

# Behavioural Controls and Hygiene

## Simple Steps to stop the Spread

There are some simple steps in the workplace to help stop the spread of COVID-19.



Screen for risks of potential exposure before entering site



Stay at home if you feel sick



Wash hands regularly



Use hand sanitiser provided



Cough or sneeze into your elbow



Place rubbish in bins provided



Use appropriate PPE



Don't touch your face



Conduct regular toolbox meetings to share information (observe physical distancing)

## Maintaining shared spaces and equipment

Recommended controls minimise the risk of spreading COVID-19 on work sites.



Clean tools before and after use



Clean frequently touched surfaces



Eat at designated locations every day



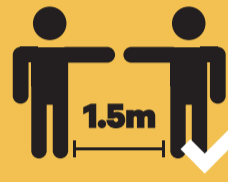
Clean plant and equipment after use



Clean work vehicles regularly

## Physical distancing

Guidelines for maintaining distancing between workers to minimise the spread of COVID-19. Remember to keep 1.5 metres away from others as much as possible, and where safe to do so.



Keep your distance



Stagger start and finish times



Stagger lunch times

## Self-Isolation

Advice for workers with or without symptoms of infection, who are isolating themselves due to potential exposure to COVID-19.

### If you have symptoms ↓



Stay at home, and away from others



Notify your employer



Ring the COVID Helpline 1800 675 398



Seek medical advice



Return to work after clearance from a doctor

### If no symptoms ↓



Stay at home



Notify your employer



Return to work after 14 days if no symptoms develop