SafeCare BC

COVID-19 and You

Presented by:

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What Drives Us

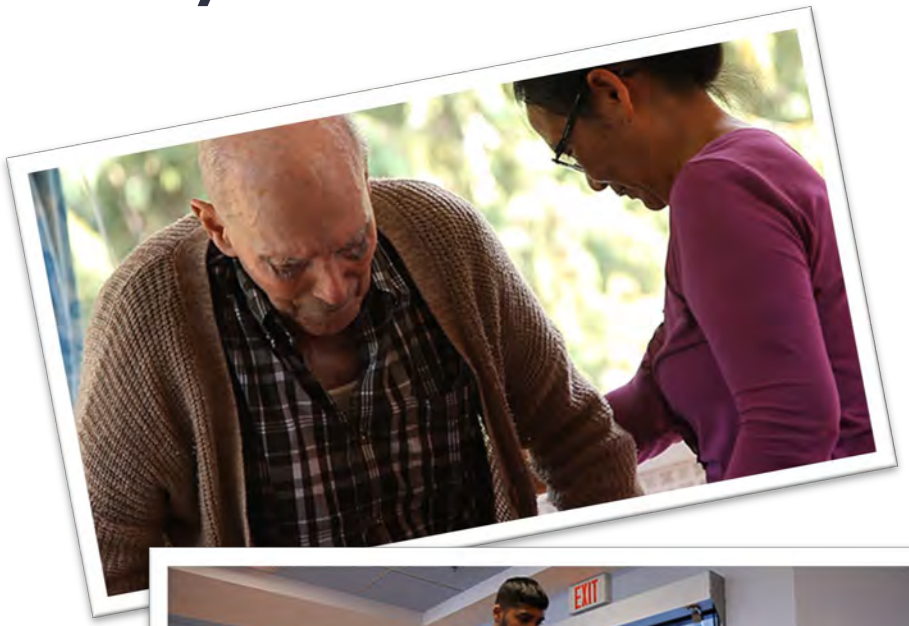
Our Vision

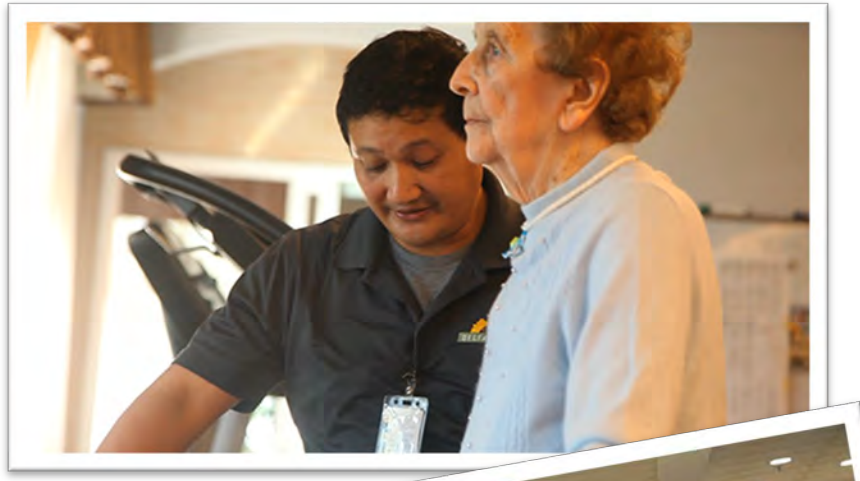
Safe, healthy, and injury-free workplaces in continuing care

Our Mission

To empower those working in the continuing care sector to create safer, healthier workplaces by fostering a culture of safety through evidence-based education, leadership, and collaboration.

