

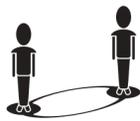
SOCIAL DISTANCING ON-SITE

WHAT IS SOCIAL DISTANCING?

Social distancing is taking small actions that make a big difference. It is adjusting your daily routine in order to minimize close contact with others. Self-isolating in your home is the best control for avoiding exposure to a contagious disease. As this is not always possible, following the guidelines listed below to help minimize your risks.

How To Practice Social Distancing

- Ensure you stay at least 2 meters (6 feet) away from one another
- Drive in separate work vehicles on site
- Avoid personal contact such as touch or shaking hands
- Avoid large groups, keep gatherings small, break up into smaller groups for job planning, toolbox talks or safety meetings



To Help Reduce your Risk of Infection:



- Wash your hands often with soap and water for at least 20 seconds. Using soap and water is the single most effective way of reducing the spread of infection. If soap and water are not available, use hand sanitizer that contains at least 60% alcohol
- Do not touch your face, eyes, nose, or mouth with unwashed hands
- Cover your mouth and nose with the crease of your elbow or a tissue when you sneeze or cough. Dispose of tissue immediately and wash your hands
- Regularly clean and disinfect frequently touched surfaces
- Do not share food, drinks, utensils etc.

Protect Yourself On-Site



- Know the practices/procedures your employer has put in place to access the job site safely
- Discuss strategies to ensure social distancing and proper hand hygiene at toolbox talks and in orientations
- Ensure that hand washing stations and alcohol-based hand sanitizer is on site and available for all workers. Supply all company and personal vehicles with hand sanitizer.
- Put up posters of proper hand washing techniques
- Ensure all offices and non-porous tools are sanitized and cleaned regularly.



- Perform environmental routine cleanings
- Disinfect PPE daily after use by washing thoroughly with antibacterial soap
- Post informative posters telling people what to do if they get sick
- If you suspect you have contracted a virus, stay home and self-isolate until health has improved. If needed contact your family doctor or go to the nearest hospital for severe/life threatening symptoms.
- For Pandemic Viruses contact 811 for further instructions on testing and treatment.



Remember your Rights

The right to know about health and safety matters.

The right to participate in decisions that could affect your health and safety.

The right to refuse work that could affect your health and safety and that of others.

