



TOOLBOX TALK



TOPIC DISCUSSED:

HYGIENE



Germs can be found everywhere, at your house, office, in bathrooms, kitchens and on-site. Germs are in the air we breathe, on the ground, we walk on, the water we drink, on the food we eat, and on people and animals.



QUESTIONS:

1. When is it advisable to wash your hands?
2. How do you combat germs?
3. What to understand when the term 'personal hygiene'?

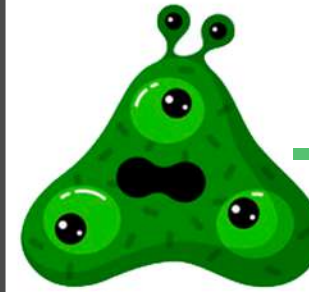
AN OVERVIEW OF BASIC HYGIENE:

Most germs can only multiply in DAMP, WARM PLACES.

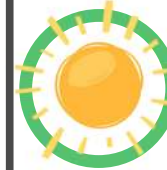
ONE GERM
can produce
MILLIONS
of little germs in a
FEW HOURS!



COMBATING GERMS IS NOT THAT DIFFICULT



GERMS
CANNOT STAND
THE FOLLOWING:



Sunlight



Fresh Air



Water



Soap



Broom / Vacuum

PERSONAL HYGIENE

[WASH YOUR HANDS REGULARLY]



After visiting the bathroom



Before and after eating



Before and after preparing food



After blowing your nose

OTHER

Do not **COUGH OR SNEEZE** near other people.

DISPOSE OF USED TISSUES in a dustbin and do not leave them lying around.

Keep your **FINGERNAILS** and **HAIR** spotless.



If you have a cold, flu or stomach bug, take care not to touch other people and wash your eating utensils separately. Do not prepare food for your family or friends if you suffer from anything contagious.



