

ACTA Safety

Saving Lives Through Safety Education & Training™

Attention All Employees Safety Meeting

Date _____ Job Site _____ Foreman _____

Superintendent _____ Start Time _____ End Time _____

Preparing for Influenza & Personal Hygiene Part 1 Flu Season:

In the construction industry, we regularly have the difficult task of dealing with a periodic and migratory work force which may or may not be aware of the hazards associated with communal diseases and the simple ways we can all help control outbreaks. Due to the close proximity with which workers in construction interact with each other there is a medium to high potential for exposure to known or suspected influenza sources. With the imminent arrival of this year's flu season we are instituting protocols and guidelines which will serve to protect our workforce from contracting and spreading disease.

General Facts:

Viruses are not new;
Vaccine may be readily available though your local physician or clinics;
More than 200,000 hospitalizations each year in the United States from seasonal flu outbreaks;
Approximately 36,000 deaths occur in the United States each year from flu related complications;
Outbreaks occur more often seasonally during fall and winter.

Spread of Influenza through Human to Human Transmission:

Coughing & Sneezing: **A sneeze normally travels at least 8 feet away from the person sneezing.**
Touching contaminated surfaces, and transferring the contaminant from hand-to-face

Please follow these easy steps we all can take to avoid the spread of influenza & the common cold.

1. Always cover your mouth when sneezing by using your arm/shoulder or shirt.
2. Avoid using your hand since you can spread germs and viruses with every consecutive touch.
3. Infected individuals may be contagious as long as they are symptomatic and for up to 7 days following illness onset.
4. If sick - remain at home, notify supervisor and healthcare provider.
5. Avoid touching your eyes, nose, or mouth as much as possible
6. Get vaccinated with seasonal flu vaccine
7. Exercise regularly, get enough rest, and eat healthy
8. **WASH YOUR HANDS AND/OR USE ANTISEPTIC HAND RUB REGULARLY**

EMPLOYEE NAMES:

EMPLOYEE SIGNATURES:

ACTA Safety

Saving Lives Through Safety Education & Training™

Attention All Employees Safety Meeting

Date _____ Job Site _____ Foreman _____

Superintendent _____ Start Time _____ End Time _____

Preparing for Influenza & Personal Hygiene Part 2 H1N1Swine Flu:

Last week we discussed some easy ways we could all work together to avoid the spread of influenza and the common cold during this season. The personal hygiene practices you were given will help stop you and others from spreading infection once it occurs. This week we will be discussing the spread of the H1N1 Virus or "Swine Flu". Studies have shown that influenza virus can survive on environmental surfaces and can infect a person for up to 2-8 hours after being deposited on the surface. To reduce the spread of the influenza (H1N1) virus, disinfect commonly-touched hard surfaces in the workplace, such as work stations, counter tops, door knobs, and bathroom surfaces by wiping them down with a household disinfectant according to directions on the product label.

General Facts:

Respiratory disease of swine;
Confirmed swine-to-human and human-to-human cases have occurred;
Virus is not transmitted by consuming pork products;
Some deaths have been reported mostly in the young and elderly.

Signs of the flu:

1. Fever
2. Lethargy (exhaustion)
3. Lack of appetite
4. Sore throat
5. Cough
6. Muscle aches
7. Nausea, vomiting and diarrhea

Please follow these easy steps we all can take to avoid the spread of influenza & the common cold.

1. Clean the surface with a commercial product that is both a detergent (cleans) and a disinfectant (kills germs).
2. Use disinfectants on surfaces that are touched often. Clean the surface as explained above before using disinfectants.

EMPLOYEE NAMES:

EMPLOYEE SIGNATURES:

ACTA Safety

Saving Lives Through Safety Education & Training™

Attention All Employees Safety Meeting

Date _____ Job Site _____ Foreman _____

Superintendent _____ Start Time _____ End Time _____

Precautions During a Flu Outbreak Part 3 H1N1Swine Flu:

Last week we discussed some easy ways we could all work together to avoid the spread of influenza and the common cold during this season. There are several suggestions consistent throughout the Medical/Healthcare communities which are found to be effective in lowering the effects of during a global epidemic of this nature. As stated before, personal hygiene practices are a very important. As a responsible adult you should make sure you not only follow those precautions but also strongly urge others and your family to follow them.

General Facts:

First of all, everyone should understand it's almost impossible to avoid coming into contact with H1N1 in spite of all precautions. Contact with H1N1 is not so much of a problem as making sure people mitigate symptoms once they are noticed.

While you are still healthy and not showing any symptoms of H1N1 infection, in order to prevent proliferation, aggravation of symptoms and development of secondary infections, some very simple steps, not fully highlighted in most official communications, can be practiced (instead of focusing on how to stock N95 or Tami-flu). Those precautions are as follows:

1. Frequent hand-washing (well noted in all official communications).
2. "Hands-off-the-face" approach...resist all temptations to touch any part of face unless eating or bathing.
3. *Gargle twice a day with warm salt water (use Listerine or Hydrogen Peroxide if you don't trust salt). Most flu infections take 2-3 days after initial contact in the throat/ nasal cavity to proliferate and show characteristic symptoms. Simple gargling prevents a full outbreak. In a way, gargling with salt water has the same effect on a healthy individual that Tami-flu has on an infected one.
*****Don't underestimate this simple, inexpensive and powerful preventative method.*****
4. Similar to 3 above, clean your nostrils at least once every day with warm salt water, or hydrogen peroxide. Blowing the nose softly once a day and swabbing both nostrils with cotton buds dipped in warm salt water is very effective in bringing down viral population.
5. *Boost your natural immunity with foods that are rich in Vitamin C or consider supplements.
6. *Drink as much of warm liquids (tea, coffee, etc) as you can. *Drinking warm liquids has the same effect as gargling, but in the reverse direction. They wash off proliferating viruses from the throat into the stomach where they cannot survive due to stomach acids, grow, or do any harm.

EMPLOYEE NAMES:

EMPLOYEE SIGNATURES:
