



COVID-19

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Occupational Health & Safety Information



Jones
Engineering

Occupational Health & Safety Information

The World Health Organization (WHO) has declared COVID-19 (Coronavirus) a pandemic. The virus itself has been named SARS-CoV-2, and the disease it causes is called COVID-19

Symptoms

The main symptoms are as follows:

- Fever
- Dry Cough
- Difficulty in breathing

The symptoms can be mild (similar to a cold) or more severe (similar to those associated with flu or pneumonia and respiratory or kidney failure).

In rare cases, infection can lead to death. People most at risk of complications are those with a weakened immune system or a chronic disease and older people.

Treatment

There is no specific treatment or vaccine for COVID-19. Supportive treatment can, however, be provided by the health services.

If you have the symptoms, you should call your GP immediately and describe the situation. It is important that you inform your Supervisor. After the test it will take a few days for the results, it is important you self-isolate until you get the results.

Just because you are not sick does not mean you are not contagious.

Most people with COVID-19 will recover on their own.

Mode of Transmission

Investigations are ongoing concerning COVID-19. Coronaviruses usually cause infections of the nose, throat and lungs. In most cases, they are spread by:

Close contact with an infected person when the person coughs or sneezes within one metre of you or touches surfaces with their infected hands, you can transfer to your hands when touching the same surface and then touching your mouth, nose or eyes.

Travel Advice

Avoid non-essential travel until further notice.

To limit the spread of COVID-19, many countries have put in place travel or border restrictions and other measures such as movement restrictions and quarantines. New restrictions may be imposed with little warning.

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Your travel plans may be severely disrupted, and you may be forced to remain outside of Ireland longer than expected.

Contact your airline or tour operator to determine options for cancelling or postponing your trip.

If you are still considering travelling or are already outside of Ireland:

- Check your destination's safety and security, entry/exit requirements and health sections.
- Get the Government latest updates on COVID-19.
- Check the Pandemic COVID-19 travel health notice.
- Ensure that you have sufficient finances and necessities, including medication, in case your travels are disrupted.
- Check with your travel insurance provider to know more about their policies related to COVID-19. Find out if you are covered for medical treatment if you become infected with COVID-19.

Basic Protective Measures

Wash your hands frequently

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses

that may be on your hands.

Maintain social distancing

Maintain the required social distance.

Why? When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

Avoid touching eyes, nose and mouth

Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

Practice respiratory hygiene

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or your non dominant arm or using a tissue when you cough or sneeze. Then dispose of the used tissue immediately.

Why? Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.

Do not shake hands.

Greet with a nod, wave, bow or verbal only while maintaining the required social distance.

Site Risk Assessment (Work Site Specific)

General Information

Do not turn up for work if you are feeling ill, as you could be contagious from day 3-4 of the infection onwards but the symptoms may not show until day 7 to 14.

If you feel ill while at work, report in immediately and isolate yourself from your colleagues.

Getting to Site

If you are using public transport, the risk of infection is higher. Some of the ways you can avoid this:

- Drive yourself or walk or cycle if you live close enough.
- Leave earlier when it is not so crowded, and you can socially isolate.
- Do not handle roof straps, handles, isolation bars etc.
- Use an alcohol-based gel or wipes to clean your hands and wipe down surfaces.

Arriving on Site

- When you arrive, wash your hands with soap and hot water.
- When changing into work gear and PPE in the locker room maintain the required social clearance from others at all times.
- Maintain verbal greeting only – No shaking hands

Working on Site

- Do not share PPE with any other persons on site.
- Keep up to date with the latest COVID-19 information posted on site and follow the advice. A point of contact will be defined on site to discuss your concerns and to find workplace information.
- When in consultation with fellow workers or Safety Representatives/COVID Compliance Officer on site, ensure you follow the rules on distance, touching and sharing.
- Wash your hands on a regular basis throughout the day.
- If you do cough or sneeze, cover your mouth and nose with your bent elbow of your non dominant arm or use a tissue.
- Restrict the workplace to those who need to be there.
- If you are sharing tools or equipment, ensure items are cleaned each time.

Canteen Breaks

- Anti-bacterial spray should be used to sanitize all work surfaces where staff place food.
- Wash your hands before preparing any food.
- Maintain good housekeeping standards by cleaning up after yourself using anti-bacterial wipes.
- Place any used wipes or kitchen roll tissue in the bin after use for safe and controlled disposal.

Our people in safe hands

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