

# Simple Guidelines for the Protection of workers on construction sites from COVID-19

Protection of your own health and the health of your family and your fellow citizens is very important. You must at all times comply with the rules of the construction site where you work and faithfully follow the instructions of the construction site supervisors by applying the following:



## 1 Notify your employer or supervisor of the construction site:

- If you belong to vulnerable groups so that appropriate measures may be taken for your protection.
- If, during the previous days, you had worked on a different construction site or workplace, where a confirmed or suspected case of COVID-19 has been identified.

## 2 In case you have COVID-19 symptoms or have come into contact with a COVID-19 confirmed case:

Stay at home or self-isolate in the designated area at your workplace and wear a mask. Immediately call 1420 and your personal physician, and notify your employer.



## 3 General guidelines

- Notify the designated competent person in case you or someone else feel unwell (symptoms like fever, cough, chest ache, sore throat or diarrhea).
- Always keep a safe distance of at least 2 metres apart in each area and while entering-exiting the construction site.
- Skin-to-skin contact and/or face-to-face contact with other workers or visitors IS PROHIBITED.

## 4 Movement within the Construction Site

- No more than two individuals can be in the same vehicle at the same time. Always keep the vehicle's windows open.
- Use stairs, in the permitted direction, in preference to lifts, where possible.
- Follow the instructions regarding the maximum number of persons allowed to use the lift at the same time.
- Wear a suitable mask when using the lift with other individuals.
- Sanitize the parts of the vehicle you have touched, both before and after using it.



## 5 Working together at a distance of less than 2 metres

- Use a mask and/or a face shield.
- If you have instructions to work in a team with others, the team must consist of no more than 3 persons.
- Work side by side, without looking at/facing each other.
- You may work face-to-face with another worker only after approval by a competent person and for no more than 15 minutes.



## 6 Use of Equipment and Personal Protective Equipment (PPE)

- Use soap and water to wash your hands or disinfect your hands before and after using any tool or work equipment.
- Use the same tools and equipment. Clean them after each use and before returning them to the storeroom.
- Use your own Personal Protective Equipment (PPE). Do not share it with others. Thoroughly clean reusable PPE after use.
- Discard disposable PPE in suitable rubbish bins after using them and close the lid.



## 7 Use of washrooms - sinks

- Keep a safe distance of 2 metres apart if you are waiting in line.
- Always wash or disinfect your hands before and after using the toilet.
- Use disposable paper towels to dry your hands.
- Discard rubbish in a rubbish bin and close the lid.



## 8 Eating and rest areas

- Keep a safe distance of 2 metres apart when eating and avoid contact with others.
- Follow the rules regarding the maximum number of persons that may be present in an area at the same time.
- Wash your hands with water and soap or disinfect your hands when entering or exiting the eating area.
- Try to bring your own food and your own reusable drinking cups.
- Use your own or disposable dishes, utensils, cups.
- Discard rubbish in a rubbish bin and close the lid.

## AT HOME

- Remove your shoes and leave them outside, before you enter the house.
- Wash your hands with soap and water and take a shower.
- Disinfect your personal equipment.
- Wash and/or sanitize your work clothes and work shoes.

