

## Task Risk Assessment

<b>Task Risk Assessment:</b>			<b>(Contract/Depot/ Office)</b>						<b>Rev No.</b>		<b>014</b>									
<b>Contract number:</b>				<b>Date:</b> 23/08/2021		<b>Prepared by:</b>		Lee Cartwright			<b>Reference N°:</b>		TMCOV19							
<b>Task description:</b>		Managing the work place during Coronavirus (Covid-19) pandemic (as per GOV.UK advice)					<b>Affected:</b>		<b>Work Force</b>		x		<b>Subcontractors</b>		x		<b>Public</b>		x	

Activity	Hazards	Initial <sup>1</sup>			Control measures	Residual <sup>1</sup>		
		S	L	R		S	L	R
Office provisions, Site facilities & Work areas including first aid treatment	Possible contamination and spread of the virus	4	3	12	<ul style="list-style-type: none"> <li>Provide additional hand washing facilities to the usual welfare facilities if a large spread out site or significant numbers of personnel are on site.</li> <li>Hand cleaning facilities/sanitiser to be available at the access and egress of the site.</li> <li>Ensure soap and fresh water is readily available and kept topped up at all times and or hand sanitisers.</li> <li>Regularly clean the hand washing facilities.</li> <li>Provide suitable and sufficient rubbish bins for hand towels with regular removal and disposal.</li> <li>Maintain good personal hygiene at all times.</li> <li>See and follow Do's &amp; Don'ts guidance (<b>Appendix A</b>) this is located or displayed on site/ office.</li> <li>See and follow Guidance for Self-isolation (<b>Appendix B</b>) This is located or displayed on site/ office.</li> <li>See and follow WHO Poster for Washing Hands (<b>Appendix C</b>) This is located or displayed on site/ office.</li> <li>Wash hands before and after using toilets.</li> <li>Enhance the cleaning regimes for toilet facilities particularly door handles, locks and the toilet flush.</li> <li>Portable toilets should be avoided wherever possible,</li> </ul>	4	1	4

Activity	Hazards	Initial <sup>1</sup>			Control measures	Residual <sup>1</sup>		
		S	L	R		S	L	R
					<p>but where in use these should be cleaned and emptied more frequently.</p> <ul style="list-style-type: none"> <li>• Restrict the number of people using toilet facilities at any one time e.g. use a welfare attendant on larger sites.</li> <li>• Use soap and water (hand sanitiser) after using toilets, washrooms and canteen areas.</li> <li>• Appropriate clothing, free from contamination.</li> <li>• Change all clothing daily.</li> <li>• Maintain cleanliness of your vehicles, plant, IT equipment &amp; desk space.</li> <li>• Ensure Line managers and site managers are aware of the higher risk employees on each individual site.</li> <li>• Make yourself known to the site manager if you are at higher risk employee.</li> <li>• Keep potential contaminants at the point of work away from water supplies.</li> <li>• Stay away from vulnerable individuals, such as the elderly and those with underlying health conditions, as much as possible.</li> <li>• Stay a safe distance from individuals by following social distancing guidelines.</li> <li>• Avoid contact with your face unless your hands are freshly washed.</li> <li>• Re-usable PPE should be thoroughly cleaned after use and not shared between workers.</li> <li>• Single use PPE should be disposed of so that it cannot be reused.</li> <li>• First Aid personnel to wear PPE as defined for close proximity working (below) when treating a casualty on site</li> <li>• Appoint Social Distancing Marshal to monitor work area and compliance with social distancing and close proximity working (Third Man/Machine Driver etc.)</li> </ul> <p>Appointments to be formalised using letter of appointment</p>			

