











Return to Work Safely

Things to consider

Life span of COVID-19 Virus

Surface	Lifespan of COVID-19 virus
Paper and tissue paper ¹ 	3 hours
Copper ² 	4 hours
Cardboard ² 	24 hours
Wood ¹ 	2 days
Cloth ¹ 	2 days
Stainless steel ² 	2 – 3 days
Polypropylene plastic ² 	3 days
Paper money ¹ 	4 days
Glass ¹ 	4 days
Outside surgical mask ¹ 	7 days
<small>1 22C 65%RH 2 21-23 40% RH</small>	Source: New England Journal of Medicine

Ventilation –Maintaining a healthy work environment

- Speak to your building maintenance people
- Increase ventilation rates
- Increase the percentage of outdoor air that circulates into the system
- Ensure regular airing with windows
- Avoid open windows in toilets to assure the right direction of ventilation
- Instruct building occupants to flush toilets with closed lid

Maintenance

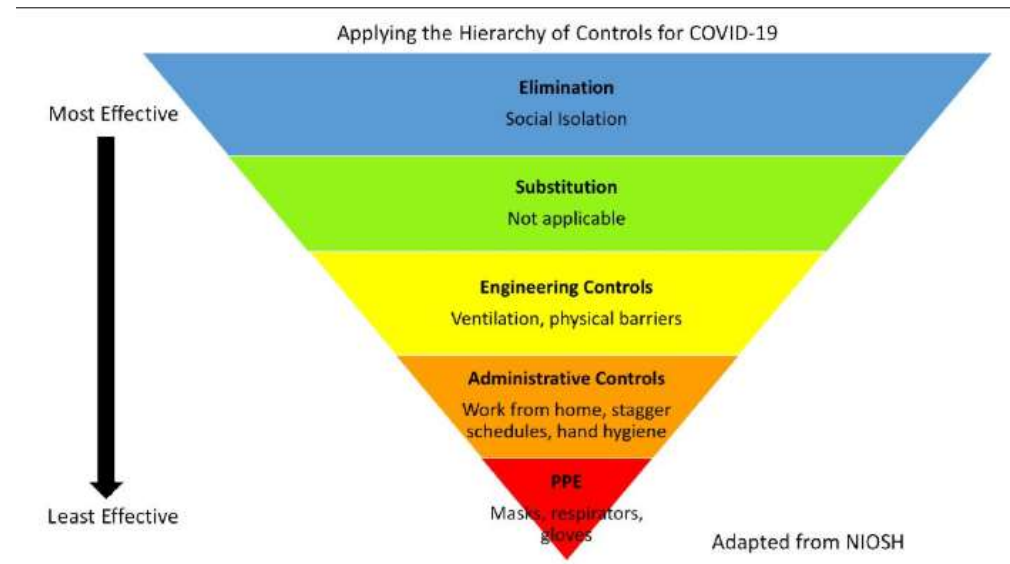
- Dry ventilation system
 - Do not need cleaning if reopening
- Wet ventilation systems
 - Need checking for stagnant water (e.g legionella risk)
- Water systems
 - Check – legionella risk, include shower heads in hotels

Cleaning

- After a period of lock down dust will settle out of the air
 - general dust e.g. skin flakes, air pollution etc
- Virus will not be active after this lockdown period
- If dirty basic cleaning methods will satisfy – i.e. hot water and detergent
 - follow up with sanitisers/bleach if you want
 - Good ventilation during use
- Provide disposable wipes so that commonly used items can be wiped down by employees before each use

Controls

- Hierarchy of control
- Local exhaust ventilation (LEV)
- Barriers
- Distance
 - (1m in controlled environments such as workplaces. Otherwise 2 m)
- Shifts
- PPE



Travelling to work

- If you or a member of your family have a cold, flu or are otherwise unwell stay home and:
 - Follow your company's policy or
 - Phone in and speak with your employer
- Separate vehicles
- Shared vehicle
 - Air intake from external not recycled
 - More runs
- Public transport

PPE

- Surgical masks not PPE
- If using P2, N95 or equivalent then must be fit tested
 - If respirators already required are they P2 or better
 - Training in putting on and taking off
 - Store and service correctly
- Coveralls – worn as part of the job
 - Are your workers trained in how to remove them
- Gloves – reusable and disposable – training in putting on and taking off needed – use posters
- Purchasing – check they are suitable and not counterfeit

Domestic and International Travel

- Avoid if possible
- Advise employees to check themselves for symptoms of COVID-19 (i.e., fever, cough, or shortness of breath) before starting travel and notify their supervisor and stay home if they are sick
- Have a system for employees who become sick while traveling, domestic and overseas
- Overseas – start planning how you will manage it. Check for the latest guidance and recommendations for each country to which you will travel (when borders reopen)

Other Hazards and Risks

- Do not overlook the day to day risks that normally exist in the workplace
- Develop an infectious disease preparedness and response plan
 - Stay abreast of guidance from MoH
 - Consider how workers may be exposed
 - Consider the home/community factors
 - Consider Individual risk factors
 - What controls you need to address these risks

Equipment

- Monitoring equipment
- CO sensors in 4/5 gas detectors can respond to hand sanitisers (sensor poisoning properties)
 - Wear gloves that have not been used with alcohol
- Clean kit with warm water and detergent **not** alcohol
- If you must use alcohol then switch off, wipe down, leave to dry in sun or under a lamp source to evaporate all alcohol
- No proof that Optical Particle Counters work for viruses

Finally

- COVID-19 will be around a long time
- Stay up to date with latest advice from reputable sources
- Be prepared to update/modify your plans