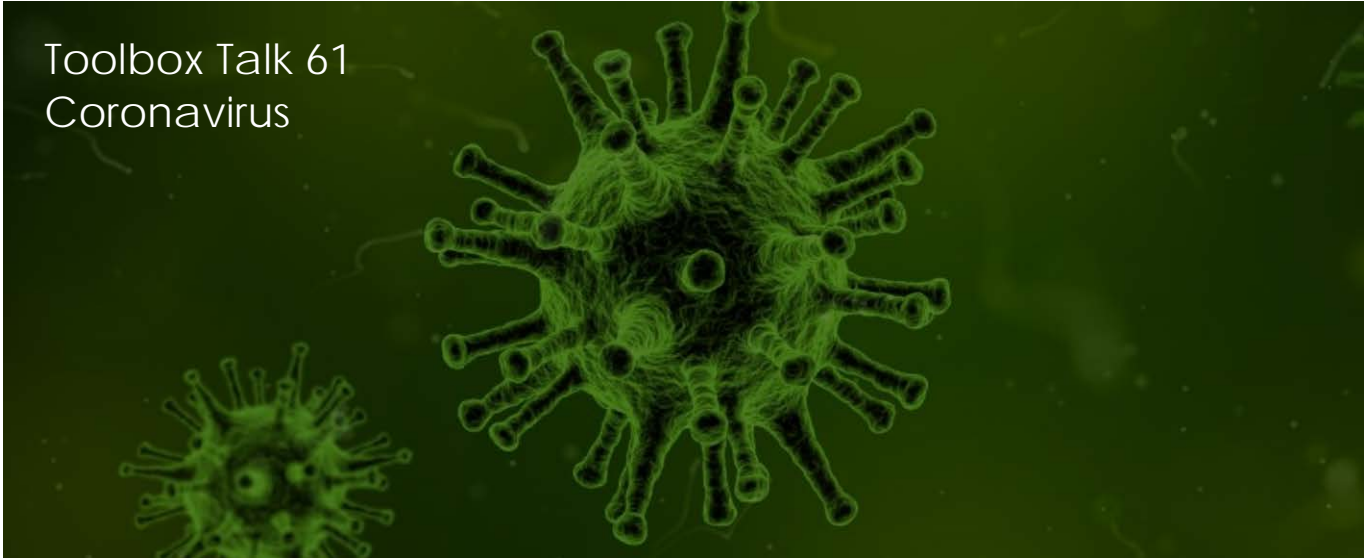


Toolbox Talk 61 Coronavirus



Coronavirus is a kind of common virus that causes an infection in your nose, sinuses, or upper throat. They are called coronaviruses because under a microscope, they look like a crown.

Most coronaviruses are not dangerous. But in early 2020, after a December 2019 outbreak in China, the World Health Organization identified a new type of coronavirus. Officials named this new virus severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). This is the virus that causes COVID-19.

What Is COVID-19?

Coronavirus disease 2019, or COVID-19, is a disease that can cause what doctors call a respiratory tract infection. It can affect your upper respiratory tract (sinuses, nose, and throat) or lower respiratory tract (windpipe and lungs).

The COVID-19 outbreak quickly spread around the world. It spreads the same way other coronaviruses do, mainly through person-to-person contact. Infections range from mild to serious.

Global Impact?

We now have 18 million confirmed cases and 700,000 deaths globally. The UK has the fourth highest number of recorded deaths. Out of 306,000 confirmed cases, 46,000 people have died. This means on average 1 out of 15 people who are infected with COVID-19, pass away.

How Does the New Coronavirus Spread?

The virus mainly spreads from person to person.

Most of the time, it spreads when a sick person coughs or sneezes. They can spray droplets as far as 6 feet away. If you breathe them in or swallow them, the virus can get into your body. Some people who have the virus don't have symptoms, but they can still spread the virus.

