

FIT FOR WORK HEALTH & HYGIENE

The major health problems affecting PNG include malaria, tuberculosis (TB), diarrhoeal diseases (spread by poor hygiene), acute respiratory disease (COVID, cold, flu, pneumonia), lifestyle illnesses (high blood pressure, heart disease, diabetes, obesity), fatigue and HIV/AIDS.

To promote good health, OTML provides access to medical services and facilities for employees and contractors, such as toilets, showers, change rooms, dining room / crib and storage areas. OTML is also responsible for providing hand washing facilities, supplies of soap and hand cleaner, clean drinking water.

All employees are responsible for their personal hygiene and health and are expected to act in such a way to minimise the spread of disease.

This has become particularly important since the spread of the COVID-19 virus, but good hygiene can also help to minimise other illnesses such as: cold and flu, hepatitis A and viral infections that cause diarrhoea.

PERSONAL HYGIENE

Personal hygiene means keeping yourself, your clothing and personal items clean. A high standard of personal hygiene is essential and is encouraged among all workers. Keeping yourself clean will help you to feel better and will lower your risk of getting sick. Your friends, family and co-workers will also benefit by having you fit and healthy.

Good personal hygiene practices include:

- Wash your hands often, especially after using the toilet, before eating, after sneezing or coughing, after touching animals or anything that is dirty. Always wash your hands when you finish work.
- Shower or bathe daily, using soap to wash all of your body. Rinse off and dry yourself well, especially in skin folds and between your toes.
- Wash your hair regularly, and make sure all your combs and brushes are clean too.



- Brush your teeth, at least twice a day and avoid eating foods that cause decay and bad breath.
- Wear a deodorant, or use some other method for controlling bad body odour.
- Wear clean clothes, particularly socks and underwear which must be changed daily.
- Keep nails clean and neat, using the right equipment. Do not bite your nails as this can lead to an infection.

GOOD HEALTH

In addition to good personal hygiene, there are other things you can do to stay healthy. Regular medical checks can help identify and treat issues before they get too bad.



In your workplace remove sources of dust and pollutants by wiping down surfaces and ensuring there is good ventilation.

Some diseases are also carried in dust, mud and animal excretions (faeces, urine, phlegm, etc.) that may be attached to the soles of your shoes. So always wipe your shoes clean before entering buildings.

Many diseases can be spread via urine and faeces. So it is important to ensure that correct methods are always undertaken to dispose of human waste. Toilets provide a hygienic method of disposing of human waste products, minimising the risk of spreading disease. Use the toilet correctly at all times to prevent the spread of disease.

Kitchen areas harbour more germs than any other room, including washrooms and toilets. Keep all kitchen surfaces clean and dispose of food waste promptly and properly to avoid encouraging mice, rats and other pests. Clean up spills and wash up used crockery, cutlery and cooking utensils as soon as possible. Don't use the same cloth for washing dishes and wiping floors or other dirty surfaces.

SERIOUS DISEASES

Malaria is spread by mosquitoes. Help prevent the spread of malaria by removing the mosquitoes breeding ground. Empty standing water wherever possible, e.g. in rubbish bins, choked water drains, pot plants, tyres and puddles.

HIV is the virus that causes **AIDS**. HIV can only be transmitted through body fluids. **Hepatitis B and C** are also transmitted by some infected body fluids. Prevent the spread of HIV and Hepatitis by always using a condom during sex and not sharing needles/syringes, tattoo or body piercing instruments, razor blades or toothbrushes.

To prevent **lifestyle illnesses** - eat well, move more, quit drugs (including alcohol, smoking and betel nut) and be happy!

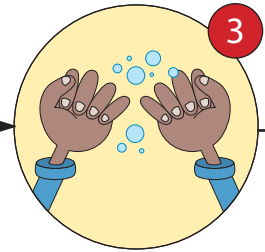
REMEMBER: Your health is in your hands.



1
Place your hands under warm water from the sink.



2
Rub your hands together well with soap.



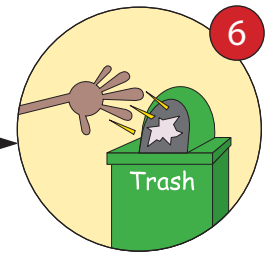
3
Clean the dirt from under your fingernails.



4
Rinse the soap from your hands.



5
Dry your hands completely with paper towels (this helps remove germs).



6
Throw your used paper towels in the trash (so no one else can get your germs!).

YOUR HEALTH IS IN YOUR HANDS

The **health for life book** and other health resources are available on the OTML intranet

