

GM Safety Forum

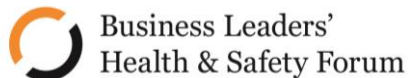
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“Living with Covid” Principles

Updated 4 March 2022 for Phase 3 of the Omicron Outbreak and supported by:



What's changed?

"Living with Covid Principles" has been updated to reflect Phase 3 of Omicron outbreak.

What's been removed?

- Covid 003 Incident response guide
- Covid 004 Contact tracing and isolating
- Covid 005 Red and amber controls
- Vaccine mandate references
- FAQs

What's been updated?

- Added boosters and face coverings to Covid 001 Personal Protection Basics
- Updated Covid 006 Rapid Antigen Testing to reflect the use of RAT as a diagnostic tool

What's been added?

- Covid 010 Close Contact Definition
- Covid 011 Isolation Instructions
- Covid 012 Manager Conversation

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“Living with Covid” uses a health and safety risk-based approach, providing a series of high level principles through a mix of resources, guidance and stand-alone posters for businesses to use as we live with Covid in our workplaces in 2022 and beyond.

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Introduction

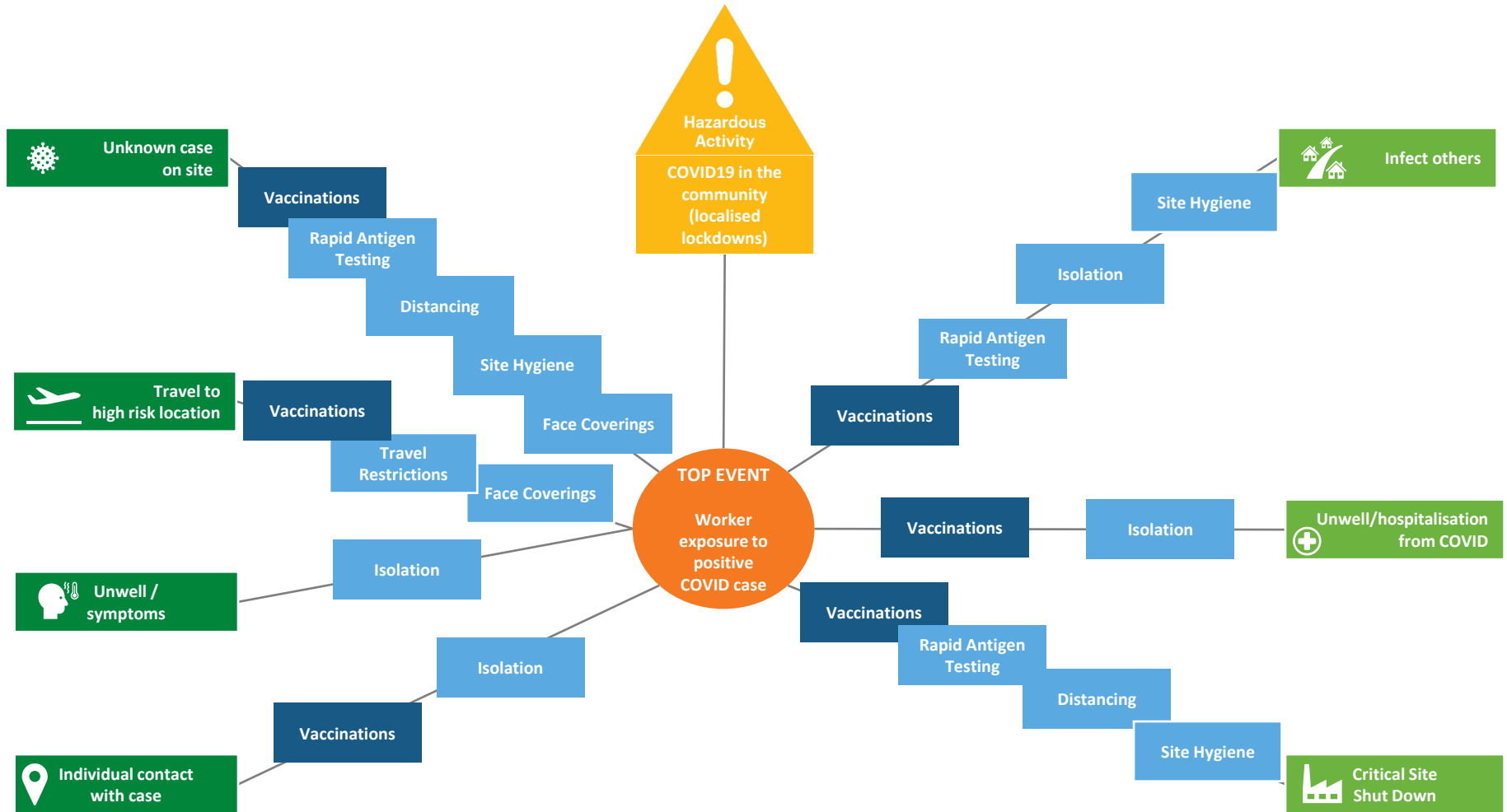
Developed by the GM Safety Forum which involves 80+ large organisations throughout NZ (supported by HASANZ), in consultation with Ministry of Health, WorkSafe, and the Business Leaders' Health and Safety Forum

