



17. Preventing the spread of Coronavirus

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 and thorough hand hygiene practices - including thoroughly cleaning hands with warm water and soap (on first arrival at work/on-site, and at regular intervals including before eating)
- avoid contacting your eyes, mouth and face with unclean hands or gloves
- maintain social distancing – keeping at least 2 meters apart from anyone else onsite
- not rely on face masks for protection from coronavirus.

Even a quality face mask *cannot protect entirely against airborne coronavirus*. The virus is very much smaller than most dust particles and it may be droplet-borne. Face masks do not protect the eyes.

Maintaining the safe recommended distance from others

Cooperate with any supervisor and other instructions aimed at reducing the number of workers who work together at any time, and help to achieve the separation of individuals to meet the 2 metre distancing guidelines from Public Health England.

Workers should avoid:

- direct (skin) contact with other people – e.g. do not shake hands with others
- close contact with anyone onsite (maintaining at least 2 metres apart), including colleagues, other contractors or members of the public - particularly those who may be vulnerable (e.g. elderly people in a care home, during call out or maintenance)

Preventing illness on site

Do not turn up at work or on-site if you are unwell 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.

Travelling to work

Only travel to and from work on public transport if you really need to - and only if you can achieve social distancing, which means maintaining a least two meters between you and other travelers

Do not share a vehicle with anyone else – unless you can achieve social distancing (keeping at least two meters apart) – this therefore includes not sharing the front cab of any vehicle with anyone else

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

- thoroughly wash your hands with soap and water when you arrive at work, and often – do this for at least 20 seconds
- wash your hands when you leave work, and when you get home
- use hand sanitizer gel, or soap and water
- actively avoid close contact with anyone else on site - or at any other premises where you are working
- cover your mouth and nose with a tissue or your sleeve (not your hands) if you cough or sneeze
- put used tissues in the bin immediately and wash your hands thoroughly afterwards
- 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.

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

www.hse.gov.uk/news/social-distancing-coronavirus.htm