

:: Personal Hygiene ::

In order to avoid contacting and spreading germs, practicing personal hygiene at your work place is very important. Not only does personal hygiene mean showering regularly and wearing clean clothes (including under garments), it also means doing your best not to spread germs.

Using deodorant or massive amounts of perfume or cologne to mask body odors is not the same as washing regularly to remove dirt and germs that may be on your body. Practicing good personal hygiene at home and at work lessens the chance of being sick for you, your family and your coworkers alike.

Below are some personal hygiene “safety tips” you can use both at home and at work. Don’t take shortcuts with personal hygiene, just as you shouldn’t take shortcuts with safety!

- Thoroughly wash your hands with soap and water before you eat and after using the restroom.
- Never use solvents to clean your hands.
- Cover your mouth when you sneeze or cough.
- If you get cut or lacerated, make sure you wash the wound thoroughly with soap and water.
- Dirty or soiled clothing should not be worn again without first being washed.

It doesn’t take long to ensure your safety and the safety of others by being cognizant of your personal hygiene!