

Covid 19 – social distancing & hygiene

Health & safety guidance



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Covid 19 – social distancing & hygiene



SafeSchool™

Supporting a whole school
approach to Safety and Health
within schools across the Greater
Mersey Region & Cheshire
‘Because Safety Matters’

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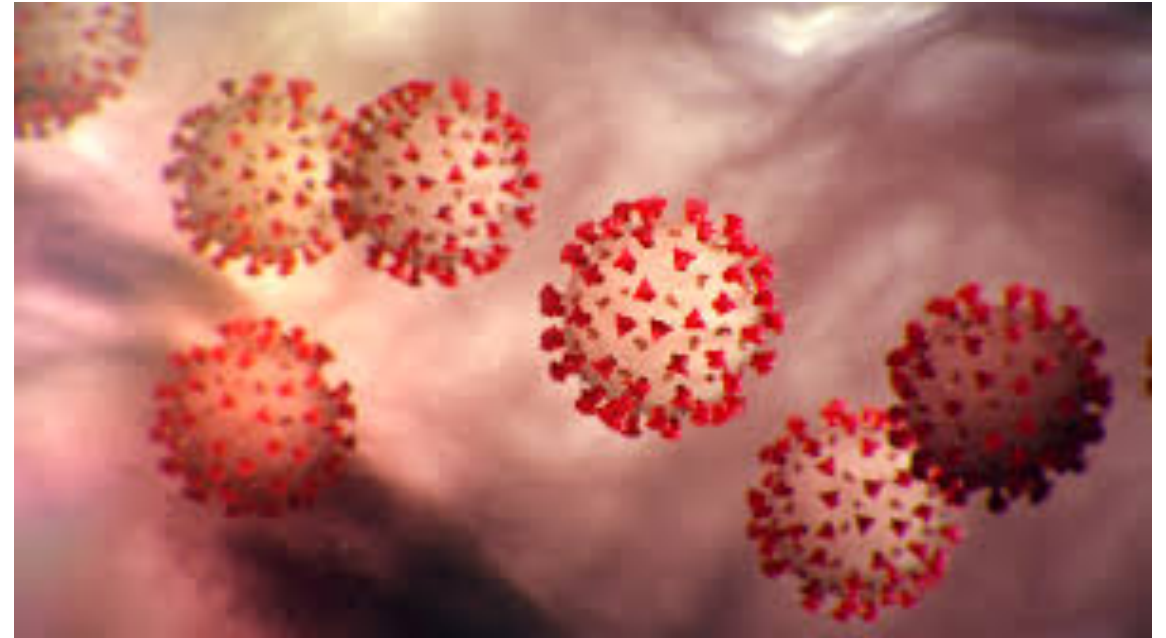
Introduction



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What is Coronavirus

Coronaviruses (CoV) are a large family of viruses transmitting between animals and people that cause illness ranging from the common cold to more severe diseases such as Middle East respiratory syndrome (MERS-CoV) and severe acute respiratory syndrome (SARS-CoV).



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- Coronavirus is a respiratory virus which spreads in tiny, fairly heavy droplets from the nose and throat of an infected person
- One cough = 3000 droplets
- Particles land on people, clothing, surfaces and some in the air

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Covid-19: How long does the coronavirus last on surfaces?

Research to date has shown that the virus last longest on metal, plastic, glass or shiny hard surfaces.

It lasts for the shortest time on clothing , carpets , wood, cardboard and paper.

Books with shiny laminate covers should be treated like plastic.

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Background. The risk of infection depends on many factors, including:

- the type of surfaces contaminated
- the amount of virus shed from the individual
- the time the individual spent in the setting
- the time since the individual was last in the setting
- The infection risk from coronavirus (COVID-19) following contamination of the environment decreases over time. It is not yet clear at what point there is no risk. However, studies of other viruses in the same family suggest that, in most circumstances, the risk is likely to be reduced significantly after 72 hours.

