

Personal Hygiene at NCC T&D Workplaces

Maintaining personal hygiene is critical to preventing illness, contamination, and workplace hazards, especially in NCC T&D's operational environments (e.g., substations, transmission line sites, underground cable trenches). Exposure to dust, chemicals, oils, and extreme heat in Saudi Arabia necessitates strict hygiene practices to protect worker health and ensure compliance with NCC T&D's HSE management system.

Why Personal Hygiene Matters

- Reduces risk of skin infections, respiratory issues, and gastrointestinal illnesses.
- Prevents contamination of sensitive equipment (e.g., electrical panels, control systems).
- Mitigates spread of communicable diseases in shared workspaces.

NCC T&D Project Leaders Key Responsibilities

Hygiene Infrastructure:

- Provide clean handwashing stations, sanitizers, and showers at all sites.
- Ensure access to potable water and shaded rest areas.

PPE Management:

- Supply reusable PPE (gloves, coveralls) with laundry services.
- Replace disposable PPE (masks, respirators) regularly.

Training:

- Conduct hygiene awareness sessions (handwashing, waste disposal, food safety).
- Train workers on hygiene risks specific to tasks (e.g., handling battery acid, insulating oils).

Health Monitoring:

- Enforce medical check-ups for workers in high-risk roles (e.g., confined spaces).
- Isolate and support workers showing symptoms of illness.

Worker Responsibilities

Daily Hygiene Practices:

- Handwashing: Use soap and water for 20 seconds:
- Before eating, after using restrooms.
- After handling chemicals, waste, or contaminated materials.

PPE Care:

- Clean reusable PPE (e.g., safety glasses, gloves) after each shift.
- Store PPE in designated dry, clean areas.

Work Clothing:

- Change into clean uniforms daily.
- Avoid taking contaminated workwear home.

Food and Water Safety:

- Use insulated lunchboxes to prevent spoilage in extreme heat.
- Drink only NCC T&D-provided or sealed bottled water.

Waste Disposal:

- Discard tissues, food wrappers, and sanitary items in sealed bins.
- Never litter worksites (attracts pests and contaminants).

Health Reporting:

- Notify supervisors immediately if experiencing diarrhea, vomiting, or skin rashes.
- Avoid working while ill to prevent spreading infections.

Hygiene Protocols for High-Risk Tasks

Chemical Handling:

- Wash hands and arms thoroughly after contact with solvents, fuels, or insulating oils.
- Use barrier creams to protect skin from irritants.

Underground/Cable Work:

- Shower after exposure to dust or soil in trenches.
- Clean nails and footwear to prevent contamination.

Welding/Grinding:

- Use disposable face masks or respirators to avoid inhaling metal fumes.
- Rinse eyes with clean water after tasks generating particulates.

Hygiene Facilities Requirements

Handwashing Stations:

- Soap, running water, and paper towels.
- Located near restrooms, eating areas, and high-risk work zones.

Toilets:

- Clean, ventilated, and serviced daily.

Waste Management:

- Color-coded bins (general, hazardous, recyclable).
- Daily removal of waste from sites.

Mobile Units:

- For remote transmission line projects: Portable toilets, water tankers, and hand sanitizer dispensers.

Additional Considerations for NCC T&D Projects

Extreme Heat:

- Provide electrolyte-replenishment drinks to prevent dehydration.
- Encourage frequent hydration breaks in shaded areas.

Sandstorms:

- Distribute eye drops and face covers to reduce dust inhalation.
- Store PPE in sealed containers during storms.

COVID-19/Outbreak Preparedness:

- Enforce social distancing in rest areas during outbreaks.
- Disinfect shared tools and vehicles daily.

Key Takeaways

- Hand Hygiene: Non-negotiable before eating, after tasks, and post-restroom use.
- PPE Discipline: Clean, store, and replace PPE as mandated.
- Clean Workspaces: Report unsanitary conditions immediately.
- Health Vigilance: Isolate and seek medical help for persistent symptoms.
- Client Trust: Maintain hygiene standards to align with NCC T&D's reputation.

For hygiene checklists, PPE replacement schedules, or outbreak response plans, consult NCC T&D's HSE Portal or contact the HSE Department.