

Awareness of Safe Work Practices Even More Crucial During Coronavirus Outbreak

As we prepare to return to campus, the Environmental Health & Safety Office would like to take a moment to remind everyone to practice safety. Don't learn it by accident!

Whether you are going into campus or working from home, the COVID-19 pandemic has probably changed the way you work. Employees providing essential services to the campus community have been especially stretched thin, working longer hours than usual, and working more shifts, leaving less time to sleep and recharge.

Fatigue can increase the risk for injury and deteriorating health. Pay close attention to yourself and your coworkers for signs of fatigue — like yawning, difficulty keeping eyes open, and difficulty concentrating. When you see something, say something to your coworkers so you can prevent workplace injuries and errors. Do not work if your fatigue threatens the safety of yourself or others. Report to a manager when you feel too tired to work safely.

Supervisors should recognize that these are stressful and unusual circumstances and risk and fatigue may be increased. We encourage supervisors to regularly schedule breaks for their employees in clean and safe areas where social distancing can be maintained. There may be a need for additional time for increased [hand hygiene](#) and putting on and taking off required personal protective equipment (PPE).

We value and care about our employees and remind you there are also many resources available for emotional wellness through the UTA Human Resources [Selfcare Resources](#) website.

The following links provide more information:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/managing-workplace-fatigue.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/mental-health-non-healthcare.html>

