Personal Hygiene

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**Health, Safety
and Environment**

Good personal hygiene is the basic concept of cleaning and grooming, and it is one of the most effective ways we have to protect ourselves and others from illness.

The Importance of Personal Hygiene

- Unhygienic habits will affect others as well.
- Germs are easily spread by personal contact, or by touching unclean surfaces.
- Good personal hygiene habits help fight disease-causing germs.
- Good personal hygiene is especially important when working in humid or wet areas, where bacteria and other germs thrive.

Personal Hygiene Tips

Washing hands after going to the toilet help stop the spread of germs.

Washing hands before preparing food help keep germs out of our bodies.

Use hand sanitizers when water and soap are not available.

Washing the body helps keep it free of disease-causing germs.

Brushing teeth helps to keep gums and teeth healthy.

Keep work clothes clean and in good condition.

Covering the nose and mouth when sneezing helps stop the spread of germs.

Keeping hands clean, and fingernails clean and short helps keep us healthy.

Got questions? ✉ healthandsafetymatters@kaust.edu.sa