Personal hygiene toolbox talk: hygiene on the job

29 CFR 1910.141, 1926.51, 1910.151, 1910.132

Date _____ Trainer _____ Location _____

Opening question

What was on your hands before your last meal, and when did you last wash them?

Why it matters

Dirt, dust, chemicals and germs follow you from the job to your lunch, your truck and your home. Good hygiene keeps you healthy, helps prevent skin problems and keeps contaminants out of your mouth and eyes. It also protects the people you live and work with. OSHA's sanitation rules set the basics your employer has to provide.

Key points

1. **Wash your hands at the right times**
   Wash with soap and clean water before you eat, drink or smoke, after using the toilet and after handling dirt, trash, fuel, paint or chemicals. Lather, scrub, rinse and dry. Employers must provide hand soap or similar cleansing agents at lavatories (29 CFR 1910.141(d)(2)(iii)), and in construction must provide adequate washing facilities where contaminants may be harmful (29 CFR 1926.51(f)(1)).
   29 CFR 1910.141(d)(2)(iii)

2. **Drink clean water, not from a shared cup**
   An adequate supply of potable water must be provided in all places of employment (29 CFR 1926.51(a)(1)). The common drinking cup is prohibited (29 CFR 1926.51(a)(4)). Keep water containers closed and marked, and never dip a cup into a water cooler.
   29 CFR 1926.51(a)(1)

3. **Keep food and drinks away from toilets and toxic areas**
   No employee may eat or drink in a toilet room or in any area exposed to a toxic material, and food or beverages must not be stored there either (29 CFR 1910.141(g)(2) and (g)(4)). Take your break away from the work area and wash before you eat.
   29 CFR 1910.141(g)(2)

4. **Keep your clothes and PPE clean**
   Protective equipment must be provided, used and maintained in a sanitary and reliable condition (29 CFR 1910.132(a)). Wipe down safety glasses, gloves, hard hats and respirators as directed, and wash work clothes often. Take off contaminated clothing before you go home, and bag it separately.

5 **Know where the eyewash is**

Where the eyes or body may be exposed to injurious corrosive materials, suitable facilities for quick drenching or flushing must be provided within the work area for immediate emergency use (29 CFR 1910.151(c)). Know where the eyewash station or drench shower is, keep the path clear, and check that it works as your employer requires.

29 CFR 1910.151(c)

6 **Keep your work area clean and speak up**

All places of employment must be kept clean to the extent that the nature of the work allows (29 CFR 1910.141(a)(3)(i)). Put trash and food waste in the right containers. If you are sick, tell your supervisor, and report broken toilets, missing soap or dirty water so they get fixed.

29 CFR 1910.141(a)(3)(i)

Scenario

Picture this: A painter finishes a long morning of spraying coatings. His hands are covered in paint and dust. At the break, he walks to the tailgate and eats his sandwich without washing, then rubs his eye. There is no hand soap at the portable sink, but nobody has told the supervisor. What should he and the crew do differently?

Crew discussion

1. Where are the wash stations on this site, and do they always have soap and clean water?
2. What contaminants do we handle that we should wash off before eating?
3. Where is the nearest eyewash station, and could you find it with your eyes closed?
4. What do you do if you feel sick at work?

Bottom line **Wash up before you eat, keep food away from contaminants and report anything that stops you from keeping clean.**

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Sign-in sheet / Hoja de asistencia

Topic / Tema Personal hygiene on the job / Higiene personal en el trabajo

Date / Fecha _____

Trainer / Instructor _____

Location / Lugar _____

Company / Empresa _____

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