

PREVENTION MEASURES CHECKLIST

To help prevent the spread of COVID-19, please review and follow these measures to keep you, our valued volunteers, and our staff and visitors safe.

DURING COVID-19

HEALTH SCREENING QUESTIONNAIRE

- Complete each day prior to entering Conservation Halton premises
- If there are any "Yes" answers, access to our property is not permitted



FOLLOW PUBLIC HEALTH GUIDELINES

- Regularly wash hands with soap and water or alcohol-based sanitizer throughout shift
- Maintain at least 2 metres (6 feet) distance between yourself and other people
- Avoid touching eyes, nose and mouth
- Make sure you and the people around you follow good respiratory hygiene – cover your mouth and nose with your bent elbow or tissue when you cough or sneeze, then dispose of used tissue immediately and wash hands
- Clean and disinfect tool handles after use

BREAKS AND LUNCH

- Wash your hands thoroughly before and after eating
- Maintain a physical distance of at least 2 metres (6 feet) from others

WHEN IT'S HOT OUTSIDE

END OF SHIFT

- Check on each other frequently to help spot symptoms of heat stress
- Drink plenty of water. On very hot days, drink a glass or more of water every hour
- Wear loose, lightweight, light-colored clothing; wear a shade producing hat
- Take frequent rest breaks in the shade - 5 minutes every hour, if possible
- Remember that it takes 7 to 10 days to acclimate your body to heat
- Avoid eating hot, heavy meals. Instead, eat cool light meals
- Don't drink caffeinated drinks, as they cause dehydration
- Salty snacks and/or 1 teaspoon of salt in a water bottle will help you stay hydrated!