



ENVOL SOLUTIONS INC.

# Workplace Health & Safety Posters

COVID-19 Employer Resources, Canada

Published May 21<sup>st</sup>, 2020

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# Physical Distancing

To protect yourself and others, please always keep a distance of at least 2 meters from others.

1. Practice physical distancing **at all times**, including:

- On the production line
- In the lunchroom
- During team meetings

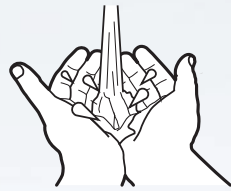
2. Stay away from mass gatherings

3. Avoid touching other people, including handshakes



# Proper Hand Hygiene

**Step 1:** Rinse hands.



**Step 2:** Apply soap.

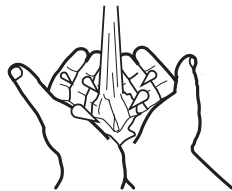


**Step 3:** Wash hands for at least 20 seconds.

(Including your palms, back of each hand, between fingers, thumbs and under nails)



**Step 4:** Rinse well.



**Step 5:** Dry hands well with paper towel.



**Step 6:** Turn off tap using paper towel.

The background of the slide features several stylized, blue, spherical coronavirus particles with prominent spike proteins extending from their surfaces, set against a light blue gradient background.

# **Protect Yourself & Others from COVID-19**

**Self-monitor and stay home if you're sick**

**Keep physical distance**

**Do not share food or drinks**

**Cough and sneeze into your sleeve**

**Use appropriate Personal Protective Equipment**

**Wash your hands frequently**

**Do not travel**

**Update your Manager about your physical and mental health**

# COVID-19 Symptoms

Please notify your Manager and stay home if you are showing signs of the following symptoms:

**Fever**



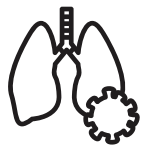
**Headaches**



**Dry Cough**



**Shortness of Breath**



**Tiredness**



**Runny Nose**



**Sore Throat**



**Aches and Pains**



LOOKING FOR SUPPORT  
ON YOUR **RETURN TO WORK PLAN?**  
WE CAN HELP!

Contact our team of HR Specialists!  
[hello@envolstrategies.com](mailto:hello@envolstrategies.com)

