



NIGERIA

"Connecting young people"



Hygiene and Cleanliness



Learning Objectives

At the end of the session, participants will have good understanding of:

- Relationships between cleanliness and personal hygiene
- Personal Hygiene and Food Safety
- Importance of maintaining appreciable standards of personal hygiene
- Benefits of maintaining professional appearance at all times

BRAIN TEASER



Read out loud the text inside the triangle below:



More than likely you said, "A bird in the bush," and.....

Did you see that the word THE is repeated twice!





**CAPTAIN ALI IS THE CAPTAIN OF THE SHIP
THE CAPTAIN OF THE SHIP IS CAPTAIN ALI
WHAT IS THE NAME OF THE SHIP**

Guess the Ship's name



Find the next item in the series:

O T T F F S S ?

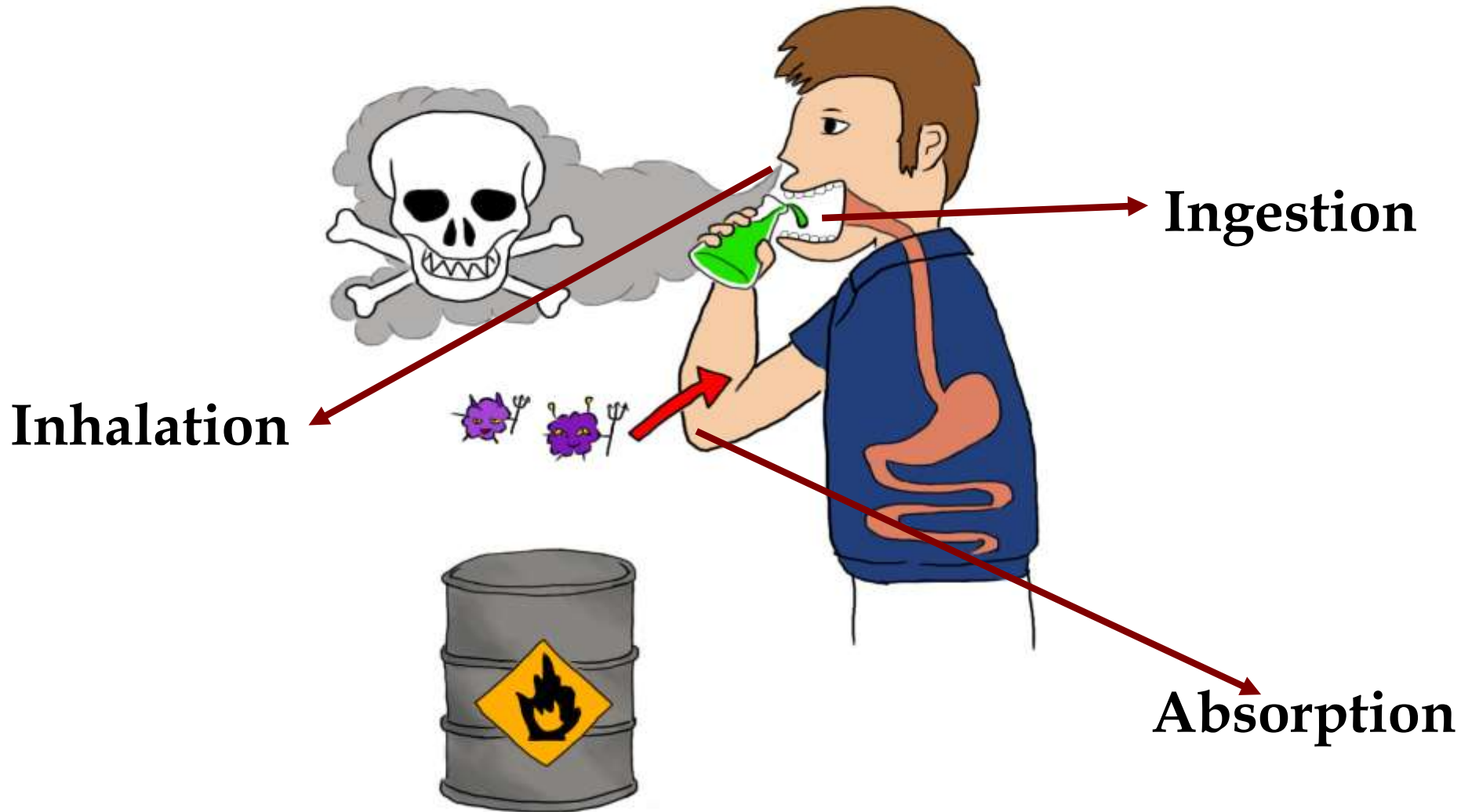


