

## PROFESSIONAL'S DAILY ROUTINE

### Working on the construction site and on projects

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#### What can you do?

The RIVM has implemented measures which need to be followed by everyone in the Netherlands, in order to prevent the virus from spreading. However, the rules do differ from person to person. Some people have already built up sufficient protection against COVID-19, while others have not yet.

**Have you built up sufficient protection against Covid-19? That is the case in the following situations:**

- After an infection with Covid-19 in the past 6 months
- Two weeks have lapsed after the second vaccination (or the first after Covid-19)
- Four weeks have lapsed after vaccination with the Janssen vaccine
- In case of certain disorders and medicines, the vaccination may offer insufficient protection. In this respect, the medical specialist or general

The general rules for staying at home are:

- Stay at home if you start displaying symptoms, and arrange to be tested as soon as possible.
- Do not go to work if the test result is positive.
  - You must isolate for a minimum of 7 days
  - You can return to work after 7 days in case of mild symptoms, providing you have been symptom-free for a minimum of 24 hours
  - If you are seriously ill, or ill for a longer time, you must stay in isolation for a minimum of 14 days
  - Discuss things with the company doctor if necessary.
- Always follow the instructions from the CoronaMelder app.
- Stay in quarantine (at home) for ten days if you are returning from a stay in an area (city, region, country), which has been declared an orange or red zone (unsafe) by the Central Government.
  - The compulsory ten day quarantine period does not apply to cross-border workers if they return to their home country at least once a week.
  - Migrant workers and travellers in quarantine at home or elsewhere can request a Covid-19 test on the 5th day. They can come out of quarantine if the result is negative.
  - The (home) quarantine is not applicable to fully vaccinated travellers. However, obligations may apply to the vaccination certificate, a Covid-19 test, a health certificate, and a quarantine certificate.

Are you not yet fully protected yourself? the following rules also apply to you:

- Do not go to work if someone you live with has a fever or shortness of breath in addition to respiratory problems, and you haven't yet received the results from the Covid-19 test.
- Stay in (home) quarantine for 10 days, counting from the last high-risk contact.
- The GGD or company doctor can impose the (home) quarantine based on the test and trace information.

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- If you do not get any symptoms, you can request a Covid-19 test on the 5th day. You can come out of quarantine if the test result is negative (no Covid-19 virus infection).

If you can go to work, the following rules apply:

- Do not shake hands.
- Regularly wash your hands with soap and water.
- Cough and sneeze into the inside of your elbow.
- Use paper tissues and immediately throw these away after use.
- Wear a face mask on public transport and when you travel with 3 or more people in a company van.

All in all, this means that you have to do things all day long that you are not used to.

**You don't always have to maintain 1.5-metre social distancing, but continue to do so in the following situations:**

- If you have fragile health.
- If you are not yet fully protected (see box on page 1).
- If you have to maintain 1.5-metre social distancing according to the GGD because you were in close contact with someone who was infected.
- Do you have colleagues who in the above categories? Keep 1.5 metres away from them.
- Even if you visit private individuals during work, keep 1.5 metres away from the residents.

*Take good care of yourself and your personal hygiene, get plenty of rest and sleep; this will keep your immune system strong! Everyone reacts differently during this period. Please be considerate of each other.*

#### Getting up/at home

- Work from home if your job allows you to do so. Discuss this with your employer.
- The first question once you are up in the morning should be: how are you feeling?
- Do you have any flu-like symptoms, like a cold, a runny nose, sneezing, a sore throat, coughing, shortness of breath, a raised temperature or fever? Or have you suddenly lost your sense of smell or taste? Then call in sick, arrange to be tested and don't leave the house. Look up your Citizen Service Number and call 0800-1202, or make a digital appointment via [coronatest.nl](https://coronatest.nl) with your DiGiD. You can take a Covid-19 test, paid for by the employer.
- Go back to work in case of a negative test (no Covid-19) and mild symptoms. Discuss things with the company doctor if necessary.
- Have you tested positive? Then you have a Covid-19 infection. Notify your employer and don't leave the house:
  - You must stay in isolation for a minimum of 7 days

