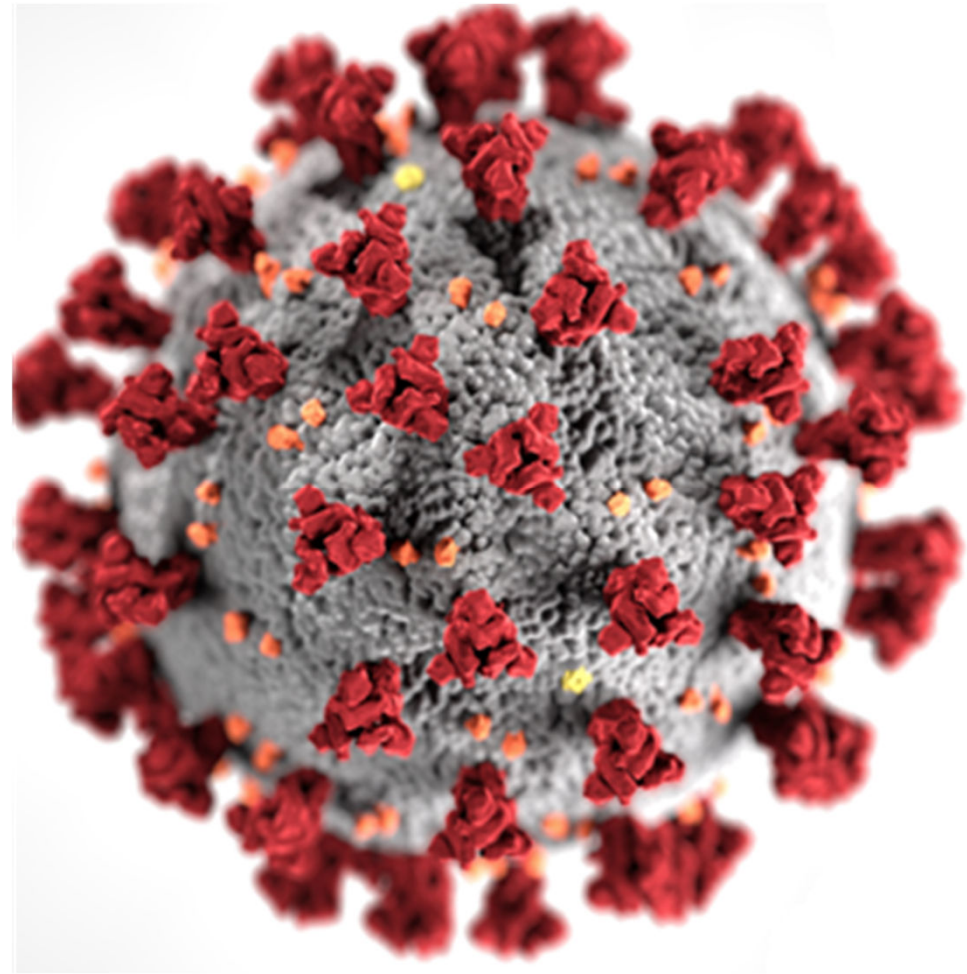


## PREVENTION MEASURES BEST PRACTICE GUIDE IN ORDER TO MITIGATE COVID-19 IN CONSTRUCTION SITES

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- This best practice guide is a compilation of very simple concepts to avoid the infection because of Covid-19.
- It is a guidance in order to know actions procedures.
- It can never substitute the procedures or measures adopted by the company prevention services.



# ACTING AS IF EVERYBODY IS INFECTED

- I protect self and when coming into the construction site:
  - I use the mask + Scaff
  - I use one-use gloves
- The rest of the team do the same, so I help to make it possible

# USING MASK AND ITS PROTECTION SYSTEM TO LENGTHEN ITS LIFESPAN:

- The mask is used on the base: when my shift is over / arrive home I clean it with hydrogen peroxide and I let it dry until next shift.
- I remove the mask with clean gloves.
- I try to lengthen to maximum its lifespan protecting it with a scarf or home-made mask.

# CHOOSING A MASK :



- FFP2 without exhalation valve
- It protects and limits the infection spreading

# SETTING AND ADJUSTING THE MASK



1. Give form to the internal nose clip

2. Hold the respirator so the external side rests on the palm hand and the elastics bands stay under the hand

3. Place the respirator under the chin with the nasal clip on top and get the underneath elastic at the nape

4. Place the top elastic band at the top of the head

5. Set the respirator on the face and adjust the nasal clip

6. Respirator front view when properly set

7. Rear view respirator

8. Elastic bands can also be set crossed if more tension is required

# USING GLOVES:

1. I use one-use gloves underneath.
2. I use a biological Risk or an specific glove for my duties on top.
3. I clean the gloves if the user changes with:
  1. Encapsulator liquid
  2. Hydroalcoholic solution
  3. Soap and water
4. When my shift is over and before taking them off, I sanitize them and I keep them at my locker in a clean bag.



# WORKING CLOTHES:

1. It is compulsory to have at least 2 changing clothes sets and those have to be washed daily.
2. The clothes are used during all my shift.
3. Before taking them off, I spray them with encapsulator liquid. I ask for help to my workmates.
4. When taking them off, I keep the inside a clean bag.
5. I take them home to wash then safety.

# USING EYE PROTECTION:

1. In case that I am at less than 2,00 m away from my workmates, I will use protection eyeglasses or antishock screen.
2. I use eye protection all along my work shift.
3. I has to be adjusted to the face so it protects.
4. When the shift is over and before removing the gloves, the eye protection has to be washed.



# CONSTANTLY CLEANING WITH WATER ANB BLEACH (5/1) OR ENCAPSULATOR PRODUCT:

1. It must be used in common areas: toilets, dinning rooms, changers, entrance, work shed.
2. It is used spraying the places used by anybody and once the PPE have been removed, for example, toilets, dinning rooms, changers, entrance.

# USING COMMON AREAS:

1. If possible, schedules will be changed to avoid the use of dinning rooms: it can be set an intensive schedule or 2 shifts so the performance is not reduced.
2. Density will be over 2 sqm per worker either in changers or dinning rooms: it will be the only places where the mask can be removed.
3. A shed keeper will be nominated, who will verify that this system is implemented and that the worker density do not rise.
4. Smoking is only allowed in the area set up for this and only one by one.

# TOOLS AND SMALL MACHINES SANITATION

1. A shed keeper will be nominated so:
  - a) The tools will be sanitized by the shed keeper
  - b) The shed keeper will supervise its disinfection.
2. People in charge of sanitation will increase their PPE using:
  - a) Gloves for chemical products (bleach dissolution or encapsulate liquid)
  - b) Eye screen to avoid splashes
3. It will be set at the working shed an area to place the dirty tools and machines as well as the disinfected.

# COMING BACK HOME:

## 1. If possible:

- a) I come back walking
- b) If I share a car and / or public transportation I keep on using masks, gloves and eye protection.
- c) If a shared car is used, it is recommended to spray the inside of the vehicle with an encapsulator product, once it is left.

# AT HOME:

1. If possible, nothing is touched at home until be showered.
2. I leave used clothes inside a clean bag, inside out when possible.
3. I shower the whole body, including hair, with water and soap in abundance.
4. Clothes go to the washing machine with soap and temperature between 40 and 60 °C.
5. If the clothes have been touched when placing them (including the bag used to transport it), I wash my hands with water and soap before touching anything else, washing machine, etc.