The Global OH Statistics

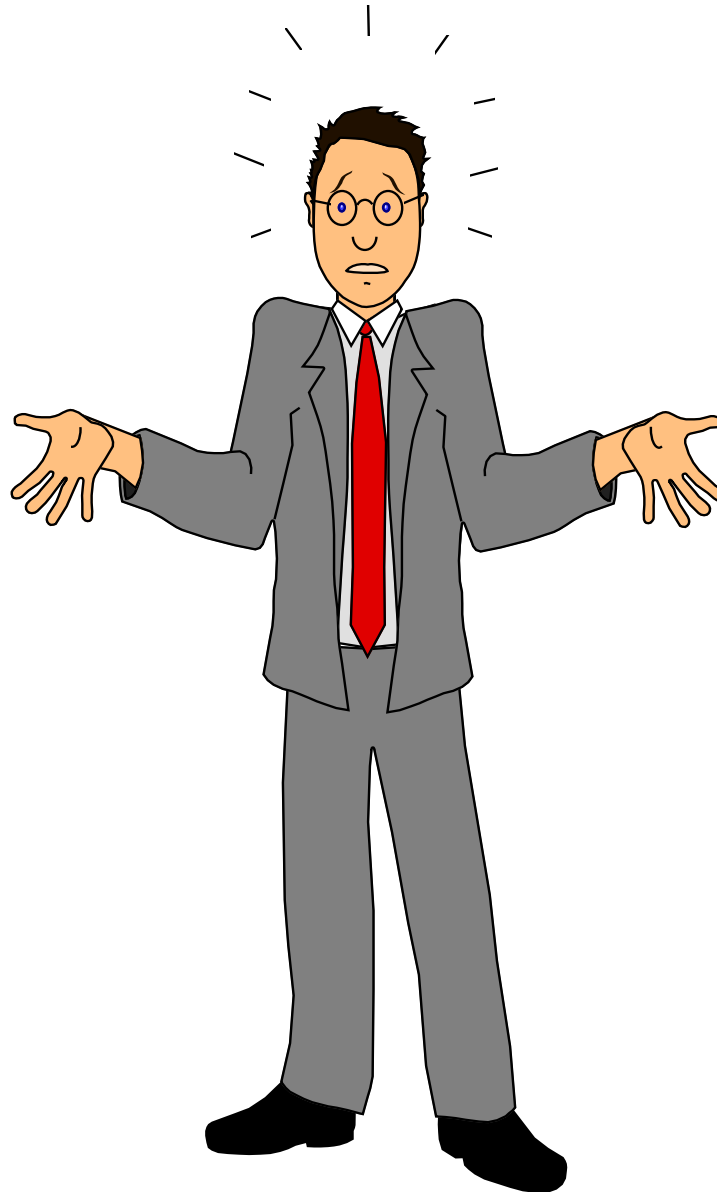
The World Health Organisation estimates that globally there are:

- ❑ 2,000,000 work-related deaths per year.
- ❑ 386,000 deaths each year from exposure to airborne particulates.
- ❑ 152,000 deaths per year from carcinogens in the workplace.

Routes of Entry



What is Occupational Hygiene?



Hygiene as a term refers to:

...conditions or practices conducive to maintaining health and preventing disease, especially through cleanliness.

This is known as Personal Hygiene!



What is Personal Hygiene?



- ❑ Described as the principle of maintaining **cleanliness** and **grooming** of the external body.
- ❑ Involves those practices performed by an individual to care for one's bodily health and well being, through cleanliness.



