

7 GOLDEN RULES: WORKPLACE HYGIENE



- 1 Wash hands regularly with warm water and soap
- 2 Drying hands is equally important as washing hands
- 3 Wipe your keyboard and phone regularly with sanitised wipes
- 4 Maintain good personal hygiene
- 5 Wear a mask in case of workplace epidemic
- 6 Regularly use sanitiser, especially after using the bathroom
- 7 Keep your workstation clean and tidy