COVID-19
health & safety tips.

Before heading into work.

Check with your consultant if your setting has specific guidelines in place already.

- ✓ Only arrive at work when well
- ✓ Stay away if a member of the household is self-isolating
- ✓ Travel to work alone – avoid public transport where possible
- ✓ Be aware of when you will require PPE
- ✓ Respect 2m* social distancing
- ✓ Wash hands with soap and water for at least 20 seconds (on arrival, at the beginning and end of every hour and on departure)

During the day.

- ✓ Make sure you have a full health & safety induction before working in the care setting
- ✓ Wipe down equipment and surfaces with disinfectant regularly
- ✓ Minimise contact and mixing as much as possible
- ✓ Ensure social distancing in open and closed spaces
- ✓ Make use of and promote handwashing and sanitising stations where available
- ✓ Report any concerns about service users or staff who may look unwell
- ✗ Don't be afraid to adapt the day to allow for cleaning frequency

Break and lunch times.

- ✓ Support staggered break and lunch times
- ✓ Bring your own lunch in a sealed plastic lunch box
- ✓ Ensure everyone washes their hands before and after their break
- ✗ Don't allow service users to congregate in canteens

After work:

- ✓ Safely remove and discard PPE
- ✓ Ensure reusable PPE is thoroughly washed and not shared
- ✓ Support staggered departure times

*we are following government guidelines which are subject to constant change. Please ensure you keep up to date with local government and the requirements of your workplace.

randstad

human forward