Taking bath regularly



Wearing clean clothes



Maintaining oral hygiene



Washing eyes



Care of ears



Grooming



Grooming

- ❑ It is the process of making yourself look neat and attractive.
- ❑ The things which you do to make yourself and your appearance tidy and pleasant
- ❑ Looking your best for work



- ❑ Dressing has an impact on Self, Colleague and Customers
- ❑ Your clothes convey the message that you are Confident, Presentable, Ambitious and Sincere
- ❑ Grooming involves all the aspects of our body:
 - ✓ Overall Cleanliness
 - ✓ Hair.
 - ✓ Nails.
 - ✓ Teeth.
 - ✓ Uniform
 - ✓ Make-up

Importance of Personal Hygiene

- To promote good health and prevent sickness.**
- Avoid bad breath and body odour.**
- Influence self esteem and confidence**
- To kill bad bacteria.**

Failure to keep up a standard of hygiene can have many implications. Not only is there an increased risk of getting an infection or illness, but there are many social and psychological aspects that can be affected

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Episode 71



Body Odour



Apocrine

+

**Natural
Bacteria**

=

odour

Body smells are caused by a number of factors working in combination, including:

- Perspiration itself doesn't smell. However, during sweating, another liquid called apocrine is also secreted.
- Wastes excreted through the skin, such as metabolised alcohol.
- The actions of bacteria that live on the skin and feed on dead skin cells and sweat.
- Unwashed clothes, such as underwear and socks.

Body Odour can also be caused by foods like Onion and Garlic



Skin Care Tips

- Bathe or shower regularly using soap
- If possible, bathe or shower after exercise – especially after sweating
- Use antiperspirants to decrease perspiration and cover odor with a manly smell
- Wear clean clothes
- Reduce stress levels which irritates the skin
- Maintain a healthy diet

Feet Care

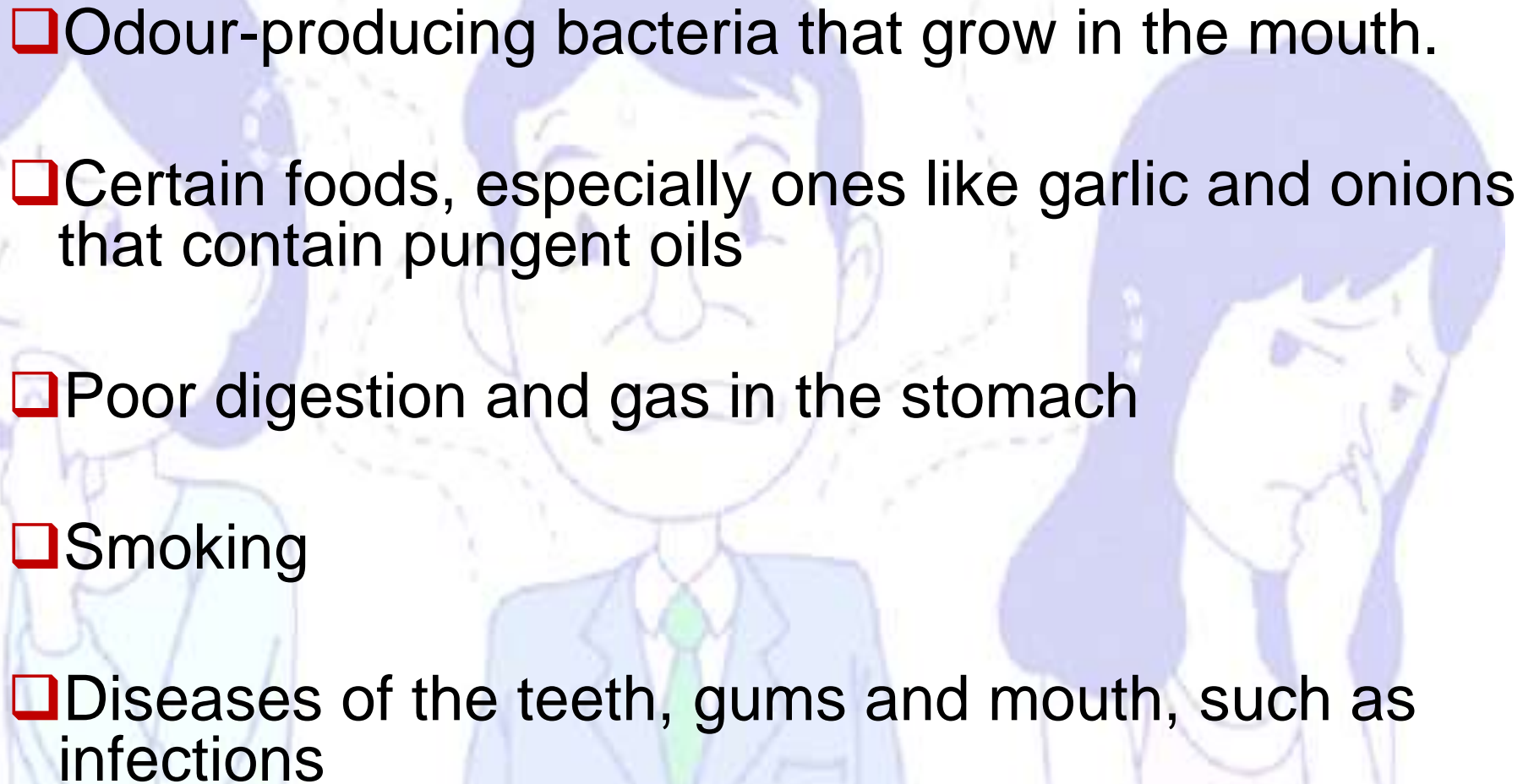
Large collection of sweat glands live in our feet

