

## COVID-19 (Coronavirus) Hygiene

### Site Work & Breaks

As COVID-19 (coronavirus) is a new illness, we do not know exactly how it spreads from person to person. However, we do know that similar viruses are spread in cough droplets. This advice is aimed at front line staff to help prevent the spread of the virus given the high national importance of the work you do and the common contact scenarios you may face on site. It is based on the best evidence available from Network Rail and the relevant government bodies.

**Remember, if you feel something is unsafe, invoke the Worksafe Procedure.**

#### Whilst Working

- Operatives must maintain a separation distance of at least 2 meters from each other wherever possible.

#### Breaks & Messing

- Wherever possible, breaks should be staggered to prevent large numbers of people occupying the same space and coming within 2 meters of each other.
- Operatives must, without exception, wash their hands before and after breaks.
- The messing environment (van, messroom, welfare cabin) must be wiped down using available cleaning equipment both before and after use.

#### Using & Sharing Equipment

- You should never share PPE.
- Ensure you wear gloves at all times except when eating and avoid touching your face, or anything that may come into contact with you face.
- Take care when removing and storing your gloves and other items of PPE.
- You should avoid sharing "back to back" and "Duplex" communications equipment. If this cannot be avoided, you must ensure equipment is cleaned before and after use.
- RRV and plant Operators must ensure they clean key contact surfaces (buttons, switches, levers etc) both before and after use.
- Take care around Lookout/Site Warden Equipment ensure you only use your equipment that is allocated to you.

**Please contact your Ganymede Line Manager or On Call Manager if you have any doubt of the above instructions.**