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Why governments are advocating soap and water as primary defence

- The outer coating of a virus such as coronavirus is a lipid which is designed to protect and allow the virus to spread.
- The current advice of washing your hands with soap and water is based on the ability of soap molecules to interfere with lipids in the virus membrane, breaking down the outer fat layer (lipid) of the virus.
- Soap effectively 'dissolves' the glue that holds the virus together.
- Soap can disrupt the interactions of the virus and skin surface, removing the virus from the skin.
- When exposed to water the viruses are prised apart.

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How do limit the spread of transmission in schools?

In all education, childcare and social care settings, preventing the spread of coronavirus involves dealing with:

- **direct transmission** (when in close contact with those sneezing and coughing)
- **indirect transmission** (via touching contaminated surfaces).

A range of approaches and actions should be employed to do this. These can be seen as a **hierarchy of controls** that, when implemented, creates an inherently **safer system**, where the risk of transmission of infection is substantially reduced. These include:

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- **minimising contact** with individuals who are unwell by ensuring that those who have coronavirus symptoms, or who have someone in their household who does, do not attend childcare settings, schools or colleges
- **cleaning hands more often than usual** - wash hands thoroughly for 20 seconds with running water and soap and dry them thoroughly or use alcohol hand rub or sanitiser ensuring that all parts of the hands are covered

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- ensuring **good respiratory hygiene** by promoting the ‘catch it, bin it, kill it’ approach
- **cleaning frequently** touched surfaces often using standard products, such as detergents and bleach
- **minimising contact and mixing** by altering, as much as possible, the environment (such as classroom layout) and timetables (such as staggered break times)

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Hierarchy of Control

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Public Health England is clear that if early years settings, schools and colleges follow the steps below then the risk of transmission will be lowered:

1. avoid contact by handling potential cases of the virus as per the advice,
2. minimise contact
3. apply regular hand cleaning,
4. employ hygiene and cleaning measures

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Unlike older children and adults, early years and primary age children cannot be expected to remain 2m apart from each other and staff.

Schools have all carried out risk assessments of their sites working through the **hierarchy of measures**:

1. avoiding contact with anyone with symptoms
2. frequent hand cleaning and good respiratory hygiene practices
3. minimising contact and mixing
4. regular cleaning & hygiene in settings

Each school has produced a plan of what the '**new normal**' will look like in their school based on the above four measures.

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1. Avoid contact

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1. Avoiding contact with anyone with symptoms -

- Tell children, young people, parents, carers or any visitors, such as suppliers, not to enter the education or childcare setting if they are displaying any symptoms of coronavirus (following the [COVID-19: guidance for households with possible coronavirus infection](#))

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1. Avoiding contact with anyone with symptoms

What to do if someone becomes unwell at an educational or childcare setting

- If anyone in an education or childcare setting becomes unwell with a new, continuous cough or a high temperature, or has a loss of, or change in, their normal sense of taste or smell (anosmia), they must be sent home and advised to follow the [COVID-19: guidance for households with possible coronavirus infection guidance](#).
- If a child is awaiting collection, they should be moved, if possible, to a room where they can be isolated behind a closed door, with appropriate adult supervision if required. If it is not possible to isolate them, move them to an area which is at least 2m away from other people. Open windows to ventilate the area.

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What to do if someone becomes unwell at an educational or childcare setting cont...

- If they need use a toilet while waiting to be collected, they should use a separate one if possible. This should be cleaned and disinfected using standard cleaning products before being used by anyone else.
- PPE should be worn by staff caring for the young person while they await collection if 2m cannot be maintained (such as for a very young child or a child with complex needs)

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What to do if someone becomes unwell at an educational or childcare setting cont...

- In an emergency, call 999 if they are seriously ill or injured or their life is at risk
- A member of staff helping this person should wash their hands thoroughly for 20 seconds after any contact with someone who is unwell.
- If a member of staff has helped someone with symptoms, they do not need to go home

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Once the person has left school

The affected area(s) should be cleaned with normal household disinfectant after someone with symptoms has left. This will reduce the risk of passing the infection on to other people.

