



STAY Summer Fresh when WORKING

It's summer! Hot weather is here!



Sticky, Sweaty, Smelly. Sometimes that means people are trailing some pungent body odors. Workplaces that require a high level of physical activity can cause a person to sweat and smell.

FACT

Sweat is what causes odor, so it's important to keep your feet and body dry.

Stay Summer Fresh when working outdoors

- ✓ **Wear socks that breathe!**
- ✓ Powder your footwear regularly
- ✓ **Allow shoes to dry out every few days**
- ✓ Wipe the area between your toes
- ✓ **Change Insoles after they are worn out**
- ✓ Wear light color clothes
- ✓ **Change work shirt mid-shift**
- ✓ Avoid oily, spicy foods and alcohol, as it makes you feel warm internally



Recipe:

remove foot odor from work boots and sneakers: simply sprinkle 3 tablespoons of baking soda into each shoe and leave it overnight and pour it out in the morning before work