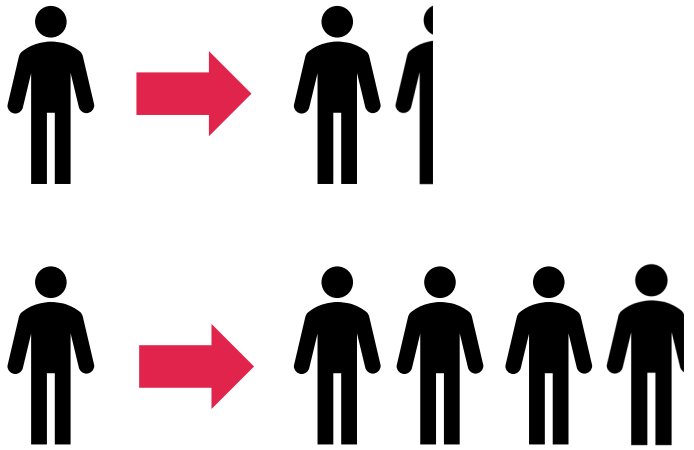
Why We're Here

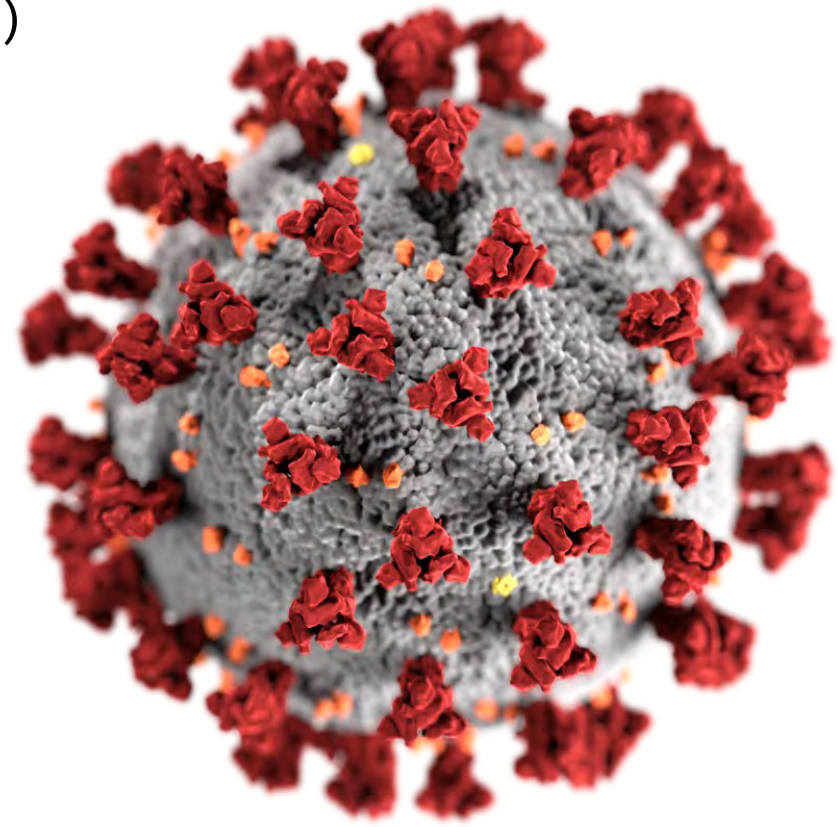




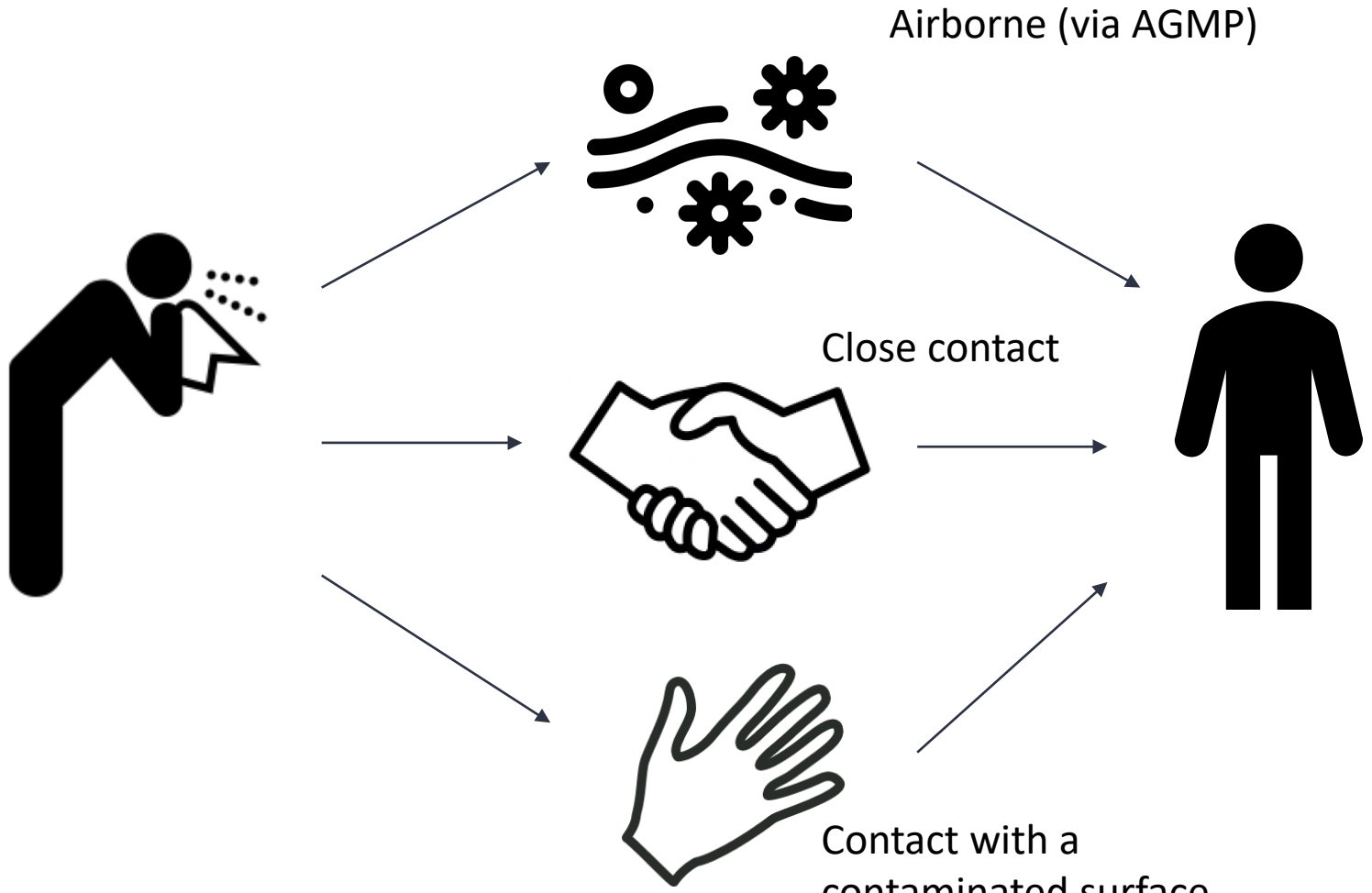
What is COVID-19?

- Coronavirus – SARS-CoV-2 (COVID-19: disease resulting)
- Related to SARS and MERS
- Ro ranges from 1.4 – 3.9





How does it spread?



What strategies reduce risk?

- Basic principles:
  - Maintaining distance (2m)
  - Using barriers where physical distancing is not possible
  - Staying home when sick
  - Eliminating shared items / common touchpoints
  - Practicing good hand hygiene and avoiding touching your face
  - Practicing good cough/sneeze etiquette
  - Heightened cleaning
  - **PPE is a last line of defence**

What does that look like in practice?

- Hierarchy of controls:

- **Eliminate** the risk
- If you can't eliminate it, **change the physical work environment**
- If that's not an option, **change how the work is done**
- If you can't change how the work is done, **use PPE**

Some examples…

Eliminate the risk:

- Telehealth

Change the physical work environment:

- Increase ventilation of rooms (fresh air)
- Switch from nebulizers to metered dose inhalers, if possible
- Go to electronic charting instead of paper
- Ensure there are physical barriers between any unwell family members/household members and the person receiving care/their care provider (e.g. family members stay in separate room).

Some examples…

Change how the work is done:

- Minimize the requirement for physical contact
- Screen care recipient, care providers for signs of illness prior to contact
- Conduct training on infection prevention / exposure control practices, including frequent handwashing
- Increase cleaning frequency
- Eliminate the use of common equipment, wherever possible
- Encourage care providers to have a separate set of clothing and shoes for work/home
- If providing care, avoid wearing jewellery (e.g. rings) or nail polish
- Reduce the number of people present at any given time
- If possible, work with your care provider to reduce the number of locations they work in
- If your care provider works with more than one client, discuss risk reduction strategies
- Do a point-of-care risk assessment prior to providing care. Train care providers on the same.

If you can’t change how the work is done, use PPE:

- PPE is a last line of defence. It is not foolproof.