See the [COVID-19: cleaning of non-healthcare settings guidance](#).

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What to do if someone becomes unwell at an educational or childcare setting cont...

Cleaning and disinfection after suspected case of coronavirus

- Public areas where a symptomatic individual has passed through and spent minimal time, such as corridors, but which are not visibly contaminated with body fluids can be cleaned thoroughly as normal.
- All surfaces that the symptomatic person has come into contact with must be cleaned and disinfected, including:
- objects which are visibly contaminated with body fluids
- all potentially contaminated high-contact areas such as bathrooms, door handles, telephones, grab-rails in corridors and stairwells

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2. Frequent hand washing & respiratory hygiene practices

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2. Frequent hand cleaning and good respiratory hygiene practices

Ensure that all adults and children:

- frequently wash their hands with soap and water for 20 seconds and dry thoroughly. Review the [guidance on hand cleaning](#)
- clean their hands:
 - on arrival and on leaving the setting
 - before and after eating
 - after sneezing or coughing or using the toilet.
- are encouraged not to touch their mouth, eyes and nose
- use a tissue or elbow to cough or sneeze and use bins for tissue waste ('catch it, bin it, kill it')

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- Help children who have trouble cleaning their hands independently
- Consider how to encourage young children to learn and practice these habits through games, songs and repetition
- Ensure that sufficient handwashing facilities are available. Where a sink is not nearby, provide hand sanitiser in classrooms and other learning environments – outdoor sinks, even hosepipes and watering cans being used



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Hand washing and young children

- Constant hand washing and poor hand drying will cause dryness and possibly eczema – making hand washing painful
- With dry hands and tiny cuts alcohol hand sanitiser stings –making hand washing painful
- This will make young children not want to wash their hands.
- Recommend children washing their hands :
 - On entering & leaving school
 - Before and after lunch
- Use hand sanitiser at all other times to avoid excessive drying of hands.
- Use moisturiser once or twice a day

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- Sanitiser stations should be located across the site
- Alcohol based sanitisers- alcohol is a solvent and dissolves the lipid membrane and disrupts the virus
- Need a high concentration > 60%
- Hand sanitiser useful when soap and water not available BUT soap & water is the 'gold standard' of hygiene as the virus detaches from the skin and falls apart in soapy water.
- Schools need hand washing and sanitiser around school



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2. Frequent hand cleaning and good respiratory hygiene practices

- Ensure that lidded bins for tissues are emptied throughout the day
- Where possible, all spaces should be well ventilated using natural ventilation (opening windows) or ventilation units
- Prop doors open, where safe to do so (bearing in mind fire safety and safeguarding), to limit use of door handles and aid ventilation
- There is no need for anything other than normal personal hygiene
- Change and wash clothes following a day in an educational or childcare setting

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3.Minimise contact

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3. Minimise contact and mixing – Bubbles or cohorts

It is still important to reduce contact between people as much as possible, and we can achieve that and reduce transmission risk by ensuring children, young people and staff where possible, only mix in a small, consistent group and that small group stays away from other people and groups.



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3. Minimise contact and mixing -Bubbles or cohorts ...cont

- Divide classes - 15 max
- reducing class sizes, keeping pupils in a cohort or 'bubble' with the same teacher / staff member who stay together all-day including play and lunch.
- They should still stay 2m away from each other, where possible
- Brief, transitory contact, such as passing in a corridor, is low risk.
- Consider seating students at the same desk each day if they attend on consecutive days



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3. Minimise contact and mixing -Bubbles or cohorts ...cont

- Stagger entry, leaving, playtime& lunch breaks - to keep groups apart as much as possible. If using the dining hall clean tables between each group. **If such measures are not possible, children should eat lunch in their classrooms**
- Dining areas/halls and internal and external sports facilities can be used for lunch and exercise at half capacity if adequate cleaning between groups between groups is in place

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- Each child should have their own stationery, pens and equipment
- Consider how play equipment is used ensuring it is appropriately cleaned between groups of children using it, and that multiple groups do not use it simultaneously
- Do not use cloakrooms -use chair backs for coats/bags
- Children not to bring anything in from home – toys etc
- Each bubble should be a self-contained unit

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Before & After school clubs

- Aim to recreate the class bubbles within Before or After school clubs so that class bubbles are maintained
- The aim is maximise continuation of the bubble.

