



Stay safe at work



Practise physical distancing of 1.5m.

Physical distancing helps limit the spread of COVID-19.

Wear an appropriate mask when inside, avoid socialising in the tea room or congregating in shared spaces.



USE CORRECT PPE
including donning and doffing



WASH HANDS
often with soap and water, or use hand sanitiser



PHYSICAL DISTANCE
between yourself and others



CLEAN SURFACES
for workplace areas and equipment



COVER COUGHS
and sneezes with a tissue or use your inner elbow



STAY HOME
from work if you are sick and get tested



Stay safe with PPE



Ensure you use the correct PPE for your circumstances.

PPE protects the wearer from infection. Proper use helps keep health workers safe and stops the spread of COVID-19.



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Stay safe away from work



COVID-19 doesn't knock off when you do.

Maintain physical distancing and continue hand hygiene when away from work.



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Stay safe – stay at home if unwell



Protect yourself and others.

Stay at home when you are unwell. Get tested if you have any COVID-19 symptoms – no matter how mild. No one will thank you for passing on a virus at work.



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