

Prevention guidelines at customer locations



Keep the distance of 1.5 m from each other as much as possible.



Wear Nitrile gloves - don't touch your face with these gloves.



Wash your hands regularly with soap and water or alcohol-based gel.

For works where the safety distance of 1.5 m cannot be respected:



- Mandatory use of mouth masks FFP1

These measures are not necessary if you can respect the distance



1 person per vehicle



Only use your own work equipment and disinfect them after use (also mobile phone, laptop, pen)



Preferably use digital means of communication for site coordination

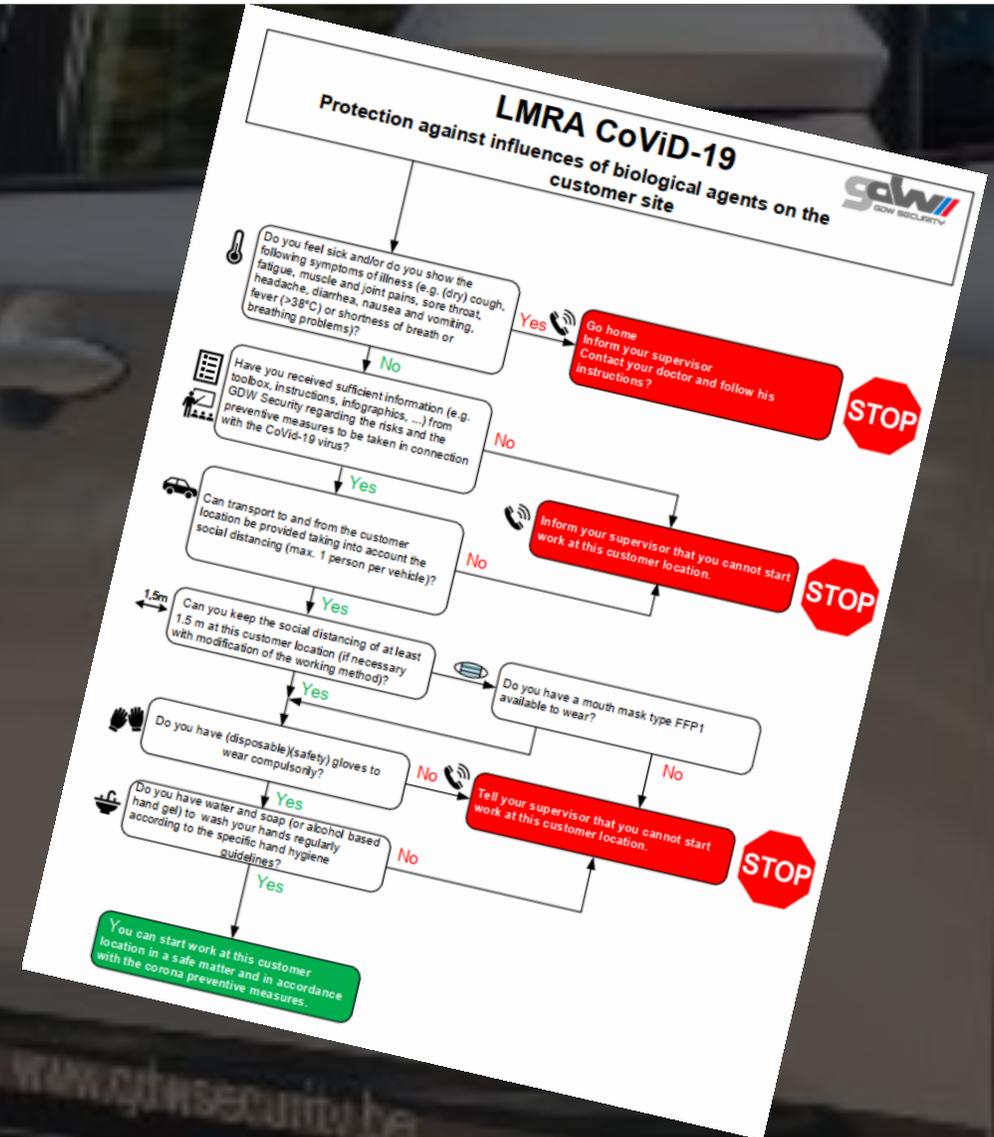


Respect the hygiene measures - even at lunch time

Last Minute Risk Assessment

As an aid we have prepared a Last Minute Risk Assessment form.

Perform this Last Minute Risk Assessment before you start doing a job.



Correctly place and removal

Mouth mask

Placing the mask

-  Wash / disinfect your hands.
-  Place the mask in your hand with the nose piece to your fingers.
-  Place the mask and pull the top band on the back of your head.
-  Pull the bottom band up to your neck.
-  Use your fingers to shape the mask around your nose.
-  Press the mask against your chin with your thumbs.

Removal of the mask

-  Do not touch the mask with your hands.
-  Pull the bottom strap over your head and hold the strap.
-  Pull the top strap over your head and hold the mask with the straps.
-  Toss the mask in a waste bag.
-  Wash / disinfect your hands.

How to remove Disposable gloves (8 steps)

- 

1 Grasp the glove by the wrist without touching the skin.
- 

2 Remove the glove inside out.
- 

3 Fold the glove into a ball and hold it in the other hand.
- 

4 Slide the index finger under the edge of the remaining glove (inside).
- 

5 Unwind from the inside.
- 

6 Make a glove bag for both gloves.
- 

7 Toss the gloves in a waste bag.
- 

8 Disinfect your hands!

General hygiene measures

How can you prevent infection?

Wash your hands regularly and thoroughly with soap and water. Count about 40 to 60 seconds per wash.



Cough or sneeze in a paper handkerchief or in the inside of your elbow.



Use paper handkerchiefs and dispose of them in a lockable wastebin.



Hoe kan je besmetting voorkomen?

Was je handen regelmatig en grondig met water en zeep. Reken zo'n 40 à 60 seconden per wasbeurt.

Hoest of nies in een papieren zakdoekje of in de binnenkant van je elleboog.

Gebruik papieren zakdoekjes en gooi ze weg in een afsluitbare vuilbak.

Stay home if you're sick. Call the doctor, do not go to the doctor's office or emergency department.



Touch your face as little as possible with your hands.



Avoid giving hands.



Avoid close contact with others who are ill.



Blijf thuis als je zelf ziek bent. Bel de huisarts, ga niet naar de praktijk of spoeddienst.

Raak je gezicht zo weinig mogelijk aan met je handen.

Vermijd handen geven.

Vermijd nauw contact met anderen die ziek zijn.

AGENTSCHAP
ZORG &
GEZONDHEID