- The Principles provide guidance for organisations on how to manage the ongoing risk of the pandemic, as we **live with Covid** in 2022 and beyond
- They will support organisations to manage any outbreak in their business, enabling them to protect their people without severely interrupting business continuity.
- The Principles include a universal Covid bowtie risk framework and further support for business on managing infections, including contact tracing, isolation requirements and testing.
- These principles should inform businesses in the development of their own operational controls and plans to mitigate the risk of Covid spread and infection on their sites.
- Endorsed by the Ministry of Health, these Principles will enable NZ businesses to ensure they have the right controls in place to support their people and business, without the threat of long shutdowns.

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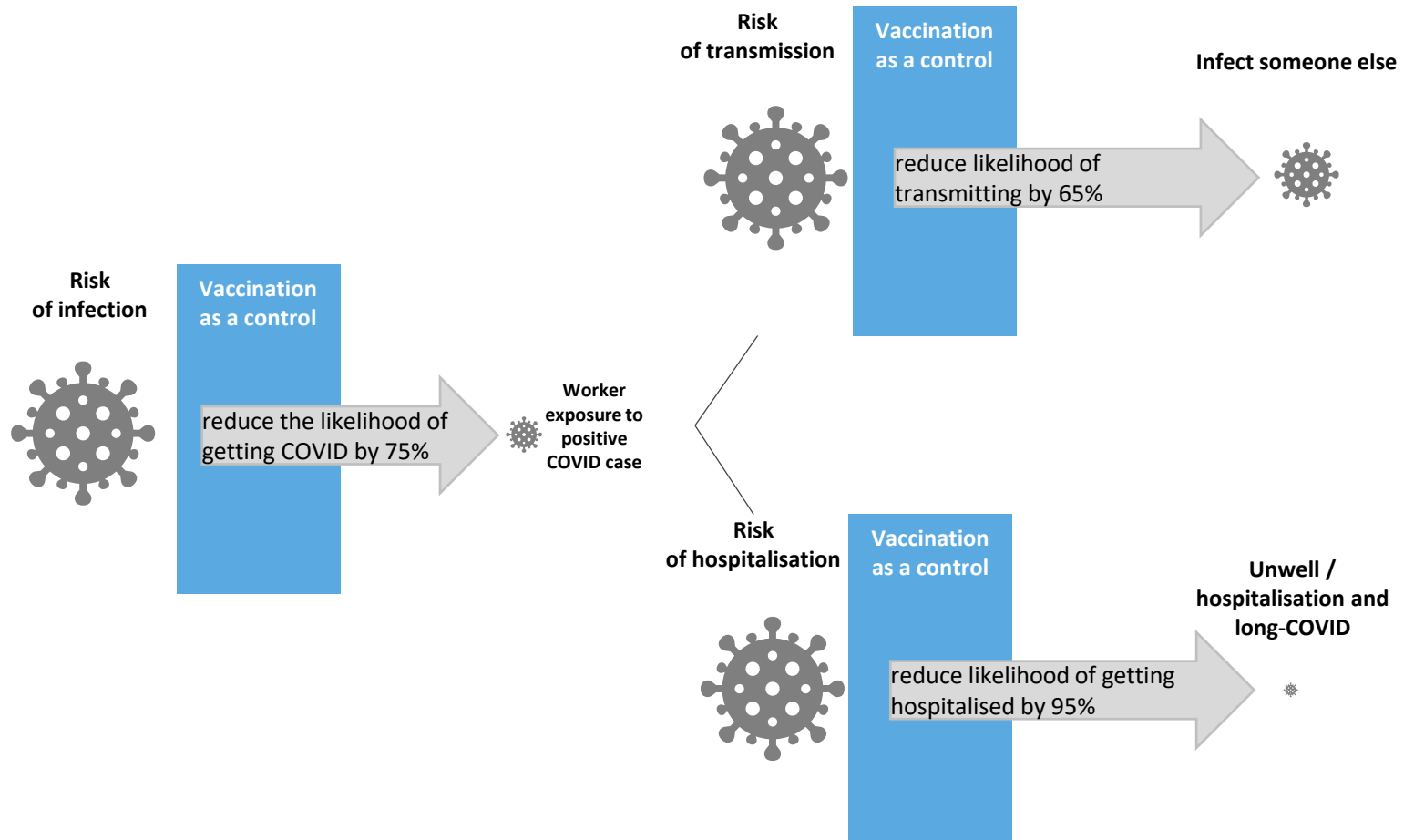
Bowtie Risk Assessment