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4. Regular cleaning & hygiene in settings

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4. Regular cleaning & hygiene in settings –Hygiene

How to keep classrooms /settings as hygienic as possible

- Remove extra equipment that is hard to clean
- Remove soft furnishings, soft toys and toys that are hard to clean (such as those with intricate parts)
- Remove extra items to limit what is used daily
- Limit or stop the amount of shared resources that are taken home and limit exchange of take-home resources between children, young people and staff
- Prevent the sharing of stationery and other equipment where possible.

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4. Regular cleaning & hygiene in settings - Hygiene

- Shared materials and surfaces should be wiped/cleaned and disinfected more frequently
- Practical lessons can go ahead if equipment can be cleaned thoroughly and the classroom or other learning environment is occupied by the same young people in one day, or properly cleaned between cohorts
- Clean surfaces that children and young people are touching, such as toys, books, desks, chairs, doors, sinks, toilets, light switches, bannisters, more regularly than normal

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4. Regular cleaning & hygiene in settings - Hygiene

Interesting/gross facts

- Keyboards 200 000 more germs than a toilet!!
- Computer mice- 46 000 times more germs than a toilet

Why?

- Some surfaces are traditionally cleaned because we are naturally aware, they may contain more germs- toilets, kitchens
- Whereas keyboards / hard surfaces can go weeks or more or never disinfected.

Being aware of the frequently touched surfaces in your area of work and wiping /disinfecting them regularly using regular cleaning products will reduce transmission of the virus

If you have a



or



new and
continuous cough

high
temperature

stay at home for 7 days, if you live alone

stay at home for 14 days, if you live with
others, including all household members

Only use **NHS 111** if your symptoms get
worse or are no better after home isolation

Stop the spread of coronavirus



**Wash your hands
more often
and for 20 seconds**

Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food



Cover your mouth and nose with a
tissue or your sleeve (not your hands)
when you cough or sneeze and throw
the tissue away straight away



**Supervise young
children** to ensure they
wash their hands more
often than usual



e-Bug

**Posters and lesson
plans on general hand
hygiene** can be found
on the eBug website



Clean and disinfect
regularly touched
objects and surfaces
more often than usual
using your **standard
cleaning products**



**Staff, young people and
children should stay at
home if they are unwell** with
a new, continuous cough or a
high temperature to avoid
spreading infection to others

If staff, young people or children become
unwell on site with a new, continuous
cough or a high temperature **they
should be sent home**

We are asking schools, colleges, nurseries,
childminders and other registered childcare
settings **to remain open for children of
critical workers and vulnerable children**
where they can

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4. Regular cleaning & hygiene in settings - Hygiene

Bubble/classroom hygiene

- Each pupil has individual pens and equipment where possible. Do not share equipment with other cohorts without cleaning
- Teachers should try and maintain social distancing - keep out of pupils' sneeze/breathe/cough zone
- Avoid face to face contact with young pupils stand up, above and behind,
- Minimise touching frequently touched surfaces and contact points
- Try to maintain 2 m social distancing.
- Consider having some spare clothing at school.

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4. Regular cleaning & hygiene in settings - Hygiene

Bubble/classroom hygiene cont...

