

## Keeping a Job - Hygiene

| Before going to any work setting, you should:  |  |
|--|--|
| Make sure you have showered within the last 12 hours. That means you will have showered either the night before or the morning before going to work. |  |
| Wear deodorant.  |  |
| Brush your teeth.  |  |
| Brush/comb your hair.  |  |
| Make sure your fingernails are neatly trimmed and clean.   |  |
| Wear clean clothes.  |  |