

1 What is BINS4Blokes?

BINS4Blokes is a men's health campaign and an initiative of the [Continence Foundation of Australia](#), supported by a number of Australia's leading men's health and health professional organisations.

- The campaign encourages providers of toilets in public spaces to include disposal bins for incontinence products in male toilets. These providers include local governments, business owners, shopping centres or sporting stadiums.

The campaign also encourages boys and men who experience incontinence or their carers, to call the **National Continence Helpline** on **1800 33 00 66** for free and confidential advice.

2 What is incontinence?

Incontinence is a term that describes any accidental or involuntary loss of urine from the bladder (urinary incontinence) or bowel motion, faeces or wind from the bowel (faecal or bowel incontinence).

Incontinence is a widespread condition that ranges in severity from 'just a small leak' to complete loss of bladder or bowel control. In fact, **over 5 million Australians have bladder or bowel control problems** for a variety of reasons. Incontinence can be treated and managed. In many cases it can also be cured.

3 What are incontinence products?

Incontinence products for men which would be placed in the bins include pads and underwear which need to be disposed of after use.

4 Why do we need disposal bins in male toilets?

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.

5 What are the causes of incontinence among boys and men?

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.

6 Why aren't the disposal bins already in male toilets?

Great question! This is a question that many people have asked us when we've raised the BINS4Blokes campaign. We generally hear from people that it's a great idea, they've just never thought of it.

Through this campaign, the Continence Foundation of Australia is encouraging conversations about male incontinence, which is an issue that can happen to anyone at any time. It's important that we talk about incontinence, alongside conversations about other health issues to ensure that awareness is raised about it and people know they can get help if they need.

7 Who supports the BINS4Blokes campaign?

BINS4Blokes is an initiative of the Continence Foundation of Australia. A number of leading men's health and health professional bodies are also supporters of BINS4Blokes. These organisations are:

- [Australian Men's Shed Association](#)
- [Australian Physiotherapy Association](#)
- [Healthy Male](#)
- [Movember Foundation](#)
- [Prostate Cancer Foundation of Australia](#), and
- [Urological Society of Australia and New Zealand](#).

8 How can I help to get disposal bins in male toilets?

There are lots of ways that you can help!

- If you are a member of the community, you can write to your local government, shopping centre, business or workplace asking them to place disposal bins for incontinence products in male toilets. We've prepared a template letter to help with this.
- If you are involved with your local government or local council, you can raise a motion encouraging the introduction of disposal bins for incontinence products in male public toilets. We have prepared a step by step guide for how to get disposal bins in male toilets. We also have a template motion that can be used. You can even see some case studies of the steps that were taken by entities that have already signed onto the campaign.
- If you are a business owner with toilets available to the public, you can introduce disposal bins for incontinence products to male toilets. We have prepared a step by step guide for how to get disposal bins in male toilets.

9 What disposal bin/s are needed?

Disposal bins for incontinence products are usually available from providers of sanitary disposal bins or nappy disposal bins.

10 How much will the disposal bin/s cost?

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). A good starting point to find out about costs is your existing provider of hygiene services or sanitary disposal bins.

11 How frequently will the disposal bins need to be changed or emptied?

The simple answer is that this will vary depending on where the toilet is, how frequently it is used and whether people are aware of the toilet having a disposal bin. Once disposal bins are introduced, we will be collecting data on how frequently they are used and emptied to be able to provide a better indication of this in the future. A quick survey is included when you register your support for BINS4Blokes on our website and we will email you down the track to follow up the survey, if you elect to be involved in the evaluation. This helps us to better understand how these disposal bins are being used.

12 How many disposal bins will be needed?

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

13 How will people know that the disposal bins are in the toilets?

As a provider, there are lots of ways that you can promote your involvement in BINS4Blokes. You can register your toilet with us on our BINS4Blokes website. There will also be posters and stickers available for toilet facilities and we have a template media release and social media contact to let the community know that the toilets have disposal bins for incontinence products.

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' to add information on toilet facilities they 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.

14 Are disposal bins needed in female and unisex toilets too?

There are generally sanitary disposal bins in female toilets and increasingly there are nappy and incontinence product disposal bins in accessible toilets and baby change rooms. However, this isn't always the case. So, as part of our step by step guide for public toilet providers, we're asking them to check that people of all genders can access disposal bins for sanitary and/or incontinence products regardless of which toilets they use.

15 How else can toilets be made more accessible and inclusive?

There are lots of people who have varying needs for toilets. It's important that toilets are as accessible as possible and that access needs are identified in the design of toilets. Whilst we are trying to make change in toilets right now, the toilets themselves are the responsibility of the business or entity that makes them available. Projects like [Changing Places](#) are working to create more accessible toilets.