

Behavioural Controls and Hygiene

Simple Steps to stop the Spread

There are some simple steps in the workplace to help stop the spread of COVID-19.

 <p>Screen for risks of potential exposure before entering site</p>	 <p>Stay at home if you feel sick</p>	 <p>Wash hands regularly</p>
 <p>Use hand sanitiser provided</p>	 <p>Cough or sneeze into your elbow</p>	 <p>Place rubbish in bins provided</p>
 <p>Use appropriate PPE</p>	 <p>Don't touch your face</p>	 <p>Conduct regular toolbox meetings to share information (observe physical distancing)</p>

Maintaining shared spaces and equipment

Recommended controls minimise the risk of spreading COVID-19 on work sites.

 <p>Clean tools before and after use</p>	 <p>Clean frequently touched surfaces</p>	 <p>Eat at designated locations every day</p>
 <p>Clean plant and equipment after use</p>	 <p>Clean work vehicles regularly</p>	

Physical distancing

Guidelines for maintaining distancing between workers to minimise the spread of COVID-19. Remember to keep 1.5 metres away from others as much as possible, and where safe to do so.

 <p>Keep your distance</p>	 <p>Stagger start and finish times</p>	 <p>Stagger lunch times</p>
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Self-Isolation

Advice for workers with or without symptoms of infection, who are isolating themselves due to potential exposure to COVID-19.

If you have symptoms ↓

 <p>Stay at home, and away from others</p>	 <p>Notify your employer</p>	 <p>Ring the COVID Helpline 1800 675 398</p>
 <p>Seek medical advice</p>	 <p>Return to work after clearance from a doctor</p>	

If no symptoms ↓

 <p>Stay at home</p>	 <p>Notify your employer</p>	 <p>Return to work after 14 days if no symptoms develop</p>
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