- Wash your feet well at least once a day.
- Dry them carefully, especially between the toes.
- Keep feet and skin clean and dry
- Change socks daily
- Avoid walking barefoot in public areas



Teeth: Bad Breath

Bad breath is caused by:

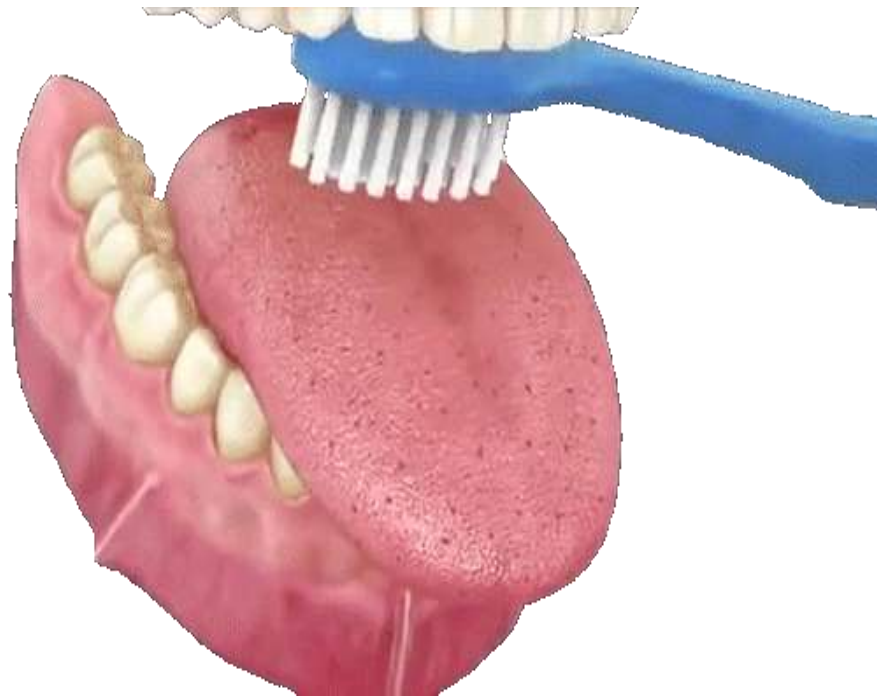
- Odour-producing bacteria that grow in the mouth.
 - Certain foods, especially ones like garlic and onions that contain pungent oils
 - Poor digestion and gas in the stomach
 - Smoking
 - Diseases of the teeth, gums and mouth, such as infections
- 
- A light blue illustration of three people. On the left, a woman with dark hair is holding her hand to her mouth as if covering it. In the center, a man in a suit and tie has a slightly uncomfortable expression. On the right, another woman is also holding her hand to her mouth. Dotted lines radiate from the man's head, suggesting a cloud of bad breath or a sense of embarrassment.



