

PLEASE KEEP YOUR DISTANCE AT ALL TIMES



← MINIMUM 2 METRE →



2 METRE SOCIAL DISTANCING

#WORKSAFELY



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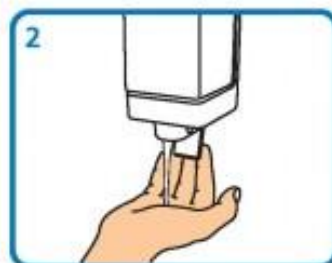
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Hand-washing technique with soap and water



Wet hands with water



Apply enough soap to cover all hand surfaces



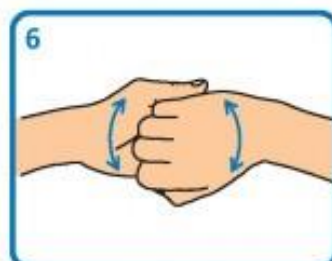
Rub hands palm to palm



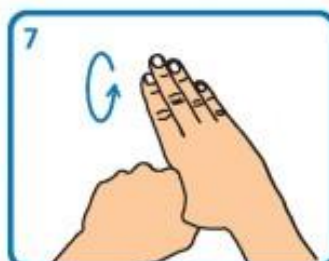
Rub back of each hand with palm of other hand with fingers interlaced



Rub palm to palm with fingers interlaced



Rub with back of fingers to opposing palms with fingers interlocked



Rub each thumb clasped in opposite hand using a rotational movement



Rub tips of fingers in opposite palm in a circular motion



Rub each wrist with opposite hand



Rinse hands with water



Use elbow to turn off tap



Dry thoroughly with a single-use towel



Hand washing should take 15–30 seconds



CORONAVIRUS

STAY ALERT TO

THE SYMPTOMS

**HIGH TEMPERATURE
OR NEW CONTINUOUS COUGH
OR LOSS OF TASTE OR SMELL?**

No one in your household should leave home
if any one person has symptoms.

Find out how to get a test, and how long to
isolate, at nhs.uk/coronavirus

STAY ALERT ► CONTROL THE VIRUS ► SAVE LIVES

Stay at Home guidance for households: current guidelines illustrated

Criteria and guidance applied as of 17/03/2020:

Incubation period = maximum 14 days

Day 1 is the first day of symptoms

The 14-day period starts from the day when the first person in the house became ill

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

If anyone else in the household starts displaying symptoms, they stay at home for 7 days from when their symptoms appeared, regardless of what day they are on in the original 14-day isolation period.

Household members who remain well stay in self isolation for 14 days due to maximum incubation period, calculated from day 1 of first symptomatic person

Household members do not need to restart the clock if other members become symptomatic during the 14 days self-isolation

DAY		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Person in household																						
Example household 1	A	X							✓													
	B			X								✓										
	C															✓						
	D															✓						
Example household 2	A	X							✓													
	B			X								✓										
	C													X							✓	
	D															✓						

Key: X = when illness started - first day of symptoms
✓ = allowed to go out again

VAN POLICY

STAFF TRAVELLING TO & FROM WORK



- ▶ **DO NOT** travel to work if you have a high temperature or a persistent cough.
- ▶ **DO NOT** travel to work if any family member living at the same house is self-isolating or showing COVID-19 symptoms.
- ▶ **WHEREVER POSSIBLE** employees should travel to site alone using their own transport.

IF EMPLOYEES HAVE NO OPTION BUT TO SHARE TRANSPORT, THE FOLLOWING CONTROLS SHOULD BE APPLIED:

- ▶ Journeys should be shared with the same individuals and with the minimum number of people at any one time.
- ▶ Have good ventilation (i.e. keeping the windows open) and facing away from each other may help to reduce the risk of transmission,
- ▶ Site vehicles should be cleaned regularly using gloves and standard cleaning products, with emphasis on handles and other areas where passengers may touch surfaces.
- ▶ Wash hands for 20 seconds using soap and water or hand sanitiser if soap and water are not available before entering and after getting out of the vehicle.

This policy has been written in accordance with the Construction Leadership Council Guidance, V3.

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