## **AUGUST 2 0 2 0** nc randstad

## HELP INDIA GET BACK TO WORK SAFELY

Best Practices Handbook







## Charting The Way Ahead In The Covid-19 Era

n this strange, unprecedented time, the only way to develop is to move ahead. Lockdowns have taught us to look at the positives of stagnancy and reflection, but planning how to achieve a new normal is what will keep us on the path to progress – both as individuals in our lives and as working employees of the organizations we represent.

As we prepare for the transition from home to office, we need to respond effectively to the post-Covid-19 environment. As employers, we will take all possible positive steps to maintain the safety and well-being of our workforce.

To successfully execute these plans, the constant support and cooperation of employees is crucial. We are very grateful for the continued backing we have received from our personnel through the working from home platform and are confident that this will continue as we make the return to the physical office.



One thing is certain.
We are entering a new world of work and it is crucial to be well prepared for this new reality. The emphasis must be on creating a safe environment where employees can be productive and make an impact."

PAUL DUPUIS
Managing Director & CEO
Randstad India



It is imperative to return to work with the necessary precautions. The safety protocols we put together will highlight the elimination and substitution of various workplace policies in order to adapt to the new reality of a physically distant work environment, ensuring that employee safety and risk mitigation are of the utmost priority."

MARCO VALSECCHI Country Manager & Managing Director The Adecco Group, India



This is our opportunity to restart the economy to create a future of work that works for everyone, one we know people have been seeking for some time. More digital, more virtual, more connected and more wellbeing-oriented than we could ever have imagined."





Companies and in particular HR service organisations like the ones in this initiative should play an active role to ensure India is getting back to work safely. We should treat this COVID-19 crisis as a defining moment for ourselves, our organisations and our country."

MARCOS SEGADOR ARREBOLA

Managing Director

Gi Group India

## Why This Report Is Important

he India Alliance initiative is a group comprising Randstad India, The Adecco Group India, Manpower Group India and GI Group India, that has come together to put together the best practices from some of the best known organisations in India and share the knowledge with employer organisations around the country.

### THE OBJECTIVE OF THIS ALLIANCE:

- It is expected that Covid-19 will remain 'with us' for some time to come until we control the disease with a cure, a vaccine.
- In the meantime, we need to adjust to a new reality. Securing our workplaces, securing a healthy and safe working environment. Protecting workers.
- To limit the economic downturn and impact on people's ability to earn a living, the labour market and all its stakeholders must quickly adjust to a new reality and a new world of work.
- Companies must have clear processes and protocols. Given the sense of urgency, the alliance is on a mission to make a vital contribution to this process of preparing for the new normal and helping India get back to work safely.
- What is clear is that unparalleled collaboration and coordination by diverse stakeholder groups, ranging from employers and governments to labour unions and institutes, is needed for this to succeed.
- This is a call to action to every organization and association in the country by the alliance to come and join this initiative. Why? Because the Alliance's research can have the greatest impact if the best practices it has

identified are widely and rapidly shared across companies and industries.

The result of work this past few months is a comprehensive report on 'Help India Get Back To Work Safely'.

Policymakers, sectors, organizations, and businesses can use this report in their processes to get up and running in a safe, healthy, and effective way, as soon as the local laws allow.

## HERE'S AN OVERVIEW OF WHAT YOU CAN FIND IN THIS REPORT.

- **SECTION 1** Gives the context and objectives of this report
- SECTION 2
- Provides the framework and the approach to getting safely back to work with an example of the journey to implement a 'Safely Back to Work' action plan
- SECTION 3
- Shows illustrative examples of Safe and **Next Work Solutions**
- **SECTION 4**
- Details out safeguard measures that companies are implementing to get back to work safely
- Covers 7 major sectors
  - Manufacturing
  - IT / ITES
  - Pharmaceuticals and Life Sciences
- Infrastructure



- **Business Services and Consulting**
- Retail
- Ecommerce
- SECTION 5
- Summarizes the highlights of measures in the context of hierarchy of controls viz., Personal Protection Equipment (PPE), Administrative Controls, Engineering Controls, Substitution and Elimination
- **SECTION 6** 
  - Provides samples of posters that organisations can use to create awareness about how to manage the risks in the workplace

The India Alliance hopes that the safeguard measures in this document will boost the confidence of organizations to speed their process of getting back to work safely and in the process, help millions of workers get back to their livelihood.

