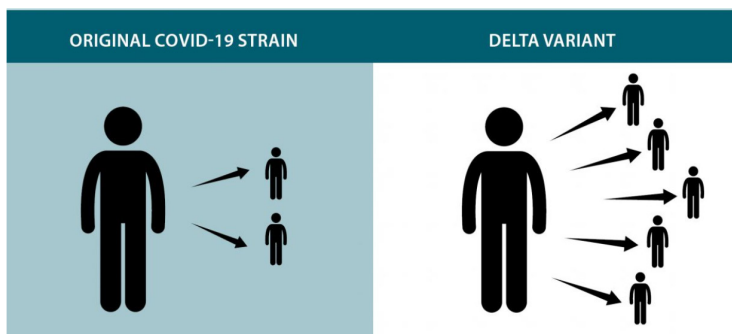


# SEPTEMBER SAFETY THEME: COVID-19 DELTA

Since the start of this wave on 1st of August, OTML has seen 3,154 confirmed cases and 9 deaths of Covid-19. Now as we are facing a new challenge with the Covid-19 Delta strain of the virus.

## THINGS TO KNOW ABOUT DELTA

- **Delta is highly contagious:** Advice from health experts state it's typical for a new strain of a virus to be more contagious because it often becomes much more efficient and easily transmitted.



- **Symptoms are the same as Covid-19:** However people are getting sicker quicker, and it is affecting younger people.
- **It is mostly affecting unvaccinated people:** When a vaccinated person does test positive, they usually have no symptoms or only mild symptoms.

## SYMPTOMS OF COVID-19 AND DELTA

- Fever
- Coughing
- Sore throat
- Fatigue
- Shortness of breath
- Loss of smell (not all people will experience this symptom)

## HOW DO YOU GET CORONA / DELTA

- 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.

The best defence against Delta is to socially distance, wear a mask if you can't socially distance, good hygiene and get vaccinated.



## 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. Wear a mask when outside of your accommodation or house this includes indoor public places, even if you are fully vaccinated.

### 4. Get Vaccinated

### 5. 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.

For more information visit:

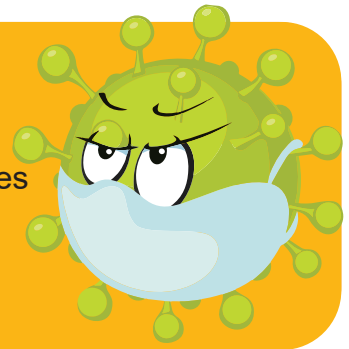
<https://newotmlhome/TeamSites/imsd/Safety%20Week%202019/Covid.aspx>



Protect yourself, your family, your community and your Company - Get Vaccinated

# DON'T

- ◆ Gamble with your family, friends and workmates health or safety
- ◆ Avoid touching surfaces and then your face



# EVERYONE

- ◆ Should wear a mask and get vaccinated
- ◆ Use gloves to reduce contact



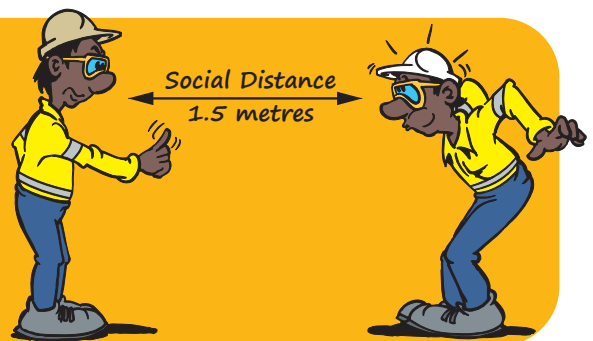
# LET'S

- ◆ Keep washing our hands with soap and water
- ◆ Keep equipment clean
- ◆ Disinfect surfaces and commonly used items



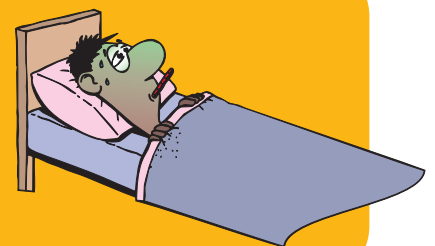
# TAKE

- ◆ Care and keep a safe distance
- ◆ If you can't, wear a mask



# ALWAYS

- ◆ Stay home if you are sick or feeling unwell
- ◆ Tell your Supervisor
- ◆ See your doctor and get tested



## 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 and the Delta Strain 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 and the Delta Strain?
- 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 and the Delta Strain available and accessible to all personnel at the workplace?
- Have all risks associated with spread of COVID-19, and particularly the Delta Strain 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 and Delta Strain 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?