APRIL SAFETY THEME:
INFECTIOUS DISEASES

An infectious disease is an illness caused by a microorganism (bacteria, virus or parasite) that can be spread from one person to another. The spread can be by direct contact with an infected person or by indirect contact, such as touching something that an infected person has touched.

Infectious diseases include:

- Common cold & Flu
- Hepatitis
- HIV / AIDS
- Malaria
- Tuberculosis (TB)
- COVID-19.

WHAT IS COVID-19

COVID-19 stands for **Co**rona **Vi**rus **D**isease that was first reported in 20**19**.

Corona Virus is an infectious disease that is spread from person to person through:

- close contact with an infectious person
- contact with droplets from an infected person's cough or sneeze
- touching objects or surfaces that have cough or sneeze droplets from an infected person, and then touching your nose, mouth, eyes.

SYMPTOMS OF CORONA VIRUS

Symptoms generally occur 2 -14 days after infection.

- Fever
- Coughing
- Sore throat
- Fatigue
- Shortness of breath.

RISKS OF CORONA VIRUS

Corona Virus is a new virus so there is no vaccine to cure it and people do not have immunity to prevent it. It is also highly transmittable, so one person can infect many others very quickly. You can die from Corona Virus, especially if you are over 65 or have other serious illnesses.

GETTING YOUR WORKPLACE READY

Watch these videos on the OTML Team Site Portal.

- Video One: Getting Your Workplace Ready
- Video Two: Save Gut Long Sik Covid-19
- Video Three: Hand Hygiene

Be the CONTROL not the HAZARD

1. Practise **good hygiene**
   - cover coughs and sneezes with your elbow or a tissue and put used tissues straight into the bin
   - wash your hands often for at least 20 seconds with soap and running water
   - use alcohol-based hand sanitisers
   - avoid touching your eyes, nose and mouth
   - clean and disinfect frequently used items regularly through the day, e.g. bench tops, desks, doorknobs, mobile phones, keys, steering wheel, hand brake, etc.

2. **Keep your distance** from others (the more space between you and others, the harder it is for the virus to spread)
   - stay at least 1.5m away from others
   - avoid physical contact, including handshaking and finger clicking
   - do not touch things that others have touched unless it has been cleaned and disinfected, e.g. phone, pens, papers, controls

3. **Limit gatherings**
   - eat lunch outside or at your desk
   - conduct meetings via phone or video conference
   - have 1 on 1 briefings
   - stay away from any area where there is a large group of people if possible

4. **Self-isolate** if you are feeling unwell or someone in your household is unwell. Self isolation means staying at home and not going anywhere unless it is absolutely necessary.

5. Refer to the **Key Control Checklist (See over)** to make sure that you are helping to stop the spread of Corona Virus and protecting yourself and others from infectious diseases.

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APRIL SAFETY THEME:
Infectious Diseases

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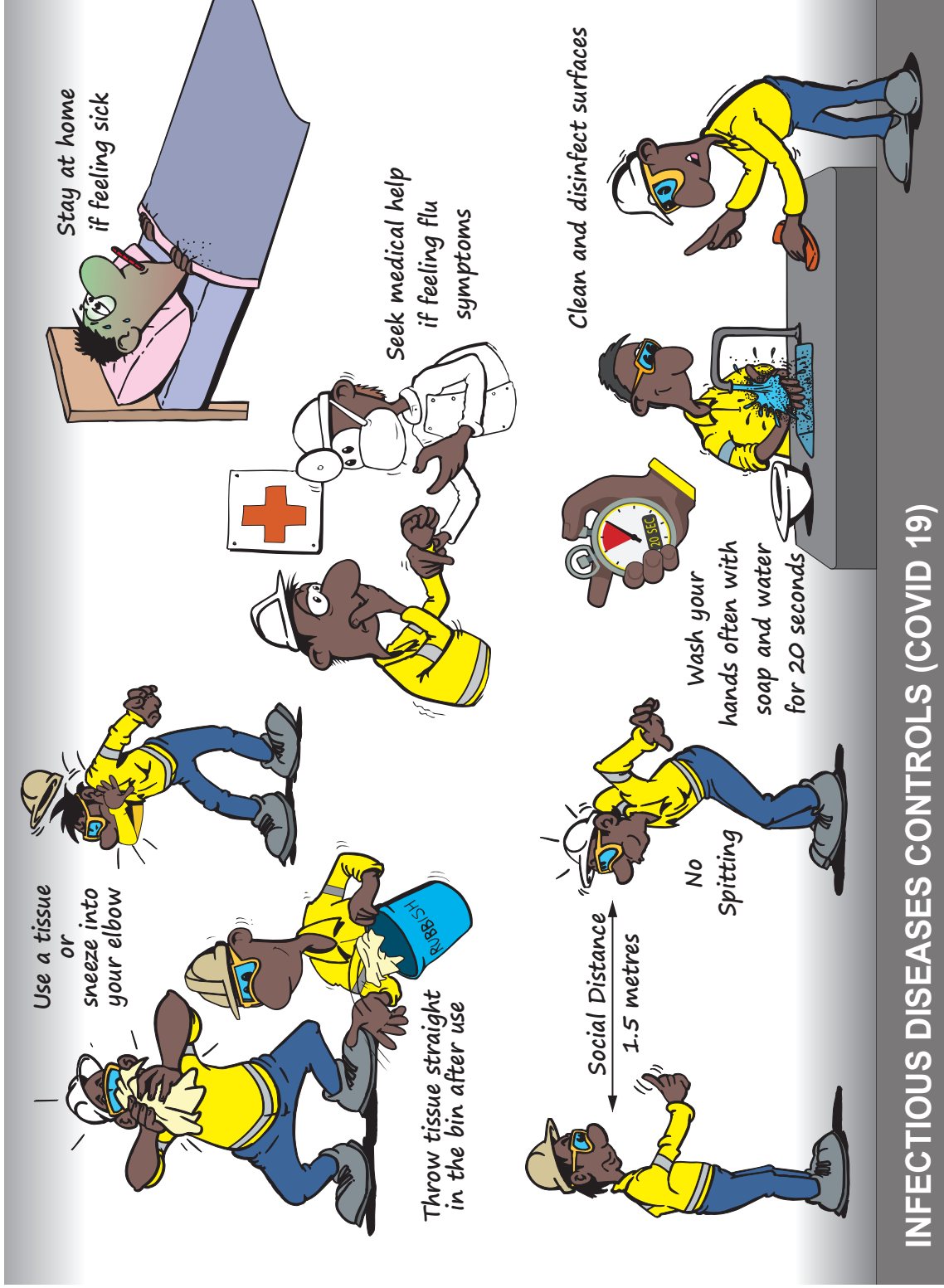
COVID-19 SYMPTOMS

