Tools to Stay Safe and Healthy During COVID-19

Remember face masks and coverings • Be Wise and Sanitise • Maintain 2m Social Distancing (don’t forget break times and changing areas)

Getting to Work and Leaving
• Commuting to work e.g. avoid car sharing
• Always sanitise your hands
• On entry and exits, maintain 2m Social Distance and comply with one way systems

At work
• Corridors and stairs – keep left and follow directional arrows
• Lifts – maintain social distance and check signage
• Guidance and Risk Assessments
• Stagger breaks
• Check room capacity
• Screens, barriers, sanitising stations and PPE
• Communications e.g core brief and local comms
• Training and awareness
• Monitoring and walk arounds
• Signage and information posters
• Social Distancing Champions

Getting to Work and Leaving
• Commuting to work e.g. avoid car sharing
• Always sanitise your hands
• On entry and exits, maintain 2m Social Distance and comply with one way systems

Well-being
• Staff Relaxation & Recuperation (R&R) Hubs
• Acute Psychology Staff Support Service (APSSS)
• COVID-19 Staff Support Line for all Health and Social Care Staff (Telephone 0141 303 8968)
• Occupational Health Counselling Service
• Chaplaincy Service
• Going Home Checklist
• Mindfulness Based Stress Reduction (MBSR)
• Money and Debt advice
• For further information: https://www.nhsggc.org.uk/media/259673/support-staff-mental-health.pdf

Staff R&R Hubs at the following locations:
• GGH: Quiet Room is in the Ophthalmology and Postgraduate Centre on the ground floor.
• GRI: Campsie Dining room and the Boardroom in the Main Block.
• IRH: Next to the Staff Dining Room.
• QEUH: Ground floor of the Laboratory Building.
• RAH: Panda Centre.
• VoL: Next to the Acute Referral Centre.

There are also staff lounge/quiet areas designated at: Gartnavel General Hospital, Beatson, Vale of Leven Hospital, Victoria and Stobhill ACHs, Lightburn and at the in-patient mental health units at Gartnavel Royal, Leverndale and Stobhill.