

Personal Hygiene

Good personal hygiene involves keeping all parts of the external body clean and healthy. It is important for maintaining both physical and mental health.

We are the best carriers of pathogen bacteria and other disease agents. Like Corona Virus

In people with poor personal hygiene, the body provides an ideal environment for germs to grow, leaving it vulnerable to infection.

On a social level, people may avoid a person with poor personal hygiene, which may result in isolation and loneliness.

There are many types of personal hygiene.

The following list is a good starting point for someone looking to build a personal hygiene routine:

HAIRS

DENTAL

BODY

HAND WASH

NAILS

CLOTHING

SHOES & SOCKS

A chef needs to take shower twice a day i.e. before shift and after shift.

If a person is suffering from dandruff, it is necessary to cover hairs.

It is necessary to wash your hairs with a shampoo, to clean them properly.

Hair fall problem may occur food poisoning, so get it treated by specialist.

Chef must be clean shaved to avoid, but now a days, beards are acceptable but must be trimmed.

Dental hygiene involves more than just having white teeth. A good dental hygiene routine can help prevent issues such as gum disease and cavities. It can also prevent bad breath.

Several million sweat glands cover the human body. When bacteria break down sweat, the process creates a smell or body odor.

Washing the body will help prevent skin irritation, as well as removing the bacteria that cause body odor. Washing the hair removes oil and keeps a person looking clean and fresh.

If a person is suffering from any kind of skin disease, it is necessary to cover it during cooking and if it is spreading over the body, need to get it properly inspected, treated by a skin specialist.

Regular hand washing is one of the best ways to avoid spreading communicable diseases.

The Centers for Disease Control and Prevention (CDC) recommend washing the hands at certain times:

Before, During, And After Preparing Food

Before Eating Food

Before And After Looking After Anyone Who Is Vomiting Or Has Diarrhea

Before And After Treating A Cut Or Wound

After Going To The Bathroom

After Changing Diapers Or Cleaning Up A Child Who Has Used The Toilet

After Blowing The Nose, Coughing, Or Sneezing

After Touching Garbage Or Dirty Surfaces Or Objects

After Handling Pets Or Pet-related Items, Such As Food

Fingernails may harbor dirt and germs, contributing to the spread of bacteria.

It is easier for dirt and germs to collect under longer nails, so keeping them short can help reduce the risk of spreading infections.

Avoid nail polish during cooking as they can be a cause of food poisoning, if broken and mixed in food during preparation.

The cloths which we wear need proper washing, cleaning and sanitizing. The dirty linen or clothing act as a carriers of harmful bacteria that may affect others health and one's health.

The dirty cloth also affect personality.

The chef uniforms are washed on daily basis.

If the uniform gets spoiled or dirty during working hours, it is mandatory to change it.

A long working hours in kitchen may be a cause of bad smell in your feet. If problem is ignored, it can be dangerous too. (SORE FEET)

It is necessary to wash socks on daily basis.

If sore feet occurs, consult with doctor to heal it with proper medication.

Use anti-bacterial powder while wearing shoes to avoid itching and pain.

It is mandatory to wear shoes during working shift to protect from any fall of equipment.