- Identify a set of toilets for use by the bubble.
- Ensure that toilets do not become crowded by limiting the number of young people who use the toilet facilities at one time. Supervise
- If cohorts change, consider cleaning between class changes
- See <https://www.gov.uk/government/publications/coronavirus-covid-19-implementing-protective-measures-in-education-and-childcare-settings>

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- Each class provided with tissues/sanitised wipes
- Lidded bin or pedal bin for tissues
- Trigger bottle of disinfectant or soapy water in case a child coughs or sneezes or for quick wipe down of surfaces (gloves, paper towels or wipes)
- Wash or soak overnight in warm soapy water small plastic or wooden play items- Lego etc
- THINK about all the frequently touched surfaces such as light switches, door handles, door plates in your room. Put in a regular rota to wipe these down several times during the day

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Outdoor equipment

Exposure to sunlight and air flow causes the virus to degrade-

- Wooden equipment is less likely surface for germs to survive on – less cleaning required
- Metal and plastic would need cleaning between bubbles
- Can equipment be kept for specific bubbles?
- If a confirmed case is reported then all outdoor equipment would be subject to the same cleaning as the inner areas.

Key- children MUST wash/sanitise their hands after outdoor play



Covid 19 - cleaning & hygiene in schools

Soft fabrics/Carpets/soft toys

- Washed regularly or removed from use
- Soft fabrics if contaminated should be disposed of **unless** they can be washed in a washing machine at **least** 60° C
- Where large areas of carpets are affected these should be steam cleaned by a competent person.
- **Advise the relevant person in school of issues so that these can be actioned**



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4. Regular cleaning & hygiene in settings - Hygiene

Bubble/classroom hygiene cont ...

Teach pupils to keep their own equipment and areas hygienic.

Children will have to live with social distancing and increased hygiene for some time. Making them aware and teaching them how important it is to keep themselves safe and well is an important life lesson.

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4. Regular cleaning & hygiene in settings - Hygiene

Teach pupils to keep their own equipment and areas hygienic.

Consider:

- Teach and encourage pupils the importance of cleaning such items.
- Consider monitors to wipe frequently touched hard surfaces in each class.
- Items used for lessons in all subjects will have to be subject to wiping down. E.g. iPads, laptops, mice, workstations, tools, toys, learning objects.
- We know simple soapy water can be used.
- Or sanitiser wipes
- See https://youtu.be/K2bEm_Nvlpc

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Control of Substances Hazardous to Health (COSHH)

Hazardous substances are those that are capable of causing adverse health effects toxic, irritant, corrosive, oxidising etc. and can include cleaning chemicals, adhesives, paints, pesticides, dusts, substances used for science or DT

and biological agents including blood and bodily fluids – faeces, vomit, urine, saliva, nasal discharge.

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COSHH requires that all employees :

- follow any training, information or instruction regarding infection risks and the control measures
- read and follow the risk controls identified within the risk assessment relevant to their work activities for infection hazards
- report any accidents or exposure to hazards or risks associated with their work activities



SAFETY DATA SHEET



02766/02767 – FAIRY WASHING UP LIQUID Trust Hygiene Services Limited

1. IDENTIFICATION OF THE PREPARATION AND COMPANY

PRODUCT CODE:	02766	
PRODUCT NAME:	FAIRY WASHING UP LIQUID	14 x 500 ml / 5 Ltrs
DISTRIBUTOR:	Trust Hygiene Services Limited Sutherland Avenue Wolverhampton West Midlands WV2 2JH	Telephone: 0370 3500 988 Fax: 01902 872289 Email: sales@trusthygiene.co.uk

2. COMPOSITION/INFORMATION ON INGREDIENTS

An aqueous blend of anionic surfactant, non-ionic surfactants, ethanol and dye.

3. HAZARDS IDENTIFICATION

Product is not classed as hazardous under Chemicals (Hazard Information and Packaging) Regulations 1994.

4. FIRST AID MEASURES

INGESTION: DO NOT INDUCE VOMITING. Rinse mouth out with water, give water to drink and seek medical attention.

SKIN: Rinse well with water.

EYES: Rinse well with large quantities of clean water. If irritation persists, seek medical attention.

5. FIRE FIGHTING MEASURES

EXTINGUISHING MEDIA: Product is not flammable, however irritating fumes may be given off in the event of a fire. Treat fires with either dry chemical, foam or waterspray - do not use waterjet.

