



HEALTH, HYGIENE & WELLNESS

**SAFETY TOPIC
OCTOBER 2026**

HEALTHY PEOPLE. SAFE WORKPLACE. STRONGER TOGETHER.

**GOOD HEALTH
GOOD HYGIENE
BETTER YOU!**



WHY IS THIS IMPORTANT?

Maintaining health, hygiene, and wellness in a workplace protects employees and improves overall productivity:



REDUCES ILLNESS –

Minimizes the spread of infections and occupational diseases.



ENHANCES PRODUCTIVITY –

Healthy employees perform better and focus more effectively.



IMPROVES SAFETY –

Wellness programs reduce fatigue and stress-related accidents.



PROMOTES MORALE –

A clean and supportive environment boosts employee satisfaction.

! RECOGNIZING THE HAZARDS

Common industrial health and hygiene hazards include:



Poor hand hygiene leading to germ transmission



Contaminated tools, machinery, or communal areas



Exposure to dust, fumes, or chemical residues



Inadequate sanitation facilities



Fatigue, stress, or poor mental health affecting performance



WORKPLACE EXPECTATIONS & POLICIES



HAND HYGIENE –

Wash hands regularly and use sanitizers.



CLEAN WORK AREAS –

Keep tools, machinery, and workstations clean.



REPORTING –

Report illness, contamination, or unsafe conditions immediately.



WELLNESS PROGRAMS –

Access to occupational health services and health promotion initiatives.



SICK POLICY –

Stay home when unwell to prevent spreading illness.



HOW TO STAY SAFE



Practice proper personal hygiene and handwashing.



Wear appropriate PPE when handling chemicals or contaminated materials.



Take breaks and manage stress to maintain physical and mental health.



Maintain clean workstations and equipment.



Follow workplace health and wellness programs and guidelines.

BE HEALTHY.

**BE SAFE.
BE WELL.**



**TAKE CARE OF
YOURSELF AND OTHERS.**



CONCLUSION

Health, hygiene, and wellness are essential for a safe, productive industrial environment. Good practices protect employees from illness, support mental well-being, and contribute to a safer workplace for everyone.



**SHERQ
SOLUTIONS**
Changing Safety Culture

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