

SIGNIFICANCE OF HYGIENE ONBOARD

It is estimated that 1.2 million seafarers are employed on ships around the world. Voyages are several months long traveling to different regions of the world. Living in close quarters for months together, seafarers become a mini community on the high seas. For any community developing good personal hygiene habits and maintaining sanitary conditions at all times is a necessity for their health and welfare.

Top Diseases caused by poor hygiene:

- | | |
|--------------------|--------------------|
| 1. Food Poisoning | 4. Pneumonia |
| 2. Gastroenteritis | 5. Trachoma |
| 3. Diarrhoea | 6. Skin Infections |
- Symptoms to watch out for: boils, diarrhoea, jaundice, sore throat, vomiting, runny nose, watery eyes and irritable skin among Other medical conditions must be reported to take timely preventive measures.

Approximately 80% of common infections are transmitted by touch

IT'S IN YOUR HANDS NOW



Step 1: Put soap on palms and rub together for 10-15 secs.



Step 2: Rub back of each hand with the other palm.



Step 3: Interlace fingers and rub together.



Step 4: Curl the backs of fingers into one palm and then other.



Step 5: Hold thumb and rotate, repeat with both hands.



Step 6: Hold fingers and rotate, repeat with both hands.



Step 7: Rinse your hands well and dry well.



Skin bacteria
REDUCES by
10 TIMES when
washed with soap
for 30 seconds.



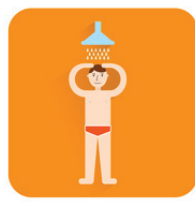
Frequently
missed areas of
the hand while
washing

EASY STEPS TO GOOD PERSONAL HYGIENE



Hand Washing and Drying Hands:

Hand washing is necessary practices of personal hygiene. Drying hands with clean paper towels reduces bacteria on fingers by 76% and on palms by 77% .



Showering & Hair Showering::

A good bath once or twice a day is recommended with soap. Comb your hair every day and wash at least once a week using soap or mild shampoo.



Linen & Footwear:

Crew must take note of and ensure their linen is clean and changed at least once a week. Wear a clean pair of socks everyday.



Nails:

Keep nails trimmed at all times, cut your nails straight across to prevent ingrown toenails.