

Infection control

Introduction:

Keep our workplace healthy. Don't spread "germs"—microorganisms such as bacteria and viruses, which cause illnesses. Germs may not kill you, but they can make you sick and make you miss time from work.

Hazards to watch for:

- Fever, coughing, sneezing or other symptoms of illness you may have.
- Co-workers with symptoms.
- Cloth towels in workplace kitchens or rest-room. Paper towels are a safer alternative.
- Shared utensils in the break room.
- Open cuts and sores where microorganisms can enter your body and cause infection.

Safe procedures:

- Use soap when washing your hands.
- Wash hands before and after using the toilet, eating, working, applying cosmetics or lip balm and handling contact lenses.

- Wash cuts and scrapes and cover them with a bandage. Neglected cuts can become infected.
- If you are sick, consider staying home, rest and drink lots of fluids.
- When blowing your nose, dispose of the tissue immediately.
- Do not share drink or food containers or utensils with others.
- Avoid touching your mouth, nose and eyes.

In conclusion:

Taking precautions against the spread of germs can limit them from causing illness at work and at home.