# SAFETY TALKS

The Upside of Safety



## **Stop the Spread of Germs**

According to the CDC, in the United States, flu season occurs in the fall and winter. While influenza viruses circulate year-round, most of the time flu activity peaks between December and February, but activity can last as late as May. A hot topic that you may have heard about in the news lately is the spreading of the coronavirus (COVID-19) throughout the world. Below are some tips on the stop the spreading of germs that could cause the common flu and COVID-19

### How You Can Stop the Spread of Germs

- Try not to touch your eyes, nose, and mouth with unwashed hands
- Do not share items that come into contact with your mouth, nose, or eyes
- If unwell, do not share items, such as: bedding, dishes, towels, writing utensils, electronic devices, etc.
- Clean and disinfect frequently touched objects and surfaces (doorknobs, desks, bathroom fixtures, toilets, phones, keyboard, tablets, etc.)







Wet hands with water



right palm over left dorsum with interlaced fingers and vice versa



rotational rubbing of left thumb clasped in right palm and vice versa



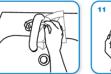
dry thoroughly with a single use towel

hand surfaces.

palm to palm with fingers interlaced



otational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



use towel to turn off faucet

Rub hands paim to paim



backs of fingers to opposing palms with fingers interlocked



Rinse hands with water



... and your hands are safe.

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#### Wash hands with soap and water or use hand sanitizer:



### Hand Washing

- Wet your hands with clean, running water, turn off the tap, and apply soap
- Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song twice
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel or air dry them.

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✓ SAFETYCHECK	
Soap and hand sanitizer is available for employee use?	Workers are reminded to take off work if they have symptoms of the flu?
Frequently touched items are disinfected?	Workers are aware of how to safely disinfect their hands?
Company:	Location:
Presenter:	Date:
ATTENDANCESHEET	
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