

## English language

COUNTRY NAME: NORTH MACEDONIA

REFERENCE OF THE REGULATION: PROTOCOLS ARISING FROM THE PLAN TO REDUCE RESTRICTIVE MEASURES TO PREVENT THE SPREAD OF CORONAVIRUS

### 15. PROTOCOL FOR PREVENTIVE MEASURES FOR ALL JOBS

The universal measures to prevent the transmission of KOVID-19 that apply to all workplaces and to all persons in the workplace, ie to employers, managers, employees, contractors, clients and visitors, include the following measures: Regular and thorough hand washing with soap and water or hand sanitizer with an alcohol-based disinfectant before starting work, before eating, often during work shifts, especially after contact with colleagues or clients, after going to the toilet, after contact with secretions, excreta and body fluids, after contact with potentially contaminated objects (gloves, clothing, masks, used paper towels, waste), and immediately after removing gloves and other protective equipment, and before touching eyes, nose or mouth. Hand hygiene stations, such as hand washing stations and hand sanitizers, should be set up in prominent places in the workplace and should be accessible to all staff, contractors, clients or customers and visitors, along with information materials to promote hand hygiene.

#### RESPIRATORY HYGIENE

Promote respiratory hygiene by all people in the workplace. Ensure that adequate face masks and paper towels are available in the workplace for those employees who have a runny nose or cough at work, as well as trash cans with lids for hygienic waste disposal. Highlight promotional material for wearing a face mask, as well as instructions for their proper use. Notify workers if someone is ill that they should not come to work. If a staff member or worker does not feel well while at work, provide a medical mask so that he or she can return home safely.

#### PHYSICAL DISTANCE

Introduce measures to maintain a distance of at least 1 meter between people and to avoid direct physical contact with other persons (eg hugging, touching, shaking hands), strict control over the external access of parties and contacts aimed at maintaining a regular physical distance ( marking on the floor, partitions, etc.). Reduce the density of people in the building, ie the physical distance of at least 1 meter between work positions and the common area, such as entrances / exits, elevators, storage / canteens, stairs, where there may be gatherings or queues of employees or visitors / clients. .. Reduce the need for physical meetings, ie to use teleconferencing equipment. Avoid clusters by introducing flexible working hours for employees to reduce employee clutter in common areas, such as entrances or exits. Organize or increase work in shifts or split teams, or organize remote work if possible, according to workflow. Postpone or cancel workplace events involving close and prolonged contact between participants, including social gatherings.

## REDUCTION AND ORGANIZATION OF WORK-RELATED TRAVEL

Cancel or postpone trips to regions where there is transmission and an increasing number of COVID-19 people in the community who are not needed, provide hand sanitizers for workers who must travel, advise workers to follow instructions where what they travel, and give them information on whom to contact if they do not feel well during the trip. Workers returning from areas where COVID-19 transmission occurs should monitor their health and possible symptoms for 14 days and measure their body temperature twice a day if they do not feel well. to stay at home, isolate themselves and contact their GP and epidemiologist immediately.

## REGULAR CLEANING AND DISINFECTION OF THE WORKING ENVIRONMENT

Regular cleaning using soap or neutral detergent with water, as well as mechanical cleaning (brushing, scraping) to remove dirt, debris and other materials from the surface. After the cleaning process is completed, disinfection is performed to inactivate (ie kill) pathogens and other microorganisms on the surfaces. Frequently touched surfaces should be identified as a priority for disinfection (frequently used parts, door and window handles, light switches, kitchen and food preparation areas, bathroom surfaces, toilets and faucets, touch screens on personal devices, personal computer keyboards and desktops). Disinfectant solutions must always be prepared and used in accordance with the manufacturer's instructions, including the instructions for the protection of the safety and health of disinfecting workers, using