Personal Hygiene

Through a handful of small actions, we can each do our part to prevent the spread of illness
This disease is thought to spread between people when respiratory droplets are transferred during close contacts. The following are a series of steps we can take to lessen the spread of the virus and prevent ourselves and our loved ones from falling ill.

Wash your hands.
Hand washing is a very effective means to prevent the spread of COVID-19 and other illnesses. Wash your hands before eating and touching your face, and at regular intervals.

Limit food sharing.
Where possible, do not share your food. Sharing food can lead to the transfer of bodily fluids from person to person promoting the spread of the virus.

Avoid close social interaction.
By staying 6 ft apart from other people, when you must be in contact, and spending as much time at home as possible, the chance of spreading the illness can be reduced. Attempt to keep groups to 3 people or less.

Wear Gloves.
Wear gloves to keep your hands from touching communal objects and controls. Wash your hands when gloves are removed.
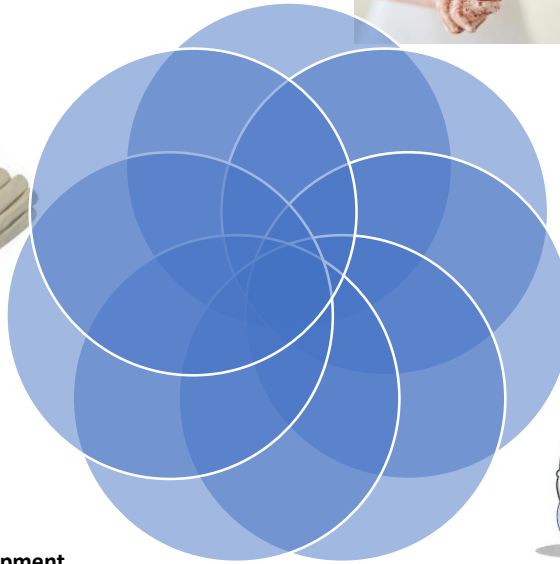
Monitor for symptoms.
If you feel aches and pains, have a fever, and a dry cough, notify your supervisor right away. These are the symptoms that have been associated with COVID-19. If you have tested positive, be sure to let your supervisor know.

Wash surfaces and equipment.
Wash your work surface at least once per shift or whenever there is a change of hands in the area. Disinfect lunchroom tables before eating and wipe down phones and work stations controls/computers regularly.

Employ cough/sneeze etiquette.
When coughing or sneezing, put your face in the crook of your elbow. This can prevent germs from being propelled onto other surfaces and in the direction of coworkers.

Global warming - plan B

Supervisor Crew Talk

"Safety is a Core Value and Business Priority"

West Fraser