



OPW

Toolbox Talk COVID-19 Site Safety

Site:

Date:

Delivered By:



Coronavirus
COVID-19
Public Health
Advice

Coronavirus COVID-19

If you have fever and/or cough you should stay at home regardless of your travel or contact history.

If you have returned from an area that is subject to travel restrictions due to COVID-19 you should restrict your movement for 14 days. Check the list of affected areas on www.dfa.ie

How to Prevent



Wash
your hands well and often to avoid contamination



Cover
your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue



Avoid
touching eyes, nose, or mouth with unwashed hands



Clean
and disinfect frequently touched objects and surfaces



Stop
shaking hands or hugging when saying hello or greeting other people



Distance
yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell

All people are advised to:

- > **Reduce** social interactions
- > **Keep a distance** of 2m between you and other people
- > **Do not** shake hands or make close contact where possible

If you have symptoms visit hse.ie OR phone HSE Live **1850 24 1850**

Symptoms

> Fever (High Temperature) > A Cough > Shortness of Breath > Breathing Difficulties

For daily updates visit

www.gov.ie/health-covid-19
www.hse.ie

Ireland is operating a containment strategy in line with WHO and ECDC advice



Rialtas na hÉireann
Government of Ireland

Coronavirus (COVID-19) is spread in sneeze or cough droplets. You could get the virus if you come into close contact with someone who has the virus and is coughing or sneezing; or if you touch surfaces that someone who has the virus has coughed or sneezed on and bring your unwashed hands to your face (eyes, nose or mouth). In other words, COVID-19 spreads in a similar way to flu.

Most persons infected with COVID-19 experience mild symptoms and recover. However, some go on to experience more serious illness and may require hospital care. People with weakened immune systems and people with conditions such as diabetes, heart and lung disease are more vulnerable to serious illness.

When someone who has COVID-19 coughs or exhales they release droplets of infected fluid. Most of these droplets fall on nearby surfaces and objects - such as desks, tables, telephones, or inside the cab of plant and machinery. Surfaces (e.g. desks, tables, cabs of plant, canteen huts) and objects (e.g. telephones, keyboards, work equipment) need to be wiped with disinfectant regularly.

Remember:

- Adhere to HSE guidelines and keep informed by trusted sources.
- Clean your hands regularly for at least 20 seconds, using soap and water or hand wipes/sanitizer provided. If you run out of supplies, please contact your foreman to have it replenished.

- If required to enter a depot/site, wash your hands for 20 seconds with soap and water or use hand sanitizers provided.
- A nominated competent person, such as a site supervisor, should be appointed to monitor adherence to social distancing on site.
- Seek to distance yourself at least 2 metres away from other people. Where a task cannot be carried out whilst maintaining social distancing, the task should be risk assessed and control measures put in place as required, e.g. minimising duration and/or numbers involved in task.
- Stagger lunch/ tea breaks and if possible, eat in your vehicle away from others. Where social distancing may be difficult, one person should enter canteen at a time.
- On larger sites, chairs in the canteen should be limited and spaced 2 meters apart at all times.
- Disinfect shared surfaces of plant using a disinfectant wipe or paper towel and disinfectant spray. Do not spray the disinfectant directly onto the plant controls, spray the paper towel first and then wipe down. Chairs, lever controls and door handles should also be wiped down. This should be completed at the beginning of a shift, after breaks and at the end of each shift. The same method should be used in canteens/site offices.
- Where reasonably practicable, designate one driver to plant on a daily basis.
- As always, if you have any concerns in relation to safety – speak to your supervisor immediately.

World Health Organization – How to Hand wash