Activity	Hazards	Initial <sup>1</sup>			Control measures	Residual <sup>1</sup>		
		S	L	R		S	L	R
					<b>(Appendix E)</b> <ul style="list-style-type: none"> <li>Where a person/s have shown symptoms or tested positive for COVID-19, the work area and contact points should be “deep cleaned” as described in <b>(Appendix G)</b></li> </ul>			
Interaction between personnel including movement between Projects and Offices	Possible contraction of the virus	4	3	12	<ul style="list-style-type: none"> <li>Stop all non-essential visitors to site.</li> <li>Drivers should remain in their vehicles if the load will allow it and must wash or clean their hands before unloading goods and materials.</li> <li>Wherever possible workers should travel to site alone.</li> <li>Non-essential physical work that requires close contact between workers should not be carried out.</li> <li>Do not allow work requiring skin to skin contact.</li> <li>Plan all other work to minimise contact between workers.</li> <li>Ensure all other employees are aware of the higher risk employees on sites or in offices (with permission from the individual)</li> <li>Do not Travel on public transport where possible. Speak with your Line Manager and arrange for alternative means of transport.</li> <li>If you are not needed on site, speak with your Line Manager regarding other working arrangements.</li> <li>All Higher risk employees must be based on one site/ office only and not travelling between sites/offices.</li> <li>Transfers between sites only following authorisation from Ops / Contracts Manager.</li> <li>Working from home authorised by Line Manager</li> <li>Limit visits between sites if not critical.</li> <li>Utilise Teams or a similar platform for meetings.</li> <li>Ensure all vehicles are regularly cleaned.</li> <li>Arrange end of shift deep cleaning to include frequently touched surfaces such as desks/ chairs/ doors handles.</li> </ul>	4	1	4

Activity	Hazards	Initial <sup>1</sup>			Control measures	Residual <sup>1</sup>		
		S	L	R		S	L	R
					<ul style="list-style-type: none"> <li>Always wash your hands prior to eating and or smoking.</li> <li>Eat at separate times to other employees to reduce exposure.</li> <li>Always wash your hands after using the toilet, blowing your nose, sneezing, coughing or shaking hands.</li> <li>Wash your hands regularly for 20 seconds, each time using soap and water, or use hand sanitizer.</li> <li>Avoid close contact with people who are unwell or are showing symptoms.</li> <li>Gloves are to be worn at all times whilst on site.</li> </ul>			
Communal Areas	Possible contraction of the virus	4	3	12	<ul style="list-style-type: none"> <li>Hold daily briefings, TBT's and any other similar site meetings outside where possible and ensure all attendees are 2 metres apart.</li> <li>Only those required to attend site briefings etc. may be present.</li> <li>Increase ventilation in enclosed spaces</li> <li>Introduce staggered start and finish times to reduce congestion and contact at all times.</li> <li>Site based facilities - determine numbers of people using facility at any one time - maintain social distancing.</li> <li>Stagger break times.</li> <li>Hand cleaning facilities or hand sanitiser available at entrances where people consume food – used by personnel before entering and leaving the area.</li> <li>Workforce to bring pre-prepared meals and refillable drinking bottles from home.</li> <li>Crockery, eating utensils, cups etc. should not be used unless they are cleaned and dried before use.</li> <li>Deep cleanse drinking water taps before and after use.</li> <li>Tables and surfaces should be cleaned and disinfected after each use.</li> <li>All rubbish to be binned immediately.</li> </ul>	4	1	4

Activity	Hazards	Initial <sup>1</sup>			Control measures	Residual <sup>1</sup>		
		S	L	R		S	L	R
					<ul style="list-style-type: none"> <li>Communal areas to facilitate social distancing.</li> <li>Avoid close contact with people keeping a 2 metre gap at all times.</li> <li>Appoint Social Distancing Marshal to monitor work area and compliance with social distancing and close proximity working (Third Man/Machine Driver etc.) Appointments to be formalised using letter of appointment (<b>Appendix E</b>)</li> <li>Where a person/s have shown symptoms or tested positive for COVID-19, the work area and contact points should be “deep cleaned” as described in (<b>Appendix G</b>)</li> </ul>			
Office/Site personnel reporting diagnosis of the virus or suffering symptoms or Personnel returning from abroad who may have contracted / been exposed to virus	Spreading the infection	4	4	16	<ul style="list-style-type: none"> <li>If anyone on the site/ office starts to show any symptoms remove the high risk individuals from that site/ office immediately.</li> <li>Person with new continuous cough and/or high temperature and/or Anosmia which is the loss of or a change in your normal sense of smell. It can also affect your sense of taste as the two are closely linked to self-isolate and stay indoors at home and avoid contact with other people immediately. See and follow (<b>Appendix B &amp; D</b>) for more guidance</li> <li>Where there are multiple confirmed cases from the same location, guidance is to be sort from the relevant local health authority.</li> <li>Avoid touching anything as far as is practicably possible.</li> <li>Where a person/s have shown symptoms or tested positive for COVID-19, the work area and contact points should be “deep cleaned” as described in (<b>Appendix G</b>)</li> <li>If you live with others and you or one of them have symptoms of coronavirus, then all household members must stay at home and not leave the house for <b>10 days</b>. The 10-day period starts from the day when the first person in the house became ill. Please refer to</li> </ul>	4	1	4

