Protecting our workplace health & safety **2022 EDITION**

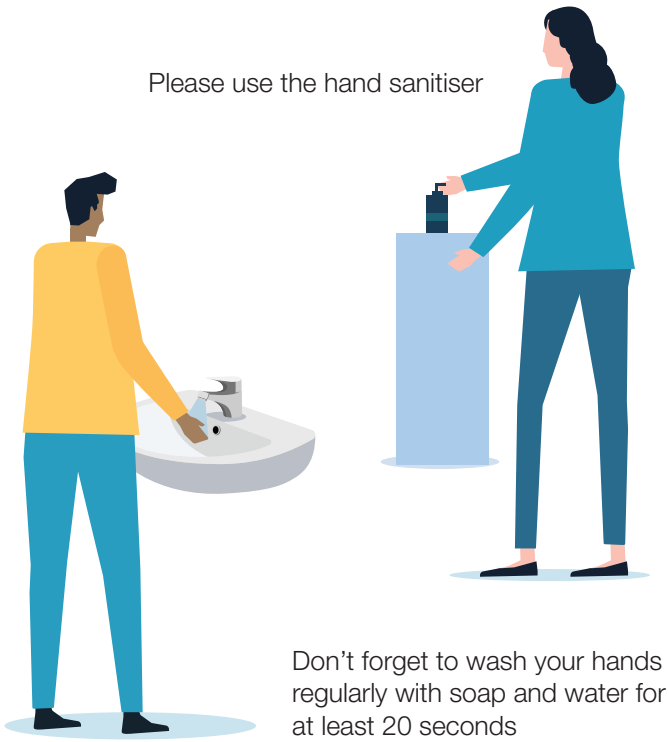
POSTURITE

Hygiene at the office

Top tips to help our COVID-secure hygiene strategy

Verbal greetings and goodbyes only please!

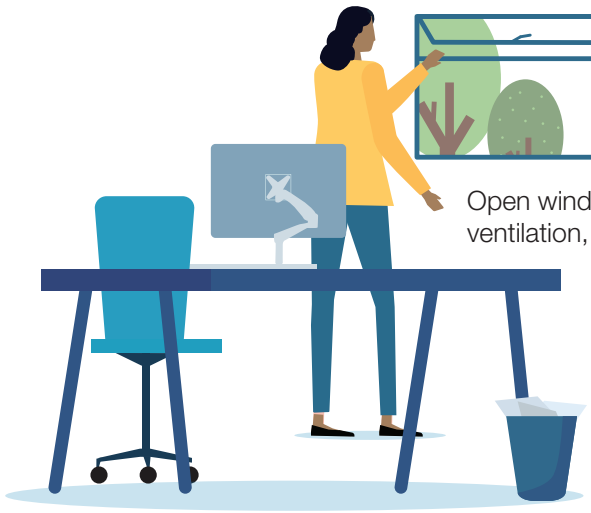
Social distance from colleagues



Please use the hand sanitiser

Don't forget to wash your hands regularly with soap and water for at least 20 seconds

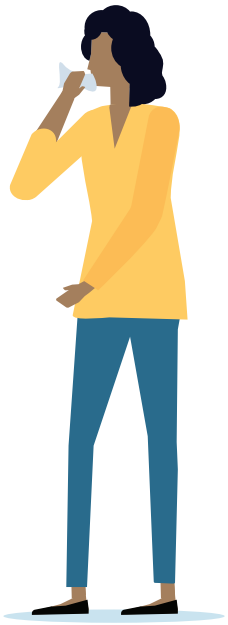
Support colleagues who wish to wear masks



Open windows to increase ventilation, where possible

Always cover your mouth and nose with a tissue if you cough or sneeze

Minimise touching your face, eyes, nose and mouth



Discard used tissues in the bin immediately

Workplace air purifiers can help too. Search 'Aeramax' at **posturite.co.uk**