

COMMUNITY SERVICES STAFF SAFETY

Contact us!
ray@aasp.ca

COVID-19

Help Stop the Spread

As the pandemic continues, it's important to slow the spread **SAFELY**.



During this time, it's important to maintain your **physical health**, too!

Deconditioning is a loss of fitness or ability from a lack of activity which can increase the chance of injury. **Deconditioning can be prevented and reversed.**

Before work

- Focus and pay attention to your body. Do gentle stretches to loosen muscles and reduce soreness.
- Warm up by doing a short burst of brisk activity, like stair-climbing or a quick run.



Communication is critical!

Have a strong **COMMUNICATION PLAN**

in place before employees, clients, and visitors return to the worksite.



At work

- Reassess and talk about the hazards and any changes that have happened. Reorient and retrain as necessary.
- Plan your work by eliminating tasks, using equipment to lessen physical loads, and gradually incorporating lifting and carrying activities back into your routine.
- Communicate about any changes in the work environment or work processes, and what must be done to ensure health and safety.

Use the Hierarchy of Controls at work

ENVIRONMENT CONTROLS

 <p>Clean and disinfect high-touch surfaces frequently (e.g., door knobs, light switches, railings, tables, chairs)</p>	 <p>Practice hand hygiene before, during, and after outings. At work, provide and maintain hand hygiene stations.</p>	 <p>Clean infant car and booster seats with soap and water after each use</p>	 <p>Secure vehicle from further use until it can be cleaned following CDC guidelines</p>	 <p>Ensure each worker has their own items to prevent sharing and remove shared food and beverages practices</p>
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ADMINISTRATIVE CONTROLS

 <p>Implement symptom screening practices</p>	 <p>Post informative signage in appropriate locations (e.g. entrances, washrooms, kitchens, etc.)</p>	 <p>Train all personnel on the safety protocols and frequently communicate them to workers</p>	 <p>2 m Physical distancing whenever possible, or wear a mask</p>	 <p>Remove and wash clothing after work to prevent cross-contamination between work. Wash hands after handling the clothing</p>
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PERSONAL PROTECTIVE EQUIPMENT CONTROLS

 <p>Train workers on how to don, doff, clean (as applicable) and discard PPE</p>	 <p>Wear disposable gloves when cleaning blood or body fluids. Remember to wash your hands before wearing, and after removing gloves</p>
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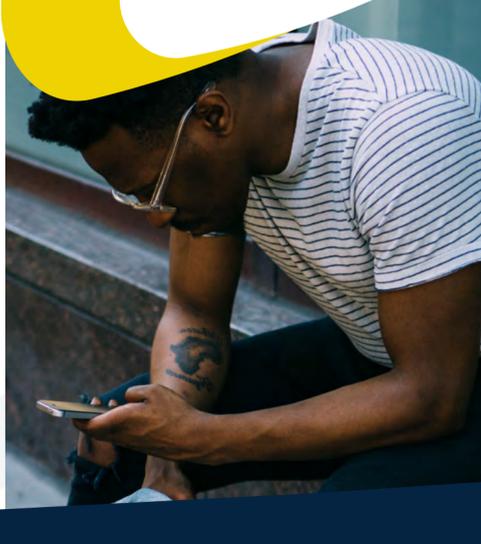
Learn more about proper PPE use from the **AHS**

[Donning PPE](#)

[PPE Do's and Don'ts](#)

[PPE Video](#)

COVID-19 affects more than just your **physical health**. Make sure you're taking care of your **mental health**, too!



Resources are available if you or someone you know is struggling and needs a little extra support, advice on handling stressful situations, or ways to talk to children.

You can reach a Kids Help Phone counsellor 24/7 at 1-800-668-6868

The Mental Health Help Line also provides 24/7 support for Albertans at 1-877-303-2642

A more isolated society may put more people at risk of family violence.

If someone you know is **at risk** of family violence, **help is available**. The family violence info line provides 24/7 support in over 170 languages at **1-310-1818**.

Sources:
 • COVID-19 in Alberta, UCP Government caucus
 • Worker deconditioning following an absence from the workplace, Alberta Government
 • Alberta.ca/covid19