

## **WHS - HYGIENE ACTIVITY PLAN RECOMMENDATIONS**

### **Protecting Yourself and Others**

To prevent the spread of viruses, practise good hygiene and social distancing. You should keep up to date with the latest developments by going to the link below:

The Australian Government Health Department website <https://www.health.gov.au/>

### **Personal Hygiene Recommendations**

Everyone must practise good hygiene to protect against infection and prevent illnesses from spreading. Good hygiene practises include:

- covering your coughs and sneezes with your elbow or a tissue & dispose of properly
- washing your hands with soap and water, including before and after eating and after going to the toilet
- using alcohol-based hand sanitisers
- using gloves to clean and disinfect surfaces

### **WHS Hygiene Activity Recommendations**

- The cleaning and disinfecting of common touch areas every hour on the hour, this includes Handrails, Door handles, Common rooms and lunchrooms, Coffee machines, Water machines, Eftpos machine, etc.
- Gloves to be worn when disinfecting common touch areas and for all vehicles upon arrival. i.e. steering wheel, gear shifter, keys and drivers door trim or as required.
- No Direct Touching or sharing of Tools or Equipment unless tools are cleaned with disinfectant.
- Customer Interactions - Staff must be aware to keep a respectful distance, use hand sanitiser and provide same to customers where required.
- Display Hygiene Signage in Common areas, toilet, sinks, kitchen, etc.

### **Social distancing**

- staying at home when you are unwell
- avoiding large public gatherings if they're not essential
- keeping a distance of 1.5 metres between you and other people whenever possible
- minimising physical contact, especially with people at higher risk such as older people and people with existing health conditions

### **Surgical masks**

Surgical masks in the community are only helpful in preventing people who have coronavirus disease from spreading it to others.

**If you have symptoms, please isolate yourself and get yourself checked by your GP immediately before returning to the workplace and please keep the management informed.**