

# PRACTICE GOOD HYGIENE

Everyone can help prevent the spread of infections by practicing good hygiene and is encouraged to implement the following measures:



Washing your hands often with soap and water for at least 20 seconds.



Avoiding touching your eyes, nose or mouth.



Avoiding close contact with people.

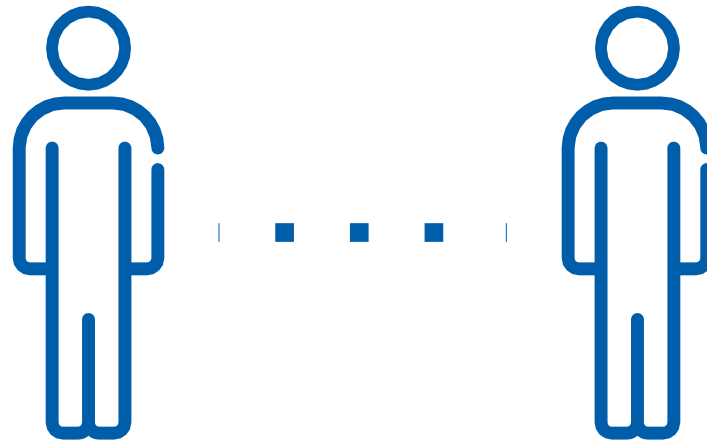


Coughing or sneezing into your sleeve or elbow and not your hands.



Reporting flu-like symptoms to your supervisor.

# PRACTICE THE '6' SOCIAL DISTANCING



- Please limit meetings/gatherings to as few people as possible.
- Maintain a 2 meter distance from each other.
- On site you will need to find ways to maintain an adequate working distance from each other, including limiting the number of people in hoists and orientations.

# COVID-19

**Anyone experiencing flu-like symptoms associated with COVID-19 (eg. coughing, fever, difficulty breathing), should immediately contact their supervisor and consult a healthcare professional.**

If you have any of these symptoms, you should NOT be at work and should consult with your healthcare provider before returning to work.