Stay Well, Wash Often!

Keeping hands clean is key to staying healthy. Use soap and water for at least 20 seconds or hand sanitizer with 60% alcohol. Wash all hand parts, stay hydrated, rest well, and avoid face touching to block germs effectively.

Use Soap and Water for 20 Seconds

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Choose Hand Sanitizer with 60% Alcohol

Use a hand sanitizer containing at least 60% alcohol when soap and water aren't available to kill most germs and keep your hands clean on the go.

Wash All Hand Areas Thoroughly

Be sure to wash all parts of your hands—backs, fingers, and under nails—to remove germs completely and protect yourself from illness throughout the day.

Maintain Hydration and Rest Well

Keep yourself healthy by drinking plenty of water daily and getting 7-8 hours of restful sleep, as both help strengthen your immune system against infections.

Avoid Touching Face and Cover Coughs

Avoid touching your face and always cover your mouth with a tissue or your elbow when coughing to stop germs from spreading and entering your body.

PROTECT YOURSELF AND OTHERS
Small actions make a big difference in keeping our workplace healthy!

⚠️ **Safety & Wellness Program** ⚠️
Think Safe. Live Well. It Starts With You.

Fabiano Brothers
Established 1885
Safety is Everyone's Responsibility

Fabiano SafeWell App