

Personal Hygiene

HSE Department



Personal Hygiene

Personal hygiene is the first step to good grooming and good health. Basic cleanliness is common knowledge. Neglect causes problems that you may not even be aware of. Many people with bad breath are unaware of it. Some problems may not be your fault at all, but improving standards of hygiene will control these conditions. Dandruff is a case in point. More often than you know, good looks are the result of careful and continuous grooming. Every external part of the body demands a basic amount of attention on a regular basis. Here are some

grooming routines and some complaints associated with neglect.

Wash Your Hands

The single most important way to prevent the spread of infectious diseases is to

wash your hands. Most infections, particularly the common cold and gastroenteritis, are contracted when our germ infested hands come in contact with our mouths. In addition, infections are also contracted through contact with another individual whose hands may come in contact with us. Sanitation of hands up to and including the wrist with hot water and soap is also necessary. The use of a brush is recommended when fingernails need cleansing as well. Hot air dryers or a clean towel is the best method for drying the hands.

Take a Daily Shower or Bath

A daily shower or bath aids in the cleansing of our bodies as well as eliminating any bodily odour or bacteria ridden skin. It is recommended that we get in the habit of using a personal bath towel rather than sharing with others. Cross infection is a risk that is unnecessary if possible.

Those who are involved in active sports or work out to a sweat would do well to take a bath after the activity. A mild soap will do the job adequately. Wash off well after soaping. Drying with a clean towel is very important. Avoid sharing soaps and towels.

Always remember that the use of personal deodorants is important.

Brushing your teeth at least twice a day

Apply a small amount of toothpaste on a toothbrush and gently brush a few teeth at a time on all sides in a circular motion, and then clean your tongue. After briskly brushing, we should thoroughly rinse our mouths with water while disposing excess water into the sink. Your toothbrush should be changed after 2 months.



Other Personal Hygiene Tips

Getting into the habit of routinely clipping fingernails/toenails on a regular basis. Growing nails is okay if they are kept clean and manicured routinely.

Cover all cuts, burns and sores and change dressings regularly – pay extra attention to any open wounds on hands and arms.

Replace the (scrubbing) sponge frequently. Sponges and scrubbers provide the warm, moist conditions and trapped food particles on which bacteria thrive. The bacteria can multiply, increasing from a few to millions in a matter of hours. Use a different implement for each cleaning task in the kitchen and bathroom.

Routinely disinfecting both indoor and outdoor waste bins is a good habit to get into. Due to the fact that waste bin liners can leak, germs can easily spread to other areas that the liners may come in contact with such as floor, countertops, our hands, etc.

If you are preparing food for your family, remove your jewelry as well as continuously cleansing your hands throughout the preparation of the meal. Pay close attention to dishcloths, washcloths, pot holders, aprons before and after cooking.

On The Job Hygiene Tips

An important way to protect your health on the job is to prevent exposure to hazardous substances through practicing good personal hygiene at work. True, these precautions may take a few extra minutes. But those few minutes can help ensure many years of good health, so they are worth every second. Remember to:

- Wash thoroughly with soap and water after working with or around any hazardous substances.
- Make a habit of washing your hands before you eat and drink.
- Wash thoroughly before and after using the toilet, too.
- Don't bring food, beverages, or their containers into a work area where hazardous substances are kept or used.
- Don't touch your mouth, nose, or eyes with hands or gloves, even to blow your nose or cover a sneeze, when you've been working with hazardous substances. Wash first!
- Safe personal hygiene may also require showering after removing chemically contaminated protective clothing. Don't skip this step, no matter how much of a hurry you're in to get home. Also be sure to keep work clothes and street clothes separate so that chemical contamination doesn't go home with you.