Activity	Hazards	Initial <sup>1</sup>			Control measures	Residual <sup>1</sup>		
		S	L	R		S	L	R
					<p><b>(Appendix B)</b></p> <ul style="list-style-type: none"> <li>For anyone in your household who starts displaying symptoms, you need to stay at home for 10 days from when the symptoms appeared, regardless of what day they are on in the original 10-day isolation period. Please refer to <b>(Appendix B)</b></li> <li><b>Contact your Line Manager immediately.</b></li> <li>See and follow Do's &amp; Don'ts guidance <b>(Appendix A)</b> This is located or displayed on site/office.</li> <li>See and follow Guidance for Self-isolation <b>(Appendix B)</b> This is located or displayed on site/office.</li> <li>See and follow WHO Poster for washing hands <b>(Appendix C)</b> This is located or displayed on site/office.</li> <li>Site / Depot / Facilities Manager to isolate premises and arrange for deep cleansing. This includes sanitising all touch points, surfaces, equipment and floors.</li> <li>Stay away from vulnerable individuals, such as the elderly and those with underlying health conditions, as much as possible</li> <li><b>Contact the Operations Manager (Site) HSEQ Advisor/ who will be able to access COVID-19 Lateral Flow tests. The use of the kits should where appropriate be used where a site or a team has a reported positive COVID 19 case and you feel it appropriate to arrange prompt flow testing for other members of the site team or working gang who may have been in contract with the person testing positive and a quick test is required.</b></li> </ul>			
Person at work confirmed with COVID – 19	COVID -19 Virus Spread at Workplace	4	4	16	<ul style="list-style-type: none"> <li>Isolate confirmed case from others and arrange for immediate return home</li> <li>Arrange for COVID-19 testing for co-workers / people who have had close face to face contact with confirmed case <b>(Appendix F)</b></li> <li><b>Where appropriate the Operations Manager (Site)</b></li> </ul>	4	1	4

Activity	Hazards	Initial <sup>1</sup>			Control measures	Residual <sup>1</sup>		
		S	L	R		S	L	R
					<p>HSEQ Advisor will be able to access COVID-19 Lateral Flow tests. The use of the kits should be used where you feel it appropriate to arrange prompt flow testing for other members of the site team or working gang who may have been in contact with the person testing positive and a quick test is required.</p> <ul style="list-style-type: none"> <li>Once tested the result needs to be disclosed with their Line Manager to ensure that anyone who may be affected where there is a positive result is informed and testing arranged</li> <li>Co-workers where they are not showing COVID-19 symptoms and feeling well to continue at work complying with Social Distancing rules</li> <li>A deep clean of any possible affected areas, all touch points etc. require a deep clean prior to their use.</li> <li>Where there are multiple confirmed cases from the same location, guidance is to be sort from the relevant local health authority.</li> <li>Where a person/s have shown symptoms or tested positive for COVID-19, the work area and contact points should be “deep cleaned” as described in (<b>Appendix G</b>)</li> </ul>			
Undertaking site activities where social distances can or cannot be maintained  1) <b>Category 1</b> - Operations which enable Social Distancing i.e. > than 2mtrs	Essential workers & 3 <sup>rd</sup> Party workers	4	4	16	<ul style="list-style-type: none"> <li>Normal PPE standards with additional PPE based on task risk assessments</li> <li>Pre-start temperature checking</li> <li>Comply with all of the safety precautions stated above in this Risk Assessment around being on site and working</li> <li>Social Distancing Marshall observing / monitoring working practices</li> <li>Employees should keep the windows of enclosed machinery or enclosed spaces open for ventilation and be careful to avoid touching their face at all times. The inside of cabs should be regularly cleaned, particularly between use by different operators</li> </ul>	4	1	4