## EXAMPLES SAFELY HELP INDIA GET BACK TO WORK SAFELY OF SAFE & **BACK TO NEXT WORK** WORK SOLUTIONS Best Practices Handbook **INDUSTRY OVERVIEW OF** EXAMPLES **MEASURES** OF PRACTICE CONTEXT & OBJECTIVES

## Bringing Our Employees Back To Work Safely

he work-from-home model has been the strongest force to reckon with throughout the COVID-19 challenge and continues to remain so. It has sustained organizations, and enabled them to decentralize their workforce in a manner that best suits the company's objectives and goals. At a time when both production and consumption of goods and services has taken a severe beating, this has been the one light at the end of an especially dark tunnel. While we are grateful for this, a return to the physical office is an inevitability in the face of economic turmoil and job retention. It needs very thoughtful planning and execution. There are several safety protocols to be kept in mind that require keen employee intervention and participation.



Branch by branch, office by office, or even department by department.

STAGGERED
EMPLOYEE RETURN
Creation of social bubbles er
certain small groups of peop

Creation of social bubbles enabling certain small groups of people to interact with each other on a regular basis, at least for the foreseeable future. As things gradually improve, the number of employees contained in these bubbles can go up if needed.

NECESSITY FOR EMPLOYEE DISCRETION
Based on factors such as the prese

Based on factors such as the presence of underlying health issues that could prove an imminent danger to their well-being or even the mode of transport required to travel to work from home, as the risk of transmission is higher in a crowded or enclosed space.



## COVID-19 Health & Safety Protocols

As employers, our aim is to provide a risk-free environment for our personnel so that they can perform their duties and fulfil their responsibilities without additional mental stress. This will be based on the MHA guidelines and workplace protocols to maintain employee health and safety in COVID-19 times.



## SOCIAL DISTANCING

Distancing from your peers at all times, throughout the day, as per MHA guidelines.



## LIFTS & STAIRWAYS

Not more than 4 people in a lift at any time. Encourage the use of stairs over lifts.

HAND



## **SANITISERS**

Sanitisers to be placed at frequent spots throughout the premises.

## STAGGERED TIMINGS

Staggered entry-exit times and lunch breaks for all employees to reduce interaction and overcrowding.



## TEMPERATURE CHECKS

Daily temperature checks for employees to be conducted at screening counters, before entering the premises.

## NON-ESSENTIAL VISITORS

Friends and family of employees to not be encouraged for on-site visits in the immediate future.



Not more than 5 people will be allowed to convene together at all times.



## REGULAR DISINFECTION

Daily disinfection of all rooms and departments, equipment and surfaces as per recommendations.



## AGE & HEALTH FACTOR

Employees over 65, those with underlying health issues, and those with kids aged 5 and under, are encouraged to continue WFH until further government guidance.



## COVID-19 INFORMATION

Possible symptoms and prescribed treatments, hospitals and clinics providing COVID-19 medical care, helpline numbers and addresses of organisations to be furnished throughout the premises.



