

The Importance of Workplace Hygiene

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You touch everything at work, every surface, appliance, object and, of course, the toilet. Doing this spreads germs all around the workplace and it will eventually become an unhygienic nest that you spend your time in. Most people are unaware that everything in the office consists of bacteria. People need to be informed about this so they can protect themselves and everyone around them.

Firstly, why is good hygiene important at work? Many things in your workplace are for public use. These include lift buttons, door handles, coffee machines and the bathroom. Many apartment buildings and commercial buildings have measures to keep good hygiene, with plastic covers on lift buttons commonly seen. Multiple people use these facilities every day, and this fact means that there'll be more germs spread. Especially under the ongoing Covid-19 pandemic, good workplace hygiene is key to protect others from getting sick.

Many good hygiene practices are being adapted by people. A variety of items -are such as hand sanitizer, face masks and tissues – are available so everyone can adopt good hygiene practices. Use hand sanitizer often after touching things like guide rails and lift buttons, and make sure to always wear a face mask. Another helpful hygiene practice is to not touch the lift buttons with your bare hands. Use something like a tissue to cover your finger, but not something sharp like a key as this could damage the plastic covers. If you are using the computer often for work, make sure to clean your peripherals (keyboard, mouse, headphones etc.) after you finish using them. Coffee makers are used frequently by the public. If you are in charge of washing the cups, make sure to clean them thoroughly so they're spotless and hygienic for subsequent users. Lastly, when coughing or sneezing, do it into a tissue.

Furthermore, use the bathroom appropriately! Bathrooms are one of the most unhygienic places in any location, and it's the users' responsibility to make sure they're doing their best to keep the place clean. Try not to urinate anywhere outside the toilet or urinal, as it is very unhygienic, and unpleasant for the next person. Make sure to always wash your hands with soap and dry them. One trap many people fall into is to use the automatic hand dryers in a public bathroom. It is proven that those hand dryers are one of the most unhygienic facilities in the bathroom, so just use paper towels to

dry your hands.

To summarize, good workplace hygiene is very important to ensure the safety of others. It is your own responsibility to do everything you can do in your power to make sure your own actions do not spread germs. There are many things you need to do in the bathroom to make sure you are being as hygienic as possible. Under the Covid-19 pandemic, the upkeep of good hygiene is of uttermost importance to prevent the spread of the virus.