Activity	Hazards	Initial <sup>1</sup>			Control measures	Residual <sup>1</sup>		
		S	L	R		S	L	R
2) <b>Category 2</b> - Close Proximity Working – within 2mtrs but <b>NOT</b> face to face / skin to skin	Essential workers & 3 <sup>rd</sup> Party workers	4	4	16	<ul style="list-style-type: none"> <li>Appoint Social Distancing Marshal to monitor work area and compliance with social distancing and close proximity working (Third Man/Machine Driver etc.) Appointments to be formalised using letter of appointment (<b>Appendix E</b>)</li> <li>Face covering not mandatory (optional by individuals)</li> </ul>	4	1	4
		4	4	16	<ul style="list-style-type: none"> <li><b>Category 1</b> plus below</li> <li>No sneezing or coughing within the 2 meter distance, move away if required and dispose of any tissues wipes etc. immediately</li> <li>The use/installation of a physical barrier/screen will be classed as an adequate control to reduce it to a category 1.</li> <li>Avoid touching anything as far as is practicably possible.</li> <li>Ensure all areas of skin are covered at all times</li> <li><b>NO</b> skin to skin contact authorised – arms must be covered</li> <li>Assess whether the task is critical and if not <b>DO NOT</b> proceed</li> <li>Assess alternative working methods – mechanical rather than manual</li> <li>Display Close Proximity Working sign at work zone</li> <li>Ideally work completed by 'House Cell' / Cohort Teams</li> <li>Increased hand hygiene provisions at work zone</li> <li>Personnel to work 'side by side' or facing away from each other, rather than face to face</li> <li>Mandated PPE including face coverings (Masks) must worn at ALL times</li> <li>Light Eye Protection to be assessed on-site and worn where possible. Face covering to be given priority.</li> <li>Disposable face coverings/masks are NOT to be</li> </ul>	4	1	4



Activity	Hazards	Initial <sup>1</sup>			Control measures	Residual <sup>1</sup>		
		S	L	R		S	L	R
Deep Cleaning of office / site / canteen etc. where a symptomatic person/s or a person/s who has tested positive for COVID-19 may have worked and surfaces they have contacted.	Spread of the virus and contamination of work environment by person/s that are symptomatic or tested positive for COVID-19	4	4	16	<p>reused and disposed of correctly</p> <ul style="list-style-type: none"> <li>Reusable face coverings/masks MUST be washed daily</li> <li>Face to face working to be completed in short durations during the course of the shift (the time spent doing such tasks should be minimised as much as possible), If the above cannot be achieved then you must <b>STOP</b> and contact your Line Manager</li> <li>Where specific PPE is required to undertake a task, this MUST be adhered to</li> <li>Where we are undertaking an operation in which there is a perceived higher risk of continued close contact and in addition to the other control measures COVID-19 Lateral Flow testing of the gang members prior to the commencement of the work may be used as an additional control measure in consultation / agreement with the Operations Manager.</li> <li>The following PPE should be worn as a minimum while cleaning: <ul style="list-style-type: none"> <li>disposable gloves;</li> <li>coveralls, and</li> <li>mask or face covering.</li> </ul> </li> <li>Wash hands with soap and water for 20 seconds after all PPE has been removed</li> <li>All surfaces that the symptomatic person has come into contact with should be cleaned and disinfected, including frequently touched areas such as bathrooms, door handles, telephones and handrails.</li> <li>Use disposable cloths or paper roll and disposable mop heads, to clean all hard surfaces.</li> <li>Use one of the options below: <ul style="list-style-type: none"> <li>a combined detergent disinfectant solution at a</li> </ul> </li> </ul>	4	1	4

Activity	Hazards	Initial <sup>1</sup>			Control measures	Residual <sup>1</sup>		
		S	L	R		S	L	R
					<p>dilution of 1,000 parts per million available chlorine, or</p> <ul style="list-style-type: none"> <li>a household detergent followed by disinfection (1000 ppm available chlorine.). Follow manufacturer's instructions for dilution, application and contact times for all detergents and disinfectants, or</li> <li>Ensure that you have the COSHH Assessment for the disinfectant that you use.</li> <li>Any cloths and mop heads used must be disposed of and should be put into waste bags as outlined below.</li> <li><b>Personal waste</b> from individuals with symptoms of COVID-19 <b>and waste from cleaning of areas</b> where they have been (including PPE, disposable cloths and used tissues): <ol style="list-style-type: none"> <li>Should be put in a plastic rubbish bag and tied when full</li> <li>The plastic bag should then be placed in a second bin bag and tied</li> <li>This should be put in a suitable and secure place and marked for storage until the individual's test results are known. Do not place in general waste areas until negative test results are known, or the waste has been stored for at least 72 hours.</li> <li>If the individual tests negative, this can be disposed of immediately with the normal waste.</li> </ol> </li> </ul> <p>If COVID-19 is confirmed this waste should be stored for at least 72 hours before disposal with normal waste</p>			