Speaking of PPE

- Guidance on this is evolving
- Current guidance:
  - For direct care with low-risk/asymptomatic clients: mask, eye protection, and gloves
  - For symptomatic client care or where greater precautions warranted:
    - Eye protection (disinfect, re-use)
    - Medical mask (doff)
    - Gloves (doff)
    - Isolation gown (doff)

PPE Support Options

- Usual supply chains
- SafeCare BC Alternative Suppliers list
  - https://www.safecarebc.ca/covid19/alternative-suppliers/
- BC Government Supply Hub
  - https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/supplies
- Federal Government Essential Services Contingency Reserve
  - Option of last resort
  - https://www.canada.ca/en/public-services-procurement/services/escr.html

And for each of us…

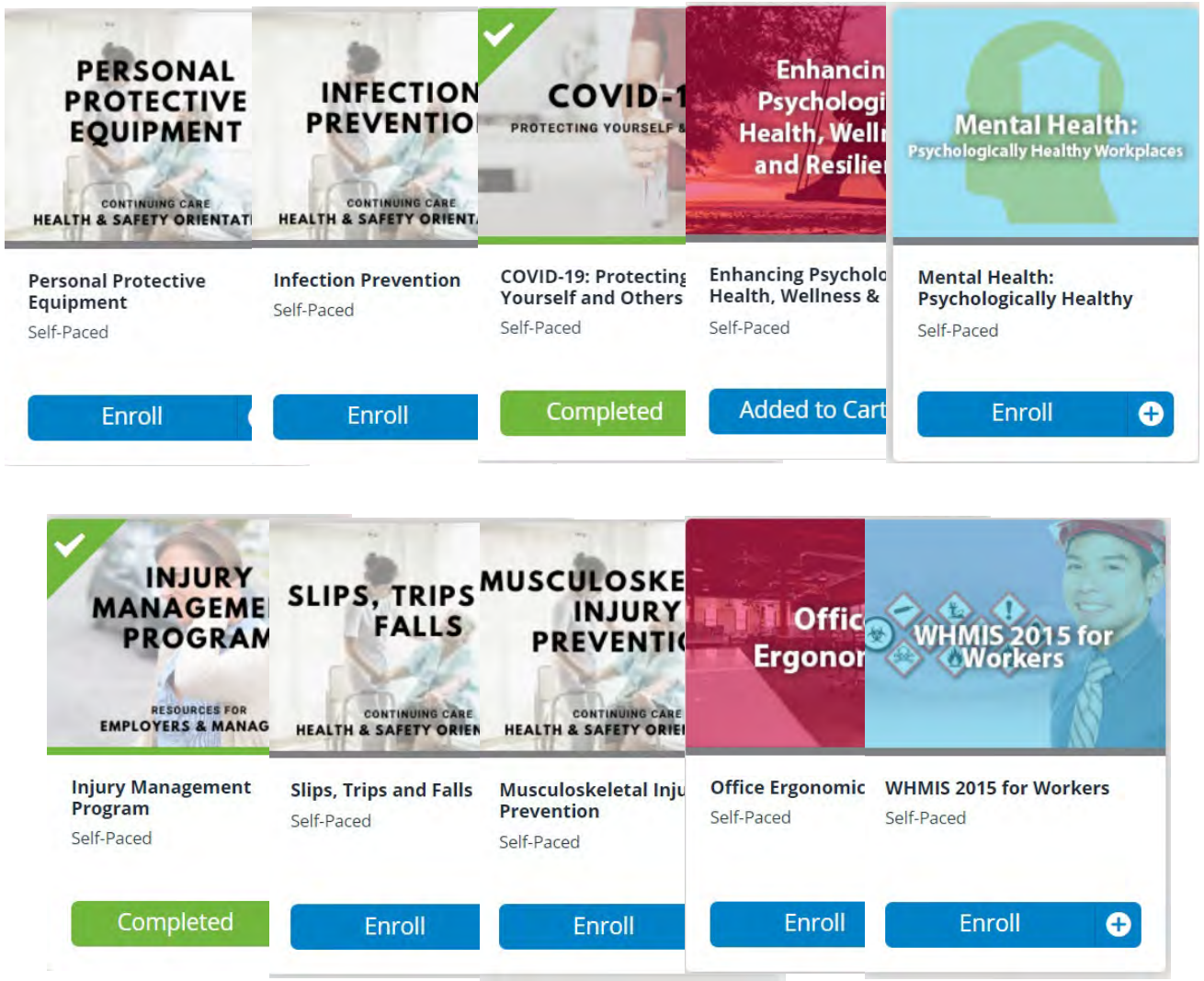
- Wash your hands.
- Avoid touching your face.
- If you're sick, stay home and isolate from others.
- Be familiar with the basics on infection prevention/exposure control.
- Always conduct a point-of-care risk assessment. If you have concerns, don't proceed until you're satisfied.

