



Weekly Safety Briefings

Week 17 – April 20 - April 24, 2020

COVID-19 Wellness Checks

Introduction

If your company is not already conducting wellness checks, there is a good chance you have visited a facility that is conducting them. This is a part of the “new normal” of today’s society. These measures are coming into effect as an effort to protect our citizens.

This week we will discuss the purpose of a wellness check and best practices on conducting wellness checks at your workplace.

Monday – The Purpose of a Wellness Check

The process of conducting wellness checks may add additional stress or strain on a business and its employees, especially in the beginning. This leads us to wonder, is it worth it?

Conducting wellness checks can provide the following benefits if conducted in an effective manner:

- Reduce potential exposure from infected employees or visitors by conducting screenings prior to entering the facility.
- Employees and visitors adopt a heightened awareness and hopefully take extra care to ensure they are healthy prior to entering the workplace.
- Provide the employees some piece of mind that the company is implementing measures to ensure their safety.

Tuesday – Employee Self Wellness Check

The most effective method for preventing the spread of an illness is requiring symptomatic colleagues to stay at home and not come into contact with co-workers. Providing a self-check questionnaire provides colleagues a reference to gauge when they should take extra precautions or stay home.

Here are some suggested self-check questions:

- Have you or your family members exhibited flu like symptoms in the last 72 hours?
- Are you caring for someone that has flu like symptoms?
- Have you come in contact with someone who is ill and has tested positive for or is waiting for test results regarding COVID-19?

Wednesday – Suggestions for Conducting an Effective Wellness Check

There are many effective methods to use when conducting wellness checks. Here are a few guidelines that you can tailor to fit the specific needs of your facility.

- Ensure the safety of your wellness checkers first. They must have the correct PPE prior to conducting the wellness checks. Goggles, gloves, face masks, face shields, and hand sanitizer are suggested PPE.
- Ensure that all employees are trained on the There should be a standard process that everyone is trained on to fully understand the requirements.
- Conduct wellness checks outside the facility to limit potential exposure.
- Conduct a non-contact temperature check.
- Ensure that employees are not ill and have not been potentially exposed to the illness.
- Recommend using the same self-check questionnaire, so employees are prepared ahead of time.



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Thursday – Contingency plans

As most of these wellness checks may take place outdoors, have a contingency plan ready in case of bad weather. Keep in mind social distancing requirements. Get creative and involve different employees to brainstorm and create the best plan.

Friday – Open Discussion

This week we've discussed the purpose of the wellness check and general best practices. Now let's have a discussion as a group.

- If your facility is already conducting wellness checks, how is it going? Is there room for improvement? Do you have suggestions?
- If your facility is not conducting wellness checks, do you think one could provide some benefits?
- What are your thoughts around wellness checks in general?