

Instructions for cleaners

How to be safe at work during Covid times



General preventive measures to reduce risk of infection

- ❑ Ensure an appropriate distance (2 meters) between employees.
- ❑ Urge employees to wash their hands frequently.
- ❑ Have alcohol-based hand disinfectant accessible to workers throughout the workplace.
- ❑ Reduce physical contact between people, i.e. handshakes and embraces or other contact. Find other ways of greeting that do not involve skin contact.
- ❑ Remind employees to avoid touching their faces, particularly their eyes, noses and mouths



Covid - 19

- ❑ The Coronavirus can live on the surface for few days (up to 72 hours)
- ❑ It's very important to clean everything thoroughly.
- ❑ Especially those surface that many people touch
 - ❑ Doorknobs, light switch, banisters etc.
- ❑ Cleaners need to wear special protection
 - ❑ **The cleaner should never share his personal protection with somebody else.**
- ❑ Only use approved CE marked equipment



Equipment that cleaners must use

- ❑ Respirators
 - ❑ Have respirators with “P3” filter or at least “P2” Filter.
 - ❑ It is best to use reusable respirators and dispose of it afterwards.
- ❑ Security glasses and / or facemask
- ❑ Reusable gloves.
 - ❑ Be aware that if there’s a hole in the gloves, you must stop cleaning immediately, wash your hands, and disinfect before putting new gloves on.



Equipment that cleaners must use

- ❑ Waterproof protective clothing: Care must be taken to ensure that sleeves and skirts cover the openings of gloves and boots and other footwear to prevent fluid from leaking in.
 - ❑ **Remember that these personal protective equipment are frequently re-used and therefore must be cleaned and disinfected after every use.**
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The cleaning

- ❑ First clean with warm water mixed with a thin mixture of neutral soap
- ❑ Always use a clean cloth when cleaning begins and eventually wash, disinfect, or dispose of it.
- ❑ After cleaning, disinfect the area with antiseptics that kills the virus.
 - ❑ It is best to use 70% pure ethanol (alcohol) in a spray bottle and spray over the surface and wipe off with a clean cloth.
 - ❑ You can also use about 0.1% chlorine. Be sure to use utmost safety if the chlorine is to be mixed with water.



The cleaning

Important to remember...

- ❑ After cleaning, gently remove protective clothing, taking care not to touch its outer layer, and immediately place in a bag and get it disinfected, washed, or disposed of.
 - ❑ The clothing can be disposed of with general garbage if it is placed in a double securely sealed bag and waits for 72 hours. before putting the bag in the garbage.
Laundry can be done with regular washing, but make sure that the person who is doing the washing is wearing protective clothing.
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If these measures are not met at your workplace please contact the Administration of Occupational Safety and Health at <https://www.vinnueftirlit.is>

Anxiety and psychological aid

Weird times, allot of pressure, isolation, worries about your family, friends and finance can cause stress and anxiety.

That why we want to remind you that Efling refunds up to 10.000 ISK for each session with a phycologist.

- However, never more than 75% of the cost, for up to 15 times every 12 months.**
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