Brush and floss properly

Use Mouth washes, or mouth sprays

Chew flavoured gum;
can make your breath
smell better for a while



Preventing Bad Breath

- Daily dental hygiene routine that consist of brushing for 2-4 minutes and flossing
- If possible, brush after every meal or rinse your mouth with warm water.
- Use a soft-bristled brush.
- Replace your toothbrush every 2-3 months or after an illness
- Avoid or limit sugar and junk foods
- See a dentist every 6 months

Brushing and flossing properly, along with regular dental checkups, can help prevent tooth decay and gum disease

If you brush and floss properly and visit your dentist for regular cleanings, but your bad breath persists, you may have a medical problem like sinusitis or gum disease.



Getting help from the doctor is the best way to get rid of the odour permanently.



- ❑ Most infections, especially colds and gastroenteritis, are caught when we put our unwashed hands, which have germs on them, to our mouth.
- ❑ Some infections are caught when other people's dirty hands touch the food we eat

When should you wash your Hands?



How to wash your hands properly



1 Wet your hands



2 Liquid soap



3 Lather and scrub - 20 sec



4 Rinse - 10 sec



5 Dry your hands



6 Turn off tap

DON'T FORGET TO WASH:

- between your fingers
- under your nails
- the tops of your hands



Restaurant Sanitation

Food safety

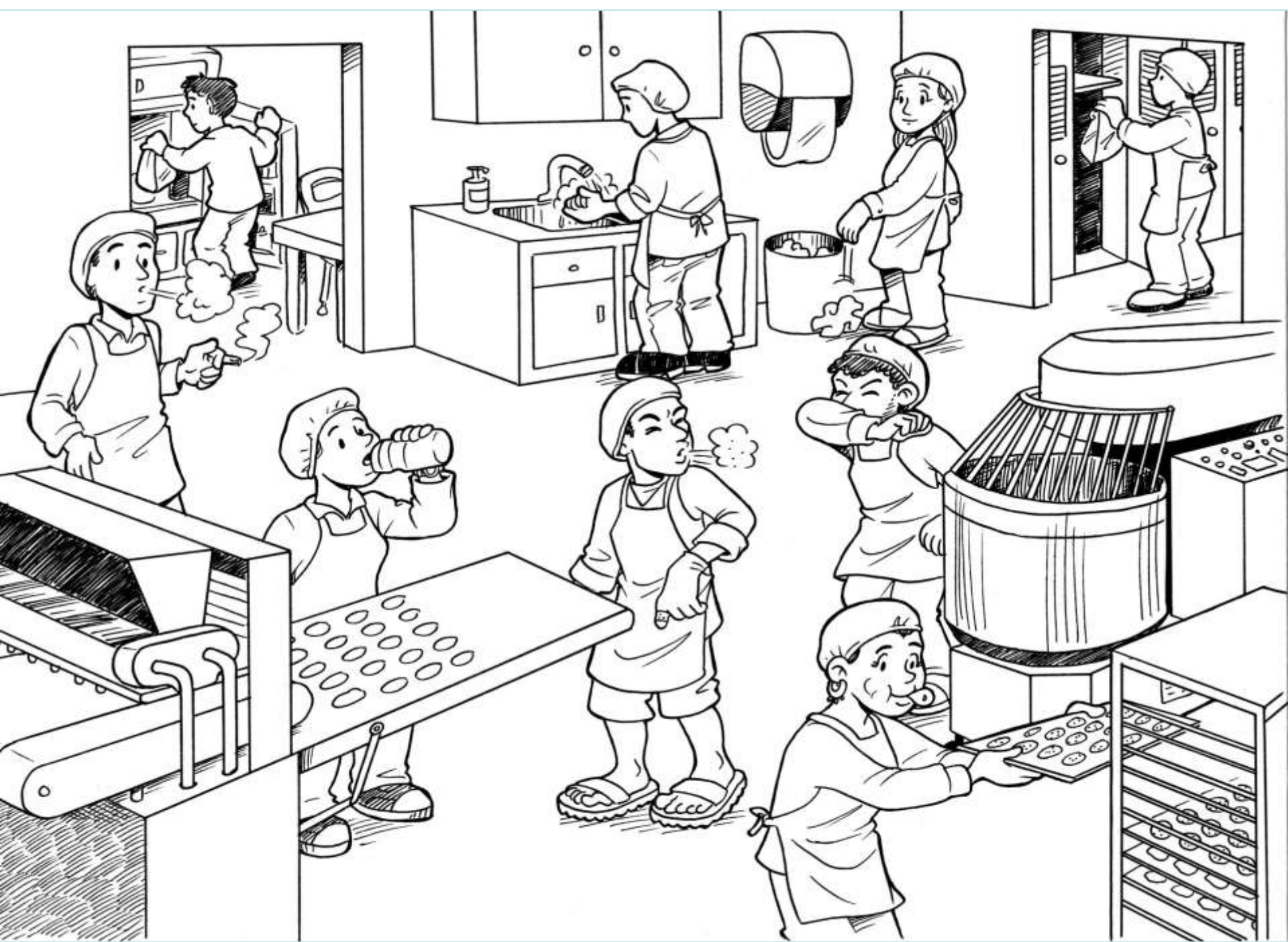
Preventing or reducing contamination of foods

