



Hygiene / First Impression Workshop

Explain why personal hygiene is important and cover good hygiene practices.

Proper Personal Hygiene

Daily - Morning

- Shampoo hair
- Thoroughly wash all parts of the body including legs, feet, hands, etc. with soap and water in the shower.
- Wash face with soap and water
- Apply deodorant
- Thoroughly brush teeth with toothbrush and toothpaste – front and back for two minutes
- Males - shave / trim facial hair
- Females – shave legs and underarms
- Comb hair
- Make sure your clothes are neat, wrinkle free, appropriate for your workplace.

Remember...you only have one chance to make a first impression! Take pride in yourself by practicing good hygiene and make a GREAT first impression!

Daily – Evening

- Thoroughly brush teeth with toothbrush and toothpaste – front and back for two minutes
- Wash face with soap and water
- Wash hands



Weekly

- Trim fingernails and toenails

Every Six to Eight Weeks

- Get a haircut and style appropriately.
Example: hair color and style should be neat and professional

Practice good hygiene throughout the day

- Always wash hands after using the restroom
- Wash hands prior to eating

Washing your hands regularly helps stop the spread of germs and sickness. Practice good hand washing to help keep yourself and others healthy!

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