

COVID PROTOCOLS



In many jurisdictions across North America, the COVID-19 virus is near elimination or at levels that are deemed low risk. Conversely, some areas are being heavily impacted by the rise in positive COVID cases.

Even with the figures dwindling in some areas, we must remember that this virus has the ability to be easily spread from person to person, or communities as simply as it impacted our nations initially. The following protocols are a friendly reminder of the expectations of all Acuren employees, both in the course of the employment, and within personal lives. We can beat this virus together, if we follow the simple rules.

PHYSICAL DISTANCING



Inside of your home: Avoid close contact with people who are sick. If possible, maintain 6 feet (or 1.8 metres) between the person who is sick and other household members.

Outside of your home: Ensure a 6 feet (or 1.8 metres) distance between yourself and people who don't live in your household. This includes co-workers and members of the general public.

Remember that some people without symptoms may be able to spread virus. Keeping distance from others is especially important for people who are at higher risk of getting very sick.

COVER YOUR MOUTH AND NOSE WITH FACIAL COVERINGS



You could spread COVID-19 to others even if you do not feel sick. The cloth face cover is meant to protect other people in case you are infected. Everyone should wear a cloth face cover in public settings and when around people who don't live in your household, especially when other distancing measures are difficult to maintain. Do NOT use a facemask meant for a healthcare worker. Currently, surgical masks and N95 respirators are critical supplies that should be reserved for healthcare workers and other first responders. Continue to use physical distancing between yourself and others. The cloth face cover is not a substitute for physical distancing.

WASH YOUR HANDS OFTEN



Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, have used the washroom, or after blowing your nose, coughing, or sneezing.



CLEAN AND DISINFECT

Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.

Then, use a household disinfectant.

MONITOR YOUR HEALTH

Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.

Especially important if you are running essential errands, going into the office or workplace, and in settings where it may be difficult to keep a physical distance of 6 feet.

Take your temperature if symptoms develop.

Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, such as acetaminophen.

Follow CDC guidance if symptoms develop.