6. ACCIDENTAL RELEASE MEASURES

SPILL CLEAN UP METHODS: Spillages are likely to be slippery and need to be contained to prevent entering watercourse, however small spillages can be rinsed away - use plenty of water. Absorb spillage in inert material e.g. dry sand/earth and transfer into secure container(s) for disposal.

7. HANDLING AND STORAGE

1. Store away from children.
2. Use only according to directions.
3. Do not mix with other chemicals.
4. Always ensure cap is replaced and tightened after use.
5. Do not store in temperatures greater than 35°C or less than 0°C.

8. EXPOSURE CONTROLS AND PERSONAL PROTECTION

1. To help prevent skin dryness with repeated use, rubber gloves are recommended.
2. Always maintain a good standard of occupational hygiene when handling chemicals.

PROTECTIVE EQUIPMENT:

How to use products safely

Material Safety Data Sheet -MSDS

- Ask for a copy of the MSDS for any products you are using in school
- Read & familiarise yourself with the product and how to use it safely
- Note First Aid comments and quantities to use
- Read the container label
- Follow all instructions

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Use of bleach in schools



- Latest DfE/ PHE guidance has said bleach can be used in schools during the current crisis.
- Has not been recommend in schools- known respiratory sensitiser, can affect those with asthma
- **Bleach + urine =Chlorine gas**
- Always use alternative products

If decide to use

- Read MSDS. Follow instructions.

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Wiping down do's & don'ts

Do

- Read labels & MSDS for products you use
- Wear gloves
- Spray trigger bottles into a cloth or paper towels NOT in your breathing zone
- Always wash your hands after using

Don't

- Mix products
- Bring products in from home
- Dilute without following instructions
- Leave trigger bottles or cloths in the classroom unattended –put them away after use.

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PPE in schools

PPE Requirements	Disposable plastic apron	Disposable gloves	Fluid resistant (IIR) surgical mask	Eye protection	Additional measures
<p>Staff teaching children with no direct contact (maintaining 2m social distance)</p> <p>Including special schools with no direct contact (maintaining 2m social distance)</p>	X	X	X	X	Must maintain 2 m social distancing. If providing hands on personal care, wear disposable gloves and disposable apron
Staff in special school settings, in direct personal contact and/or when unintended contact with a child is likely e.g. children with challenging behaviour	✓ (single use)	✓ (single use)	✓ (continuous use)	X	if there is an additional splash risk (e.g. a spitting child), continuous use of eye protection would also be indicated by risk assessment
Staff member whose role requires direct personal contact (within 2 metres) with a child with suspected/ confirmed Covid-19.	✓ (single use)	✓ (single use)	✓ (single or continuous use)	✓ (risk assess continuous use- wear if risk of facial splash/ contamination with blood, body fluids or respiratory droplet)	<p>Maintain 2m social distancing if possible</p> <p>Isolate child on site in a ventilated room and arrange for them to be sent home to self-isolate asap. Staff member only self isolates if develops symptoms.</p>

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Eye Protection & Masks *The need for a mask and eye protection should be assessed by the member of staff prior to the task being carried out and can be worn on a sessional basis.*

- Masks should be well fitted
- Ensure staff know how to safely don and remove PPE
- Must be discarded in clinical waste
- Hand washing with soap and hot water for 20 secs minimum **INCLUDE** washing forearms if exposed.

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Bodily fluids

- In general, you should assume that human waste materials may contain harmful micro-organisms that could cause an infection.
- Staff in school act in *loco parentis*
- **It is unacceptable to leave bodily fluids to be cleaned up at the end of the day Public Health England state categorically:**
- *All spillages of blood, faeces, saliva, vomit, nasal and eye discharges should be cleaned up **immediately**, wearing PPE.*
- Spill kits should be available across school

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Dealing with bodily fluids

- The virus has been found in stool samples of people confirmed as suffering from COVID-19. While this is not thought to be the main transmission route, all secretions (excluding sweat) and excretions (such as diarrhoea) from those suffering or suspected to be suffering from COVID-19 should be managed as being possibly infectious.

