

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.

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

The information provided by ABL Employment is intended to promote healthy habits. It is not intended as a substitute for medical advice oppositional care. Before making significant changes to diet or exercise, consult your health care provider.