You can also get the virus from touching a surface or object the virus is on, then touching your mouth, nose, or possibly your eyes. Most viruses can live for several hours on a surface that they land on. A study shows that the COVID-19 coronavirus can last for several hours on various types of surfaces:

- Copper: 4 hours
- Cardboard up to 24 hours
- Plastic or stainless steel: 2 to 3 days

That's why it's important to disinfect surfaces to get rid of the virus.

It is important to follow a strict hygiene regime:

General Hygiene

Germs from coughs and sneezes can live on hands and surfaces for 24 hours or more. They are responsible for spreading illnesses.

Therefore, it is extremely important to adopt strict hygiene and cleanliness measures to ensure the prevention of the spread of viruses. This is especially true for construction sites where equipment and PPE can be shared.

All persons to wash hands upon arrival at work and prior to scanning in. This follows the guidance from the World Health Organisation and will help to keep your hands clean and prevent potential contamination as well as promote regular and thorough hand washing throughout the day – for 20 seconds with soap and water.

Regularly clean any tools or work equipment once it has been used with disinfectant products

Work requiring skin to skin contact should not be carried out.

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

When eating in the canteen/eating areas – ensure you sit 2 metres apart from each other and avoid all contact.

Rubbish to be put straight in the bin and not left for someone else to clean up

Where catering is provided on site, it should provide pre-prepared and wrapped food only

Operatives are NOT to share PPE. Re-usable PPE should be thoroughly cleaned after use and not shared between workers. Single use PPE should be disposed of so that it cannot be reused

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Single use PPE should be disposed of so that it cannot be reused

Stairs should be used in preference to lifts or hoists

Wash you hands after using the bathroom

Use the hand sanitiser stations provided

Virus Transmission– Do's & Don'ts

Do

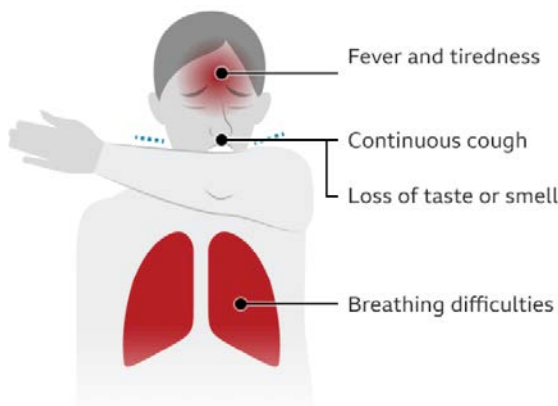
- Cover your mouth with a tissue or your sleeve (not your hands) when you cough or sneeze.
- Put used tissues in the bin straight away and wash your hands afterwards
- Wash your hands with soap and water often (do this for 20 seconds) – use an alcohol-based hand sanitiser gel if soap and water are not available
- Try to avoid close contact with people who are unwell
- Use hand sanitiser gel if soap and water are not available

Do not

- Do not touch your eyes, nose, or mouth if your hands are not clean
- Avoid spitting in public

Coronavirus Symptoms

- New continuous cough
- Fever – a high temperature of 37.8 degrees Celsius or higher
- Breathing difficulties
- Loss of taste and/or smell



If you have any of these symptoms, stay at home for 7 days. If you live with other people, they should stay at home for 14 days from the day the first person got the symptoms.

DO NOT go to a GP surgery, pharmacy, or hospital.

You do not need to contact 111 to tell them you are staying at home. Use the NHS 111 online coronavirus service if your symptoms progress and you want additional support.

If you develop any of the mentioned symptoms while at work, please

- Return home immediately
- Avoid touching anything
- Cough or sneeze into tissues & place in a bin
- Notify your manager immediately
- Get tested for COVID-19 as quickly as possible (visit government website)

How will we plan social distancing in our work areas?

In our work where will social distancing be more difficult?

1. **What areas or tasks are more likely to increase the risk?** - Think about tasks or parts of work that mean you need close contact with others.
2. **How can we change work and tasks, so people keep 2 m apart or are separate?** - Think about contractors, as well as employees.
3. **What work or tasks are we unable to do while maintaining social distancing?** - Think about areas of work where you need, or cannot avoid, close contact with other people.