

Training for COVID-19

Strategy to minimise spread of the Coronavirus

Competence & training requirements. Retain appropriate documented information as evidence



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

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
- 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)













Visit HSE.ie Call 1850 24 1850

It can take up to 14 days for symptoms of coronavirus to appear. They can be similar to the symptoms of cold and flu.

Symptoms of coronavirus include:

- a fever (high temperature - 38 degrees Celsius or above)
- a cough - this can be any kind of cough, not just dry
- shortness of breath or breathing difficulties

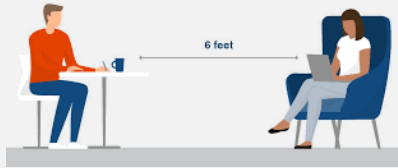
Provide information training to employees on the following:

 <ul style="list-style-type: none"> Choose a Co-ordinator Familiarising key staff with the COVID-19 plan and procedures 	 <ul style="list-style-type: none"> Physical distancing. Staff, visitors and contractors must complete COVID19 declaration form
 <ul style="list-style-type: none"> Workplace controls to comply with infection prevention measures. Cleaning and hygiene routines 	 <ul style="list-style-type: none"> Cleaning offices and public spaces where there are suspected or confirmed cases of COVID-19.
 <ul style="list-style-type: none"> Use of Personal Protection Equipment (PPE) equipment (thermometers, gloves, masks, disinfectants) 	 <ul style="list-style-type: none"> Rubbish disposal, including tissues, chemical management & PPE
 <ul style="list-style-type: none"> What to do if staff / member of the public becomes exposed to COVID-19. 	 <ul style="list-style-type: none"> Travel Restrictions Restricted movement Advice.
 <ul style="list-style-type: none"> When the workplace has had contact with a confirmed case of COVID-19. 	 <ul style="list-style-type: none"> Cross-training staff to establish covering arrangements to minimise disruptions.

Safety Management: Visit safetysquad.ie Call (01)6363112

Getting Back to Work – COVID-19

Email info@safetysquad.ie



Physical Distancing



The current recommended distance to be maintained between people to minimise risk of transmission is 2 metres.

In settings where 2 metre worker separation cannot be ensured by alternative measures should be put in place

- Install physical barriers, such as clear sneeze guards between staff
- Maintain at least a distance of 1 metre or as much distance as is reasonably practicable,
- Minimise any direct worker contact and provide hand washing facilities, hand sanitisers, wipes etc. that are readily accessible so workers can perform hand hygiene
- Make face masks available in line with Public Health advice.

Cleaning

- Implement thorough and regular cleaning of frequently touched surfaces. If disinfection of an area is required it must be performed in addition to cleaning, never as a substitute
- Ensure contact/touch surfaces such as table tops, work equipment, door handles and handrails are visibly clean at all times and are cleaned at least twice daily
- Provide workers with essential cleaning materials to keep their own workspace clean, Increase number of waste collection points and ensure these are emptied regularly throughout and at the end of each day. Update chemical inventory & Safety Data Sheets



Use of PPE – Personal Protective Equipment

While correctly using PPE can help prevent some exposures, it should not take the place of other preventative measures. Special considerations needed when delivering first aid.

Steps for Employers and Workers to Reduce Risk of Exposure to COVID-19

1

- Develop the COVID-19 Response Plan
- Update your occupational health and safety risk assessments and safety statement

2

Every workplace will have at least one staff representative in place to address COVID-19 requirements.

- should be clearly identifiable in the workplace and receive the relevant and necessary training by their employer

3

Develop or amend policies and procedures for prompt identification and isolation of workers who may have symptoms of COVID-19,

- keep a log of contact to facilitate contact tracing.
- display information on signs and symptoms of COVID-19.

4

Develop, Consult, Communicate and Implement Workplace Changes or Policies

5

Implementing Prevention and Control Measures to Minimise risk

establish and issue a pre-return to work declaration form

- provide an induction training for all implement temperature testing in line with Public Health advice

6

Dealing with a Suspected Case of COVID-19 in the Workplace

While a worker should not attend work if displaying any symptoms, employers should put in place a response plan in advance and also deal with a suspected case that may arise d

7

Adequate ventilation is encouraged, for example, by opening windows where feasible

8

Reporting requirements under occupational health and safety legislation if staff contract COVID19

Mental Health & Wellbeing

Employers should put in place support for workers who may be suffering from related anxiety or stress.