



### Covid-19 S.O.P's (Standard Operating Procedures)

A system of standard precautions needs to be adopted in the way we work, this is a list of operating procedures designed to protect staff from contamination risks, and to protect your home environment from being exposed to the risk of cross-contamination.

The basic principle is to assume that any site may have covid-19 present at any time, and therefore they pose an infection risk to all our staff. The below should be applied daily.

- Correct cleaning of the hands.
- Use of personal protective equipment.
- Correct cleaning of vehicle.
- Correct cleaning and/or disposal of tools
- Correct and safe disposal of hazardous waste (single use PPE)

### Getting to Work and Site to Site and Home

- Wear easy to remove clothes and clothes that you can put your work clothes over
- The front of your vehicle is a clean area that is not to have any items from site enter unless thoroughly cleaned.
- Site clothes will be kept in the rear of your vehicle.
- Gloves and mask to be placed on when leaving from of vehicle.
- Site clothes to be put on when arriving at site, these are to be worn over your clothes.
- After site work all tools are to be placed in the dirty box. Site clothes to be put into a hazard bag and sealed with tape. Work boots to be placed in dirty box.
- Phone keys and wallet to be wiped down with alcohol wipes before PPE is removed and placed in front of vehicle.
- Gloves to be disposed of in waste bag and any other single use PPE.
- If going to more than one job site clothes are to be re-worn but will require mask and gloves to be worn when dressing.
- Any tools that will be used again on site will need to be wiped down with wipes and then handled only with PPE worn.
- When arriving home PPE to be worn to perform decontamination on all hand tools and then tools to be returned to vehicle. Any clothes should be washed once home ideally on their own in a hot wash.
- The front of vehicle should be surface wiped with alcohol wipes for decontamination.

### Hand Hygiene

Water alone may rinse off dirt, but viruses and bacteria are so small they often need chemical and mechanical intervention to get their sticky nanoparticles out of the crevices that make up our unique fingerprints. That's why soap is so important. It's made for this job. Give soap 20 seconds, at least, of thorough scrubbing and the pin-shaped molecules will penetrate the types of bacteria and viruses, including COVID-19, that protect themselves with an oily lipid membrane. Like a nail popping a tyre, the water-repelling end of the soap molecule, a hydrophobic tail that can bond with oil and fats, stabs COVID-19 and leaves the virus a deflated and broken sack of RNA cells.

And while alcohol can also break an oily membrane, washing with soap has the added benefit of physically removing even tougher to break viruses and bacteria from the skin. This is thanks to the dual nature of soap molecules. As the hydrophilic, or water-loving, heads reach out to bond with the

water, the tails turn inwards to protect themselves from the water and by doing so, scoop up anything they catch in tiny soap bubble cages called micelles. Scrubbing all parts of your hands and wrists vigorously, with a sudsy lather, is key to locking these invading particles away for good - and washing them down the drain. And whether the water is cold or warm doesn't matter, so long as it's soapy.

The three levels of hand hygiene recognised are as follows.

**Social** – to become physically clean from socially acquired micro-organisms, using general-purpose liquid soap.

**Hygienic** – to destroy micro-organisms, maintain cleanliness and avoid direct cross-infection, using an approved antibacterial hand cleanser.

**Surgical** – to significantly reduce the numbers of micro-organisms normally resident on the hands, using an approved antibacterial hand cleanser.



## Hand-washing technique with soap and water