**This document is live and will be revised accordingly to consider new advice issued by the UK Government.**

## Guidance on Scoring of H, S & E Risks/Aspects

<sup>1</sup>Site / Depot / Office specific initial risks should be based on corporate residual risks presented in the company health & safety risk registers (see 621-01). In evaluating site-specific residual risks, scores should only change if controls additional to company controls are implemented. **Residual risk rating should a score of 4 or less where reasonably practicable.**

**Safety Risk ratings:** Severity x Likelihood


S = Severity	1 = Minor	2 = 3 Day	3 = Major Injury	4 = Fatality.
L = Likelihood	1 = Unlikely	2 = Possible	3 = Likely	4 = Very Likely

## Environmental risks/aspects

<sup>1</sup>Site / Depot / Office specific initial risks should be based on corporate residual risks presented in the company environmental risk registers (see 621-02) In evaluating site-specific residual risks, scores should only change if controls additional to company controls are implemented.

Severity	Score		Likelihood	Score
Impact could result prosecution?	No = 0, Yes = 1		Unlikely	1
Impacts are at least regional rather than remain within or close by the site?	No = 0, Yes = 1		Possible	2
Long term duration of impact e.g. more than 3 months?	No = 0, Yes = 1		Probable	3
Noticeable damage to our environment will occur?	No = 0, Yes = 1		Certain	4
Severity Score (add scores from severity categories)	Max score = 4			
<b>Total score = Severity x Likelihood</b>				

## Risk Assessment Review Form

Review Date	Activity Description	Comments Following Review of Control Measures / Compliance on Site (Monitored on site as activity proceeds)	Name of Reviewing Supervisor	Signature
17.03.2020	Managing the work place during Coronavirus (Covid-19) pandemic (as	Captures change in Government Policy/Advice as of 16/03/2020 16:30 PM.	Mihai Ichim	

	per GOV.UK advice)			
20.03.2020	<b>Managing the work place during Coronavirus (Covid-19) pandemic (as per GOV.UK advice)</b>	Captures high risk and vulnerable employees who are able to work with special control measures implemented. Special Control measures highlighted in <b>RED</b> .	Tim Maltby	<i>T.A.Maltby</i>
24.03.20	<b>Managing the work place during Coronavirus (Covid-19) pandemic (as per GOV.UK advice)</b>	Captures measures released by CECA around site operating procedures.	Tim Maltby	<i>T.A.Maltby</i>
27.03.20	<b>Managing the work place during Coronavirus (Covid-19) pandemic (as per GOV.UK advice)</b>	Captures measure working within 2 meters of one another. Special control measures are in <b>BLUE</b>	Francis McCauley	<i>Francis McCauley</i>
03.04.20	<b>Managing the work place during Coronavirus (Covid-19) pandemic (as per GOV.UK advice)</b>	Captures review and amendment in <b>GREEN</b> . Also inclusion of Appendix E Letter of Appointment for Social Distancing Marshall. Wording of control measures reviewed and duplication removed. First Aid personnel control added.	Lee Cartwright	<i>L Cartwright</i>
14.04.20	<b>Managing the work place during Coronavirus (Covid-19) pandemic (as per GOV.UK advice)</b>	Captures review and measure working >2m and within 2 metres of one another. Special control measures are in <b>AMBER</b>	Lee Cartwright	<i>L Cartwright</i>
30.04.20	<b>Managing the work place during Coronavirus (Covid-19) pandemic (as per GOV.UK advice)</b>	Captures review and additions in <b>DARK RED</b> regarding person at work confirmed with COVID-19. Testing now available for key workers with COVID-19 symptoms.	Lee Cartwright	<i>L Cartwright</i>
20.05.20	<b>Managing the work place during Coronavirus (Covid-19) pandemic (as per GOV.UK advice)</b>	Captures review and additions in <b>Purple</b> regarding person at work confirmed with COVID-19. Additional symptoms associated with COVID-19 added. Revision to the time whilst working face to face.	Lee Cartwright	<i>L Cartwright</i>
03.08.20	<b>Managing the work</b>	Captures review and additions in <b>Orange</b> regarding persons	Lee Cartwright	<i>L Cartwright</i>

