



# Hygiene and Safety Practices



**INTENSIVE HALF-DAY COURSE:** This course aims to provide participants with practical knowledge and skills to maintain a safe and healthy environment. In today's workplace, maintaining a clean, safe, and healthy space cannot be overlooked. This course shares the knowledge and practical skills necessary to implement effective hygiene and safety practices across various settings, from personal spaces to workplaces. Participants will understand the fundamentals of personal hygiene, workplace safety protocols, food safety, and environmental cleanliness. It will empower you to create and sustain a culture of safety, hygiene, and well-being, ensuring a secure and healthy environment for yourself and those around you!

**Specially customized for:** Entertainment & recreational organizations, family KTVs, production houses, karaoke lounges, entertainment outlets, media companies, sports & recreation clubs.



### **Module 1: Introduction**

- Welcome and course overview.
- Importance of hygiene and safety in various settings.
- Establishing a culture of safety and hygiene.

### **Module 2: Personal Hygiene Practices**

- Basics of personal hygiene.
- Handwashing techniques and importance.
- Grooming and workplace hygiene.

### **Module 3: Workplace Safety Protocols**

- Overview of workplace safety regulations.
- Identifying and addressing hazards.
- Emergency response procedures.

### **Module 4: Food Safety and Handling**

- Basics of food safety.
- Proper food handling and storage.
- Preventing foodborne illnesses.

### **Module 5: Environmental Hygiene and Cleanliness**

- Maintaining a clean and safe environment.
- Cleaning protocols and disinfection practices.
- Waste management and disposal.

### **Module 6: Interactive Activities and Demonstrations**

- Hands-on demonstrations of proper hygiene practices.
- Interactive scenarios for workplace safety drills.
- Group discussions on best practices and challenges.