

SAFETY TALK

June 24, 2020

Social Distancing Prevents COVID-19

COVID-19 spreads mainly among people who are in close contact (within about 6 feet) for a prolonged period. Spread happens when an infected person coughs, sneezes, or talks, and droplets from their mouth or nose are launched into the air and land in the mouths or noses of people nearby. The droplets can also be inhaled into the lungs, or it can be transmitted when droplets contaminate surfaces and are touched hand-to-face.

Public Health Authorities have acknowledged the importance of social distancing for significantly reducing the outbreak of COVID-19.

Unlike a plexiglass barrier or face covering which are hard barriers, physical distancing relies on the barrier of space to interrupt the transmission process.

Distancing is a method that we can practice without the use of specialized equipment as we move through our day at work and at home. **The success of social distancing relies on people respecting the purpose of distancing and applying it according to their individual circumstances.**



In the midst of the COVID-19 pandemic, activities that were previously prohibited are now being allowed, with some restrictions. In some provinces: children are attending schools and summer day camps, and restaurants, gyms, and amateur sports are reopening. It may seem as though the requirement to maintain distancing is not as important as it was – that is not true.

Distancing continues to be a significant control for preventing the spread of COVID-19. In those instances where distancing cannot be maintained, people are expected to implement other safeguards, like face masks, or follow safety procedures like facing away from each other in an elevator or hoist to protect themselves and others.

Social distancing is something that you do for others. Since people can spread the virus before they know they are sick, it is important to stay away from others when possible, even if you have no symptoms. If workers are not observing the requirements for distancing in your workplace – remind them. It is for their safety!

As we learn more about the transmission of COVID-19 and our natural desire to shake hands, socialize and get close when we talk with each other becomes stronger **we need to avoid taking risks with our safety or the safety of others and follow the rules.** We need to continue to maintain our distancing at work and in public spaces even as phased re-opening occurs in the provinces.

THINK SAFETY
WORK SAFELY



