**Topic 178: Personal Hygiene**

**Introduction:** Workplace safety has traditionally focused on issues such as behavior, thinking patterns, and planning. The ability of workers to recognize their place 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 environment and those fellow workers who must share it 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** or an after-shower body powder or talc powder daily to prevent offensive body odors.
- **Wear clean,** service 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 job-site. It will prevent embarrassment for yourself and anxiety by co-workers and supervisors who notice it.

**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 material which may cause illness. Washing yourself and your clothing frequently also helps to prevent prolonged 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.

**Work Site Review**

**Work-Site Hazards and Safety Suggestions:**

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**Personnel Safety Violations:**

**Material Safety Data Sheets Reviewed:**

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**(Name of Chemical)**

**(My signature attests and verifies my understanding of and agreement to comply with, all company safety policies and regulations, and that I have not suffered, experienced, or sustained any recent job-related injury or illness.)**

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**Foreman/Supervisor’s Signature:**

*The first aid information provided is intended to be general in nature and is based upon the “best available” guidelines. No results either general or specific are represented or guaranteed. These guidelines do not supercede local, state, or federal regulations and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.*