

# 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 your 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



**BREAK TIME MUNA BRAD!!!**

**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 too 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**











May Katanongan  
po ba?



# 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**