

PHYSICAL

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Hygiene

Rationale

Lack of good hygiene (such as hair, body, or clothing odor) can seriously inhibit opportunities for work or promotion. It also has an impact on health and relationships.

Objective

Help the Deseret Industries associate practice good hygiene habits for clean hair, body, and clothing.

Potential Discussion Items

- Assess whether the Deseret Industries associate notices or cares about the hygiene issue.
- Assess whether the hygiene issue creates a health or safety hazard such as hair in face, spreading germs, and so on.
- Discuss how hygiene issues will impede his or her progress at work, in the job search, and in his or her personal life.
- If several issues exist, address the worst first.
- Discuss how the hygiene issue affects the Deseret Industries associate at work, at home, and during other activities.
- Ask whether the Deseret Industries associate has and knows how to use appropriate hygiene items (a brush, soap, laundry detergent, toothpaste, and so on).
- Partner with the Deseret Industries development counselor to create a tracking plan for success.

Suggested Resources

- Gempler's "Personal Hygiene on the Job" tip sheet: <http://www.gemplers.com/docs/tailgate-training-tip-sheets/36-personal-hygiene-en.pdf>.
- "Personal Hygiene Checklist": <http://www.checklist.com/personal-hygiene-checklist>.
- "Personal Hygiene for People Working with Food": http://www.health.vic.gov.au/foodsafety/downloads/hygiene_personal.pdf.
- Work and Hygiene pamphlet: http://www.hygienecouncil.org/portals/1/pdf/work_and_hygiene.pdf.

