TOOLBOX TALK

PREVENTING THE SPREAD OF CORONA VIRUS ON SITE

WHAT IS COVID-19?
Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person.

CAN I GET COVID-19?
• Yes. COVID-19 is spreading from person to person. Risk of infection from the virus that causes COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members.
• Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19.

HOW DOES COVID-19 SPREAD?
• The virus that causes COVID-19 is now spreading from person to person.
• The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes.
• It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes

WHAT ARE THE SYMPTOMS OF COVID-19?
People with COVID-19 have mild to severe respiratory illness with symptoms of:
• A Fever
• A sharp dry cough
• Mild to severe shortness of breath/ difficulty breathing

HOW CAN YOU PROTECT YOURSELF?
General precautions to Help protect yourself from COVID-19
• Avoid contact with people who are sick.
• Avoid touching your eyes, nose, and mouth with unwashed hands.
• Wash your hands often on a regular basis with soap and water for at least 20 seconds, and ensure you dry them thoroughly
• Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
• Ensure you wash your hands before eating drinking smoking vaping or touching your face.
IF YOU ARE SICK, FOLLOW THE GOVERNMENT SELF-ISOLATION GUIDELINES

- Phone in and inform your manager you have symptoms
- This is important as we may have to notify other personnel and or sites you have been working with to prevent any spread of the virus
- Stay at home and self-isolate for 7 days
- If you live with others, all members of the household must self-isolate for 14 days
- Cover your cough or sneeze with a tissue, then throw the tissue in the bin
- Clean and disinfect frequently touched objects and surfaces
- If symptoms worsen call the NHS 111 for further advice and guidance.

COVID-19 & SITE ENTRY

- Stagger entry and exit times
- You may have different start and finish times to prevent groups of staff congregating
- Site staff must not congregate in numbers on any part of the site
- All site staff will be provided with gloves hand sanitizer & or hand-washing stations provided by the principal contractor.
- All staff must wash their hands/ use hand sanitiser before entry to the site
- Staff to wear gloves and overalls
- Wash hands before eating drinking smoking or vaping
- Open canteens can be used but any food served must be wrapped and staff must site at least 2 meters apart
- Staff are encouraged to bring their own food and eat in their vehicle if possible

COVID-19 & TRAVEL BY PUBLIC TRANSPORT

- Try to avoid, where possible travelling on public transport
- Try to keep 2 meters away from each other where possible
- Consider different travel times to avoid the rush hour
- Your site clothes must not be worn on public transport. Clothes worn on site should be removed to prevent the spread of dust and other construction materials on public transport
- Regularly use antibacterial wipes
- Try not to touch your face
- Remember to clean items such as your travel card and phone once you get home

VEHICLES

- Clean inside of your cab at the end of every day with antibacterial wipes
- Clean tools at the end of the day and use antibacterial spray for hard to reach areas
- Don’t forget high touch areas such as door handles steering wheel, and any other cab tools
- Clean any items to be removed from the van and taken into your home with antibacterial wipes
- Remember to clean items such as mobile phone laptop and any other tablet devices used at work
PPE
- Site clothes, overalls and work boots should not be worn once you leave site.
- Take overalls off before getting in the van and store in the back of van or dispose of by double bagging
- Remove work footwear and store in van
- Ensure that all PPE is cleaned, stored and maintained as recommended by the manufacturer
- RPE must be cleaned with an antibacterial wipe, dried and stored in the supplied storage bag or box
- Ensure all PPE is cleaned, with an antibacterial wipe or if disposable thrown away each day. Waste should be bagged and disposed of in the correct way
- Do not go home in your work clothes or footwear as this could spread the virus

DERMATITIS & HANDWASHING
Frequent handwashing and use of alcohol rubs can increase your risk of developing dermatitis
- After washing hands apply a suitable moisturiser to prevent the skin from drying out
- Wash your hands and dry once disposable gloves have been removed and apply moisturiser
- Regularly check your hands for any signs of dermatitis
- See our separate 'BESA H&S Tool Box Talks - Dermatitis' for further advice
By signing this register you are confirming that you attended the toolbox talk and understand the requirements for working safely and using the correct PPE.