	place during <b>Coronavirus (Covid-19) pandemic (as per GOV.UK advice)</b>	at work confirmed with COVID-19. Additional isolation requirements associated with COVID-19 added		
19.01.21	<b>Managing the work place during Coronavirus (Covid-19) pandemic (as per GOV.UK advice)</b>	Captures review and additions in <b>Dark Blue</b> regarding principles for the cleaning (Deep clean) of a work area or site after a person/s have shown symptoms or tested positive for COVID-19	Lee Cartwright	<i>L Cartwright</i>
18.05.21	<b>Managing the work place during Coronavirus (Covid-19) pandemic (as per GOV.UK advice)</b>	Captures review and additions in <b>Yellow</b> regarding the use of lateral flow tests after a person/s have shown symptoms or tested positive for COVID-19 and as an additional control measure.	Lee Cartwright	<i>L Cartwright</i>
23/08/2021	<b>Managing the work place during Coronavirus (Covid-19) pandemic (as per GOV.UK advice)</b>	Captures review and additions highlighted in <b>Purple</b> regarding the changes and measures to individuals who do not have to Self-Isolate when contacted or in an household with a confirmed positive case of COVID-19 based upon new guidance.	Lee Cartwright	<i>L Cartwright</i>
06/01/2022	<b>Managing the work place during Coronavirus (Covid-19) pandemic (as per GOV.UK advice)</b>	Captures review and additional chart in Appendix B regarding the changes and measures to individuals who have to Self- Isolate with a confirmed positive case of COVID-19 based upon new guidance.	Lee Cartwright	<i>L Cartwright</i>

**Note:**

First review date will be undertaken on the first day of the activity with subsequent review dates on a weekly basis or following changes to working methods/conditions resulting in additional risk realisation and control measures.

Prior to commencing the activities covered in this risk assessment all personnel are to sign below to confirm that a clear briefing explaining the job has been given and is understood:

[illegible]

Appendix A

# CORONAVIRUS

## How to avoid catching or spreading Coronavirus

### DO



Wash your hands with soap and water often - do this for at least 20 seconds.

Always wash your hands when you come into work or get home



Use hand sanitizer gel if soap and water are not available

Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze

Put used tissues in the bin straight away and wash your hands afterwards

Try to avoid close contact with people who are unwell.

### DON'T



Touch your eyes, nose or mouth if your hands are not clean.

Guidance from: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

## Appendix B

### Guidance relating to Self-isolation - Coronavirus (COVID-19)

#### What does self-isolating mean?

If you have been told to self-isolate, you need to stay indoors and avoid contact with other people for the recommended days as stated by the UK government/NHS 111. **There are new rules regarding self-isolation depending upon certain criteria being met.**

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-long-to-self-isolate/>

It is important to follow the advice for the whole period, even if you do not have any symptoms.

Do not leave your home for 10 days from when your symptoms started.

Stay away from vulnerable individuals, such as the elderly and those with underlying health conditions, as much as possible

#### Do

- stay at home
- separate yourself from other people – for example, try not to be in the same room as other people at the same time
- only allow people who live with you to stay
- stay in a well-ventilated room with a window that can be opened
- ask friends, family members or delivery services to carry out errands for you, such as getting groceries, medicines or other shopping
- make sure you tell delivery drivers to leave items outside for collection if you order online
- clean toilets and bathrooms regularly
- think about a bathroom rota if a separate bathroom is not available, with the isolated person using the facilities last, before thoroughly cleaning the bathroom themselves
- use separate towels from anyone else in the household
- wash crockery and utensils thoroughly with soap and water; dishwashers may be used to clean crockery and cutlery
- stay away from your pets – if unavoidable, wash your hands before and after contact

#### Don't

- do not invite visitors to your home or allow visitors to enter
- do not go to work, school or public areas
- do not use public transport like buses, trains, tubes or taxis



- do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with other people in your home

### When you do not have to Self-Isolate

If someone you live with has symptoms of COVID-19, or has tested positive for COVID-19, you will not need to self-isolate if any of the following apply:

- you're fully vaccinated – this means 14 days have passed since your final dose of a COVID-19 vaccine given by the NHS
- you're under 18 years, 6 months old
- you're taking part or have taken part in a COVID-19 vaccine trial
- you're not able to get vaccinated for medical reasons

Double-jabbed individuals and under 18s who are identified as close contacts by NHS Test and Trace will be advised to take a PCR test as soon as possible to check if they have the virus and for variants of concern. People can order a PCR home test online or by calling 119, or going to a test site.

