



# MAFES Dawg Tracks

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## Safety Tips: Personal Hygiene On The Job



Often times as we become engrossed in our work tasks, we forget the importance of personal hygiene. Good health is like a fine instrument and I, personally, thank our God each day for the health he has granted me and ask that it continues.

Health, according to texts and periodicals, entails many traits, but by and large, it is the condition of the body and mind. Good personal hygiene is made up of 3 basic traits:

**Physical health**– The condition of your body. Our everyday activities, such as **sleeping, eating, grooming and exercising** all contribute to good health. When you enjoy good physical health you have the energy to do all the things that are involved with your daily tasks. Besides feeling “spunky,” you will look and feel your best. The authorities tell us that sleep is the singular most important part of enjoying a “feel good” and productive life, recommending 7 to 8 hours of sleep each night.

**Mental, Emotional & Social Health**– As we go about doing our day-to-day activities and work, it is important to strike a balance between our emotional, mental and social health. When you control the balance of these three traits you feel positive about yourself - allowing you to manage your daily problems and stress, getting along with other people and ultimately performing daily in a mature and positive manner.

### Why Personal Hygiene is important:

**Good personal hygiene**, including cleanliness, is important on the job for the following reasons:

- It helps you to keep from getting sick - and staying clean helps fight disease-causing germs.
- It keeps co-workers healthy. Bacteria and germs are easily spread from person to person by personal contact.
- It reduces your chances of winding up with skin problems, like dermatitis, which can be difficult to treat.
- It also makes the workplace more pleasant and desirable for yourself, co-workers and station guests.

**Good personal hygiene** is especially important when working in humid and wet areas, where bacteria and germs thrive.

**Hand Washing is Critical:** One of the easiest ways to cut down on illnesses is to wash your hands several times a day.

- ✓ Be sure to wash your hands several times a day before you eat, drink, smoke, chew gum or tobacco. Always wash your hands after you visit the toilet, working with chemicals or putting on a bandage.

### Hand washing steps (a friendly reminder):

- Run your hands under running water- applying soap and rubbing your hands together.
- Work in the soap thoroughly on your fingers and hands; other words, all over the front, back and between the fingers.

- Thoroughly rinse off the soap- dry your hands with a paper towel.
- Turn off the faucet with the paper towel, refraining to touch the faucet with your naked hand.

### Working with Chemicals:

- It is especially important to practice good personal hygiene when working or coming in contact with pesticides and other chemicals.
- Pesticides and pesticide residues on plants and crops can result in skin rashes. Also coming in contact with certain other plants as well.
- Sometimes folks have realized that a skin problem derived from the failure to keep their hands clean.

### Some tips to follow when working with pesticides or other chemicals:

- ~Always wear the proper PPE.
- ~At the end of the day, wash your entire body and hair with plenty of soap and water.
- ~Wash your hands before you eat, drink, smoke, chew or go to the restroom.
- ~Wash your clothes separately from other garments that haven't been contaminated by pesticides or other chemicals.

**Other Personal Hygiene Tips:** Shower each day. Dry your body thoroughly including between your fingers and toes.

- ✓ Use soap when you shower, and use deodorant every day.
- ✓ Wash your work clothes before rewearing them to remove dirt, sweat and other residues. Use either a powder or liquid detergent. Follow the directions for its proper use.
- ✓ If you work in a wet environment, try to change shoes every other day to give them a chance to dry out.
- ✓ Use the station's toilet facilities when you need to go. Be sure to keep the facilities clean for all the employees.
- ✓ Take care of problems before they “snowball.” Tell your supervisor when or if you have a problem. Problems can be solved before they get big, and the same for a medical problems.

### Personal Hygiene Do's& Don'ts:

#### DO-

- Shower daily and don't forget to wash behind your ears and between your toes.
- Keep your hands and face clean, especially if you have been working in an area with pesticides and other chemicals.
- Practice good hygiene at home as well as at work.

#### DON'T-

- Use co-workers combs, brushes or other personal hygiene appliances.
- Mix clothes with pesticide contaminants with regular cleaning garments.
- Leave the bathroom unclean for the next person.

Don't **leave** good hygiene habits at work-

**Take** them home with you!

**Don't be a fool – Practice the Hygiene rules!**

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