

# JOB ROLE – HAND EMBROIDERER (*ADDAWALA*)

Sector – Apparel, Made-Ups and Home Furnishing  
(Qualification Pack Code: AMH/Q 1010)



PSS Central Institute of Vocational Education Shyamla  
Hills, Bhopal – 462 013, Madhya Pradesh, India

# **UNIT 5: SAFETY, MAINTENANCE AND ORGANISATIONAL RULES**

## **Session 2: Personal Hygiene and Health**

# Content

Title	Slide No.
Session Objectives	4
Introduction	5
Health and Hygiene	6
Importance of Good Health and Hygiene	7
Importance of Cleanliness	8
Ways to Maintain Personal Hygiene	9
Signs of Poor Hygiene	10-20
Meal Timings and their Importance	21-23
Toxicants: A Threat to Health	24
Health and Safety Precautions for Hand Embroiderers	25-26
Summary	27

# Session Objectives

**The students will be able to:**

- Describe the importance of health and hygiene
- Follow various practices for ensuring personal hygiene, nutrition and healthy practices in his/her daily routine

# Introduction

The standard of maintaining cleanliness and grooming of the physical body for a healthy and pleasing appearance is known as personal hygiene. It is very important in an organisation. Clean surroundings help improve work efficiency. Employee/worker should know and practice both cleanliness and good food habits.

# Health and Hygiene

## **Health:**

- is freedom from diseases and illnesses of any kind (physical, mental, emotional etc.)

## **Personal Hygiene:**

- is condition of being clean, well groomed
- is practicing neatness and cleanliness in one's appearance and workplace
- prevents diseases and illnesses

# Importance of Good Health and Hygiene

- Pleasing behavior and appearance
- Absence of diseases, infections and allergies
- Positive attitude
- Boosts self-confidence
- Leads to increased productivity and work efficiency

# Importance of Cleanliness

- Personal hygiene and cleanliness are closely related to each other
- Cleanliness helps in achieving good standards of hygiene and health also
- All this helps in cutting down on health care costs



# Ways to Maintain Personal Hygiene

- Wash hands frequently
- Brush and rinse teeth regularly
- Keep hair neat and trimmed
- Take showers regularly
- Wear clean, dirt free clothes
- Shoes and socks should not be smelly

# Sings of Poor Hygiene

- Foul or bad breath
- Body odour
- Smelly feet
- Unkempt beard
- Shabby hands, dirty fingernails
- Untidy hair
- Infections
- Untidy workplace

# Foul or Bad Breath

S. no	Reasons	Treatment
1.	Use of tobacco, betel leaves, too much garlic and onion etc.	Avoid and restrain such materials
2.	Leftover food in the mouth and cavities	Proper brushing and rinsing after every meal
3.	Poor oral Hygiene	Using a mouthwash
4.	Untreated gum diseases	Regular Dental checkups(once in every 6 months

# Poor Oral Hygiene

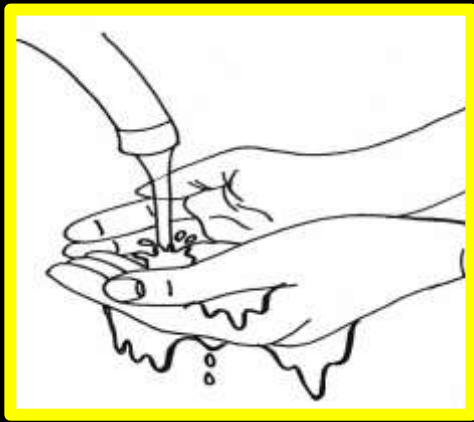


# Body Odour

S. no	Reasons	Treatment
1.	Too much sweating (improper clothing, too spicy food, medical condition)	Bathe at least twice a day
2.	Poor body hygiene or Bathing routine	Use soaps, deodorants and antiperspirants
3.	Dirty clothes	Wear clean clothes

# Foot Odour

S. no	Reasons	Treatment
1.	Dirty footwear / socks	Wear clean and dry footwear
2.	Wearing shoes and socks for a very long duration (poor air circulation)	Use soaps, deodorants and antiperspirants
3.	Fungal infection	Fungal infections or cuts, if any, need immediate treatment
4.	Poor hygiene (long nails, dirt in nails and between fingers)	Cleaning feet, trimming nails regularly

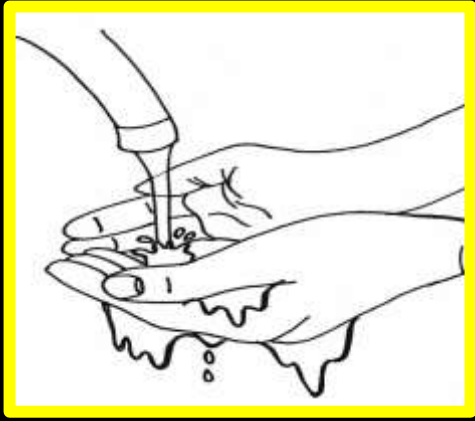


# Care of Hands



S. no	Why	How
1.	Embroiderers use their hands most of the time.	Nails should be trimmed regularly and kept dirt free
2.	Sometimes there might be a cut or an injury.	Proper and immediate dressing of cuts and wounds

Conti...



