

Returning to work:

It's all about information and communication.

Points to consider: (This list is not exhaustive – please send additional suggestions to colin@ika.ie)

- Speak with your consultant and discuss your current health and potential risks in the context of your work environment
- Can you work from home?
- If you cannot, discuss a risk assessment with your employer
- Does your employer have a clear Covid-19 policy in place to manage things such as a suspected case of the virus in the workplace?
- Are there risks involved in travelling to and from work and can you adequately mitigate the risk?
- Can your employer redeploy you to where your contact with others is kept to a minimum?
- Can you follow social distancing when possible and use appropriate PPE when you cannot?
- Do you have access to relevant PPE?
- Do you have opportunities to clean your hands regularly using soap or alcohol based hand-gel – for example, when using communal facilities such as office machines and kitchen. (Remember to keep your hands away from your face)
- Consider downloading the CovidTracker app.
- Consider changing clothes and taking a shower immediately on your return from work

Further information is available here:

<https://www2.hse.ie/conditions/coronavirus/returning-to-work-safely.html>

<https://www2.hse.ie/conditions/coronavirus/people-at-higher-risk.html>