❑ by people or

❑ by their actions or inactions

- **Clean uniforms, No tears**
- **Closed toe shoes, no heels**
- **Clean foot ware**
- **Hair restraints**
- **No nail polish, false fingernails**
- **No jewelry**
- **No false eyelashes**





Tasting Food

If you must taste the food during preparation, it should be placed in a separate dish and tasted with a clean utensil.



Safe Handling of Chemicals

- Store chemicals away from food preparation, handling and storage
- Keep chemicals in their original containers or clearly labeled
- Never allow chemicals to come in contact with food.
- Clean up chemical spills promptly.
- Never place food in chemical containers and vice versa
- **ALWAYS WASH YOUR HANDS!**

Proper disposal of waste

- Garbage can to always be lined with plastic bags
- Containers kept outdoor
- Do not allow any garbage to accumulate
- Remove garbage from food preparation area as soon as possible
- Clean containers as regularly as possible
- Do not wash mops or cleaning rags in food preparation areas

PRACTICE WASTE SEGREGATION



Pest Control

Pest Control is a vital part of any hygiene programme

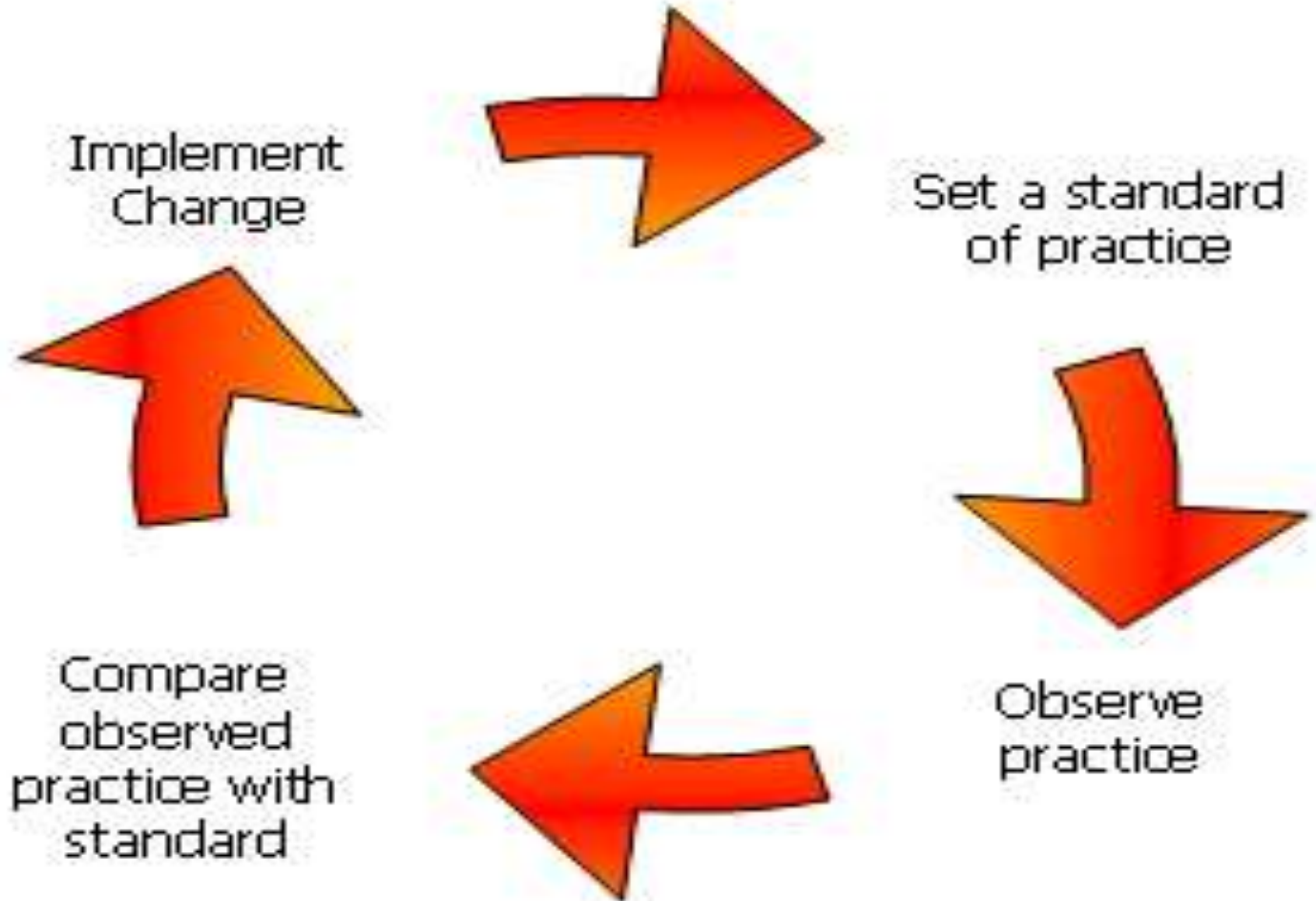
- ❑ Trapping to catch insects or rodents
- ❑ Fumigation
- ❑ Waste Management

