



BRS-SHEQ-GURU/A0001

Covid-19, Level 1: OPS-COP

Module Outline Only: Operational / Cooperation

CPD (Continuous Professional Development): 01+02+00+00 = 003



INTRODUCTION

Properties

- This is Level 1 regarding COVID-19 and aim at Operational / Cooperation Guidelines: Level: 1 (OPS-COP). Level 2 aims at Management / Operational Guidelines.
- This presentation provides for **3 BRS-SHEQ-GURU-CPD Points** (Business Risk Solutions - Safety, Health, Environment & Quality – Continuous Professional Development Points) accumulated from: CPD: S01-H02-E00-Q00.
- This presentation is Edition 1 of COVID-19 (1), Level: 1: OPS-COP (Operational / Cooperation) released in July 2020: Edition: **BRS-SHEQ-GURU-A0001-07/2020**

Purpose

The purpose of this Covid-19, Level 1 “Awareness Module” is to:

- ensure adequate formal SHEQ awareness for all Operational / Cooperation employees, including new employees;
- ensure effective levels of SHEQ knowledge, the absence of occupational injuries and diseases;
- comply with legislation requirements regarding SHEQ awareness;
- achieve a SHEQ-competent and motivated workforce;
- actively influence attitudes and improve SHEQ knowledge to positively impact the behaviour of employees in the workplace;
- encourage employees to work towards the establishment of a safe, healthy, environmental and quality hazard free working environment;
- ensure effective development, implementation, management, monitoring, evaluation and review of the organisation’s SHEQ awareness and competence;
- ensure active participation and support from all levels of management.

Scope

This Covid-19, Level 1 “Awareness Module”, including the relevant Supporting Aids, applies to all employees, departments, operations and contractors working at any operation, and/or any activity related to or in connection with the organisation.

Supporting Aids

- Presentation: PowerPoint Presentation
- Self-Assessment: PowerPoint Presentation
- Certification Assessment: Online Assessment
- Ref:

<https://www.healthline.com/health/coronavirus-prevention>





TABLE OF CONTENTS

INTRODUCTION	2
PROPERTIES.....	2
PURPOSE	2
SCOPE	2
SUPPORTING AIDS	2
TABLE OF CONTENTS	3
REQUIREMENTS	5
1 Covid-19 Introduction	5
2 Wash your hands frequently and carefully	6
3 Avoid touching your face.....	6
4 Stop shaking hands and hugging people	7
4.1 The Coronavirus Killed the Handshake and the Hug. What Will Replace Them?	7
4.2 Why we touch.....	7
5 Do not share personal items.....	8
5.1 It is Personal.....	8
5.2 How do personal items transmit germs?	8
5.3 Manicure tools and nail polish	8
5.4 Makeup	9
5.5 Sharing drinks	9
5.6 Things to remember.....	9
6 Cover your mouth and nose when you cough and sneeze.....	10
7 Clean and disinfect surfaces	10
8 Take physical (social) distancing seriously	10
9 Do not gather in groups.....	11
9.1 Considerations for Events and Gatherings	11
9.2 Guiding Principles.....	11
9.3 The risk of COVID-19 spreading at events and gatherings increases as follows:	12
9.4 Targeting COVID-19's spread.....	12
9.5 Promoting Healthy Behaviours that Reduce Spread	13
9.5.1 Staying Home when Appropriate.....	13
9.5.2 Hand Hygiene and Respiratory Etiquette	13
9.5.3 Cloth Face Coverings.....	14
9.5.4 Adequate Supplies	14
9.5.5 Signs and Messages	15
9.6 Maintaining Healthy Environments	16
9.6.1 Cleaning and Disinfection	16
9.6.1.1 Restrooms	17
9.6.2 Ventilation	17
9.6.3 Water Systems	18
9.6.4 Modified Layouts.....	18
9.6.5 Physical Barriers and Guides	19
9.6.6 Communal Spaces.....	19
9.6.7 Food Service	20
9.6.8 Shared Objects	20
9.6.9 Regulatory Awareness	21
10 Avoid eating or drinking in public places	22
11 Wash fresh groceries	22



11.1 Here Are 5 Tips to Wash Fruits and Vegetables Properly Before Consumption: 23

 11.1.1 Before washing produce, wash your hands 23

 11.1.2 Rinse your produce well in running water 23

 11.1.3 Do not use soap or any detergent 23

 11.1.4 Use a brush or sponge if necessary 24

 11.1.5 Certain vegetables and fruits require extra care 24

12 Wear a (homemade) mask 25

13 Self-quarantine if sick 26

 13.1 For medium-risk cases, it is recommended that the person: 26

 13.1.1 Here is how to isolate in the case that you returned from an area with a known outbreak and are showing symptoms, or if you have already tested positive for COVID-19: 27

 13.1.2 When to stop isolating? 27

14 Importance of these measures 28

 14.1 You may not have symptoms 28

 14.1.1 What does it mean to be asymptomatic? 29

 14.1.2 How many people are asymptomatic? 29

 14.1.3 How much asymptomatic spread is happening? 30

 14.1.4 What can we do to limit asymptomatic spread? 31

 14.2 You can still spread the virus 31

 14.3 It has a longer incubation time 31

 14.4 You may get sicker, faster 32

 14.5 When to call your doctor 32

 14.6 The bottom line 33

CHECKLIST 34

 15 What can I do to keep my workers safe at the workplace and limit the spread of COVID-19? 34

 15.1 Working from home 34

 15.2 Physical Distancing 34

 15.3 Handwashing and hygiene 35

 15.4 Cleaning 35

 15.5 Monitor symptoms 35

 15.6 Plan ahead 36

SELF-ASSESSMENT: QUESTIONS 37

SELF-ASSESSMENT: ANSWERS 42

