

TIPS FOR STAYING SAFE WHILE WORKING AT YOUR TRADE

NSAA commends skilled trades professionals for their commitment to providing services to the public during the coronavirus pandemic. First and foremost, it is essential that the skilled trades community adhere to Public Health advisories.

If you are experiencing symptoms, go to 811.novascotia.ca

Symptoms of COVID-19 include:

- Fever
- Cough
- Difficulty breathing

How to protect yourself and others

- Wash your hands often. Washing with soap and water is preferred.
- Sneeze and cough into tissues (preferred) and elbows. Throw the tissue away.
- Avoid touching eyes, nose and mouth with your hands.
- Stay home if you are sick.
- Avoid contact with a sick person.
- Do not shake hands.

Be prepared

- Discuss the job required with the business or homeowner in advance to determine the level of risk.
- Here are some suggestions for what to discuss:
 - Nature of the job to be done
 - Location of the job to be done
 - Number of people on site or in dwelling
 - Proximity of people to where the work needs to be done
 - Notification to the business/homeowner that the workers may leave if they feel unsafe or exposed

While on the job

- If you are going on the job or responding to a call, practice social distancing with your apprentices and other work colleagues. Maintain a distance of 2 metres (6 feet) between you and others.
- Consider if using other protective equipment is right for your business, such as Nitrile and Latex gloves.
- Ensure those who use personal protective equipment are properly trained.
- Carry disinfectant wipes and wipe all surfaces before and after work.

Avoid contaminating common items and surfaces.

- Throughout the day, clean and disinfect surfaces, tools and equipment that you touch often.
- Use regular household disinfectants or diluted bleach (1 part bleach and 9 parts water) to disinfect.
- Items that are used to carry out work but can not be cleaned or reused should be secured in a lined container and disposed of with other work-related waste.

After the Job

- Ensure all visits are recorded and tracked, noting address, number of people in the home, and contact information, so all parties can be notified of new infections if necessary.
- Wash work wear and shower regularly to avoid transmitting the virus in the case that you have come in contact with it while working.

Care for yourself

- Monitor your symptoms and if you become ill with a cough, fever or other respiratory symptoms, go to **811.novascotia.ca** to see if you should call 811
- If you meet the requirements to call 811 and further require an in-person assessment, 811 will refer you to a centre. **Do not go to a COVID-19 assessment centre unless referred by 811.**
- Get some rest, eat a balanced diet, stay hydrated and stay in touch with others through communications devices.

If you are an employer

- Post handwashing signs and provide alcohol-based hand rub to encourage frequent hand hygiene. NS has a poster to share: **novascotia.ca/coronavirus/Hand-Washing-Poster.pdf**
- Make sure spaces and surfaces are cleaned.
- Remove non-essential items like magazines, stuffed toys, and other items that can't be easily cleaned from reception areas.
- Facilitate and encourage social distancing.

Support your employees if they need to stay home

- The Province of Nova Scotia, under the authority of the Health Protection Act, is requiring anyone who has travelled outside Nova Scotia to self-isolate for 14 days from the day they get back to the province, even if they do not have symptoms.
- Employers cannot require a doctor's note if an employee must be off work.
- Consider how you can support your employees while they're in self-isolation. Talk with your employees about flexible hours or alternative work arrangements if they are required to stay home.

INFORMATION FOR CONSTRUCTION TRADES WORKERS

- The Construction Association of Nova Scotia has developed information specific to the construction sector. Go to: **cans.ns.ca/cans-covid-19-information-centre** and sign up for daily updates.
- Build Right Nova Scotia has developed a poster regarding guidance to help reduce the transmission of COVID-19 and ensure a clean construction job site. To access, go to: **mainlandbuildingtrades.ca**

**CHECK THE MOST UP-TO-DATE
INFORMATION ON COVID-19 AT:
NOVASCOTIA.CA/CORONAVIRUS**