



## HSE ALERT # 162

# WORKPLACE HYGIENE

In our daily life, we battle with pesticides, herbicides, chemicals, fertilizers, industrial waste, cigarette smoke and automobile exhaust, which are full of toxic substances. There is no doubt that these toxins play a role in generating diseases and impair our health.

Hand washing is the single most effective way to prevent the spread of communicable diseases. Good hand washing techniques can significantly reduce the spread of infectious diseases.

**Following tips may help to avoid health hazards at workplace and in general. The risk of viral diseases like Hepatitis, Flu/Influenza, and other viral infections can be avoided.**



- Wash hands regularly before preparing and eating food.
- Try to use liquid soap (bottle) instead of soap bar in washrooms.
- Eat freshly cooked foods only.
- Drink filtered or boiled water only.
- Don't share needles, syringes, razors, tooth brushers or other items that could bear contaminated blood.
- Personal usable items must be kept separately of each family member
- Get vaccination for diseases you are at risk of getting.
- Don't allow yourself to be pierced with non-sterile equipment. (Dental & small surgical procedures)
- If you are infected with hepatitis B or C virus, it is your responsibility to protect accidental transmission to your loved ones and others you come in contact with.

Seasonal “**flu**” is the kind of influenza with which people at workplace and the general public are most familiar. A flu pandemic occurs when a new influenza virus emerges for which people have little or no immunity.

### Preventive measures:

- If you get the flu, the best way to take care of yourself is to take rest and drink lots of liquids like water and other non-caffeinated drinks such as (fruit juices). Seek advice of your physician and return at work place when you are normal.
- Flu vaccines are available as a shot or nasal mist. These vaccines may be used after proper consultation with the physician.

*“Healthy Workers make a Pace Worthwhile”*