

COVID-19: SIX BASIC HEALTH AND SAFETY PRACTICES FOR WORKERS

Below are six basic health safety practices that are part of your COVID-19 workplace guidance. This quick checklist will help you stay healthy and safe. Put a check mark next to the things that you are able to do to stay healthy and safe. If you have questions, ask your supervisor for help.

I CAN CLEAN MY HANDS (PRACTICE HAND HYGIENE)



20 Seconds

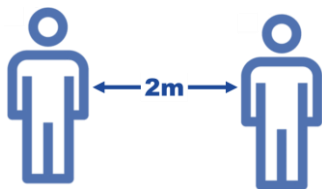


60% alcohol

I COUGH OR SNEEZE INTO MY ELBOW, OR USE TISSUES



I CAN KEEP 2 METRES PHYSICAL DISTANCE FROM OTHER PEOPLE



I CAN CLEAN AND SANITIZE MY WORK SURFACE



I STAY HOME IF I AM SICK



I WEAR THE PPE MY EMPLOYER TELLS ME TO WEAR

