CLASSROOM RULES

Turn your cellphone into silent mode

 In case of emergency, just follow escape route as prescribed in the evacuation plan



 You can perform stretching exercise at the back if you feel sleepy



 Students may use the back door for personal necessities

 If there is any question, just raise you right hand and wait to be acknowledged



HYGIENE & & SANITATION



TERMINAL LEARNING OBJECTIVE

ACTION: Discuss and Identify Hygiene and Sanitation

CONDITION: Given in a classroom environment, power-point presentation

STANDARD: The student will

- Gain insight on Hygiene and Sanitation
- Identified Diseases Acquired, Control Measures & Waste Disposal
- Identified the Rules in Construction of all Types of Latrine & Care of feet during the Marches and Patrols

HYGIENE

The science that deals with health and its prevention and maintenance

PERSONAL HYGIENE

Measure taken by individual to preserve his own health

HEALTH

State of individual who enjoys physical, mental and social well being

IMPORTANCE OF PERSONAL HYGIENE

- It protects individual or group against diseases
- •It promotes sound and positive total health
- It improves of even best one's morale

PERSONAL HYGIENE

- Personal Cleanliness (Hair, Skin, Hands & Clothing)
- Daily bath
- Special care of foot
- Care of mouth and teeth
- Food and Drinks
- Origin of food and drinks taken and properly prepared awareness of food sanitation

PERSONAL HYGIENE

- Proper exercise
- Relaxation and Recreation
- Cultivation of healthy mind
 - ➤ Preserve and established a healthy mental attitude and emotional reaction
- Exercise to condition body and to wear out that unnecessary fat's calories
- Healthy Minds react naturally and facing reality

SANITATION

The science of using measure that prevent diseases and to promote individual health

FIELD SANITATION

The prevention of diseases by eliminating or controlling factors which may form links in disease transmission

FACTORS

- Water
- Food supplies
- Wastes
- Insects
- Housing
- Others

WATER

- Prime necessity and one of our basic needs for existence of life
- No man can last more than 4 or 5 days without drinking water
- Water is utilized as bathing, cooking, washing chemical agents used in the Treatment(Tx) of water impurities

IMPURITIES OF WATER CAN BE TREATED BY:

- Use of Chloride powerful germicide
- 8-10 drops of Iodine per one (1) gallon of water
- Boiling for at least 30 minutes

SOURCE OF WATER

- Surface water
 - ➤ almost dirty contaminated except those running and stream and spring in which there are residents
- Rain water
 - > as directly collected from roof
- Underground water
 - > wells, springs
- Public water supplies
 - > government supply or private corporation

DISEASE ACQUIRED

Respiratory Diseases

➤ Transmitted from man to man through oral and nasal discharge of infected individual (TB, Cough and Cold)

Intestinal Diseases

➤ Transmitted by food and water that has become contaminated with feces and urine of an affected person

Insect bite diseases

➤ Transmitted to man through insect bites (Malaria, Dengue, Typhoid fever)

DISEASE ACQUIRED

- VD or STD
 - > Sexually transmitted diseases
- Other acquired diseases
 - > Dermatophytosis or athlete foot

FIVE FACTORS IN THE TRANSMISSION OF INTESTINAL DISEASES

- Food
- Fingers
- Flies
- Fluid
- Feces

CONTROL MEASURES

- Avoid close physical contact to positive identified carrier of disease
- Proper ventilation of quarters
- Water purification
- Careful selection and preparation of food
- Maintenance of mess sanitation
- Prepare waste disposal
- Personal hygiene



SANITATION

WASTE DISPOSAL IN THE FIELD

WASTE

A general term covering all types of refuse resulting from the living activities of human or animals

SYSTEM

Straddle Trench Latrine

Used:

- Short bivouac and FTX
- Approx 4 X 6 trenches per 10 square meters

Deep Pit Latrine

Used:

 Longer period of time in build up areas

SYSTEM

Bore Hole or Cat Pit Latrine

Used:

- March and patrol
- Covered immediately with dirt after used

Pail Latrine

Used:

- Ground is to hard for digging
- Water table is too high

SYSTEM

Urine Soaked Pit Used:

- Prevent accumulation of liquid waste
- > Water from shower
- > Sinks
- > Field kitchen

GENERAL RULES IN CONSTRUCTION OF ALL TYPES OF LATRINE

- It should be all least 100 yards away from the unit mess from nearest water services to ensure free from contamination
- A screen should be place around the latrine
- Installed a hand wash device
- It should be kept clean & polished 4 times a day
- Always treat it with chemical disinfectant spray inside to prevent multiplication of vermin

CARE OF FEET DURING MARCHES AND PATROL

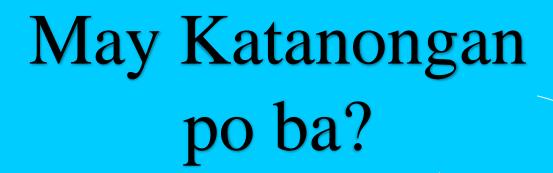
- Bring at least five (5) pairs of issued socks with you
- Keep socks clean and dry
- Change wet or damp socks as soon as possible
- Wash your feet daily
- Avoid tight socks and boots
- Wear the shoes to keep boots dry, beware of wet socks from sweating
- Sweating -avoid unsanitary condition

HAND WASHING TECHNIQUE











SUMMARY

- Gained insight on Hygiene and Sanitation
- Identified Diseases Acquired, Control Measures & Waste Disposal
- Identified the Rules in Construction of all Types of Latrine & Care of feet during the Marches and Patrols



Dios Mabalos Saindo Gabos