

## COVID-19 risk mitigation

<b>Activity or task</b>	Infection control for COVID-19 when working.	
<b>Hazards and risks</b>	<ul style="list-style-type: none"> <li>▪ Infection</li> <li>▪ Infectious residue</li> <li>▪ Contact with infectious diseases</li> </ul>	<ul style="list-style-type: none"> <li>▪ Contamination</li> <li>▪ Biological hazards</li> </ul>
<b>Personal protective equipment (PPE) requirements</b>		
Eye or face protection	Safety glasses or a face shield may be required	
Respiratory protection	P2 respiratory protection or cloth facemask	
Hand protection	Well-fitted impervious gloves may be required	

### Procedure

Covid-19 precautions are required to prevent the community transmission of the COVID-19 virus within the workplace. Community transmission risk can fluctuate from very low to very high. During heightened risk of community transmission control measures within the workplace will require review and adjustments based on an assessment of risk.

#### Training, competency and authorisation

Workers must be trained in this procedure before commencing work.

#### Prepare the work area

Assess the capacity of the workplace to ensure that physical distancing requirements can be achieved. Communicate acceptable occupancy levels using signage.

Monitor workers and visitors entering the workplace using a QR check-in process or a sign in sign out system.

Ensure that frequently touched surfaces e.g., door handles, counters, handrails, light switches are cleaned regularly throughout the day using a TGA approved disinfectant. Clean your immediate work area using a paper towel or disposable cloth before commencing work.

Ensure that sanitiser and handwashing facilities are readily accessible and that masks are available for the use of workers or visitors if and when required.

Increase natural airflow in the workspace where practical.

When entering other work premises discuss the risk control measures required by the occupier before entering the space. This will require you to determine

that no one on the premises has COVID-19 or is in isolation due to COVID-19 exposure and to agree on:

- Physical distancing
- The use of masks
- Adequate ventilation

#### Prepare yourself

It is only through vaccination that we will achieve herd immunity and a return to work-life stability. There are clear benefits of vaccination. You should discuss the risks and benefits of vaccination with your doctor. The benefits of vaccination include:

- protection against COVID-19 and its complications
- protection of our unvaccinated close contacts
- protection of family and community
- potential ability to ease COVID-19 restrictions.

Wash your hands with soap and water for 20 seconds frequently while at work, or use a hand sanitiser if soap and water are not available.

Cough and sneeze into a tissue or upper sleeve rather than your hands.

Wash hands after coughing or sneezing and regularly throughout the day.

Avoid touching the face.

Maintain a 1.5-metre distance from other people.

Avoid shaking hands or sharing equipment.

#### Perform the work

Conduct wipe down at the start and end of each shift and after each new user.

If sharing vehicles or other equipment, wipe down surfaces after use.

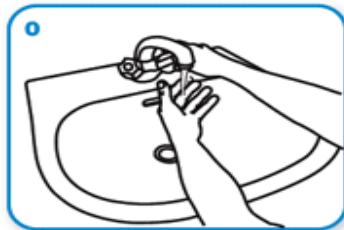
**On completion of work**

Use a disinfectant or an alcohol-based solution to clean your work area, including any surfaces which have had frequent hand contact e.g., door handles,

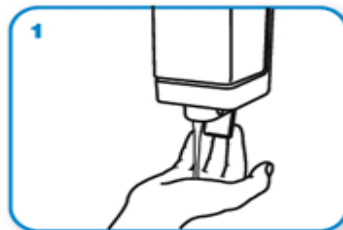
tables, chairs, kitchen appliances, phones, keyboards. Leave the disinfectant to sit for 10 minutes before wiping with a disposable paper towel or cloth.

Dispose of used towels immediately into a closed bin.

Diagram sourced from World Health Organisation



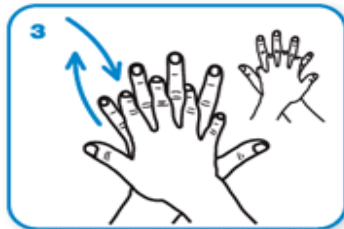
Wet hands with water



apply enough soap to cover all hand surfaces.



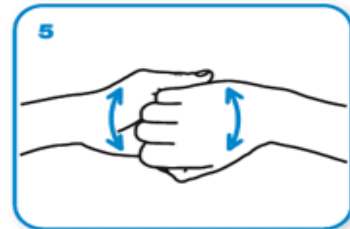
Rub hands palm to palm



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



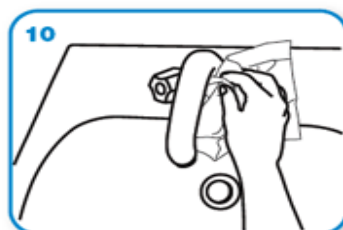
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



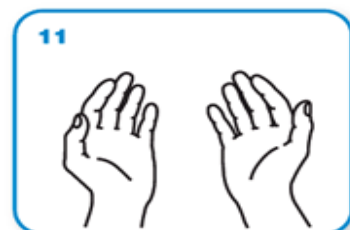
Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.