The Talk

Reason: The spread of Coronavirus is one of the biggest social and industry challenges we have ever faced. We are all affected by its impact.

Why: Everyone has a part to play in stopping the spread of coronavirus.

All managers and workers should know and follow the official hygiene and behavioural advice (see a summary of this overleaf*). In particular everyone should:

- maintain regular <u>hand hygiene</u> practices - including thoroughly cleaning hands with warm water and soap (upon first arrival at work/on-site, and at regular intervals including before eating)
- <u>avoid contacting your eyes, mouth</u> and face with unclean hands or gloves
- *<u>not rely on face masks</u>* for protection from airborne coronavirus.

Even a good quality face mask *cannot protect against coronavirus. The virus is very much smaller* than most dust particles.

Reducing contact or proximity with others
Cooperate with any supervisor instructions aimed at reducing the number of workers who work together at any time, and any separation of individuals

Workers should avoid:
- direct (skin) contact with other people – e.g. do not shake hands with others
- close contact with anyone who appears unwell

As far as possible onsite, also avoid close contact with other contractors or members of the public - particularly those who may be vulnerable (e.g. elderly people in a care home)

Preventing illness on site
<u>Do not turn up at work or on-site if you are unwell</u> with coronavirus-like symptoms (see overleaf) or have just been in contact with someone who has the virus.

Do cooperate with any:
- prevention of workplace/site entry to anyone who is unwell
- removal from site of anyone who becomes unwell.

Remember, we all have a responsibility to protect ourselves and others from the spread of coronavirus at work, and away from work.

*How to avoid catching and spreading coronavirus – general guidelines

Everyone should do what they can to stop coronavirus spreading. Coronavirus-like symptoms are either:

- a high temperature – you feel hot to touch on your chest or back
- a new, continuous cough – you've started coughing repeatedly.

Do

- wash your hands with soap and water often – do this for at least 20 seconds

- always wash your hands when you get home or into work

- use hand sanitiser gel, or soap and water

- avoid close contact with people who have symptoms like those associated with coronavirus (see above)

- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze

- put used tissues in the bin immediately and wash your hands afterwards

- only travel on public transport if you need to

- work from home if possible

- avoid social activities, such as going to pubs, restaurants, theatres and cinemas, and events with large groups of people

- use phone, online services, or apps to contact your GP surgery or other NHS services.

Don't

- do not touch your eyes, nose or mouth if your hands are not clean

- do not have visitors to your home, including friends and family.

Source: www.nhs.uk/conditions/coronavirus-covid-19/