

Special measures to reduce the risk of infection.

Lets be safe at our job



General preventive measures to reduce risk of infection

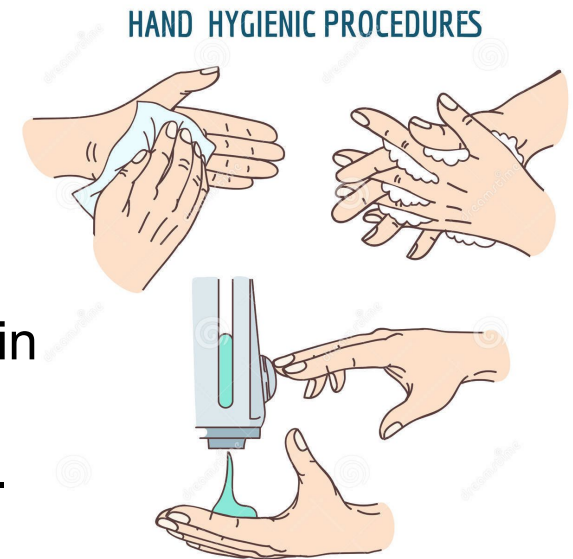
- ❑ Ensure an appropriate distance (2 meters) between employees.
- ❑ Urge employees to wash their hands frequently.
- ❑ Have alcohol-based hand disinfectant accessible to workers throughout the workplace.
- ❑ Reduce physical contact between people, i.e. handshakes and embraces or other contact. Find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



If face-to-face contact is essential, then various special measures should be taken to reduce the risk of infection.

These include the following:

- ❑ Issuing employees with the appropriate protective clothing.
- ❑ Ensure that employees have access to hand-washing facilities.
- ❑ Give employees the opportunity to wash their hands frequently with soap, and for at least 20 seconds each time.
- ❑ Where water and soap are not immediately within reach, alcohol-based hand disinfectant must be accessible both to employees and to customers.



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- ❑ Clean frequently used surfaces, using disinfectants.
- ❑ Ensure that it is clear to all employees what their day-to-day tasks and duties are while the virus infection lasts.
- ❑ Ensure that employees have access to hand written answers to questions asked frequently by customers.
- ❑ Ensure that, in general, there is a suitable distance between people unless physical contact is necessary (e.g., in care-giving work)

SOCIAL DISTANCING
MAINTAIN SOCIAL DISTANCE DURING THE COVID-19 PERIOD



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- ❑ Examine other possible ways of carrying out tasks that will limit physical contact or close proximity to other people.
- ❑ Put up notices reminding employees and customers not to shake hands when greeting or parting.
- ❑ Put up signs encouraging employees and customers not to cough or sneeze without covering their mouths and noses, but rather to use tissues or the crook of their elbows.



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- ❑ Give employees encouragement and opportunity to discuss their concerns, e.g. by exchanging information and chatting with their immediate superiors or colleagues on a daily basis.



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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