



One System.
Best Health.

Orientation to Working Safely On-site at LH

July 2020



Lakeridge
Health

What is our 'new normal'?

- Screening
- PPE - Masking and Eye Protection
- Staying Vigilant
 - Disinfectant Wipes Guide
 - Safe Scrub Use
 - Break rooms
- Your Well Being
- Visitors/Volunteers

Screening

- Screening is mandatory prior to entering any of our sites and screening entrances are to be used at each of the hospital sites.
- Anyone who is unwell will not be allowed to enter the hospital as ultimately this protects everyone.
- If you are developing symptoms of COVID-19 you should remain at home and contact Occupational Health at ohnurses@lh.ca

PPE - Masking and Eye Protection

- All Lakeridge Health team members and visitors must wear facemasks or face coverings at all times while at facility/premises.
 - Lakeridge Health team members that are providing direct patient care must wear medical mask & eye protection (Full Face Shield/Goggles/Mask with face shield)
 - While the colour and type of masks given out at screening may vary over time, all masks are approved medical masks.

PPE - Masking and Eye Protection



- Shared workspaces: Lakeridge Health team members must wear facemasks or face coverings at all times when in shared workspaces where physical distancing cannot be maintained.
 - Masks must be worn in common areas, i.e. going to the printer, supply areas, exit/entry, parking garages, etc
 - Where distancing can be achieved, team members are still encouraged to wear facemasks or face coverings as much as possible.

Staying Vigilant

- It is essential to remain vigilant and to do what is necessary to protect ourselves, our families, coworkers and patients.
 - This means continuing to take basic infection control measures at all times:
 - Cleaning your hands often, using soap and water or alcohol-based sanitizer;
 - Maintaining at least two metres from other people;
 - Avoid touching your eyes and mouth;
 - Coughing or sneezing into your bent elbow or tissue;
 - Staying home if you feel unwell.

We thank team members for exemplifying these practices. Keep going!

Staying Vigilant

Disinfectant Wipes Guide


- As Lakeridge Health continues to ensure a supply of safe and effective disinfectant wipes, team members may notice a number of different wipes available for use.
- Please note the Required Contact time.



Disinfectant Wipes Guide

As Lakeridge Health continues to ensure a supply of safe and effective disinfectant wipes, team members may notice a number of different wipes available for use.

Below is some guidance about the different types of disinfectant wipes:

Clorox	Oxivir Tb	Accel	OPTIM	PREempt	CaviWipes	Lysol
						
Required Contact Time						
1-minute	1-minute	1-minute	1-minute	3-minutes	2-minutes	10-minutes*
Use for difficult-to-kill viruses and bacteria (i.e. C. diff). Avoid using to clean PPE, if possible.	Oxivir Tb, Accel, and OPTIM wipes are interchangeable and effective at killing most viruses and bacteria.			Alternative to Oxivir or Accel. Note: longer contact time required	Reserved for specific applications (e.g. sensitive equipment)	*Not for Clinical Applications. Suitable for offices or similar environments

Note: Use of different wipes on the same surfaces may result in mild odours

Staying Vigilant

Safe Scrub Use

- Change into and out of uniforms at work and do not wear them when travelling
 - Use Personal Protective Equipment (PPE) over your scrubs, as instructed, for the isolation type of your patient
 - Street clothes can be stored in plastic bag during your shift
 - When transporting worn scrubs home, do so in a disposable plastic bag
- **Best Practices with Domestic Wash and Dry**
 - When handling linen you can maintain cleanliness of your hands by performing hand hygiene.
 - **Washer:**
 - Launder uniforms separately from other household laundry/linen
 - Use the maximum temperature the fabric can tolerate, according to the label
 - **Dryer.**
 - Dry in a hot dryer until completely dry.

Staying Vigilant

Break rooms

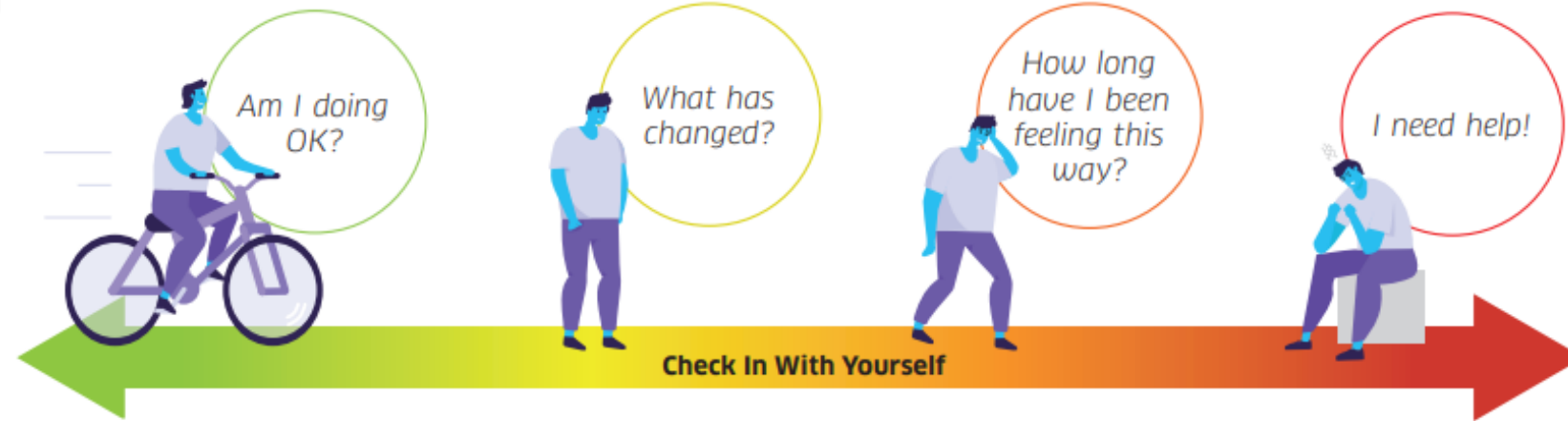
- Masks may be removed when eating and drinking
- Protect your personal space and respect physical distancing, especially when masks are removed
- Hydration stations will be implemented if not able to maintain a 2m or 6ft distance.
- Mask may be stored and reused after meals / breaks. Please ask preceptor
- Safe Eating Spaces are available at each site.

Your Well-Being

How am I Doing?

Working in a health care setting, there is often no time to stop and think about your own mental health.

Please reach out to your program/school's wellness support services if needed.



Green: Healthy

- ✓ Use simple coping tools: walk, talk to friends, music
- ✓ Limit news and media

Yellow: Reacting

- ✓ Get good sleep and eat well
- ✓ Seek support from others

Orange: Injured

- ✓ Time to get professional help

Red: Ill

- ✓ Get help now
- ✓ Call a crisis line

Use this quick tool to ask yourself "How am I doing?"

It will help you notice and be able to talk about changes in yourself, a co-worker, family member or friend.

You may notice:

- physical changes
- changes in how you think, feel and act
- changes in substance use

How can I use it?

- ✓ Take a minute to see where you are on the colour continuum? Do this daily.
- ✓ Text or call a friend or family member and use the colours to talk about how you are feeling, coping or reacting in the moment.
- ✓ Do a "colour" check-in at team meetings or as a conversation opener with staff.

Access the Continuum Self-Check Tool



theworkingmind.ca/continuum-self-check

Visitors/Volunteers

Visitors restrictions

- As the COVID—19 pandemic continues to evolve so do policies on visitors.
- Please see latest guidance on Lakeridge Health COVID-19 Information Site.

Volunteers

- Please see Lakeridge Health COVID-19 Information Site for latest news on volunteers.