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Tool Box Talk June 12, 2023 Personal Hygiene

Here at **GRAY & SON** it is important to have good hygiene. Personal hygiene is the basic concept of cleaning, grooming and caring for our bodies. While it is an important part of our daily lives at home, it's important for worker health and safety in the workplace. Workers who pay attention to personal hygiene can prevent the spread of germs and disease, reduce their exposures to chemicals and contaminants, and avoid developing skin allergies, skin conditions, and chemical sensitivities.

It is important to check the PPE often for excessive contamination, wear, tears, cuts, or pinholes. Workers should clean, decontaminate or replace protective equipment frequently to make sure it doesn't collect or absorb irritants. If protective equipment becomes too soiled during the job, the worker should stop and replace it with clean equipment. If your PPE needs to be replaced just turn in your old PPE to our supply coordinator, fill out the PPE form and you will receive your new PPE.

Basic hand washing and skin care can prevent work exposures and disease. Good washing and scrubbing with water and soap helps to remove germs, contaminants, and chemicals. It can also prevent exposure by ingestion and cross-contamination of the surfaces and objects we touch.

Workers should periodically wash their hands during the day. In some jobs, regular hand washing is required by law. Hand washing is important before and after using the restroom and before or after certain activities. Workers should wash their hands before, during, and after preparing food and before they take breaks at work

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