

As we navigate through these unprecedented times, having procedures in place to mitigate risks is essential to maintaining your health as well as that of your family.

Here is a simple guide on what to do when you return home:

1. When you come home, try not to touch anything.
2. Remove your shoes.
3. Disinfect your pet's paws with soap and water if you took them for a walk.
4. Leave your bag, keys, wallet, or purse in a box at the entry of your home and ensure it is out of reach of children.
5. Remove your clothes and put them in a bag to be washed.
6. Have a shower if you can't wash all of your exposed areas. If possible, use a separate bathroom just for this purpose.
7. After you have showered and dressed, don latex gloves and clean all items and areas you may have touched upon entry. Door handles, sink faucets, shower curtains, etc.
8. Clean the surfaces of your mobile phone and glasses if you wear them.
9. Wipe down all surfaces of the items purchased or brought in from outside. This includes groceries that are in bags or boxes, lunch kits, PPE, etc.
10. Carefully remove and dispose of your gloves and then thoroughly wash your hands.
11. **Remember it is not possible to carry out the complete disinfection, the goal is to minimize the risk.**

Cleaning Solutions:

- EPA-registered household disinfectants.
- Diluted household bleach.
 - To make a bleach solution, mix 5 tablespoons (1/3rd cup) bleach per gallon of water OR 4 teaspoons bleach per quart of water (CDC)
- Regular soap and water.
- If soap and water are not available (preferred method), use an alcohol-based hand sanitizer that contains at least 60% alcohol. (CDC)

Things to consider before you go out:

- Do not go out if you are showing any symptoms, contact someone you know and trust to complete a contactless delivery of food and other essentials during this time.
- Covid-19 Spreads person to person, through respiratory droplets produced when an infected person coughs or sneezes. Maintain a distance of 6 feet or 2 meters from other people.
- Do you have a government mandated non-medical face covering? This is required in most indoor public areas with some exceptions. Check the government's public health order for more information
- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
 - Throw used tissues in the trash. Ensure to empty your trash receptacle often.
 - Ensure to wash or sanitize your hands after handling used tissue.

Useful Links:

- <https://www.cdc.gov/coronavirus/2019-ncov/prepare/transmission.html>
- https://www.cdc.gov/coronavirus/2019-ncov/faq.html#anchor_1584386215012
- <https://www.cdc.gov/handwashing/show-me-the-science-hand-sanitizer.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>
- <https://www.health.harvard.edu/diseases-and-conditions/coronavirus-resource-center>
- <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/public-health-measures/public-health-orders>

Tool Box Talk

When accidents and incidents happen on the jobsite, we are always quick to point the finger at lack of training, not following practices or procedures, or even improper supervision. The idea that the hazards and dangers associated with the job were not properly communicated to all of the workers is often missed.

Tool Box Talks can go by many names, and although formats may vary, these meetings all serve one purpose: to inform employees and contract workers. Tool Box Talks are short, informal, meetings between management and the workers on a jobsite. The goal of these meetings is to reinforce current safe job procedures, inform workers of new and/or relevant procedures, review recent safety violations/incidents, and ensure workers are up-to-date on the information required to complete their work safely.

Always use a Tool Box Talk form to record the meeting topic, date, who was in attendance, and any follow-up actions to be taken. Not only do these forms help with consistency of record keeping, but they also ensure that nothing is missed. At the end of the meeting have management sign off on the form.

One of the most important aspects of a Tool Box Talk is giving workers an opportunity to voice their concerns and ask questions. All employees have a right to participate in health and safety as it relates to their work and it is the supervisor or manager's responsibility to create an environment for them to do so. Once the meeting is over, and the form is filled out, it should be filed with other documented Tool Box Talks.

Remember that Tool Box Talks are short and informal, they are not meant to be intimidating. Use the opportunity to have fun and stay on top of what is necessary to keep safety culture a strong part of the business.

For a full listing of Tool Box Talk topics, visit: www.scsaonline.ca/resources/tool-box-talks

For a copy of the Tool Box Talk form, visit: www.scsaonline.ca/pdf/Tool_Box_Meeting.pdf

About the Saskatchewan Construction Safety Association

The Saskatchewan Construction Safety Association (SCSA) is an industry-funded, membership-based, nonprofit organization that provides cost-effective, accessible safety training and advice to employers and employees in the construction industry throughout the province to reduce the human and financial losses associated with injuries. Registered March 20, 1995, the SCSA is, and has been since inception, committed to injury prevention. Serving almost 10,000 member companies with business offices in both Regina and Saskatoon, the major business units of the association are Advisory Services, Business Development, Corporate Services, Program Services and Training. The mission of the SCSA is constructing safety leadership in Saskatchewan and the vision is to create the safest construction environment in Canada.