ABGALERT UPDATE April 3rd

Safety is as simple as ABC A

B

Safety Alert COVID-19 RULES

• Work Safely, always and everywhere!

- Do you have cold symptoms, such as colds, sore throat, cough? **Stay home**. Sick off. Don't do any shopping and don't get visitors. Let others run shopping, or have them delivered, make sure someone else lets the dog out. For housemates without symptoms, the rules that apply to everyone in the Netherlands apply. If you don't have any symptoms for 24 hours, you can go outside again.
- Do you have cold symptoms with a fever (above 38°C) and/or short breath? Everyone stays home. Sick off. Don't do any shopping and don't get visitors. If you have roommates, they can't go outside either. As an exception, only housemates who have no symptoms are allowed to run equally necessary shopping. If everyone doesn't have any symptoms for 24 hours, you can go outside again.
- So, only come to work if you are healthy and do not suffer from the above symptoms.
- Regularly wash your hands well with soap and water.
- Coughing and sneezing in the inside of your elbow and use tissue paper.
- **Do not greet** anyone by shaking hands or other physical contact.
- **Keep 1.5 meters distance**. If this hinders work, consult with the site supervisor about an adjustment of the working method. Each project makes specific agreements about this that fit the situation.
- Hold physical consultations with a **maximum of 3 people** at the same time and keep the 1.5 meters distance rule.
- Determine in consultation with your manager which parts of the work can be done at **home**.
- Please help each other. Always speak up to each other for unsafe behavior and/or non-compliance with the rules and guidelines, even if you suspect that someone is not fit to work.