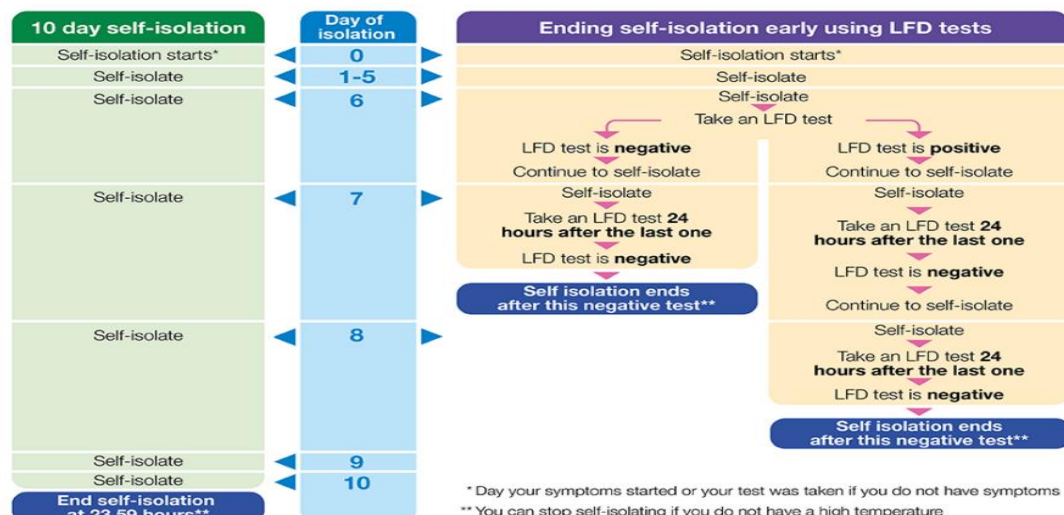
### What to do about work or other responsibilities

During an outbreak, it is important to reduce the risk of further spread of the infection. This will require understanding and support from employers, family members and friends.

It can help to:

- talk to those around you, including your employer, about the importance of self-isolation to reduce the risk of spreading infection at work; if you are well, you may be able to work from home
- make plans with your family and friends on how to manage shopping, dropping children to schools and events
- ask people not to visit your home while you're self-isolating; if you need a healthcare or care visit at home during this time, tell them in advance that you are self-isolating so they can follow their local employer's guidance

**Examples of when to end self-isolation if you have had COVID-19 symptoms or have received a positive COVID-19 test result**



## Appendix C

<p>Right palm over left dorsum with interlaced fingers and vice versa;</p>	<p>Palm to palm with fingers interlaced;</p>	<p>Backs of fingers to opposing palms with fingers interlocked;</p>
<p>Rotational rubbing of left thumb clasped in right palm and vice versa;</p>	<p>Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;</p>	<p>Rinse hands with water;</p>
<p>Dry hands thoroughly with a single use towel;</p>	<p>Use towel to turn off faucet;</p>	<p>Your hands are now safe.</p>



**World Health  
Organization**

**Patient Safety**

A World Alliance for Safer Health Care


**SAVE LIVES**

Clean Your Hands


## Appendix D

Coronavirus COVID-19 Public Health Advice			
Symptoms	Coronavirus (can be mild to severe)	Cold (Gradual onset)	Flu (abrupt onset)
Fever	Common	Rare	Common
Cough	Common (usually a dry cough)	Mild	Common (usually a dry cough)
Fatigue	Sometimes	Sometimes	Common
Aches and pains	Sometimes	Common	Common
Sore throat	Sometimes	Common	Sometimes
Headaches	Sometimes	Rare	Common
Shortness of breath	Sometimes	No	No
Runny or stuffy nose	Rare	Common	Sometimes
Diarrhoea	Rare	No	Sometimes for children
Sneezing	No	Common	No


Sources: World Health Organization, Centres for Disease Control and Prevention



**CATCH IT.**  
**BIN IT.**  
**KILL IT.**



Hand washing and hygiene  
Save lives and reduce illness



GOV.UK advice

Stay at home for 10 days if you have Coronavirus Symptoms:

- A high temperature
- A new, continuous cough
- A loss of, or change to, your sense of smell or taste

**Do not go to the GP, pharmacy or hospital**

Only call 111 if you feel you cannot cope with your symptoms at home or the conditions worsen or do not improve after 10 days

How to avoid catching or spreading coronavirus			
**Do**			
Wash your hands with soap and water often (use hand sanitiser gel if not available) and always wash your hands when you arrive at home or work. Sneeze/cough into a tissue or your sleeve, bin the tissue immediately and wash your hands. Try to avoid contact with people who are unwell.			
**Don't**			
do not touch your eyes, nose or mouth if your hands are not freshly cleaned			

## Appendix E

[Date]  
[Name]

Barhale plc  
[Address]  
[Post Code]

Dear [Name],

### Social Distancing Marshall Letter of Appointment

**Site:** [Contract Name & No / Depot Name, Name and Address]

This letter is to confirm that Barhale have appointed you as a Social Distancing Marshall for the above site. Your responsibilities extend to monitoring work carried out within your gang and ensuring compliance with the 2 metres social distancing rule. In addition to this, you must ensure work activities which require close proximity working are in accordance with safe system of work requirements.

