Tools to Stay Safe and Healthy During COVID-19

Remember face masks and coverings • Be Wise and Sanitise • Maintain Physical 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
- Use Lateral Flow testing kits regularly

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

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.