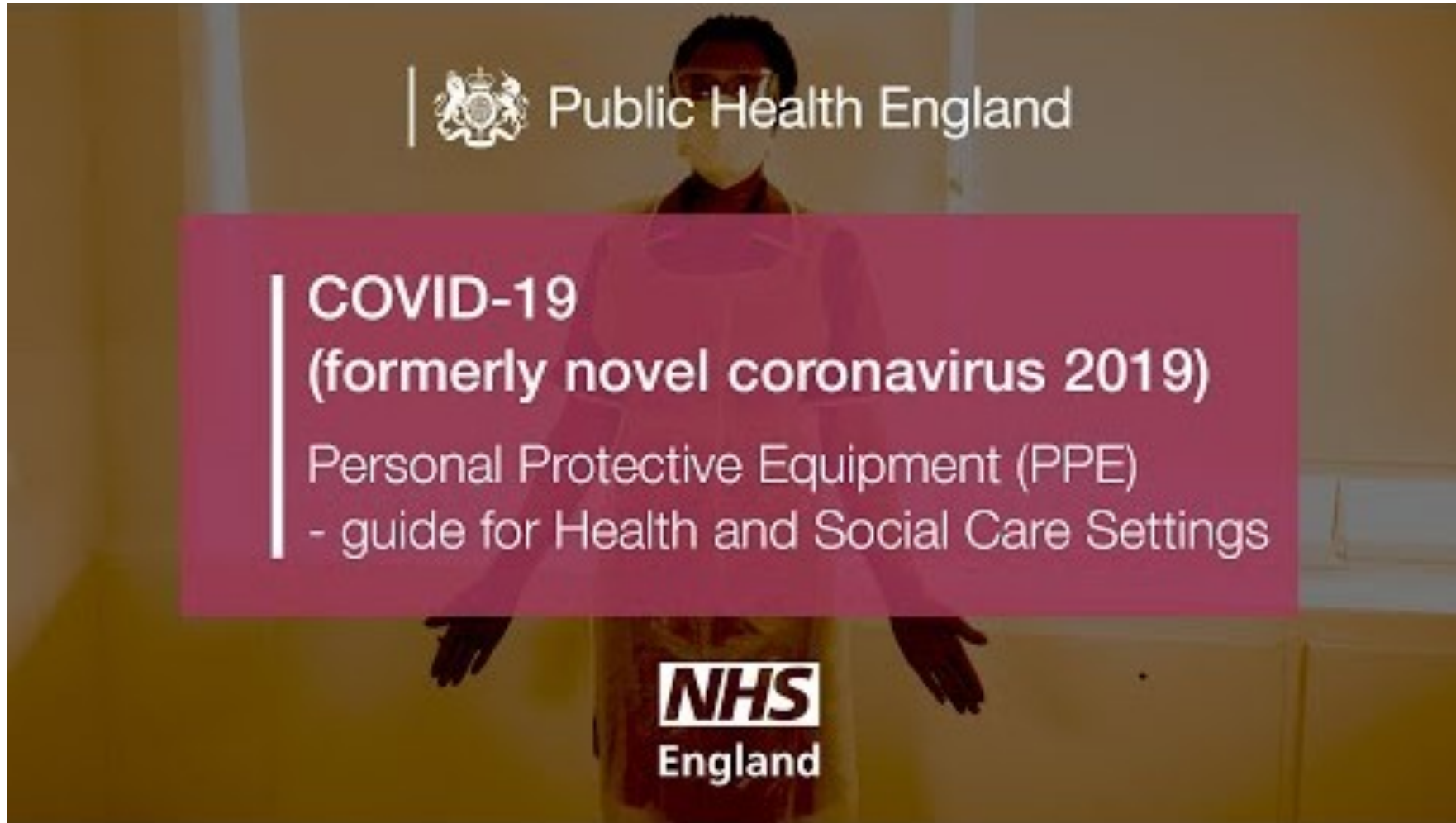
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Nappy changing

- Your usual PPE – gloves and disposable apron
- Approach nappy changing from side or out of line of pupil or from head end.
- Position to be adopted nearer pupil's head
- Wipe away from you
- Ensure nappy changing areas are well ventilated.