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Vaccination as a Control



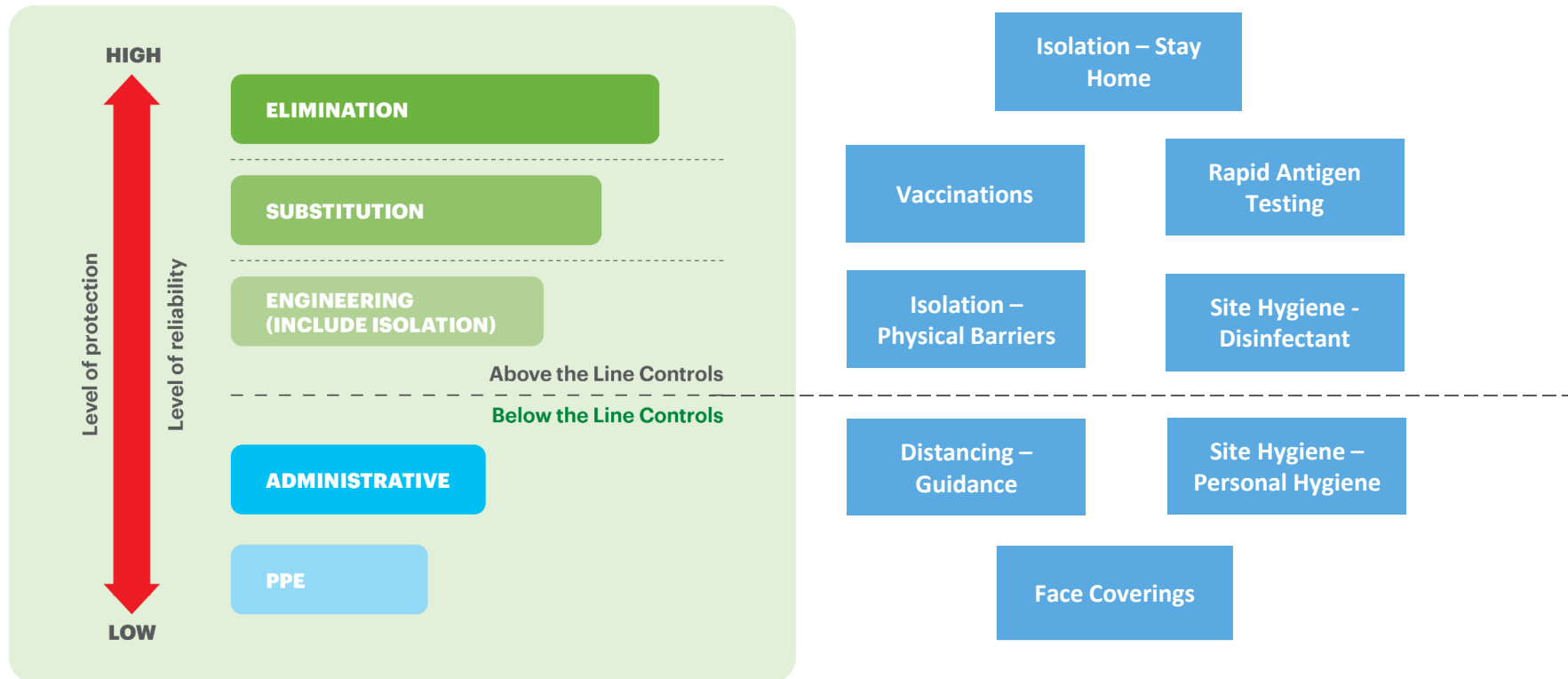
Elliott et al. 2021. [REACT-1 round 13 final report: exponential growth, high prevalence of SARS-CoV-2 and vaccine effectiveness associated with Delta variant in England during May to July 2021](#). Imperial College London.

