

Personal Hygiene

Overview This talk will cover: the price that you may have to pay for poor standards of personal hygiene and what you can do to prevent it.

What you should expect

- 1 Enough toilets, wash basins, drying space and rest areas: the number will depend upon the number of people on site.
- 2 Washing facilities must have hot (or warm) water, cold water, soap and some means of drying yourself.
- 3 The opportunity to use the above facilities as necessary.
- 4 The above facilities to be cleaned on a regular basis.
- 5 Instructions must be provided on how to protect yourself from the effects of any hazardous substances that you may use.
- 6 If canteens prepare food, it must be in hygienic conditions.

Your side of the deal

- 1 Use toilets, wash basins (or showers, if provided) as necessary to maintain a high level of personal hygiene.
- 2 Wash your hands after using the toilet and before eating.
- 3 Leave toilets, wash basins, drying and rest areas clean and in good condition for other uses.
- 4 Avoid contamination of the skin by substances hazardous to health, e.g. cement: comply with any instructions given.
- 5 Do not leave, or prepare, your own food in unhygienic conditions.
- 6 If you are unwell, see your doctor if necessary and stay away from work if instructed to do so.

If you (or someone else) have gotten it wrong

- 1 Gastroenteritis (sickness and diarrhoea) can be the result of poor personal hygiene.
- 2 The transfer of harmful bacteria from hand to mouth is the usual route of entry into the body.
- 3 Failing to wash your hands after using the toilet or handling infected material is a common route of transfer.
- 4 You could transfer bacteria from your hand to another surface, which someone else then touched and transfers to their mouth: someone else suffers because of your poor standards.
- 5 Would you like to lose time off work (and money) because of someone else's low standards of personal hygiene?
- 6 Other stomach complaints may be caused by failure to clean work-related substances from your hands before eating.
- 7 Being caught or being reported for, urinating elsewhere but in the toilets should lead to instant dismissal.

Do you have any questions for me?



SAFETY SOLUTIONS

Tool Box Talk No 41

PERSONAL HYGIENE

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NOTE: Failure to comply with safety instructions and RAMS may result in disciplinary actions

Serial	Name	Date of Toolbox Talk	Signature	Site

By signing this register you are confirming that you attended the toolbox talk and understand the requirements for: the price that you may have to pay for poor standards of personal hygiene and what you can do to prevent it.