

Covid-19

Recommendations for On-site practices

DO

- wash your hands with soap and water
- use hand sanitiser gel if soap and water are not available
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards
- stay 2 metres (3 steps) away from other people where practical
- limit meetings and attendance on site to the fewest number of people necessary and ensure that you distance yourselves in any site meetings.
- Comply with health and safety requirements advised to you by the Main Contractor
- Use face masks and PPE to protect yourself from contamination
- Wash your clothes regularly or wear protective overalls



DON'T

- do not to touch your eyes, nose or mouth if your hands are not clean.
- do not congregate in canteen and welfare accommodation on site
- travel to work in groups exceeding 2 people

What are the symptoms, and what should

- Inform our site representative by text message and return to your home if you have:
- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- To protect others, do not go to places like the site office, canteen or welfare facilities or a GP surgery, pharmacy or hospital. Stay at home.

How will we support you

- Regular updates on current Contract status
- Provision of hand sanitizer where we have our own welfare facilities and toilets
- Increased cleaning regime of our own welfare facilities and toilets
- Provision of personal protective equipment where agreed in the contract for us to supply
- Provision of bottled drinking water
- Provision of Lysol hand wipes
- Additional welfare support and notices on our sites as deemed necessary

How can you support us

- Provide mobile contact details as requested by our site team
- Attend site and continue to work as instructed
- Observe at all times the Do's and Don't's list and advise us if you have any concerns
- Practice social distancing whilst not undertaking the works
- Advise us immediately if you feel unwell or are leaving the site- By text message.