



5 steps to surviving the return to your workplace

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Returning to regular work is imminent for many employees, though there is a lot of anxiety and health concern right out there. A reintroduction to office life will not be like the previous one. To limit the exposure of the employees to the strain of coronavirus, everyone must follow the protection guidelines. Here are some suggestions on how to stay protected while working during the new normal.

Practice 'one-hand-distance' while meeting with your colleagues

Remember, we used to stand keeping a 'one-hand-distance' for the morning assembly in the school? It's time to restore this practice in the office. Always have at least one hand distance while talking or interaction with your colleagues. This is also applicable for greeting purposes. Forget the good firm handshake to show your professionalism. Stick to "No handshake" and practice to saying 'Hello', 'Salam' or 'Namaste' from a distance.

Disinfect your workstation more often

There should be a bunch of dedicated housekeeping staff who will clean all

the common surfaces, for example, doorknobs, work desks, coffeepots, remote controls, keyboards, tables etc. from time to time. According to the CDC, these frequently touched surfaces should be disinfected every 3 hours. Employees can also be provided with disposable wipes to wipe down the surfaces frequently whenever they need. All should carry disinfectant wipes to stay protected from the virus.

Rebuild physical setup

The six-feet rule is a must to ensure the safety of the employees during this COVID-19 crisis. That means individual seating arrangements and shared spaces are needed to be arranged in such a way that everyone can fulfil the requirement for 6 feet distance. Changes in the office spaces such as transparent shields dividing the work desks and floor markers to direct foot traffic or to show safe distance should be considered. Restrict the number of employees in each meeting or the commonly used places at one time.

Stop sharing stuff

'Sharing is caring', but not always. If

possible, don't share your frequently touched stuff like smartphones, pens with your colleagues during this pandemic. These can be the best carriers of coronavirus, but most of the people are reluctant to clean these. Even if you need to use someone else's things such as their laptops or files, don't forget to wash your hands afterwards when you are done with your work. Change yourself if you have habits like using saliva to turn the pages or to lick the nib of a pen.

Don't be a potential carrier of coronavirus

The best thing you can do for now is to be conscious as much as it is possible. You may carry the deadly coronavirus without your acknowledgement. Keep a separate room to change the clothes after reaching home and disinfect the clothes every day with reliable disinfectant agents. Don't touch the things before you clean yourself. If you are feeling sick or you have any of the symptoms of being COVID-19 positive, inform your employer and take leave immediately. Your negligence can put many people's lives in danger. So always be conscious.



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