Barhale's Social Distancing Policy is:



Please sign and return a copy of this 'letter of appointment', as acceptance of your responsibilities.

Yours sincerely

**Signed as accepting the above Social Distancing Marshall duties:**

Name:-.....

Signature:-.....

Date:-.....

**TO BE DISPLAYED IN SITE OFFICE**

## Appendix F

### **All essential workers and members of their households who are showing symptoms of coronavirus will now be able to get tested.**

This will mean individuals and people they live with will have the reassurance of knowing whether their symptoms are caused by coronavirus and can decide whether they are well enough to return to work.

Booking the test has been made simpler via a new online system. From today, employers can [register and refer self-isolating staff](#), and from tomorrow employees will be able to [book a test directly for themselves or members of their household](#) who are experiencing symptoms – a high temperature or new continuous cough.

Essential workers using the new portal can enter their details and will then receive a text or email the same day inviting them to either book an appointment at one of more than 30 drive-through testing sites across the country, or receive a home testing kit.

Test results from the drive-through sites will be sent out by text within 48 hours, and within 72 hours of collection of the home delivery tests.

The aim is that most people should not have to drive for more than 45 minutes to get to a regional testing site. However, additional testing methods are being rolled-out to support testing accessibility:

- A network of new mobile testing units is being rapidly established. These will travel the country to reach care homes, police stations, prisons and other sites where there is demand for testing. The units have been designed to clinical requirements by army engineers and can be easily set up in under 20 minutes.
- The new mobile units will work alongside the drive-through test sites, together sending thousands of patient samples to the network of Lighthouse Labs, to rapidly increase the number of tests completed each day.
- A delivery service for home testing kits has been designed with key industry partners, including Royal Mail and Amazon. The availability of home testing kits will initially be limited, but more will become available soon. This will ensure those not able to travel to a test center can still take the test, find out their results and return to work if possible.

## Appendix G

### Principles of cleaning after an individual with COVID-19 symptoms or confirmed positive following testing

#### Personal protective equipment (PPE)

The minimum PPE to be worn for cleaning an area after a person with symptoms of COVID-19, or confirmed COVID-19, has left the setting, is:

- disposable gloves;
- coveralls, and
- mask or face covering.

Wash hands with soap and water for 20 seconds after all PPE has been removed.

#### Cleaning and disinfection

All surfaces that the symptomatic person has come into contact with should be cleaned and disinfected, including frequently touched areas such as bathrooms, door handles, telephones and handrails.

Use disposable cloths or paper roll and disposable mop heads, to clean all hard surfaces.

Use one of the options below:

- a combined detergent disinfectant solution at a dilution of 1,000 parts per million available chlorine, or
- a household detergent followed by disinfection (1000 ppm available chlorine.). Follow manufacturer's instructions for dilution, application and contact times for all detergents and disinfectants, or

Ensure that you have the COSHH Assessment for the disinfectant that you use.

Any cloths and mop heads used must be disposed of and should be put into waste bags as outlined below.

#### Laundry

1. Wash items in accordance with the manufacturer's instructions. Use the warmest water setting and dry items completely. Dirty laundry that has been in contact with an unwell person can be washed with other people's items. To minimise the possibility of dispersing the virus through the air, do not shake dirty laundry prior to washing.
2. Clean and disinfect anything used for transporting laundry with your usual products, in line with the cleaning guidance above.

#### Waste

Personal waste from individuals with symptoms of COVID-19 and waste from cleaning of areas where they have been (including PPE, disposable cloths and used tissues):

1. Should be put in a plastic rubbish bag and tied when full
2. The plastic bag should then be placed in a second bin bag and tied
3. This should be put in a suitable and secure place and marked for storage until the individual's test results are known. It should not be placed in communal waste areas until negative test results are known, or the waste has been stored for at least 72 hours.
4. If the individual tests negative, this can be disposed of immediately with the normal waste.
5. If COVID-19 is confirmed this waste should be stored for at least 72 hours before disposal with normal waste.