
Coronavirus COVID-19

On 31 December 2019, Chinese authorities notified the World Health Organization (WHO) of an outbreak of pneumonia in Wuhan City, which was later classified as a new disease: COVID-19.

Coronaviruses are a family of viruses common across the world in animals and humans that can cause illnesses in people e.g. the common cold or more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV).

SYMPTOMS

- **A high temperature**
 - above 37.8 deg C - this means you feel hot to touch on your chest or back
- **A new continuous cough**
 - this means coughing a lot for more than an hour or 2 or more coughing episodes in 24 hours
- **Shortness of breath**
 - Difficulty in breathing or a painful chest

TREATMENT

- At present as this is a new virus and there is a lack of immunity in the population, there is no vaccine at present so has the potential to spread extensively.

MITIGATION

Safer At Work has implemented the following steps at its offices and training venues, including onsite or mobile training. It is vital that all training attendees, visitors and staff adhere to the steps in this policy and follow Government and NHS advice to halt the spread of COVID-19. We have all ready taken steps to reduce the risk;

- We have deep cleaned our training venue, including all communal areas, chairs, tables, kitchen and toilet facilities. This includes shared training equipment.
- A stringent policy for employees and visitors, see below
- Monitoring of all staff and training in hygiene

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- Increased antibacterial gels and washing facilities
- A no hand shake policy
- Food will no longer be provided on courses. Delegates must bring their own
- Cancel or rearrange non-essential activity including video-conferences instead of face to face meetings
- All courses now include an introduction to hygiene and COVID-19 Mitigation.

Step 1 - Assessment

Safer At Work will assess each activity on a case by case. We recognise that for industry to continue essential health and safety related activities, including training that are required. With immediate effect implement the following at its office locations, training venues, (including onsite or mobile training).

- If a meeting is booked or required then where possible this should be assessed and change to an online meeting
- When required, reduce the need to use public transport, public spaces or other areas such as coffee shops, pubs and restaurants.
- All individuals should be assessed on their ability to attend locations based on their wellbeing, symptoms and recent activity
- Activities should be assessed and deemed essential to continue. Initial safety training, operational activity and routine maintenance is deemed as essential activity. However, extended projects and non safety critical training may be postponed to reduce risk.

Step 2 - Protection

Safer At Work will implement the following at its Winchester location, with immediate effect;

- On arrival learners will be asked to thoroughly sanitise their hands with alcohol gel provided
- We will check and record all learners' temperatures and exclude anyone exhibiting respiratory COVID-19 symptoms of a continuous cough and temperature >37.8.
- Check that no learner is in a situation where they should be self-isolating (family members with symptoms in the last 14 days or from an at risk group).
- Attendees will be required to declare on their medical they have no symptoms or should be in isolation

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If after carrying out the above steps the attendee shows signs and symptoms or results are positive then the attendee will be instructed to leave the venue and self-isolate.

ON ARRIVAL

- Each learner will be given an alcohol wipe/gel and asked to thoroughly sanitise their hands. They will be instructed that if they need to cough/sneeze this should be done into a tissue that is disposed of immediately.
- Failing that they should cough into a bent elbow (better than a bare hand) and NEVER cough/sneeze without covering their mouth/nose.
- If someone coughs on their hands or uses a tissue they should use alcohol wipes/sanitizer immediately.
- Learners will be instructed that no one should touch their mouth, nose or eyes unless they have just washed their hands or sanitised.
- Learners will be shown where hand sanitizer and wash facilities are.
- All courses now include an introduction to hygiene and COVID-19 Mitigation.

FIRST AID TRAINING - At Safer at Work we have always followed stringent cleaning procedures for training equipment including CPR dummies, mats and other mask or ancillary equipment.

- Where possible we will appoint each individual their own CPR Dummy and face shield
- To reassure learners these are the steps that are taken before and after each training;
- Replaced lungs/airways/valves
- There is a one way valve in the mannequin to stop air coming back out of its mouth
- Alcohol/sanitising wipes to be used between learners where applicable
- Gloves worn during all practical activities
- Anti-surfactant wipe (e.g. Trionic wipes) after each session (removes any bio-film as well as germ killing) and washing with the manufacturers cleaning solution.

For more information please follow updated Government advice regarding hygiene and self isolation

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>