Hazardous health-care waste poses a great danger to public health and the environment if it is not properly managed. There is need for health-care workers involved in its management to understand the integral link between human health and environmental health. This study was done to identify gaps in knowledge, attitude and practice among the healthcare workers involved in its management hence endangering public health and polluting the environment. A self administered questionnaire was used in both Kenyatta National Hospital, Nairobi and Moi Teaching and Referral Hospital, Eldoret to clinicians, nurses, laboratory technologists and hospital attendants to identify the gaps with a focus on their knowledge, attitude and practice. It was found that health and safety in health-care waste management, was not included in most of the curricula for training the three healthcare professionals. Most of them acquired this through on-job training from seminars and informally through organized talks at workplaces. The hospital attendants had also an opportunity to acquire the knowledge through organized training at work places. The training improved the workers' compliance to hepatitis B vaccinations and use of personal protective equipment when handling health-care waste. There was also reduction on injuries from health-care waste. This study therefore concludes that it is necessary for healthcare workers training curricula to include health and safety issues while managing hazardous health-care waste as well as establishes the need for healthcare institutions to conduct continuing education on health and safety in the management of health-care waste.