

## CORONAVIRUS WORK INSTRUCTIONS

### CONTACT ON PROJECTS

The government has prescribed various measures and guidelines to prevent/limit the spread of the coronavirus that we are facing right now. For instance, meetings/gatherings of more than three people are prohibited. The construction site is not considered to be a gathering. However, you should maintain at least a 1.5-metre distance from each other, including when travelling to and from the construction site.

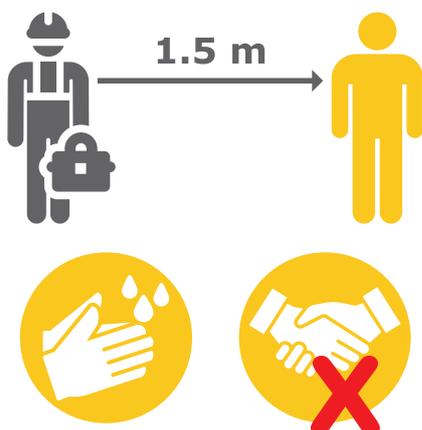
**Within Van Gelder, we adhere to guidelines issued by the RIVM and Bouwend Nederland.**

#### What can I do to prevent/limit the spread of the coronavirus?

The risk of becoming infected from touching equipment or surfaces is small, but make sure you always adhere to the RIVM recommendations:

- Always maintain at least a 1.5-metre distance from each other.
- If you do not have any symptoms, work from home where possible or try to spread your working hours.
- Adhere to good hygiene practices:\*
- Wash your hands frequently with soap and water;
- Cough and sneeze into the crook of your elbow;
- Use paper tissues;
- Do not shake hands.

\* (You can order hygiene products from the equipment department.)



#### Tips to reduce the risk of infection include:

- Avoid unnecessary contact with others and stay in your vehicle/cabin where possible.
- Coffee and lunch should be taken in shifts in the smallest possible groups and you should maintain a 1.5-metre distance from others in the portacabin. This also applies when issuing instructions, including start of work instructions.
- Use disposable cups for coffee, tea, water, etc where possible.
- Do not collect each other's food or drink.
- Keep your workspace and the interior of your vehicle hygienically clean.
- Avoid making unnecessary visits to public spaces such as shops and hospitals.

*Be aware of our 'professional look' pillar and set a good example to prevent negative posts from local residents appearing on social media. Always make sure that the construction site is safe and secure when you leave!*

#### Measures on the construction site

- Maintain a 1.5-metre distance from others, also on the construction site.
- Be creative in thinking of new ways to work together. Do not hand building equipment to each other in person but put them down at a 1.5-metre distance.
- Instructions should be issued in groups of no more than three people, and a 1.5 metre distance between people must be maintained.

#### Travel to and from the construction site

- Only travel together if you can sit at least 1.5 metres apart.
- If that is not possible, consult your manager to find a good solution.

## Keep the workplace clean

- Clean doorknobs, light switches, taps, keyboards and mice frequently.
- Clean your vehicle; grab handles, steering wheel, indicator stalks and mirrors.



## I'm an Emergency Response Team (ERT) member. What should I do and what should I watch out for?

The advice to ERT members is to adhere to the RIVM instructions. If you need to offer first aid, it is recommended that you adhere to the hygiene regulations as much as possible. If an adult requires resuscitation, the Dutch Resuscitation Council recommends the following:

- If there is no clear or proven infection: carry out chest compressions and use the AED but do not perform rescue breathing.
- If a person is or is suspected to be COVID-19 positive: do not carry out chest compressions, do use the AED but do not perform rescue breathing.

Always prioritise your own health!



## Symptoms?

- Do you have mild or more serious cold symptoms? Sneezing, sore throat, runny nose, slight cough or a temperature of 38 degrees should be reported to your manager and the P&O department.
- If you or one of your family members has a fever, stay at home and contact your manager.
- If you are ill, report this to your manager and the P&O department.



For the latest updates, visit [vangelder.com/coronavirus](https://vangelder.com/coronavirus)

If you have any questions, please send these to [corona@vangelder.com](mailto:corona@vangelder.com)