

COVID-19 Hygiene at Work



COVID-19 (Which is short for COrona Vlrus Disease 2019) is a highly transmissible disease that has had over 2 and a half million cases and 190,000 fatalities as of 27th April 2020.

The virus mainly spreads through small respiratory droplets that are transmitted by sneezes, coughs or when people interact with each other through a close proximity. These droplets can then be inhaled, or they can land on surfaces that others may come into contact with, who will then touch their nose, mouth or eyes.

The virus can survive on different surfaces from a period of a few hours (Such as cardboard or copper) or up to a few days (plastic and stainless steel).

Symptoms of COVID-19 vary in severity from having no symptoms at all (being asymptomatic) to having fever, cough, sore throat, general weakness and fatigue and muscular pain and in the most severe cases potentially leading to death.

Taking the above into account it is therefore important that good hygiene controls are implemented and maintained through the workplace to reduce likelihood of transmission and to protect yourself, your co-workers and anyone you may come into contact with for example family members at home.

Respiratore Hygiene

To minimise the spreading of COVID-19 via respiratory droplets it is important staff practice good respiratory hygiene. All staff should use disposable tissues to cover the nose and mouth when sneezing, coughing, wiping or blowing of nose.

These tissues disposed immediately in the nearest bin and hands washed for at least 20 seconds, the easiest way to remember this is by 'Catch it, Bin it, Kill it'. If a tissue is not to hand then please sneeze into your elbow as this will catch the droplets and prevent them getting into your hands, immediately go and wash your elbow to prevent further transmission.



CATCH IT. BIN IT. KILL IT.

Remember to wash your hands for **20 seconds**

Hand Hygiene

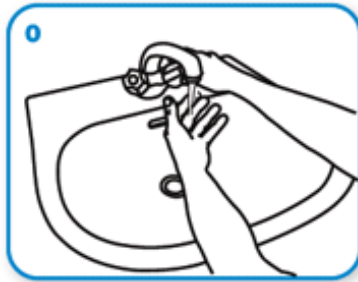
One of the key control measures to prevent the spread of COVID-19 is good and regular handwashing procedures.

The following is guidance on how to wash hands correctly

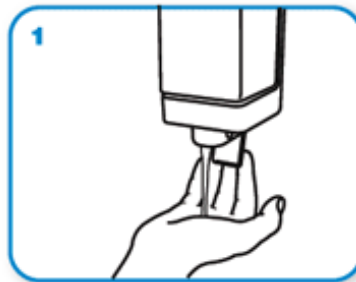
1. Wet hands with running water.
2. Apply enough soap to cover wet hands.
3. Scrub all surfaces of the hands including the back of hands, between fingers and under nails for at least 20 seconds. - The time it takes to sing happy birthday twice.
4. Rinse thoroughly with running water.
5. Dry hands with a single-use towel. - Ensure hands are thoroughly dry as wet hands can spread germs up to a 1000 quicker than a dry hand.

See below

World Health Organization info graph:



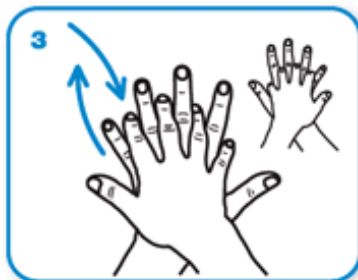
Wet hands with water



apply enough soap to cover all hand surfaces.



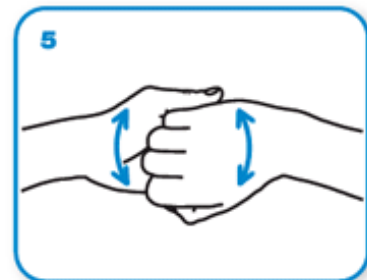
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



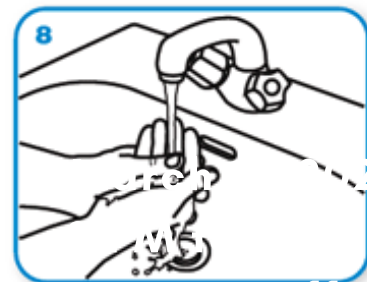
backs of fingers to opposing palms with fingers interlocked



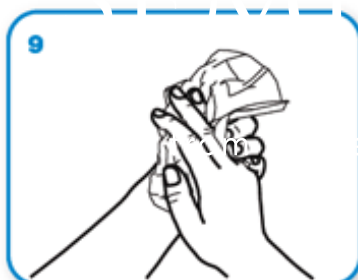
rotational rubbing of left thumb clasped in right palm and vice versa



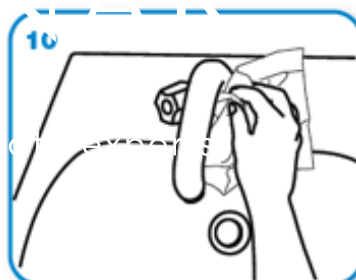
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.

Hand sanitiser

If you are unable to wash your hands or do not have access to hand washing facilities then use a hand sanitiser to clean your hands, the sanitiser should contain at least 60% alcohol. You should rub the sanitiser into your hands for 20 seconds following the same procedure for hand washing to ensure full coverage.

When should you wash your hands

Hands should be washed on a regular basis but especially:

- After coughing, sneezing or blowing your nose
- Before and after eating
- After using the toilet
- After handling rubbish
- After touching or handling money
- After touching high touch points (Such as entrance doorways & exits, kitchen taps, coffee machines, kettles, shared printers, etc)