



# SAFELY RETURNING FROM COVID-19

Returning to life after the COVID-19 pandemic will be a slow process and we should expect a transition period as we return to work. Here are some reminders to help you and your employees return to work safely.

## Skills

We all develop good safety habits as part of our daily work routine. After a long absence from work, we get out of routine.

- Good safety habits start at home with good rest, nutrition and normal home routines.
- Remind yourself of normal job tasks and necessary safety habits before you start working. For example, remember eye protection, proper lifting techniques, designated walking areas, safe driving habits, etc.
- Pre-job safety inspections, safety talks or job safety analyses are a good way to refresh yourself of the risks on the job.

## Awareness

There are many distractions that can deter us from good safety habits, such as financial concerns, family illnesses or social separation that leads to emotional distress. Distractions put you and your employees at risk; slips, trips and falls are a common result of not paying attention to your surroundings. It's important for you and your employees to be fully aware of your surroundings when you return to work.

## Organization

- Remember the materials and equipment you need to perform your job duties; lay them out and organize them for upcoming tasks.
- Consider risks while organizing your work, including awkward postures and heavy loads.
- Make sure you gather the appropriate tools for the job.

## Job shape

After not performing a task for a while, our bodies need to reacclimate. Our muscles need to stretch before lifting and bending again.

- Be extra aware of lifting loads beyond what you have lifted recently. Be sure to use devices or ask co-workers to assist in lifting these loads.
- Watch for awkward postures that put you at an even greater risk of muscle strain.
- Review our stretching resources to ensure muscles are carefully reintroduced to the workloads.

## RESOURCES

Encova Insurance offers several resources to help you foster strong safety conversations as your employees return to a normal work routine.

### Free online video library:

Encova offers a video library through Streamery, available at [trainingnetworknow.com](https://trainingnetworknow.com). Contact your safety and loss control consultant to gain access to this resource. Consider watching the “Back to Work – Back to Safety” video that communicates the importance of employees returning to work safely.

### Free SafetySource website:

Our SafetySource online platform offers safety talk modules that you can access to share with employees before they return to work. You can access SafetySource at [graingerlms.icertainty.com/Login.aspx?ReturnUrl=%2f](https://graingerlms.icertainty.com/Login.aspx?ReturnUrl=%2f).

### Free safety information flyers and posters:

Encova has a library of electronic safety materials, including stretching guides. These are intended to help foster safety conversations with your employees. Ask your Encova safety and loss control consultant for electronic or hard copies of our stretching guides or any other materials.

### Centers for Disease Control

For all COVID-19 reference materials, be sure to visit the Centers for Disease Control (CDC) website. Their site has specific guidance for many critical workers, such as health care workers, truck drivers and grocery workers. You can find these materials at [cdc.gov/coronavirus/2019-ncov/community/index.html](https://cdc.gov/coronavirus/2019-ncov/community/index.html).