Eyre, D et al. 2021. [Impact of SARS-CoV-2 vaccination on Alpha & Delta variant transmission](#). University of Oxford
Pfizer Clinical Trials. Nov 2020. [Phase 3 Study of Covid Vaccine candidate](#). [NZ Ministry of Health](#).

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Hierarchy of Controls





Protect yourself and others from Covid-19



Stay home if you have symptoms

call local authority for advice about a test



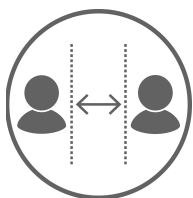
Cough or sneeze into your elbow

or by covering your mouth and nose with a tissue



Wear a face covering

that fully cover your nose, mouth and chin. Ensure it fits comfortably, but securely, against the side of your face and allows you to breathe easily



Maintain a physical distance

of 1.5 meters to limit the spread of COVID-19.



Get a booster dose

if it has been 3 months since your last dose



Scan QR codes & Sign-In

Contact tracing reduces the spread of COVID-19 and helps to keep us all safe



Basics for Site Managers

"Living with Covid"

Every site should have these basics in place to help mitigate the risk of Covid

CovidSafe Site Basics



Sign In / Out

Digital or paper at entrances
(plus government QR codes)



Daily Cleaning

All surfaces including shared
equipment and tools



Hygiene

Hand washing facilities and/or
hand sanitizer for individual use



Fresh Air

Well ventilated / air circulation
(review as required)



Keep Updated

Monitor government
announcements and health advice

Manager's planning checklist:

1

Have a Plan

Do you know what
additional controls you
will apply at red or
amber?

2

Tell your team

Do your team know
what the plan is and
what they need to do?

3

Get gear

Do you have enough
masks? Hygiene
supplies? Deep clean
support?

4

Check signage

Does everyone sign
in? Do you have signs at
entrances for visitors?

5

Check your air

Have you reviewed
your ventilation / fresh
air options?

6

Set up RAT

Do you have someone
trained to deliver Rapid
Antigen Testing if you
need it? Do you have a
plan?

7

Map your team

If you have a case on
site what would be the
impact? What if a
whole team had to
isolate?

8

Test your Plan

Simulate a case on site.
Can you contact trace?
Do you know what
steps to take?

9

Stay informed

Things change quickly.
How do you stay
informed?



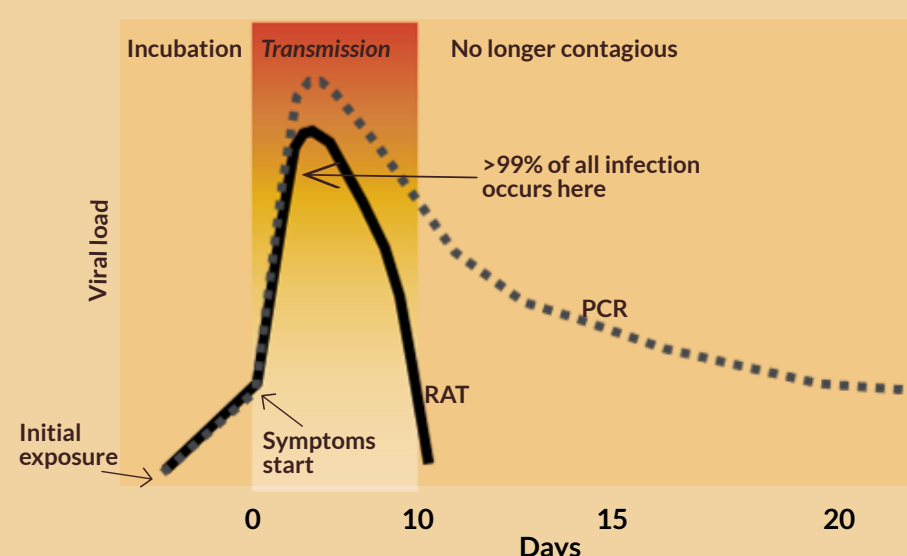
RAT helps confirm Covid-safe site and keeps the team working

Rapid Antigen Testing (RAT)

"Living with Covid"

Rapid Antigen Testing (RAT) is a surveillance tool that can identify Covid when it's at its most infectious. It's easier and faster to administer than PCR testing.