- Fever
- Coughing
- Sore throat
- Fatigue
- Shortness of breath.

KEY CONTROL CHECKLIST

- ☐ Am I physically and mentally fit for work? No fever, coughing, sore throat and fatigue, anxiety?
- ☐ Am I frequently cleaning my hands with alcohol-based hand sanitizer or washing my hands with soap and running water?
- ☐ Am I aware that I need to cover coughs and sneezes inside my elbow or a tissue and put used tissues straight into the bin?
- ☐ Am I making sure I avoid touching my eyes, nose and mouth?
- ☐ Am I aware that I need to report to the hospital and isolate myself / stay at home if I am feeling unwell?
- ☐ Am I exercising, drinking water and getting plenty of sleep?
- ☐ Am I maintaining, where possibel, social distancing of 1.5 metres at all times?
- ☐ Am I frequently cleaning and disinfecting regularly used items through the day, e.g. bench tops, desks, doorknobs, tools, mobile phones, keys, steering wheel, hand brake, etc?
- ☐ Am I using the correct PPE, disinfectant chemicals and materials to prevent/reduce the spread of COVID-19 at the workplace and accommodation?

**OPERATOR / EMPLOYEE
INFECTIOUS DISEASE / COVID-19
CONTROL CHECKLIST**

Stay at home if feeling sick

Seek medical help if feeling flu symptoms

Use a tissue or sneeze into your elbow

Throw tissue straight in the bin after use

Clean and disinfect surfaces

Wash your hands often with soap and water for 20 seconds

Social Distance 1.5 metres

No Spitting

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INFECTIOUS DISEASES CONTROLS (COVID 19)

OPERATOR / EMPLOYEE

☐ Am I physically and mentally fit for work? No fever, coughing, sore throat and fatigue, anxiety?

☐ Am I frequently cleaning my hands with alcohol-based hand sanitizer or washing my hands with soap and running water?

☐ Am I aware that I need to cover coughs and sneezes inside my elbow or a tissue and put used tissues straight into the bin?

☐ Am I making sure I avoid touching my eyes, nose and mouth?

☐ Am I aware that I need to report to the hospital and isolate myself / stay at home if I am feeling sick?

☐ Am I exercising, drinking water and getting plenty of sleep?

☐ Am I maintaining social distancing, where possible, of 1.5 metres?

☐ Am I frequently cleaning and disinfecting regularly used items through the day, e.g. bench tops, desks, doorknobs, tools, mobile phones, keys, steering wheel, hand brake, etc?

☐ Am I using the correct PPE, disinfectant chemicals and materials to prevent / reduce the spread of COVID-19 at the workplace and accommodation?

SUPERVISORS / SUPERINTENDENTS

☐ Are all personnel physically and mentally fit for work? No fever, coughing, sore throat and fatigue, anxiety?

☐ Are all personnel following best hygiene practice and fully aware of the symptoms and risks associated with the spread of COVID-19?

☐ Are all personnel fully aware of what to do if they become sick or are feeling unwell?

☐ Have I ensured that there is frequent cleaning and disinfecting of regularly used / shared items thorough the day, e.g. bench tops, desks, doorknobs, tools, mobile phones, keys, steering wheel, hand brake, etc?

☐ Is the workplace set up, where possible, to maintain / encourage social distancing of 1.5 metres?

☐ Are the correct PPE items, disinfectant chemicals and materials to prevent / reduce the spread of COVID-19 available and accessible to all personnel at the workplace?

☐ Have all risks associated with spread of COVID-19 been identified for my work area and have I ensured controls are put in place?

MANAGERS / GMS

☐ Is the COVID-19 Outbreak Response Plan in place and am I aware of the plan?

☐ Have I checked that all personnel (especially significant high risk workers) are up to date with their medical checks?

☐ Have I ensured that COVID-19 information is available for all workers and information, healthcare services, support, and resources accessible?

☐ Is the workplace and accommodation set up, where possible, to maintain social distancing of 1.5 metres?

☐ Are critical items such as PPE, alcohol based hand sanitizers and disinfectant chemicals/ materials in supply and available for personnel to use?

☐ Are isolation and quarantine facilities set up and procedures in place and communicated to all personnel?

☐ Are the on-site Emergency Medical Personnel trained, competent, and fully resourced and available on-call?

INFECTIOUS DISEASE / COVID-19 CONTROL CHECKLIST