# Care of Hands



S. no	Why	How
3.	Between work they go for meals, use washroom, may smoke also	Wash hands frequently
4.	Fabric and thread should not become dirty	Changing the dressing regularly to avoid staining with pus, blood etc.



# Hair Care

Wash and shampoo regularly

Use hair oil, combs and brushes for a neat appearance

Immediate treatment of dandruff, lice, hair fall etc.

Regular and timely haircut

# Food

Lunch area or cafeteria should be separate.

Avoid eating at your workstation or tables as it may transfer stains and undesirable odour to garments

Consume healthy food items such as fruits, dairy and vegetables

Avoid junk food

# Cut or Wounds

Covering cuts and wounds with appropriate dressing

Changing the dressing regularly

If the fabric or equipment gets stained, ensure immediate cleaning and sanitation

Proper medication

# Care during Infections or Diseases

Take medications properly

Avoid going to workplace if suffering from infections/contagious diseases

If at all leave can't be taken wear masks and wash hands frequently

Maintain adequate distance from other people

# Meal Timings and their Importance

A well-balanced meal is very important for sound health.  
One should:

- have at least 3 meals and 2 snacks a day
- eat on scheduled meal time
- eat healthy and avoid junk food
- use local, seasonal and fresh food items

# Benefits of Healthy Meals

A healthy meal contains all the food groups in required quantities and helps in ensuring:

- freedom from diseases and infections
- good fitness level
- positive and cheerful behavior
- lesser sick leaves

# Benefits of Healthy Meals

- gives energy and ensures proper growth
- reduces stress levels
- helps in maintaining ideal weight
- boosts work efficiency

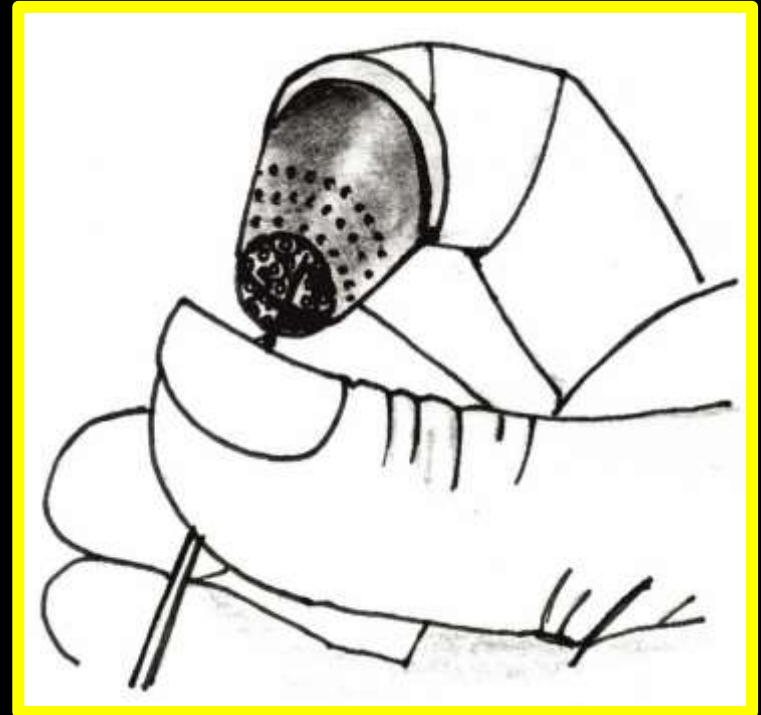
# Toxicants: A Threat to Health

- Alcohol, cigarettes and tobacco etc. are toxicants and so they are injuries to health
- its consumption can result in lung, heart and other diseases such as cancer, hypertension, etc.
- such items should be avoided to maintain one's health and for a safe working environment.



# Health and Safety Precautions for Hand Embroiderers

- Wear a thimble to avoid needle pricks
- Store all sharp tools such as needles, scissors, beaded pins etc. in covered boxes and designated spaces



# Health and Safety Precautions for Hand Embroiderers

- Keep the workplace neat, tidy and dry to avoid falls, slippage etc.
- Never work in stress or in hurry, this might result in injuries and poor work

# Summary

In this session, you have learnt about the importance of health and hygiene, signs of poor hygiene and practices for ensuring personal hygiene, nutrition and healthy practices in daily routine.

**Project Coordinator : Dr. Pinki Khanna**

**Assistance**

**Dr. Nishi Sharma  
Mrs. Meeta Siddhu**



**Joint Director**

**PSS Central Institute of Vocational Education Shyamla  
Hills, Bhopal – 462013, Madhya Pradesh, India**

---

**E-mail: [jdpscive@gmail.com](mailto:jdpscive@gmail.com)**

**Tel. +91 755 2660691, 2704100, 2660391, 2660564**

**Fax +91 755 2660481**

**Website: [www.psscive.ac.in](http://www.psscive.ac.in)**