

TOOLBOX TALK #50

COVID 19 – THE BASICS

Coronavirus is a highly contagious disease that can have severe effects of people, especially those who are vulnerable. The virus is likely to pass from person to person in communal areas and where it is not possible to maintain safe distances between persons. If a person is infected while working, it can be passed on through families and other contacts. You can spread the virus even if you don't have symptoms. This Talk covers the ways to maintain your health while working on construction sites.

Getting to work

1. Whenever possible, travel to the site alone, using your own transport (for example, a car or bike).
2. Avoid public transport.

On site

1. Wash your hands when you arrive on site, regularly throughout the day (especially if you sneeze or cough and after eating or handling food) and again when you leave the site.
2. Always keep at least 6 feet away from other workers. This includes while you are working and during breaks and mealtimes. Staggered breaks will help achieve this.
3. Stay on site for your breaks. Do not use local shops. Bring your own meals and refillable drinking bottles. Do not share items (for example, cups).
4. Only hold meetings that are absolutely necessary. Ideally, these should take place outdoors, with the minimum number of people and those people should be kept at least 6 feet apart.

Close working should be avoided

1. Non-essential physical work that requires close contact between workers should not be carried out.
2. Work requiring skin to skin contact should not be carried out.
3. All other work should be planned to minimize contact between workers.
4. Reusable PPE should be thoroughly cleaned after use and not shared between workers.
5. Single use PPE should be disposed of so that it cannot be reused.
6. Stairs should be used in preference to lifts or hoists.

Extra cleaning should be carried out on site, particularly in the following areas:

1. Taps and washing facilities
2. Toilet flush and seats
3. Door handles and push plates
4. Handrails on staircases and corridors
5. Lift and hoist controls
6. Machinery and equipment controls
7. Food preparation and eating surfaces
8. Telephone equipment
9. Keyboards, photocopiers and other office equipment

What to do if you think you are ill

If you develop a high temperature or a persistent cough while at work, you should:

1. Report this to your supervisor
2. Avoid touching anything
3. Cough or sneeze into a tissue and put it in a bin or, if you do not have tissues, cough and sneeze into the crook of your elbow.
4. Return home immediately
5. You must then follow the guidance on self-isolation and not return to work until your period of self-isolation has been completed.

Follow the 6 foot rule at all times!