Eye Protection & Masks *The need for a mask and eye protection should be assessed by the member of staff prior to the task being carried out and can be worn on a sessional basis.*

Putting on and taking PPE



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Putting on and taking PPE

Poster 1 – print out both and display at point of use.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/878677/

[PHE_11606_Putting_on_PPE_062_revised_8_April.pdf](#)

Poster 2

- https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/878678/

[PHE_11606_Taking_off_PPE_064_revised_8_April.pdf](#)

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Gloves are not an alternative to good hand washing practices.

Where gloves are used, hands must be thoroughly washed following the removal of gloves



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PPE – First aid

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Staff providing first aid

- Follow updated first aid guidance from PHE - where possible **maintain 2m distance** and assess ability to assist a conscious casualty with minor ailments or illnesses i.e. can casualty help themselves, run wound under water, apply plaster.
- If not possible to keep 2m separation, the following PPE must be worn.
Wash hands prior to donning:
 - Disposable apron
 - Disposable gloves
 - Fluid Resistant (IIR) surgical mask

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- Eye protection should be worn if there is risk of exposure to blood and bodily fluids
- Ensure staff know how to safely don and remove PPE
- Must be discarded in clinical waste
- Hand washing with soap and hot water for 20 secs minimum INCLUDE washing forearms if exposed.

Eye Protection & Masks *The need for a mask and eye protection should be assessed by the member of staff prior to the task being carried out and can be worn on a sessional basis.*

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Waste

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Waste -Tissues

- Talk to your waste company about local arrangements for tissues etc.
- Guidance is tissues should be collected in lidded bins and double bagged put in clinical waste. Some waste contractors are saying they will accept double bagged and put in normal waste.



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Waste

Waste from possible cases and cleaning of areas where possible cases have been (including disposable cloths and tissues):

- Should be put in a plastic rubbish bag and tied when full.
- The plastic bag should then be placed in a second bin bag and tied.
- It should be put in a suitable and secure place and marked for storage until the individual's test results are known.
- Waste should be stored safely and kept away from children. You should not put your waste in communal waste areas until negative test results are known or the waste has been stored for at least 72 hours.

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Knowledge check

There is a 10 question knowledge check with this presentation.

Please complete it. The answers are on the last slide



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Questions



1. PPE is the most effective measure to control the risk of transmission –
True or False

2. Which surface will coronavirus last longest on ?

- a. Metal
- b. Paper
- c. carpet

3. Antibacterial gel should be :

- a. < 72%
- b. > 60%
- c. < 30%

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Questions



4. PPE can be discarded in normal waste bins? **True or False**
5. There is less risk of transmission of the virus indoors ? **True or False**
6. Which is the most effective measure in the hierarchy of control?
 - a. Hand washing
 - b. Minimising contact
 - c. Telling anyone with the virus not to come into school

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Questions



7. Why is bleach not recommend in schools?

- a. It can ruin fabrics
- b. It can make respiratory conditions like asthma worse
- c. It has a very strong smell

8. Name 2 places you can find out how to use a cleaning product safely?

9. If wearing full PPE you do not have to wash your hands? **True or False**

10. You must **always** wear a mask for carrying out first aid? **True or False**

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Recap and recommended actions

Classroom (revised) risk assessment

Useful links

https://youtu.be/K2bEm_Nvlpc

[Coronavirus \(COVID-19\): implementing protective measures in education and childcare settings - GOV.UK](#)

[COVID-19: cleaning of non-healthcare settings - GOV.UK](#)

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Answers

- 1.False
2. a
- 3.b
- 4.False
- 5.False
- 6.c
- 7.b
8. Product label & Material Safety Data Sheet (MSDS)
9. False
10. False

How did you do?