The test itself is simple but the surveillance process around it must be set up well to ensure it is effective.



- + You are NOT required to notify the health authority of RAT results
- + Anyone who tests positive with RAT **MUST** self-isolate, get a PCR test, and follow guidance
- + Use a trained coordinator to set up a testing station and oversee the testing program
- + Individuals test themselves before entering the work area (allow 15 minutes for results)
- + Remote (home or vehicle) testing is permitted as long as the person has been trained & the results supervised
- + Anyone with symptoms must stay home and get a PCR test. RAT is not a diagnostic tool.



Ventilation Key Principles

"Living with Covid"



Ventilation is one of the tools in your Covid toolkit for indoor environments.

It doesn't replace any of your other controls.

Review the ventilation in your workplaces. Get help from an expert if you are concerned.



Increase fresh air



If your building has natural ventilation

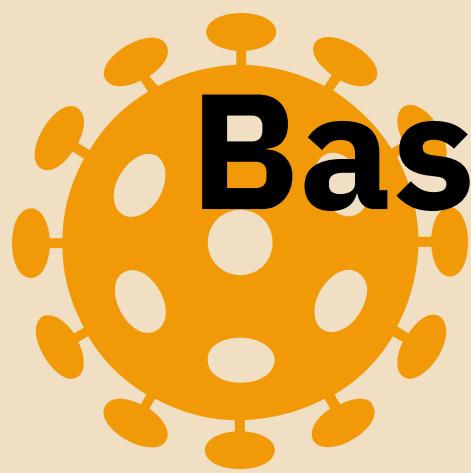
- Can you do more activities outdoors?
- Can you open more doors and windows?
- Can you add fans to increase air flow?



If your building has mechanical ventilation

- Can you increase fresh air and minimize recirculation?
- Can you maximize volumes and flow rates?
- Are your filters clean and well maintained?

- + [Occupational hygienists](#) can help evaluate your exposure risk
- + HVAC system specialists can help optimize your mechanical system
- + Guidance is available from [Ministry of Health](#), [WHO](#) and others
- + AS1668.2:2012 The use of ventilation and air-conditioning in buildings



Basics of Face Coverings

"Living with Covid"

1

Choose a face covering that fits you best



Choose a face covering with 3 layers of breathable fabric that you can clean or dispose of.



Choose a face covering that completely covers your nose, mouth, and chin.



Choose a face covering that fits snugly against the sides of your face and doesn't have gaps.

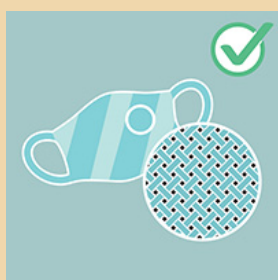
2

Wear it consistently when you cannot distance



Understand the face covering or mask you choose

Cloth Face Coverings



Ok if they fit well

- Provides lower level of protection mainly for others to protect them from the any large droplets from a cough or sneeze from the wearer
- Prefer 3 layers with nose wire
- Must fit close to the face so you can't feel any breath escaping around the edges
- Clean daily preferred
- Don't use with valves



Disposable Medical Masks



Best fit and protection for majority

- Provides a moderate level of protection for large droplets
- Easiest to use and get a relatively good fit for any face type
- Moisture resistant; breathable
- If worn consistently, these provide very reliable protection; Improved effectiveness with good fit
- Can be worn in layers with fabric face covering for high risk settings like travel
- Must be worn fitted on nose; coloured side out; tight to the face so you can't feel any breath escaping around the edges
- Change if the mask becomes damp or damaged

N95 Respirators



For Critical Workers with Fit Tests & Training

- Provides a high level of protection for tiny droplets (95%)
- Not mandated in any jurisdiction for public use; reserved for high risk settings like health care during Omicron
- These will be required in hospitals where highest risk; anticipate a supply shortage
- These are the most effective if a good face-seal is achieved
- If used, must be clean shaven face, fit test ideally, training on cleaning & use
- Difficult to clean; not easy to transport in your bag; not as breathable; doesn't fit everyone comfortably; manufacturer recommends single use only
- Check that the product is stamped NIOSH or AS Standard and do not have a valve



Omicron Phases

This is a guide to the New Zealand Omicron Protection Framework.

