

Role Of Personal Hygiene



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- ❑ Personal hygiene may be described as the principle of maintaining cleanliness and grooming of the external body. Maintaining a high level of personal hygiene will help to increase self-esteem and confidence, while minimizing the chances of developing imperfections.

- ❑ Good personal hygiene, including cleanliness, is important on the job for these reasons:
 1. It helps keep you from getting sick. Staying clean helps fight disease-causing germs.
 2. It keeps your co-workers healthy. Bacteria and other germs are easily spread from person to person by personal contact.
 3. It reduces your chances of winding up with skin problems, such as dermatitis, which can be difficult to treat.
 4. It makes the work site more pleasant for everyone, including co-workers and visitors.
 5. Good personal hygiene is especially important when working in humid or wet areas.



Personal Hygiene Tips

- Shower each day. Dry yourself thoroughly, including between your fingers and toes.
- Use soap when you shower, and use deodorant each day.
- Ensure your nails are cut and well trimmed.
- Wash your work clothes before rewearing them to remove dirt, sweat and other residues.
- Wear clean socks to work each day.
- If you work in a wet environment, try to change your shoes every other day to give them a good chance to dry out.
- Use toilet facilities when you need to go to the bathroom. And be sure to keep the facilities clean for your co-workers.
- Do not use your co-workers' personal items.
- Practice good hygiene in the workplace.



**“TAKE CARE
OF YOUR
BODY.
IT’S THE ONLY
PLACE YOU
HAVE TO LIVE
IN.”**

Thank you



Olusola Olowoyeye
www.olusolaolowoyeye.com
olusola.olowoyeye@gmail.com
08093827385, 08083827385



Olusola Olowoyeye



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Achieving the
Impossible is a
Reality!