## Risk Management & Mitigation

people with COVID-19

time of their death

• Having contact with the deceased who had

or were suspected of having COVID-19 at the



	IMPACT	JOB TYPE	MITIGATION	POSSIBLE JOBS AT RISK
LOW	Low     Human     Impact      Low     Economic     Impact	Jobs without frequent or close contact with the general public     Workers with minimal occupational contact with the public and other co-workers	<ul> <li>Providing hand sanitizers at each entry point and to each section</li> <li>Marking common areas where gathering is prohibited</li> <li>Regular bleach and sanitisation of the whole office</li> <li>Emergency health kit with cough medicine, disposable masks, gown and gloves</li> <li>Create awareness and train workers in safety and control measures and use of Personal Protective Equipment (PPE)</li> </ul>	<ul> <li>Remote workers</li> <li>Office workers without frequent close contact with others</li> <li>Workers providing teleservices</li> </ul>
MEDIUM RISK	<ul> <li>Can impact daily lifestyle due to selfisolation</li> <li>Average Economic Impact</li> </ul>	<ul> <li>Jobs requiring close or frequent contact with co-workers or the general public</li> <li>Workers who frequent high-population-density work environments</li> <li>Close or frequent contact with people returning from areas with community transmission</li> </ul>	<ul> <li>Cleaning and sanitization of the office at least twice a day.</li> <li>Suspend any activity where physical distancing of at least 1 metre is not possible.</li> <li>Alternatively, increase ventilation, and implement sanitization procedures.</li> <li>Staff to wear appropriate face masks, goggles, gloves and work clothes.</li> <li>Create awareness and train workers in safety and control measures and use of Personal Protective Equipment (PPE)</li> <li>Implement barrier devices to allow control of access points</li> </ul>	<ul> <li>Frontline workers in retail, home deliveries, healthcare, hospitality, construction</li> <li>Police and security</li> <li>Public transport</li> <li>Sanitation workers</li> </ul>
HIGH RISK	<ul><li>High</li><li>Human</li><li>Impact</li></ul>	<ul> <li>Jobs requiring close contact with people with COVID-19 or suspected to have COVID-19</li> <li>Contact with objects and surfaces possibly contaminated with the virus</li> <li>Providing domestic services or home care for</li> </ul>	<ul> <li>Assess the possibility of suspending the activity.</li> <li>Enhance regular hand hygiene; provide medical masks, disposable gowns, gloves, and eye protection for workers who must work in the homes of people who are suspected or known to have COVID-19</li> <li>Create awareness and train workers in safety and control measures and use of</li> </ul>	<ul> <li>Domestic workers</li> <li>Social care workers</li> <li>Drivers</li> <li>Delivery service providers</li> </ul>

Personal Protective Equipment (PPE)

• Implement barrier devices to allow control of access points

pre-existing medical conditions

• Avoid assigning tasks with high risk to workers who are pregnant, above 60 or have

• High

Economic

Impact

Home repair technicians

Any worker who has to

provide services in the homes

of people with COVID-19

# Employer

## When is working from home (WFH) mandatory for employees?

If the employee's place of residence is located in an area or district where the State has declared a lockdown of all non-essential activities, the employee must work remotely instead.

## What are the travel restrictions to be kept in mind as far as work and personal travel is concerned?

The government has advised against any non-essential travel and employers must work around this. If an employee has to travel for an unavoidable personal reason, the employer cannot stop them. They must follow the 14-day quarantine at home rule once they return, and test negative for the Covid-19 infection. They may be asked to furnish a medical document clarifying the same before resuming work. This also holds true for employees with family members who have travelled to Covid-19 affected areas.

## Can the employer conduct compulsory medical tests for their employees?

No tests can be conducted without the consent of the employee. Any 'sensitive personal information' and confidential data must be maintained at all times and the company must have a privacy policy.

## Can the employer conduct compulsory temperature screenings for employees?

Yes, the employer may do, but here again, all confidential and personal health information regarding the employee must be kept private.

## If an employee gets infected, is the employer obliged to cover medical expenses?

This depends on how the employee contracted the virus – if it happened through a work-related commitment such as a meeting or travel or through a personal obligation.

## If an employee gets infected, can the employer reveal details about the same to the rest of their personnel?

The employer cannot reveal any names but must inform their workforce that an employee has been diagnosed with the virus. All those in contact with the said employee should especially be made aware of this and asked to isolate if need be.

## Are all employees expected to wear protective gear or equipment at the workplace? While there is no such legality

While there is no such legality imposing this, employers may ask

their employees to take the basic precautions to safeguard the health of their employees.

## Can the employer stop their employees from wearing protective gear like a mask or a respirator?

No, the employer cannot do so. They may ask the employee if they are displaying symptoms though.

## How can the employer prevent the harassment of any employee, suspected of being infected?

It is the duty of the employer to protect their employee from any kind of harassment. Again here, all health information of any suspected employee should only be shared on a need-to-know basis.