<https://www.health.govt.nz/system/files/documents/pages/omicron-in-the-community-what-this-means-for-you-26jan2022.pdf>
<https://covid19.govt.nz/news-and-data/latest-news/government-announces-three-phase-public-health-response-to-omicron/>

	Phase 1 Stamp it Out	Phase 2 Slow the Spread	Phase 3 Manage It
		<1000 cases/day	>1000 cases/day
PCR Test 	For all travel, diagnosis, contact tracing	For confirming diagnosis	Only for priority populations (e.g., healthcare, border workers)
RAT Test 	Voluntary surveillance only	For symptoms & close contacts Daily RAT instead of isolation for close contacts in healthcare, critical workforce and critical infrastructure workers ('Test to Return')	For diagnosis
Notifications 	By phone (all cases & close contacts)	By text (cases & household contacts only)	By text (cases only)
Investigations 	Led by health authority	Self-management & contact tracing (online tool to support)	
Contact Tracing 	Completed for all cases & close contacts	Focus on high-risk exposures (events or locations, household members)	Only high risk contacts (household) are required to isolate
Close Contacts 	Regular communication & contact tracing by phone All household contacts and those with close range contact or contact in the same indoor space without adequate protection	Regular communication & contact tracing with household contacts only; other contacts notified by text and self-manage Symptomatic household contacts are considered probable cases	Contacts notified by text from self-investigation tool and self-manage Symptomatic household contacts can be considered a positive case but can still be tested
Covid Tracer Notifications 	Push notifications (QR scanning), Bluetooth and Locations of Interest used to identify/notify contacts		Limited use of push notifications, locations of interest or Bluetooth
Isolation 	Cases isolate 14 days Close contacts isolate 10 days	Cases isolate 10 days Close Contacts isolate 7 days	
Critical Workers 	Identified by invitation in order to access government supply of RAT and support for critical workers	Businesses can apply in order to access government supply of RAT and support for critical workers	



Who are your CLOSE Contacts?

Close Contacts are “all household contacts and those with close range contact or contact in the same indoor space without adequate protection”

CLOSE Contact

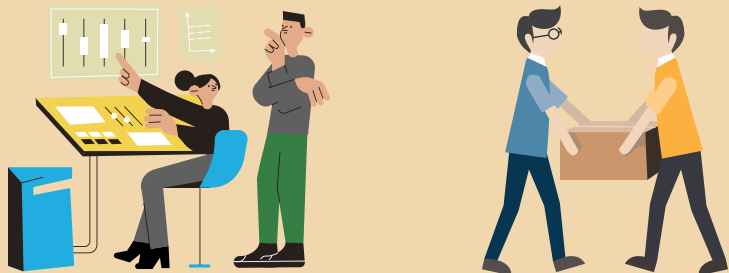


HOUSEHOLD
Contact

Someone you live with
in a household setting



Someone you drive with in the same car for
more than 15 minutes and they are NOT
wearing a face covering



Someone you work close to (less than 1.5m
apart) for more than 15 mins and they are
NOT wearing a face covering



Someone you work with in a small, poorly
ventilated space for more than 1 hour and
they are NOT wearing a face covering



Someone you meet for a coffee or lunch and
you do not stay distanced (1.5m apart)

NOT a Close Contact



Someone you meet, spend time with or work
with outdoors in a well ventilated area



Someone you drive with in the same car for
more than 15 minutes and they ARE wearing
a face covering properly



Someone you work close to (less than 1.5m
apart) for more than 15 mins and they ARE
wearing a face covering properly



Someone you work with but you maintain
physical distancing (1.5m apart)



Someone you pass by or have a brief (less
than 15 mins) conversation with in hallways,
shared areas, toilet blocks



Are you a Positive Case or a Close Contact?

This is a high level summary of isolation requirements at Phase 3; managers should always check New Zealand government guidance as it is subject to change.