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- You can return to work after 7 days in case of mild symptoms, providing you have been symptom-free for a minimum of 24 hours
- You must remain in isolation for 14 days if you have been ill for longer or more seriously.
- Follow the GGD's or company doctor's instructions.
- Discuss returning to work with the company doctor if necessary.
- Does someone you live with have a cold with a fever and/or shortness of breath, and are you waiting for the results of the Covid-19 test? Then notify your employer and don't leave the house. You can return to work in case of a negative test result and providing you don't have any symptoms yourself. If you are fully protected, this rule does not apply and you can return to work.
- Has someone you live with or a close contact tested positive? And are you not yet fully protected yourself?
  - Stay in quarantine for 10 days, counting from the last high-risk contact.
  - Quarantine also applies if you are notified by the CoronaMelder app.
  - You can request a PCR Covid-19 test on the 5<sup>th</sup> day of quarantine. You can come out of quarantine if the result is negative (no infection).
- Has your roommate or close contact tested positive, and are you fully protected yourself? Then you do not need to quarantine. However, the following applies:
  - Stay away from those who test positive.
  - Keep 1.5 metres away from people outside your household for 10 days.
  - Avoid contact with vulnerable people.
  - Have yourself tested in case of minor symptoms, and request a Covid-19 test on the 5<sup>th</sup> day.
- Are you returning from a holiday abroad? Then follow the travel advice issued by the [Ministry of Foreign Affairs](#) for the country or countries you have visited. You must remain in quarantine for 10 days when returning from an orange or red travel zone.
  - Please note! This also applies if you're not displaying any symptoms or if you tested negative.
  - Reducing the 10 day quarantine period after a negative PCR Covid-19 test on the 5th day does not apply to travellers.
  - The (home) quarantine is not applicable to fully vaccinated travellers. However, obligations may apply to the vaccination certificate, a Covid-19 test, a health certificate, and a quarantine certificate.
- Are you involved with (support) work which forms part of a vital process, such as, for example, the repair of central heating boilers or network cables? Then discuss with your employer and company doctor whether you can still work if someone living with you has a fever and/or shortness of breath, or has been tested positive for Covid-19. Also consult the company doctor about the home quarantine obligation once you've returned from holiday. You must not display any Covid-19 symptoms yourself
- If you or someone living with you forms part of a vulnerable group, then discuss whether you need to adjust your activities with the company doctor. If you are self-employed, you can use the doctors listed on [www.helpdeskcorona-bt.nl](http://www.helpdeskcorona-bt.nl).
- Are you travelling with three or more colleagues in a company van or car? Then check to make sure you have enough non-medical face masks with you. You will need a clean mask every time you get into a vehicle.
- Bring hand cream with you for after washing your hands if this is not available at the workplace! This will avoid possible skin problems.
- Take paper tissues with you. You can use these if you need to blow your nose, for example. Immediately throw these away after use and then wash your hands.

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- Bring along a good degreasing cleaning agent, for example disposable cleaning wipes (without ethanol and preferably without isopropyl alcohol).

#### Travel

Travelling together in one bus or car is now possible under the following conditions:

- When travelling with others, it's important to be able to find out who travelled together. This will ensure you can quickly find out who else could possibly be infected if someone is diagnosed. Check to see whether the vehicle's logbook is set up for this. Keep the data for the GGD track & trace investigation for two weeks.
- A health check will be conducted before getting in. Ask whether the colleague getting into the vehicle isn't suffering from any (mild) symptoms, as listed under the "Getting up/at home" heading. Any colleagues displaying symptoms must stay at home until they have been symptom-free for at least 24 hours.
- A face mask is not required if you are travelling with one other person. However, everyone should wear a non-medical face mask if you're travelling with more than two people. Your employer is obliged to provide these, but you can make them yourself too. Please refer to the following website for instructions about the use and maintenance of non-medical face masks: <https://www.rijksoverheid.nl/onderwerpen/coronavirus-covid-19/openbaar-en-dagelijks-leven/mondkapjes/instructies>. It's important to wear a clean face mask every time you get into a van or car. If you have opted to use disposable face masks, these will subsequently need to be disposed of immediately. Reusable face masks must be stored in a bag and washed in the washing machine at home. These can then be used again next time, after which they will once again need to be washed.

A few additional tips for travelling together safely:

- Make sure there is plenty of ventilation, but avoid heavy air flows.
- Ensure optimal hygiene by subjecting the controls to extra cleaning (steering wheel, gear lever, door handle, touch screen, etc) with a good degreasing cleanser (for example, cleaning wipes).
- Check whether you have sufficient PPE and cleaning materials to last the entire working day!

#### Arrival at the construction site or workplace

Please note! On this day, it could be the case that you work with someone who must or wants to maintain 1.5-m social distancing. Your employer may have taken measures for this that also affect you.

- Tidy away any used non-medical face masks if you have travelled together with others. Be sure to keep these separate from clean face masks. Now start with washing your hands.
- Greet others from a distance preferably, do not shake hands.
- Ask who the Covid-19 officer is at your workplace Your employer should have assigned one person to this role.
- Check the rules and instructions put on display by your employer: has anything changed?
- Work together to determine the maximum number of people permitted in areas such as the portacabin. Then adjust the number of chairs accordingly. This will make it easier to stay 1.5 metres away from each other in these areas.
- Ask whether anyone is suffering from flu-like symptoms. Any colleagues with symptoms must go home.

