









Safe Work Practice COVID-19

Potential Hazards

- Fever
- Cough
- Shortness of breath
- Serious Illness occurs in young children, elderly and those with compromised immune systems

Required Personal Protective Equipment and Devices

Foot Protection	Hearing Protection	High Visibility	Head Protection	Eye Protection	Face Protection	Hand Protection	Protective Clothing
							

Illness Severity

The complete clinical picture with regard to COVID-19 is not fully known. Reported illnesses have ranged from very mild (including some with no reported symptoms) to severe, including illness resulting in death. While information so far suggests that most COVID-19 illness is mild, a report external icon out of China suggests serious illness occurs in 16% of cases. Older people and people of all ages with severe underlying health conditions — like heart disease, lung disease and diabetes, for example.

How COVID-19 Spreads

Person to person (within 6 feet of each other)
Respiratory droplets (coughing and sneezing)
Contact with contaminated surfaces

Safe Work Practice

- Clean your hands often – Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose and mouth with unwashed hands
- Avoid close contact DO NOT shake hands
- Put a distance between yourself and other people
- If you are ill, your immune system is compromised – stay home to avoid contracting COVID-19

Steps to protect others:

- Stay home if you are sick, except to get medical care
- Cover coughs and sneezes, use your elbow or a tissue and IMMEDIATELY wash your hands in soap water for at least 20 seconds

- Wear a facemask when you are around other people (driving, same room) and before you enter a healthcare providers office
- Clean and disinfect frequently touched surfaces daily (doorknobs, faucets, tables etc)
 - Common disinfectants work
- DO NOT share masks or respirators
- DO NOT share drinks or food
- DO NOT touch items that do not belong to you

If you are diagnosed with COVID-19 (contact your superintendent immediately so they can ensure everyone is also screened)

- Stay home – Do not go to work, school or public areas
- Stay away from others in your home (stay in a specific room and the use of a separate washroom) – this includes animals
- Continue to wash your hands often
- Clean surfaces
- DO NOT share personal household items
- Monitor your symptoms
- Seek medical attention if your illness is worsening
- Alert health department (ask your doctor to do this)
- Stay home until instructed to leave
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If an emergency situation occurs while conducting this task, or there is an equipment malfunction, shut the equipment off immediately and follow the lock out procedure.

REPORT ANY HAZARDOUS SITUATION TO YOUR SUPERVISOR IMMEDIATELY