Positive Case



Notify anyone you had close contact with when you had symptoms / within 48 hours of your test

Day 0 is the day the symptoms started or day you got tested

If you were not tested at a testing station or health center, please notify the gov't using the Covid Tracer App or call [0800 358 5453](tel:08003585453)

Stay Home.

Do not go out unless it is for medical attention.



If you have difficulties breathing or feel faint or dizzy at any stage, call emergency services immediately (111)

On Day 11, you can stop isolating

Stay home until you are symptom free.

Covid Care Kit
Paracetamol, ibuprofen, electrolytes, tissues, lozenges, decongestants

Day -2

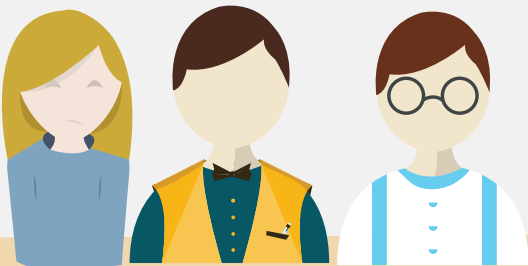
Day 0

Day 3

Day 10

Day 14

Close Contact



You have been notified that you are a close contact of a positive case.

HOUSEHOLD CONTACTS

Your isolation starts with your household positive case.

Test on Day 3 and 10

If you develop symptoms at any time, get a RAT.

If you test positive, follow the instructions for positive case.



You may be able to return to work as a "Bubble of One".
Talk to your manager.

On Day 11 you can return to work if you are symptom free and you receive a negative RAT test

CLOSE CONTACTS

You do not need to isolate.

Monitor yourself for symptoms.

If you develop symptoms, stay home.
Get a RAT test.

If you test positive, follow the instructions for positive case.

If your symptoms persist, repeat your RAT test even if the first one was negative.

CARE a conversation for a manager and their employee



At Home

- Do you have support at home if you get sick?
- Will someone be checking on you?
- Do you have enough food & medicine at home?
- Do you know to call emergency services if you need help?
- If you have health conditions will you contact your GP?

Anti-viral and other medications are available now to help fight Covid symptoms. You should discuss this as early as possible with your doctor if you have underlying health conditions or are vulnerable:

- pregnant
- over age 65
- over 55 and obese or have a condition such as heart disease, asthma, diabetes, immune disorders



At Work

- How long will you have to isolate for?
- Can you work from home or come in as a Bubble of One?
- Do you need RAT tests sent home to you?
- When will you catch up next about returning to work?
- If you are coming back as a **Bubble of One**, do you know what's required?

- Wear a mask at all times
- Keep 1.5 m distance from others
- Work in your own bubble
- Travel alone to/from work & between jobs
- Eat alone in a well ventilated space
- Do not share small spaces like bathrooms
- Go straight home from work & isolate
- If symptoms develop, stay home

Work Bubble

Bubble of One



Acknowledgements

These Principles have been developed by the GM Safety Forum supported by HASANZ, and led by:

Wendi Croft, B.Sc., CRSP (lead)

Chief H&S Officer, Fletcher Building

Mike O'Brien, MBA

Independent Chair, HASANZ

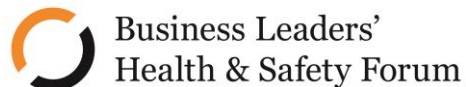
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Chief Scientist, ESR

The following organisations have provided input and contribution:



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Acknowledgements

These Principles have been developed by the GM Safety Forum supported by HASANZ, with collaboration from H&S leaders in the following organisations:

Auckland DHB	First Gas	Ministry of Social Development
Air NZ	Fletcher Building	Ngai Tahu
Apata	Foodstuffs	NIWA
Assure Quality	Frucor Suntory	Port-Tauranga
Auckland City Council	Genesis Energy	Respond Global
Beca	George Weston Foods	Ryman Healthcare
Business Leaders H&S Forum	Government H&S Lead	Sanford Ltd
Construction H&S NZ	Kainga Ora – Housing NZ	ShopCare
Chorus	HSE Global	Silver fern Farms
Counties Manukau DHB	Kmart	Vector
Comvita	Kraft Heinz	Villa Maria
Downer	McConnell Dowell	Waka Kotahi – NZTA
Institute of Environmental Science and Research	Meridian Energy	Z Energy

Learn more about the GM Safety Forum and join the 80+ organisations already involved:

<https://www.hasanz.org.nz/gm-safety-forum/>

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