

Personal Hygiene

**Wear hairnet,
hat, cap,
or other
hair covering
approved for
your operation.**

**Remove jewellery before
reporting to work.**

**Wear a clean uniform that is
free from stains and wrinkles.**

**Keep fingernails short and
without artificial nails
or nail polish.**

IRCTC National Toll Free Number : 1800-111-139



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