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- If you are working at a private property where someone is suffering from flu-like symptoms, or a customer who forms part of the 'vulnerable people' group, you will only be able to carry out work which is deemed to be a serious fault or calamity. Extra measures will subsequently need to be put in place, please refer to the [Professional's daily routine - working at private properties, behind closed doors](#).
- Ask whether the portacabin and toilets have been cleaned, particularly the door handles. Asking these types of questions will keep everyone focussed.
- Don't make coffee until you have washed your hands.
- Having a coffee or smoking? Make sure you stay at least 1.5 metres from others, including the te time you are in the portacabin and in case of bad weather.
- Ask whether any of the rules have changed at the workplace.
- Keeping an appropriate distance isn't possible on scaffolding and other tight workplaces; discuss these places beforehand and enter into agreements, for example about the order in which work is going to be done and about how to 'walk past each other'.

#### Workplace in a public indoor space where face masks are mandatory

- Wear a non-medical face mask.
- In addition, cordon off the workplace so that it is at least 1.5 metres away from the public.

#### Starting the activities

- Make agreements about the work sequence, so that 1.5-m social distancing can be observed where necessary.

#### During the activities

- Work in fixed teams and don't share tools, phones, PPE, etc.
- Dust will result in coughs and sneezes, avoid this where possible. Postpone the work if the usual measures, like source extraction for example, aren't sufficient.
- If you still need to sneeze, make sure you do this into your elbow. Coughing should also be done into your elbow.
- Blowing your nose should be done using a paper tissue. Immediately throw this away after use and then instantly wash your hands.
- Do you have to regularly sneeze, cough or blow your nose? Then you probably have some cold symptoms and you should go home.
- Address each other continuously, and correct each other if 1.5-m social distancing is not observed or there is other risky behaviour.
- It's not always possible to keep an appropriate distance when working together during lifting, loading and unloading, etc;

First check whether it can't be resolved differently, think creatively. Always check:

- Is the job essential, or could it possibly be postponed?
- Could the job be done differently? Perhaps consider:
  - Lift and move mechanically rather than together.
  - Discuss in groups of no more than three people.
  - Use resources to keep something in place.

Is working closer together unavoidable, even though this work is necessary (see the box on page 2)? Then respect the following rules:

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- Enter into agreements about working safely. Involve the Covid-19 officer. Use the [TRA method](#) if you usually work with this too. For example, the task risk analysis (TRA) may show that wearing a face mask or face shield during the work is unavoidable. However, this can only be used in addition to the options below.
- Look into whether screening off is possible.
- Don't touch the same surfaces wherever possible. Everyone should stay on their own side wherever possible.
- Follow the hygiene rules:
  - Don't touch your face.
  - Cough and sneeze into your elbow.
  - Bring your own paper tissues and immediately throw these into a closed bin or bag after use. Then wash your hands.
- If you're in doubt whether you should be doing something; stop the activity and discuss!
- If you are still left with questions, call the Occupational Health & Safety Service, or the Corona Construction & Technology Help Desk: 085 - 080 1544 (contactable between 08:00 and 17:00 hours).

#### Eating

- Don't leave any used PPE in the portacabin.
- Wash hands and apply cream.
- Check whether everyone is still healthy.
- Preferably eat outside or ventilate the portacabin.
- Maintain 1.5-metre social distancing where necessary. Is this not possible with all colleagues at the same time? Then take turns eating in groups.
- Replace gloves if necessary, or supplement these.

#### Other contact moments

- Do not allow unnecessary visitors to the construction site. Possibly use video calls for discussions or meetings with suppliers, customers and subcontractors.
- Stocking: enter into clear agreements regarding distancing. Arrange for deliveries to take place outside of the construction site wherever possible.
- Interim work meetings: maintain social distancing where necessary, also when looking at drawings, etc.

#### ERO

- Accidents or in need of an emergency response team? Call 112 if necessary.
- CPR may be performed according to normal guidelines. Decide for yourself whether to open the airway and perform mouth-to-mouth resuscitation.

#### End of the working day

- Review the day for any possible improvement points and implement measures for the next day.
- Take some extra time out for cleaning tools etc. Use water and a good degreasing cleanser for this purpose (possibly disposable cleaning wipes).
- Dispose of any used PPE in the correct place and replenish it.
- Put on clean work clothes every day.
- Clean the controls in the car (steering wheel, gear lever, door handle, touch screen, etc.) with a good degreasing cleanser for this purpose (possibly disposable cleaning wipes).

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- Apply plenty of cream to your hands after washing them.
- Make sure you also observe the rules for travelling (see above) when returning home.
- Apply oily cream to your hands again before going to sleep.

*When you get home, take good care of yourself and your hygiene. Avoid unhealthy food, smoking and excessive drinking, and get enough sleep; this keeps your immune system strong!*