## How can the employer educate their workforce about the virus?

The employer can use a variety of print and electronic media to further educate their personnel, but rather than share their own programs, they must disseminate the information put forth by the State. Any updates must also be duly shared.





## Approach for getting Safely Back to Work

Co-assess current
work environment
regarding back-towork-readiness

Setting the course for a tailored path back to work

B Develop concepts / solutions

Develop roadmap for the path back to safe work

Implement solutions

Evaluate & iterate

Ongoing support / check-ins

### IDENTIFICATION OF WORKPLACE NEEDS & OPPORTUNITIES (OPERATIONAL & CULTURAL), THROUGH

- benchmarking your situation today against scientifically established MVPs of safely coming back to work (spacing, virus protection, etc.)
- researching needs & attitudes regarding adoption of workplace safety measures with relevant stakeholders

## PRIORITIZATION OF INITIATIVES

### Quick wins

"the path back to work tomorrow" Moon shots
"sustaining
the journey"

OPTIONAL: Fast lane, focussing on employee adoption of existing ideas

## A: Accelerator module – quick win path

- You already consider implementing concrete backto-work-initiatives?
- We help you getting what you already have onto the road at the speed of light

## B: Build & Test Module – holistic development path

- You know you need to safely get back to work, but don't exactly know how?
- We help with an agile endto-end process to co-create concrete tailored initiatives

- Take existing initiatives/MVPs into a rapid test- & learnloop
- Alignment with key stakeholders and testing with key target audiences
- Co-create prototypes (Sprint-/agile-based "Develop, test. & iterate" - setup)
- Alignment with key stakeholders and testing with key target audiences

**OPTIONAL:** Model the impact of solutions using advanced analytics

### SUCCESSFUL ADOPTION

### **Co-create transition journey**

 A set of workable agreements and rules of conduct, that put the safety and needs of everyone first

## Facilitate adoption of transition journey

Collaborate with internal stakeholders to ensure the successful adoption of necessary behavioural shifts at the workplace

## **Adoption success-reflection**

 What works/doesn't work on a behavioural adoption-level?

**IF NEEDED:** iterate & establish course-corrections

## Sustaining the adoption journey

 Organisational change-coach advises on implementation adoption aspects of sustaining the journey

### **SAFE OPERATIONS**

## Define prioritized concept launch-plan

 A toolbox of concepts (incl. backlog) for an adapted and fully equipped workplace at which employees can work safely and thrive, again

## Operational implementation of initiatives/ideas

 Collaborate with internal stakeholders to realize the successful implementation of the prioritized "safely-back-to-work"solutions at the workplace

## Implementation success-reflection

• What works/doesn't work on an idea/initiative-level?

IF NEEDED: iterate & establish course-corrections

## Sustaining the implementation journey

 Implementation-coach advises on operational aspects of sustaining the journey

## **EXAMPLE TOOLS**



Back-to-work-readiness scorecard: review of floor plan, PPE guidance, policies and training methods



the-Course-Workshop



IdeationPrototyping Testing Iteration (KPIs x Impact)



Adaption of toolbox (transformation co-creation kit)

Back-to-work transition journey

Back-to-work implementation roadmap



Collision Workshop: Agenda-set ownership for implementation & responsibilities

Operations implementation sprint



Safe workplace dashboard/ control room & reflection — weekly with key stakeholders

Employee and stakeholder evaluative survey



Follow-up and coaching session

## Example of the journey to implement a "Safely Back to Work" Action plan

\_\_\_TO DO LIST

**ILLUSTRATIVE EXAMPLE** 

## LOCKDOWN / REMOTE PERIOD

 Planning transition period, prototyping temporary and permanent measures to implement

## **TRANSITION PERIOD**

- Monitoring impact of implemented measures, evaluating, refining and tweaking, where needed
- Monitoring overall COVID-19 development, being ready to scale up and down measures, as needed

## PLANNING AND SET UP FOR RETURN

- Gradually scaling back all temporary measures
- Maintaining strategy to quickly implement temporary measures in case of new emergency/virus outbreak



