

# Rules of conduct to remember to never get into an awkward situation

Today's etiquette rules help you make a good impression on a date, avoid judgmental looks on public transportation, or build relationships with neighbors or potential employers.

Manners are like oxygen: they are only noticeable when oxygen is lacking. Etiquette may seem like something from the long-forgotten past, but that's just the way it is. **Today's rules of conduct help you make a good impression on a date, avoid judgmental stares on public transportation, or build rapport with neighbors or potential employers.**

## Swimsuits only in beach areas

Most people in coastal countries would never allow themselves into a cafe or shop wearing a swimsuit—it's a sure sign of a careless tourist. Even if you're going to a beachside restaurant, you should wear a pareo or a flowing dress. This rule is especially true in countries with more conservative cultures—you could even be fined in some Spanish and Italian cities.



## **Close your eyes while washing your hair at the hair salon**

When your hairdresser is washing your hair, closing your eyes is not only a polite gesture, but also a way to create a comfortable atmosphere for both parties. Many hairdressers, as The Sun reported, have said they feel uncomfortable when customers stare at them during the process. This can be distracting and create unnecessary stress.

Plus, closing your eyes helps you relax. The warm water and scalp massage feel nice, and if you're not distracted by eye contact, you'll feel more at ease. Little things like this make the service more enjoyable for everyone involved.

## **Leave your backpack behind when taking public transport.**

On a crowded train or bus, carrying a backpack on your back is uncomfortable for everyone. You can't feel its size and can accidentally push other passengers. It is polite to remove your backpack and hold it in your arms or between your legs. In some cities, such as London, this rule is even written into the passenger manual.



## **Ask permission before posting photos on social media**

Not everyone wants their photos to appear on the Internet. Some people are concerned about privacy, others have strict rules. Before tagging someone or posting a photo together, ask their permission. This is especially important if the photo is of a person in an informal setting or of children.

Respecting personal boundaries is the foundation of digital etiquette. According to a survey conducted by Silicon Republic, 1 in 10 people have been rejected from a job because of social media posts.

## **Turn off notifications while communicating**

The constant beeping and vibrating of your phone during a personal meeting shows that you are not paying attention to the conversation. Etiquette expert and author of two books on etiquette Rosalind Randall warns that

this behavior can not only annoy the person you are talking to, but also reduce the quality of communication.

You miss out on the emotion and nonverbal cues that are an integral part of communication. Additionally, your responses may be inappropriate and lacking in empathy because you are only absorbing part of what is being said. Putting your phone on silent is a sign of respect. If you are expecting an important call, let the person know in advance.



### **Respond to messages and calls within a reasonable time frame**

In today's world, responding quickly is a sign of respect for the person you're talking to. Justin Bariso, a corporate culture expert, conducted his own research, surveying more than 600 people and found that the optimal time to respond to a message is within 24 hours.

If you're busy, you can send a quick note, "*I'm in a meeting right now, I'll get back to you later.*" This shows that you're not ignoring the person. The exception is weekends.

### **Please keep public toilets clean after use.**

The code of conduct dictates that public places should be treated with the same care as your own home. It is obvious that being in a dirty, cluttered room is unpleasant and inconvenient – and this is confirmed, among other things, by sociological studies. For example, about half of the people surveyed in a Bradley Company study said they would not return to a location if the toilets were in such poor condition.

The surprising conclusion is that if you have a favorite coffee shop and want it to continue operating - always flush the water, throw towels in the trash, and use disposable chairs when necessary. Your next customer will appreciate your thoughtfulness.

### **Be wise when using perfume**

Strong smells can be as irritating as loud conversation in a quiet coffee shop . Scent hypersensitivity (hyperosmia) affects about a third of people. It's not just a personal preference: Strong smells can trigger migraines, asthma attacks, or rashes, says Zara Patel, MD, professor of otolaryngology at Stanford University School of Medicine.

The rules for using perfume are especially important in the summer, when the high temperatures make the scent stronger. The principle is simple: just spray it lightly into the air, then rub it in. This way, the scent will not be offensive. Avoid wearing strong perfumes in gyms and hospitals - they are especially inappropriate in these places.

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