

Aptus Utilities Site Preparedness: Guidance and Procedure in respect of COVID-19

COVID-19 PANDEMIC

COVID-19 is a new illness that can affect your lungs and airway. It's caused by a virus called coronavirus. The World Health Organization declared the outbreak of COVID-19 a pandemic on the 11 March 2020, this means COVID-19 has spread worldwide. So far COVID-19 has spread to over 150 countries, including the UK, so it is imperative that everyone do their part in order to combat this pandemic.

SYMPTOMS

Coronavirus primarily infects the lungs. The symptoms start with a fever followed by a dry cough, which can lead to breathing problems.

The cough is described as “a new, continuous cough” and means coughing a lot more for more than an hour, or having three or more coughing episodes in 24 hours – if you normally have a cough, it may be worse than usual.

It takes 5 days, on average, to start showing symptoms, but some people will get symptoms much later than this as the incubation period lasts up to 14 days.

PREVENTION – GENERAL PRINCIPLES

The coronavirus is mainly spread during close contact, so to help stop the spread of infection it is mandatory that everyone follow the below simple steps when at work:

- Wash your hands with soap and water often – for at least 20 seconds
- Wash your hands as soon as you get home, after coughing or sneezing, on arrival at work, before and after eating and after using public transport.
- Cover your mouth and nose with a tissue or sleeve (not your hands) when you cough or sneeze.
- Avoid face-to-face and skin-to-skin contact at all time.
- Put used tissues in the bin immediately and wash your hands - do not touch your eyes, nose or mouth if your hands are not clean
- Wear gloves, provided to you, where practicable during your course of works – but remember that this does not negate the need for washing your hands. Hand washing is one of the most effective ways of stopping the spread of COVID-19.
- Should you develop symptoms of COVID-19 isolate yourself according to Government guidance and ring NHS111 – you should also advise others you have been in close contact with to do the same.

WORKING PRACTICES

Below is a list of work activities and practices that Aptus undertakes. Each Activity/Practice has been assessed, with the current climate and Covid-19 in mind, in order to ascertain the level of risk associated with each role/activity.

Travel to site

Ensure you wash your hands after exiting the vehicle and upon entering. Ensure you utilise anti-bacterial wipes (provided to you) to ensure the van is clean and sanitary. Ensure good ventilation (i.e., keeping the windows open) is maintained when travelling and face away from each other where possible. Adhere to Government Guidance on hand washing.

Site Rules

Each site you frequent will have their own rules and protocols in place to help control the risk of COVID-19. These rules and protocols must be strictly adhered to and are in place to ensure your safety and the safety of others on site. Please ensure you take note of what is required of you and follow the guidance given at all times.

Trench Excavation and Plant Operation

One operative to be present in machine/plant, one operative to be present in the track. Wash your hands before entering any machines and wash your hands every time you get out. Keep windows of any plant open for added ventilation. Avoid touching your face when operating the plant. Ensure the plant is cleaned down inside (particularly touch points, such as: doors, levers and buttons) particularly between use by different operatives. Adhere to Government Guidance on hand washing, avoiding touching your face until your hands are clean.

Pipe Installation

Wear required PPE. Adhere to Government Guidance on hand washing, avoiding touching your face until your hands are clean.

Jointing

Adhere to Government Guidance on hand washing, avoiding touching your face until your hands are clean.

Signing and Guarding

If using traffic controlling equipment assign one member of the team to operate for the duration of the day, at the end of work and upon commencement wipe down all tough points, keypads et al, present on traffic controlling equipment. If signing and guarding is to be moved wear gloves and ensure you wash your hands for 20 seconds using soap and water before and after the task.

Signing in and out of site

Adhere to site protocol.

Access to Welfare

Adhere to Government guidance on hand washing, avoiding touching your face until your hands are clean.

FURTHER HELP

The measures necessary to minimise the risk of spread of infection rely on everyone at Aptus Utilities taking responsibility for their own actions and behaviours. Aptus Utilities adopts a collaborative approach to Health and Safety, so if you have any questions, comments or suggestions in regard to the above please contact your supervisor or the HSQE Department