**SUCCESSFUL ADOPTION** 

Research and co-creation to develop action plan and roadmap

## WORKER BEHAVIOUR AND POLICIES

- Visual Social-Distancing/
  Sanitization Cues
- Highly Visible Workspace Cleaning
- Designated Team Guard
- Staggered Shifts and Lunch Times
- Canteen Tables Spaced and Food Served Portioned in Re-usable, Disposable Boxes

### **RETURN TO WORK TRAINING**

- Communication plan to reach and reassure employees
- Web conferences (pre-return)
- Online Trainings (pre and post return)

## **SAFE OPERATIONS**

### **SEPARATION - SPACE AND TIME**

- Re-modelled workspace
- More Touch-free Handles/Interfaces
- Improved air filtration and ventilation

## **CONTROL, TESTING AND SURVEILLANCE**

- Temperature measurement upon entry
- Hygiene zones with checkpoints
- Health ID and Employee Risk Categorization
- Upgraded PPE

### PERSONAL HEALTH MEASURES

- Clean working kits
- Hotspots marked with colour

## HELP INDIA GET BACK TO WORK SAFELY

Best Practices Handbook

CONTEXT & OBJECTIVES

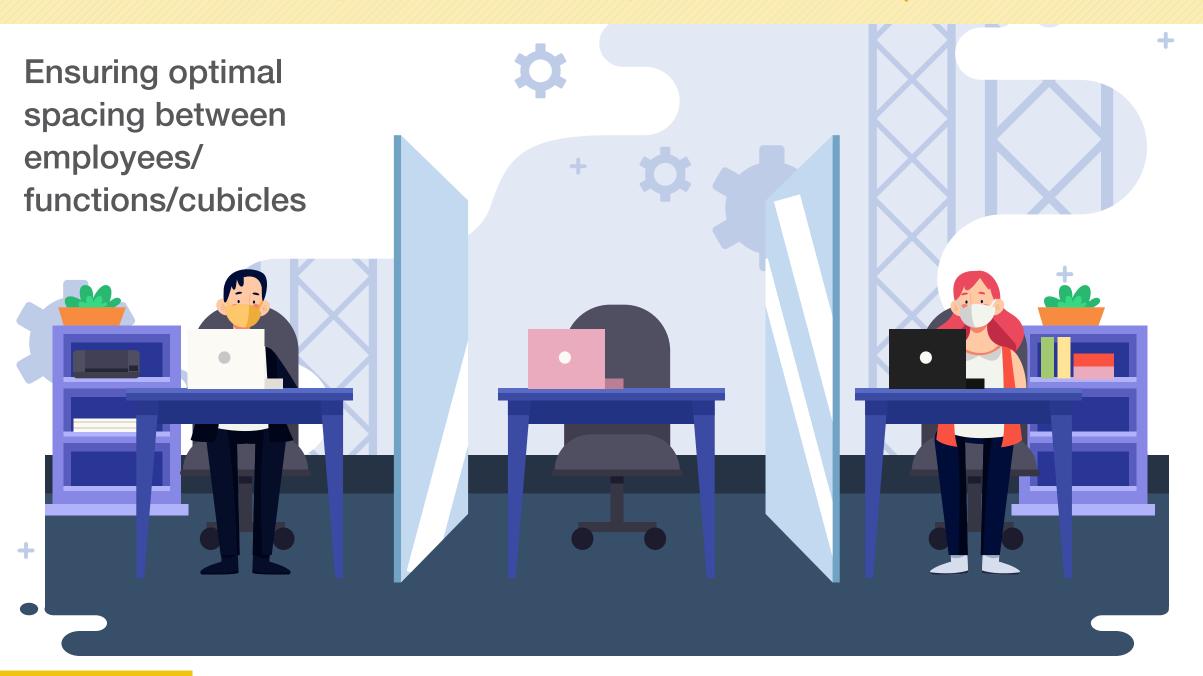
SAFELY BACK TO WORK

INDUSTRY EXAMPLES OF PRACTICE

OVERVIEW OF MEASURES

EXAMPLES
OF SAFE &
NEXT WORK
SOLUTIONS

## Re-modeling/Re-tooling of the workplace



## **CONCEPT DESCRIPTION**

Lines, offices and cubicles could be redesigned or re-tooled to provide for greater spacing between employees and reduce the risk of contamination between functions.

