



Covid-19 - TOOLBOX TALK

Prepare:

As government guidance is changing rapidly the person giving this talk should be aware of current information and are advised to visit <https://www.gov.uk/coronavirus>

Reason:

COVID-19 is a respiratory disease that can affect your lungs and airways. It is caused by a virus called C. The virus started in Wuhan, China in the latter part of 2019 and quickly spread throughout the world causing The World Health Organisation to declare a global pandemic in March 2020. As a result of this, many countries have implemented measures to control the spread of the virus. In the UK, legislation has been passed in the form of The Coronavirus Act 2020 which sets out measures in response to the outbreak.

Outline: This talk will cover:

How does Coronavirus Spread?

Infected people can spread Coronavirus through their respiratory secretions, especially when they cough or sneeze. Most likely among close contacts.

It is suspected that a person can get Coronavirus 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?

People with COVID-19 have had a wide range of symptoms reported ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

Most people with coronavirus have at least 1 of these symptoms.

High temperature this means you feel hot to touch on your chest or back (you do not need to measure your temperature).

Continuous cough this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual).

Loss or change to your sense of smell or taste this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

How can I protect myself from the Coronavirus?

- Wash hands often with soap and water. If not available, use hand sanitizer.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid contact with people who are sick.
- Stay home while you are sick and avoid close contact with others.

- Cover your mouth/nose with a tissue or sleeve when coughing or sneezing

What should I do if I become ill?

- If you live alone and you have symptoms of Coronavirus illness (COVID-19), however mild, stay at home for 7 days from when your symptoms started.
- If you live with others and you are the first in the household to have symptoms of Coronavirus, then you must stay at home for 7 days, but all other household members who remain well must stay at home and not leave the house for 14 days. The 14-day period starts from the day when the first person in the house became ill.
- If your symptoms do not improve or deteriorate you are advised to contact 111 online Coronavirus service to find out what to do next.

Note Advise employees to also visit

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

WHAT YOU NEED TO DO

General Hygiene

- Good general hygiene measures should be followed. Catch any coughs or sneezes in a tissue or in the crook of your elbow. Wash your hands regularly with soap and water for at least 20 seconds or use a 60% alcohol hand sanitiser. Surfaces should be cleaned down after use. Avoid touching your eyes, nose or face and avoid spitting wherever possible.
- Extra cleaning should be undertaken on any surfaces which come into contact with people. High risk areas include: taps, handles, handrails, machinery, equipment controls, welfare surfaces and telephones.

Work Planning to Avoid Close Working

- In line with Public Health England (PHE) guidelines, where it is not possible to follow the social distancing guidelines in full in relation to a particular activity, you should consider whether that activity needs to continue for the site to continue to operate, and, if so, take all the mitigating actions possible to reduce the risk of transmission.
- Sites and work need to be planned and organised to avoid crowding and minimise the risk of spread of infection by following PHE and HSE guidance and the advice within these Site Operating Procedures.
- Sites should remind the workforce (e.g. at daily briefings) of the specific control measures necessary to protect them, their colleagues, families and the UK population.

Travelling to Work

- Wherever possible travel to work alone using private transport
- If this is not possible travel to work with the same individuals with as minimum a number of people as possible.
- Clean the vehicle regularly focussing on the high touch surfaces.
- Avoid public transport and consider travelling at less busy times to minimise contact with others.

Self-Isolation

- If you have any symptoms of COVID-19 you must not go to work. Similarly, if you live with someone, or you have come into contact with someone who is suspected or has been confirmed as having COVID-19 you must not go to work. Finally, if you live with someone who is classified as being a vulnerable person you must not go to work. In all of the above cases you must self-isolate.
- If self-isolating you must stay at home for 7 days. If you live with others you must stay at home for 14 days. You do not need to contact 111 to tell them you are staying at home. Use the NHS 111 service if your symptoms progress and you need additional support.

For further details of specific control measures necessary to protect workers see the Construction Leadership Council document -

Construction Sector - Site Operating Procedures Protecting Your Workforce During Coronavirus (Covid-19)

Do you have any questions for me?

REMEMBER:

If, at any time, you feel you might work in an unsafe way or put yourself or others in danger: Stop work, report it and seek advice. IF IT'S NOT SAFE DON'T DO IT!

