

COURSE OVERVIEW

Covid-19

TIHIC-104



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COVID-19 continues to have an ongoing impact on health, safety, and workplace protocols. Despite eased restrictions, evolving variants still pose risks, especially in high-contact settings.

Training reinforces hygiene, PPE use, and ventilation awareness, helping prevent outbreaks and protect vulnerable groups. It also supports hybrid working models and prepares teams for future disruptions, making it essential for resilient, compliant workplaces.

Module 1: Staying Healthy

This module addresses the measures you can take to enhance your well-being and health.

- The importance of nutrition
- Combating anxiety
- Preparing for the winter
- How to stop the spread of germs
- How to protect yourself from infection

Module 2: Transmission

COVID-19 primarily spreads through airborne respiratory droplets and aerosols, especially in crowded or poorly ventilated spaces.

- COVID-19 transmission
- Symptoms of COVID-19
- Prevention measures
- Self-isolation

Module 3: Preventing the Spread

A basic but effective safeguard against infection is to wash your hands frequently and wear a face mask to help prevent the spread of infection.

- The importance of handwashing
- How to use a face covering

Module 4: Working from Home

Homeworking offers greater flexibility, reduces commuting stress, and can boost productivity by allowing individuals to tailor their environment to suit their working style.

- Who can work from home
- How to keep your distance
- How to avoid groups
- The importance of ventilation
- The importance of hygiene practices

Suitable for:

All employees who work in an environment where the spread of infection is a risk.

Skills achieved:

- Health and Safety (Basic)
- Zoonosis (Basic)
- Covid-19 Awareness (Basic)

Related Resources:

- Accident Management System Assessment
- Infection Control Assessment
- Infection Control: Covid-19 Assessment
- RFP Covid-19 Risk Assessment
- Infection Control for Attractions
- Microbiological Contaminants and Zoonosis
- Pre-work Risk Assessment
- PPE pre-work Audit
- PPE pre-work Brief Audit
- Washing Facilities Audit
- Infection Control Food Services Checklist
- Infection Control PPE Checklist
- Infection Control Covid-19 Checklist
- Infection Control Covid-19 safety Checklist

Benefits:

The Delegate will receive a Total Quality Assured (TQA) certificate of achievement upon successful completion.

Estimated Time:

45 Minutes

Related Courses:

- Essentials of Infection Control
- Essentials of Hygiene
- Understanding Safety Management
- Risk Management