

Hand Washing



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Tips & Reminders from
Eve HSE team



20 secs time

Wash your hands with soap and water for at least 20 seconds. (Medical Practitioners recommend singing the Happy Birthday song twice).

In between too

Ensure to wash between your fingers, thumbs and under your nails.



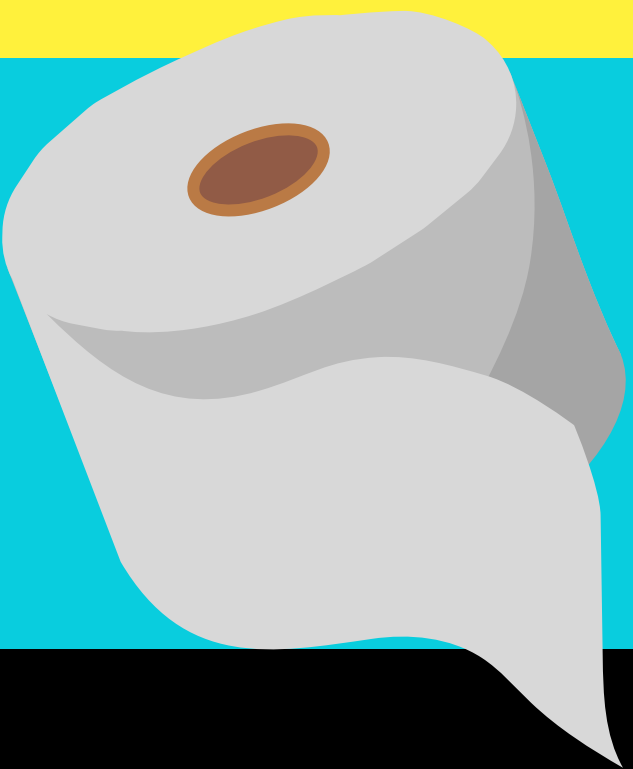
After Shopping & after sneezing too.

Wash hands after touching objects such as when you go shopping. And wash after coughing & sneezing, touching your face.

Eating

That's right - Before and after eating.

Don't forget to wash your hands properly.



Bathroom trip

Sing that birthday song for 20 seconds after you use the bathroom. Wash your hands thoroughly.


Hand creams



- Frequent hand washing can cause your skin to become brittle and micro abrasions can appear which can allow the virus to enter your body.
- Practice hand care at home.
- Use unscented, fragrance free hand creams that will repair the skin barrier and add moisture back into your hands. Vaseline can also be used.
- Only do this when you are in a safe clean environment. Using hand creams while in public can aid in the spread of the virus.

Wash your hands

WITH SOAP AND WATER

 Duration of the entire procedure: 40-60 seconds



Wet hands with water;



Apply enough soap to cover all hand surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



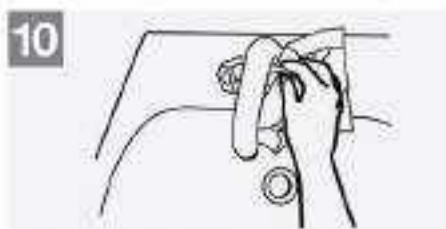
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



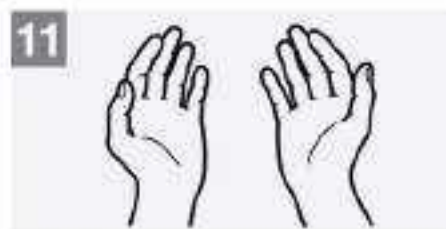
Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.

Having clean hands reduces the spread of diseases like COVID-19



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In case you forgot...

PLEASE PRACTICE SOCIAL DISTANCING

Protect yourself and others against infections

POR FAVOR PRACTICA LA DISTANCIA SOCIAL

Protéjase y proteja a otros contra las infecciones



**MAINTAIN A
6' DISTANCE
FROM OTHERS**



**MANTENER UNA DISTANCIA DE 6 PIES
DE LAS DEMÁS PERSONAS**

ORORA Visual
Herbicultural

ABOUT EVE HSE SUPPORT

COVID-19 RECOVERY PLAN FOR YOUR BUSINESS

HSE advisory support includes:

- PPE Procurement and Database Management
- Company Specific HSE Procedures and Policies Development
- Standard Operating Procedure Development
- Corrective Action Plans Development and Implementation
- Company Specific HSE Training, Competency and Awareness
- Contractor Management
- Regulatory Compliance Audits: Occupational Safety and Health Act, Environmental Management Act, etc.
- Safety Management System Audits
- Site Inspections
- Fire Inspections
- Risk Management - Risk Assessments, Job Hazard Analysis (JHA),
- Field Assessments
- Incident Investigation and Reporting



CUSTOMISED TRAINING, AUDITS AND ADVISORY TO HELP YOU ENSURE SAFETY FIRST.

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