

# How To Protect Workers from Infection

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## Introduction

Good hygiene in the office and living areas of your production facility is important to protect the people working in these facilities from developing infections. The office, kitchen, break room, bathroom and showers can harbor microorganisms (bacteria, viruses or fungi) that can make people ill. Bacteria such as pseudomonas, methicillin-resistant staphylococcus aureus (MRSA) and others are considered a risk for people sharing living areas such as army barracks. Pork production workers share shower and other facilities, and may also have some risk of spreading infections among each other. Additionally, some bacteria can cause illness in people if brought into the food preparation areas of the facility. However, by following some simple rules you can keep your facilities clean and safe for everyone.

## Objective

To provide management and workers with information to minimize the spread of infectious disease in workers through shower and kitchen facilities.

## Good Hygiene

- Wash your hands frequently with soap and warm water. Hands should be washed for at least 15 seconds each time. Hands should always be washed before preparing food or eating.
- Consider providing alcohol-based hand sanitizer when soap and water is not easily available. This may be used if your hands are not visibly soiled.
- Provide separate areas to wash kitchen utensils and to wash their hands.
- Provide a breakroom for food preparation and meals. Do not have or eat food in areas where animals are kept.



## Treat Cuts and Scrapes

- Clean and treat all wounds immediately.
- Keep all wounds covered with a clean, dry bandage until healed.
- If needed, contact your healthcare provider for instructions on proper wound care.
- If you are diagnosed with a skin infection ask your healthcare provider about how to prevent spreading it to your co-workers

## Personal Items

- Adhere to an on site, shower-in, shower-out policy for all workers. Use soap and water in every shower.
- Use separate towels, washcloths, soap and clothing for each person. Shower shoes, such as flip flops, can be used to help prevent athlete's foot.
- A liquid soap dispenser is preferable to bar soap.
- Wash soiled clothing and towels in hot water, with laundry detergent and bleach after each use.



## Clean Environment

- Establish cleaning procedures for frequently touched surfaces in your facility's office or living areas. For example, shower and kitchen facilities should be cleaned daily.
- Use an EPA-approved disinfectant or bleach solution (1/4 cup of bleach to 1 gallon of water, mixed daily) for cleaning showers, kitchens and other surfaces.
- Garbage should be removed promptly.