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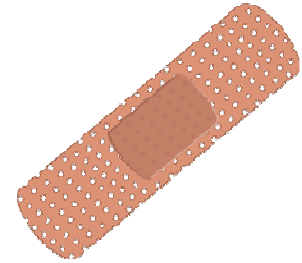
Clean clothing is a part of good hygiene. Maintaining good personal hygiene includes the clothes worn to work. A worker wearing oily, greasy clothing, or clothes that have toxic chemicals spilled on them, is likely to experience irritating rashes, boils or other skin problems.



Work clothing should be changed daily. A daily shower and clean clothing reduces the chances of skin problems. Remember, dirty clothes and skin carry chemicals to your home and family.



First-aid begins with cleanliness. When we get a sliver, a nick, or a cut we typically go to the first-aid kit. We grab an adhesive bandage, quickly put it on, and go back to work. Several days later we wonder why the small injury is inflamed and infected.



Don't ignore small injuries like these. The wounded area should be washed with soap and water before the bandage goes on. Possibly an antiseptic should be placed on the wound as well. This simple trick you first learned from your mom helps to keep the wound from becoming contaminated.



To also help prevent a small injury from getting to be a serious health hazard, keep your tetanus booster current. A small needle stick every 10 years is a small price to pay, in the prevention of infection.

Good personal hygiene all boils down to common sense. A daily shower, followed by clean clothing, and frequent washing of hands...particularly before eating or smoking, goes a long way in keeping you healthy and safe.



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