



# PERSONAL HYGIENE

WASHINGTON  
RED RASPBERRY  
COMMISSION  
[redrazz.org](http://redrazz.org)



DO NOT WORK IF YOU  
ARE SICK OR WOUNDED

**MANTENER REPOSO SI SE  
ESTÁ ENFERMO O HERIDO**



MAINTAIN PERSONAL  
HYGIENE

**CUIDAR EL ASEO PERSONAL**



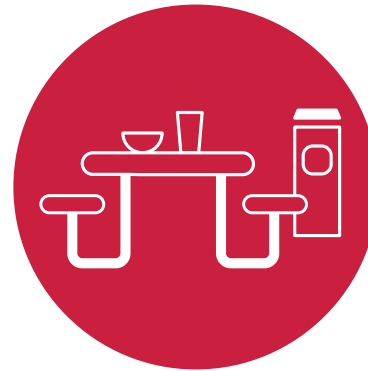
USE RESTROOM AND DISPOSE  
OF TOILET PAPER PROPERLY

**DAR BUEN USO AL INODORO**



WASH AND DISINFECT HANDS AFTER USING  
THE BATHROOM AND BEFORE  
STARTING WORK

**LAVARSE Y DESINFECTARSE LAS MANOS  
DEPUÉS DE IR AL BAÑO Y ANTES DE  
EMPEZAR A TRABAJAR**



EAT, DRINK, SMOKE ONLY IN  
DESIGNATED AREAS

**FUMAR E INGERIR ALIMENTOS  
Y BEBIDAS SÓLO EN ÁREAS  
DESIGNADAS**



WEAR A HAIR RESTRAINT  
**USO OBLIGATORIO DE COFIA**



WEAR PROPER CLOTHING  
**USAR ROPA ADECUADA**



DO NOT WEAR JEWELRY  
**PROHIBIDO UTILIZAR JOYERÍA**