

COURSE OVERVIEW

Essentials of Hygiene

TIHIC-101



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This course on the Essentials of Hygiene provides a practical foundation for understanding how infections spread and how to prevent them in everyday work environments. It covers key principles of personal hygiene, environmental cleanliness, and safe handling practices, empowering learners to reduce health risks and promote a safer, healthier workplace.

Whether you work in hospitality, healthcare, education, or animal care, the course provides clear, actionable guidance that supports legal compliance and protects both staff and the public. Simple habits, when consistently applied, can make a powerful difference.

Module 1: Personal Hygiene

Personal hygiene is vital as it prevents infections, boosts self-esteem, fosters social acceptance and promotes overall health.

- The importance of personal hygiene
- The nature of personal hygiene hazards
- Steps to prevent risks
- Personal responsibility
- The importance of hand washing
- Actions to take in cases of personal illness

Module 2: Hand-Washing Facilities

Clean hands are one of the first lines of defence in preventing the spread of harmful bacteria. This module covers the importance of having suitable hand washing facilities, regardless of your industry.

- The strategic location of handwashing stations
- Requirements for accessibility and inclusivity
- Outdoor cleaning stations
- Temporary washing facilities
- Standards for equipment, signage and hygiene maintenance

Suitable for:

All employees who work in an environment where the spread of infection is a risk, and Health and Safety Advisors.

Skills achieved:

- Health and Safety (Basic)

Related Resources:

- Accident Management System Assessment
- Eye Protection Risk Assessment
- Microbiological Contaminants and Zoonosis
- Pre-work Risk Assessment
- Accident Management System Audit
- Washing Facilities Audit
- First Aid Kit Audit
- Eye Protection Audit

Benefits:

The Delegate will receive a Total Quality Assured (TQA) certificate of achievement upon successful completion.

Estimated Time:

25 Minutes

Related Courses:

- Essentials of Infection Control
- Zoonosis
- Understanding Safety Management
- Essentials of Protecting Employees
- Accidents and Reporting
- Personal Protective Equipment
- COSHH
- Risk Management