

Worksite: \_\_\_\_\_ Instructor: \_\_\_\_\_ Date/Time: \_\_\_\_\_

### Topic C178: Personal Hygiene

**Introduction:** Workplace safety has traditionally focused on issues such as behavior, thinking patterns, and planning. The ability of workers to recognize their role in the work environment is essential. How their thoughts and actions affect not only themselves but those around them is just as important. More and more, safety in the workplace has evolved to include topics such as indoor air quality, environmental tobacco smoke, and good housekeeping.

These issues are predicated on how personal behaviors negatively affect the work environment and those fellow workers who must share the work area as part of their job. As a result, personal hygiene must be included in discussions necessary to ensure a healthy, sanitary, and positive work environment.

**Rules of Personal Hygiene:** Workers should strive to do the following on a daily basis prior to arriving at the workplace:

- **Bathe or shower**, and wash hair daily.
- **Anti-bacterial soap** is excellent for bathing and is effective for cleaning minor wounds and skin abrasions. It also destroys bacteria which may be responsible for odors and illness.
- **Use an under-arm deodorant**, an after-shower body powder, or talc powder daily to prevent offensive body odors.
- **Wear clean**, serviceable clothes and undergarments to the job-site every day. They may not stay that way but they should always begin that way.
- **Comb or brush** hair prior to arriving at the workplace.
- **Brush your teeth** at least twice a day. Use breath mints or gum during the day to avoid bad breath which is difficult for co-workers to endure.
- **Change your socks** daily and keep feet dry. By applying over-the-counter athlete's foot spray or a foot powder on a daily basis, one can avoid the uncomfortable infection of athlete's foot or unpleasant foot odor.
- **Always do** a self-check for odors prior to entering the workplace. It will prevent embarrassment for yourself, and anxiety by co-workers and supervisors who notice it.

Change your socks daily and keep feet dry. By applying over-the-counter athlete's foot spray or a foot powder on a daily basis, you can avoid uncomfortable infections or unpleasant odor.

**Health issues of hygiene:** Personal hygiene helps to maintain health as well as a positive image. By washing frequently bacteria and other infectious matter is removed which helps to prevent infection or spreading of infectious material which may cause illness. Washing yourself and your clothing frequently also helps to prevent exposure to, or the spreading of, substances which may be health hazards such as chemicals, pesticides, or lead. By practicing good oral hygiene (brushing and flossing) tooth decay and other oral diseases are prevented.

**Conclusion:** By starting each day clean and fresh you promote a positive image of yourself and the company, as well as helping to maintain your health, and the health and happiness of your co-workers and family.

**Employee Attendance:** (Names or signatures of personnel who are attending this meeting)

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These guidelines do not supersede local, state, or federal regulations and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.