvement in the BINS4Blokes initiative by engaging with traditional media and social media. We've prepared some templates for these purposes. You can also place the BINS4Blokes posters on or outside of toilets to let people know that you support the campaign and provide people with information on how to seek additional help and resources.

You can also record your toilet on the [National Public Toilet Map](#). Simply register as a member of the public at the National Public Toilet Map website and use the 'Suggest a toilet' link to add information on toilet facilities you run. The National Public Toilet Map will then contact you to confirm your ownership and provide a login to the site that allows you to add, update or remove toilet information on the map.

7 What your support means to the 1.34 million Australian men and boys living with incontinence

By installing disposal bins for incontinence products in male public toilets, you are helping to combat social isolation and depression by allowing men to confidently and discreetly dispose of continence products.