



Protect yourself mentally and physically during COVID-19 pandemic

A summary guide to staying safe

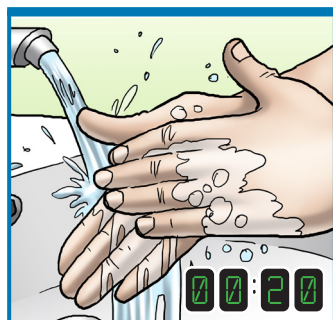


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Ensure proper hygiene

Wash your hands or use hand sanitizer:*

- after contact with others
- after removing gloves or masks, and
- before eating

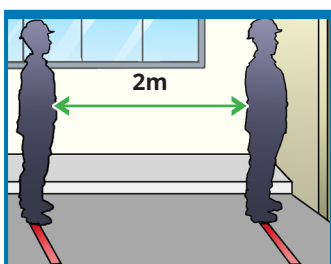


* Use properly formulated sanitizers

Avoid touching your nose, mouth and eyes. Cover your mouth and nose when coughing or sneezing, and throw used tissues away



Practice social distancing and avoid shaking hands



Sanitize tools or equipment



Live a healthy lifestyle to keep your immune system strong



If you feel unwell...

inform your supervisor and stay away from others.



Before work...keep your mind on task!

Discuss high-risk hazards and ensure everyone is prepared and trained for the job.

Step 1:

Identify hazards, i.e. anything that may cause harm



Step 2:

Identify who may be harmed, and how



Step 3:

Review the risk assessment



Step 4:

Ensure the controls are in place



Be aware of changes and their effect on Health and Safety.



Keep your mind on task. Take breaks to rehydrate and re-focus when needed.



Have permits approved by a competent person for any high-risk job.



Maintain good housekeeping.



Control lone working and maintain regular communication.



Don't take shortcuts; inform supervisors of any unforeseen changes or hazards.



Stop unsafe work and report unsafe situations to supervisors.

- Monitor your health (e.g. fatigue)
- Wear additional PPE when needed