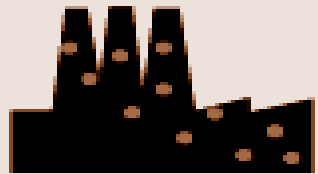
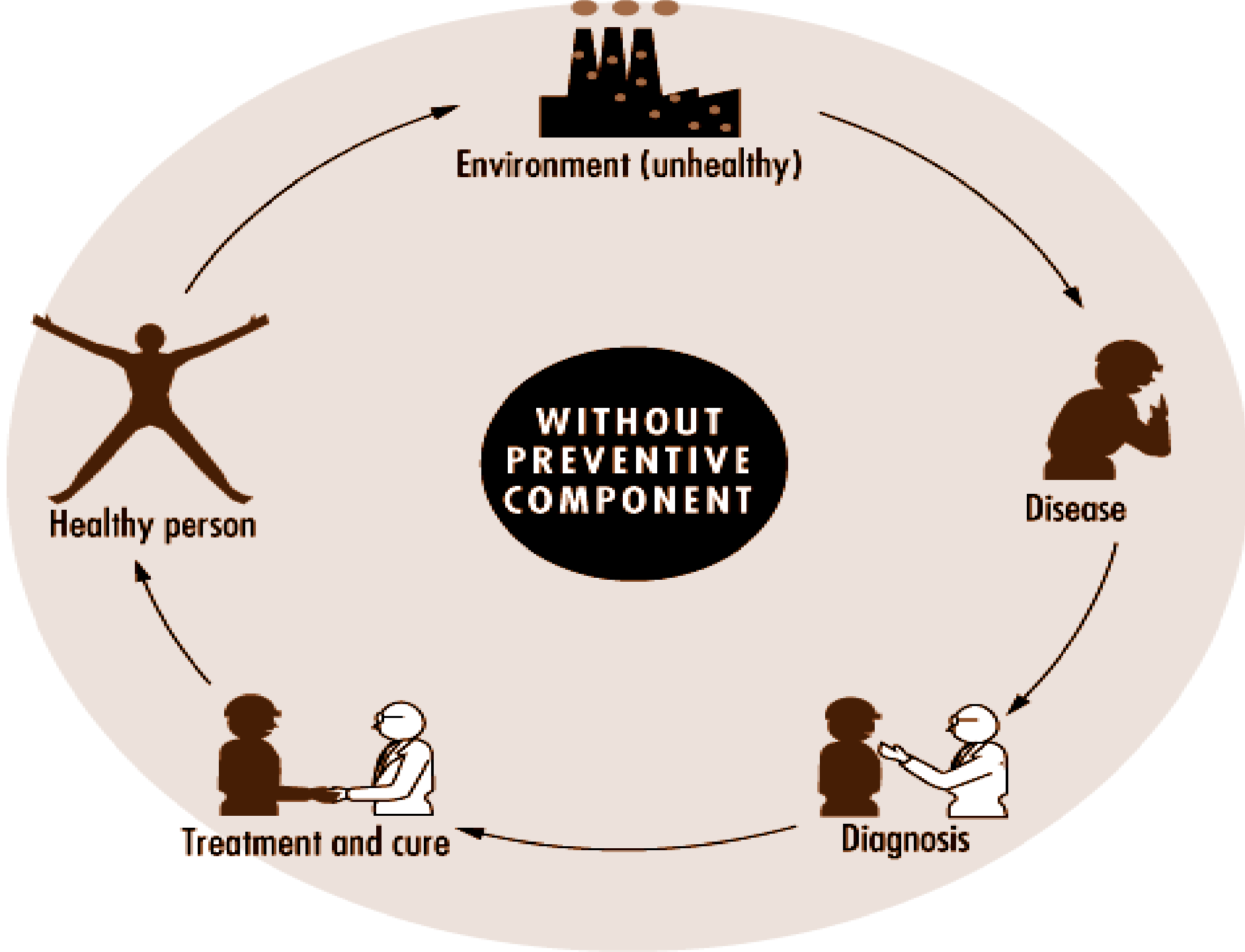


**IF YOU
ARE
ILL
PLEASE
REPORT**



STRATEGIC SOLUTION





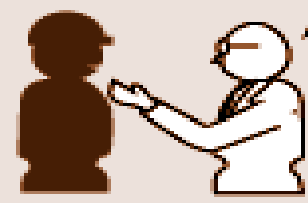
Environment (unhealthy)



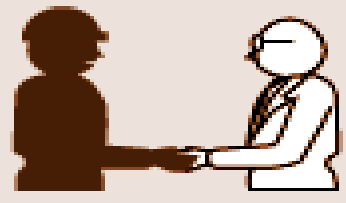
Healthy person



Disease



Diagnosis



Treatment and cure

WITHOUT
PREVENTIVE
COMPONENT





**Do not
let
this
be
your
ATTITUDE
towards
HYGIENE**

Lets create an impression

- A neat and clean uniform at all times.**
- Hair neatly tied up.**
- No Bad breadth**
- Clean and washed socks with polished shoes.**
- Well manicured hands and.....**
- Usage of a mild deodorant**



Find Six hidden words in the picture.

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Thank

you

