



Coronavirus

A Toolbox talk for Archaeologists

Note on this toolbox talk: The COVID-19 pandemic is a rapidly developing situation — please ensure that you follow the latest government guidance as it is published.

Overview

COVID-19 is a highly contagious disease that can have severe health effects, especially for older people and those with underlying health problems.



The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs, sneezes or speaks. Droplets can be breathed in, or land on objects and surfaces and passed on when a person touches their eyes, nose or mouth.

The virus is more likely to pass from person to person in communal and enclosed areas and when in close contact with other people. The virus can also spread from people without symptoms.



Until a cure for COVID-19 has been found, it is vital to slow the spread by practicing good hygiene and by adhering to social and physical distancing.

Do not come to site if:

- **You have COVID-19 symptoms.** These include: a high temperature, a new continuous cough, or a loss or change to your sense of smell or taste. Self-isolate immediately inline with current government guidance.
- **You are a vulnerable person** by virtue of age, underlying health or clinical conditions.
- **You are currently living with someone self-isolating, or with a vulnerable person.**
- **If you have any concerns about working,** raise this with your supervisor or manager.

If you start experiencing symptoms on site, you should:

- **Safely report this** to your supervisor.
- **Avoid touching anything.**
- **Cover your mouth and nose** with a face mask.
- **Return home** immediately.
- Schedule a test, **get tested and self isolate** (according to current government guidance).
- **If you live with an individual that presents these symptoms** you should also self isolate.
- If you test positive for COVID-19 you must **inform your supervisor.**

Notes on Current Government guidance

(Detail current government guidance on self-isolation).

On site

- **Wash your hands when you arrive and regularly throughout the day** (especially if you sneeze or cough, and before or after handling food). Make sure you wash your hands before you leave site.
- **Avoid touching your face**, and if you need to sneeze or cough, do so into your elbow.
- At all times **maintain distancing between other workers** on site, according to the latest government guidance.
- **Do not share personal tools.**
- **Obey the signage on site**, showing direction of travel and maximum occupancies for any rooms or areas.
- **Regularly rotate gloves.**
- **Don't be afraid to announce your movements** to your colleagues, or to remind others to keep their distance.
- Some tasks, such as training, or discussing features are more difficult to undertake whilst following distancing measures. **Remain patient and take your time, maintaining distancing at all times.** Enlist use of sketches or other visual aids if you can to demonstrate tasks at a safe distance, and if appropriate.
- As long as you are keeping distant from others **be confident in making your own decisions.** If in doubt, raise it with your supervisor or site manager.

Your site specific systems of work

Some examples include:

- Moving around the site or work area.
- Cleaning regimes.
- Use of equipment and/or roles for usage of equipment or particular tasks.

During breaks

- Do not share food, drinks or crockery.
- Take your crockery home to wash.
- If undertaking any cleaning, wear correct PPE, double-bag waste, and leave it in a secure area for 72 hours to be thrown away.
- “Swan neck” tie bin bags — don’t overfill bags, and tie them low down and loop the tail to form a large ‘crooked loop’ to indicate the bag should be treated like clinical waste to refuse handlers.

Your site specific systems for welfare

Some examples include:

- Staggering breaks
- Cleaning rota
- Use of shops
- Use of appliances e.g. microwaves and fridges

Mental Health & Well-being

In times of uncertainty it’s normal to feel anxious.

Even though COVID-19 is forcing us to physically distance, this does not mean that we can’t come together as colleagues. Check-in on your colleagues and if you feel like things are getting on top of you, please talk to someone.

