

Volume: 2 Hygiene

Significance of Hygiene On-board

It is estimated that 1.2 million seafarers are employed on ships around the world. Voyages are several months long travelling to different regions of the world. Living in close quarters for months together, seafarers become a mini community on the high seas. For any community, developing good personal hygiene habits and maintaining sanitary conditions at all times is a necessity for their health and welfare.

There are 76 million cases of food poisoning per year:
Equating to 2 per second and leading to 5000 deaths a year.



Some important symptoms must be brought to the notice of the master to prevent and contain the spread of diseases such as: boils, diarrhoea, jaundice, sore throat, vomiting, runny nose, watery eyes and irritable skin. These are often overlooked and spread easily. However treatment to most of them is simple and easy. **Approximately 80% of common infections are transmitted by touch.**

Caterers and kitchen workers are advised at least 48 symptom-free hours before coming in direct contact with food to prevent the illness from spreading.

Hygiene Tips

Hand Washing: Hands are a very common carrier of various types of germs. Hand washing is one of the most necessary practices of personal hygiene. **A study found that 33% do not use soap while washing their hands.**



Showering: A good bath once or twice a day is recommended with soap. The genitals and the anus need to be cleaned well because the natural secretions in these areas can cause irritation and infection in unhygienic conditions. Change into clean underwear after a bath.

Nail Care: Keep nails trimmed at all times. When it comes to hands, fingernails and the surrounding areas harbor the most microorganisms.



Linen & Footwear Care: Crew must change their linen at least once a week. Those who sweat excessively, must do so more frequently.

Those who use shoes constantly, need to slip them off now and then. This airs the socks a bit and makes them less smelly. **Wear a clean pair of socks everyday.**



IT'S IN YOUR HANDS NOW!



Step 1:
Put soap on palms and rub together for 10-15 seconds.



Step 2:
Rub back of each hand with the other palm.



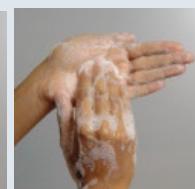
Step 3:
Interlace fingers and rub together.



Step 4:
Curl the backs of fingers into one palm and then other.



Step 5:
Hold thumb and rotate, repeat with both hands.



Step 6:
Hold fingers and rotate, repeat with both hands.



Step 7:
Rinse your hands well and dry well.



Skin bacteria REDUCES by 10 TIMES when washed with soap for 30 seconds.



Frequently missed areas of the hand while washing

Oral Hygiene

Dental problems may interfere with job performance on-board, leading to costly treatments on foreign ports and even crew signing off. At one time they were 67% of all foreign medical visits.

A study conducted in 2010 by the Danish Radiomedical Service reported that dental problems (8.1%) were amongst the four most reported concern of seafarers.

Oral Hygiene Tips

-  Brush your teeth 2 times a day. Rinse your mouth after meals.
-  Brush your tongue using a back to front sweeping technique to take out food particles.
-  Eat healthy diet to provide the nutrients necessary (Vit. A and C, in particular) to prevent gum diseases.
-  Flossing eliminates plaque, prevents tooth decay and liberates foul breath.
-  Change your tooth brush every 3 months.
-  Gum massage can thwart gum related disorders such as bleeding and pus formation.
-  Schedule regular dental checkups once every 6 months. Daily acts of brushing and flossing are more than sufficient to keep most dental diseases at bay.

"Researches have shown that over 90% of all systemic diseases (diseases involving many organs or whole body) have oral manifestations, including swollen gums, mouth ulcers, dry mouth and excessive gum problems."

Hygiene Affects Us All!

Hygiene is one of the most important challenges of our time. The lack of proper knowledge, the silence over this topic and it being considered as a social taboo make discussions and effective awareness on hygiene very difficult. Poor hygiene affects our resistance to infections, illnesses and consequently, our longevity. Food poisoning, diarrhoea, pneumonia, gastroenteritis, trachoma, dental cavities, body lice and many more diseases are related directly to hygiene. Respiratory diseases are often directly linked with hygiene and over 16% can be averted by just proper hand washing.

Frequently asked Questions with Dr.Khambatta

What is the right way to Brush?

Proper brushing takes at least 2 minutes that's right, Most adults do not come close to brushing that long. To get a feel for the time involved, try using a stopwatch.



Tilt the brush at a 45° angle against the gumline and sweep or roll the brush away from the gumline

Gently brush the outside, inside and chewing the surface of each tooth using back-and forth strokes

Gently brush your tongue to remove bacteria and freshen breath.

What Type of Toothbrush Should I Use?

Soft-bristled brush is best for removing plaque and debris from your teeth. Small-headed brushes are also preferable, since they can better reach all areas of the mouth, including hard-to-reach back teeth. Powered toothbrush is a good alternative. It can do a better job of cleaning teeth, particularly for those who have difficulty brushing.

How to Floss?



Use about 18inches of floss, leaving an inch or two to work with.

Gently follow the curves of your teeth.

Be sure to clean beneath the gumline, but avoid snapping the floss on the gums

The fact that oral hygiene not only affects the mouth but also other organs of the body in a profound way cannot be understated. Care must be taken to ensure good oral hygiene

Our efforts are driven towards adding value by talking about thought provoking health issues that often get overlooked in our day to day schedules. For more information or to seek answers from us and our specialist, write to us at healthportal@3cubeservices.com We thank Dr.Xerxes Khambatta our specialist for his inputs on the subject.