## **Health and Hygiene**

Keeping our employees healthy is a top priority here at

**Lumon.** Hygiene is imperative for keeping your innie and outie as healthy as can be. One of the most simple and effective ways of keeping you healthy at the workplace is to wash your hands, frequently and thoroughly.

## Employees must wash their hands:

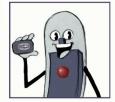
- At least 10 times per day
- Before and after eating
- Before and after using the facilities
- When coming in contact with a co-worker

## Below, learn the proper hand washing technique:



First turn on the faucet and let the water reach a balmy temperature. Run your hands under the water. Then, turn off the tap to conserve water.

2



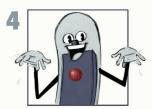
Apply the Lumon branded soap. Lather the soap in your hands by rubbing them together with the soap. Make sure to lather the backs of your hands and between each of your fingers. Then examine under your nails, and remove any unwanted grime or debris.

3



Scrub for 20 seconds.

A helpful hint: sing "Happy Birthday to Kier" in your head, and by the time Kier would be ready to blow out the candles, your hands will be clean!



Turn on the faucet and rinse your hands until no suds remain, then thoroughly dry your hands.