

# Good Hygiene Practice

This guidance note provides information on good hygiene practice and should be read in conjunction with the Substance Information Notes.

If you have followed the guidance carefully and you are still concerned about any skin or health related issue then please contact your manager.

<p><b><u>Personal Hygiene</u></b></p> <ul style="list-style-type: none"> <li>- Refrain from smoking as you could ingest hazardous substances by transferring from your fingers/cigarette to your mouth</li> <li>- wash hands and forearms with soap and warm water before eating, drinking and smoking, and after each visit to the toilet</li> <li>- always dry hands thoroughly</li> <li>- use hand care products, pre-work creams, conditioning creams and scrubs as appropriate</li> <li>- always protect cuts and abrasions with waterproof dressing</li> </ul>	
<p><b><u>Personal Protective Equipment (PPE)</u></b></p> <ul style="list-style-type: none"> <li>- always wear appropriate PPE and store when not in use so that it remains clean and fit for purpose</li> <li>- Replace disposable gloves regularly</li> <li>- do not wear dirty or contaminated overalls</li> <li>- do not place oily or contaminated rags in pockets</li> </ul>	
<p><b><u>Workplace Hygiene</u></b></p> <ul style="list-style-type: none"> <li>- always follow manufacturers instructions when using chemicals, pay particular attention to the hazard information</li> <li>- dispose of any waste in line with University procedure</li> </ul>	