Workplace behaviours to keep you COVID safe.

Follow this advice to protect yourself and others.



keep your distance stay 1.5 metres from others



wear a mask
if you can't physically distance
or are at risk from COVID-19



stay home if sick reduce the risk of spreading COVID and other viruses



cover coughs and sneezes
use a tissue or your elbow. Put used
tissues in the bin immediately.



keep hands cleanwash or sanitise
your hands frequently



clean and disinfect frequently touched surfaces, equipment and shared spaces



