

Daily Safety Talk

June 17, 1997

**165 Days (800,950 Hours)
Without a Lost Time Injury**

Personal Hygiene

Why Personal Hygiene is important at work.

Personal hygiene is an often overlooked component to personal safety. A clean body, while not a prerequisite to safety, is a definite plus. A minor cut that might go unnoticed if your hands are clean could become the source of entry for the flesh-eating staphylococcus bacteria if they are not. Simple acts of personal hygiene that we all take for granted often get overlooked in our busy work environment. None of us would ever dream of coming to the dinner table after a trip to the restroom without washing our hands. But, how many times have you returned to work on a piece of equipment without washing your hands after using the facilities? The small cuts and abrasions we get daily are a prime vector for the entry of fecal coliform bacteria! (The same bacteria that killed several people in the pacific northwest in 1992-1993).

Anal Hygiene Tips and Techniques

Studies have shown that many people don't adequately clean the exterior surfaces of the anus after a bowel movement. One or two quick wipes with a wadded clump of toilet tissue is not enough! The proper method is as follows: ensure you have completed your bowl movement, (this is to prevent repeating these steps) unroll approximately 6 inches of toilet tissue and discard, (the previous user of the toilet may be infected with a communicable disease), unroll another 18-20 inches of toilet tissue and fold it in half three times, (this will result in a rectangle of tissue roughly 3x4 inches), lean foreword on the seat slightly and with your left hand (or right if you are a "lefty") grasp your left buttock midway down the ventral split and pull slightly in a direction perpendicular to your spine, (this will expose the anal opening and allow more complete contact between the tissue and any accumulated fecal material during wiping) holding the rectangle of tissue firmly in your right hand (or left if you're a "lefty") apply the tissue to the perineum between your anus and your external genitalia and press firmly, then without reducing the pressure on the tissue drag it across the anus and up the ventral split of the buttocks to a distance approximately 3 inches past the anal opening, examine the tissue visually for evidence of fecal material and dispose of in the toilet, if there were any feces on the tissue, unroll another 18-20 inches of tissue and repeat the process until the tissue examined after wiping shows no more fecal material. Careful attention to these steps will result in better anal hygiene for all of us!