For more resources

- https://www.safecarebc.ca/covid19/
  - Daily bulletins, resources, posters, and information
- https://www.safecarebclearningspace.ca/#/public-dashboard
  - Online training modules
- http://www.bccdc.ca/health-professionals/clinical-resources/covid-19-care/infection-control
  - Information and resources from the BC-CDC for health care professionals, including advice on disinfection/cleaning practices
- https://careforcaregivers.ca/
  - Mental health resources for health care professionals
- https://www.worksafebc.com/en/resources/health-safety/checklist/covid-19-safety-plan?lang=en
  - WorkSafeBC COVID-19 safety plan template

Online Courses

- Personal Protective Equipment
- Infection Prevention
- COVID-19: Protecting Yourself and Others
- Enhancing Psychological Health, Safety, and Resilience
- Mental Health: Psychologically Healthy Workplaces (e-module)
- Injury Management Program
- Slips, Trips, and Falls
- Musculoskeletal Injury Prevention
- Office Ergonomics
- WHMIS



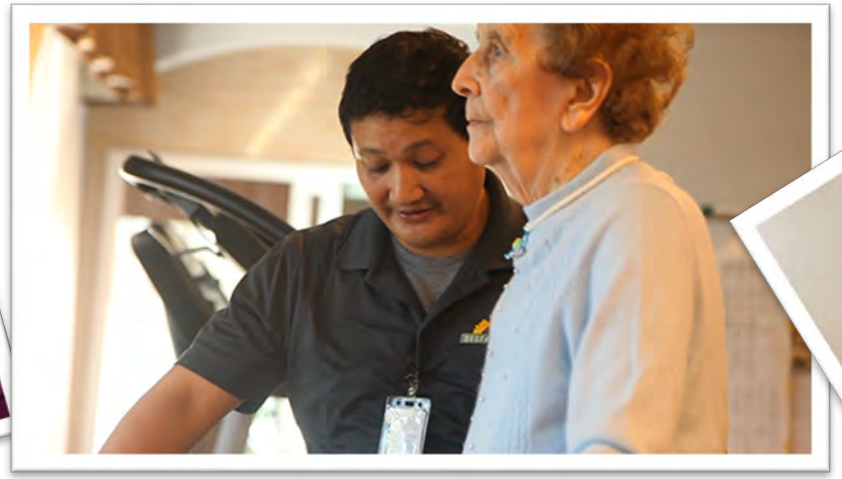
Available on
LEARNING [SPACE]

www.safecarebc.ca

Perks of Membership

If you're registered with WorkSafeBC under Classification Unit **766006**, you're **automatically a member**.

If you're not a member right now, you can opt to join. Visit https://www.safecarebc.ca/membership/



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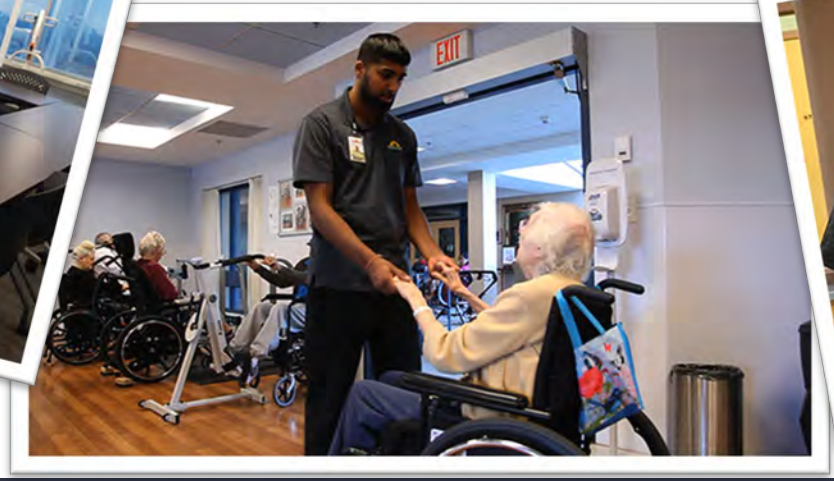
Questions?