

# PRACTICE GOOD HYGIENE

Everyone can help prevent the spread of infections by practicing good hygiene and is encouraged to implement the following measures:



**Washing your hands often with soap and water for at least 20 seconds.**



**Avoiding touching your eyes, nose or mouth.**



**Avoiding close contact with people.**



**Coughing or sneezing into your sleeve or elbow and not your hands.**



**Reporting flu-like symptoms to your supervisor.**

## PRACTICE THE '6' SOCIAL DISTANCING



- Please limit meetings/gatherings to a max. of 6 people.
- Maintain a 2 meter distance from each other.
- On site you will need to find ways to maintain an adequate working distance from each other, including limiting the number of people in hoists and orientations.

## COVID-19

Anyone experiencing flu-like symptoms associated with COVID-19 (eg. coughing, fever, difficulty breathing), should immediately contact their supervisor and consult a healthcare professional.

If you have any of these symptoms, you should NOT be at work and should consult with your healthcare provider before returning to work.