## **IMPACT**

- This may help reduce the spread of any infection
- May also provide compartmentalisation of the organisation in the event of a wider spread, allowing the maintenance of some company functions

## Improved Air Filtration & Ventilation



## **CONCEPT DESCRIPTION**

Workplace ventilation and filtration could be improved to reduce any hazardous particles which may be airborne.

## **IMPACT**

Reduces the concentration of airborne viral or bacterial particles which may help reduce the likelihood of worker infection

## More Touch-free Handles/Interfaces

Limited handles and physical interfaces and introduce motion control















## **CONCEPT DESCRIPTION**

Greater use of motion-control or touchless doors and interfaces throughout the workspace.

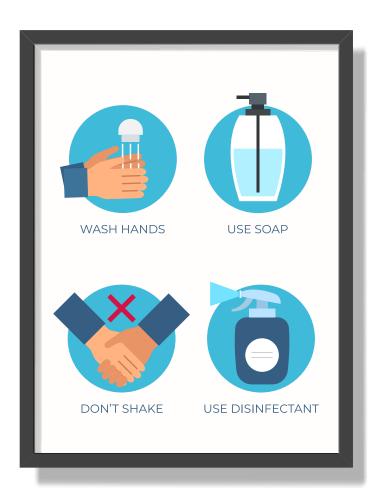


- It can reduce the risk of workers contacting a contaminated surface
- Could help reduce cleaning requirements



## Visual Social-distancing/Sanitization Cues

## Providing quick checks/reminders to maintain distancing and hygiene







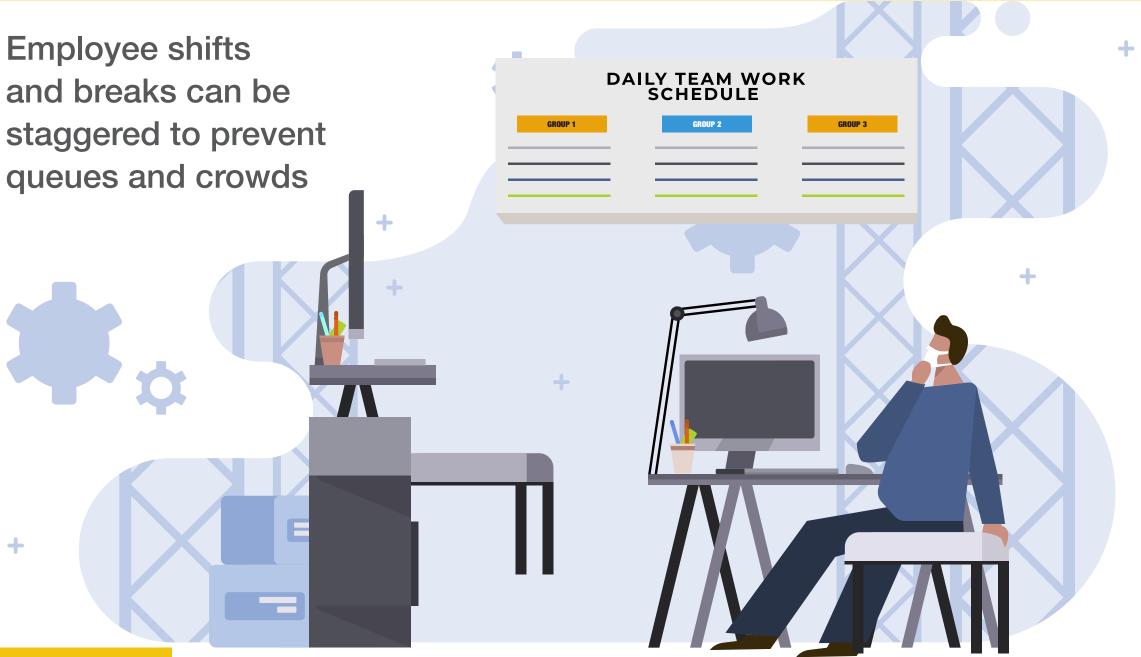
## **CONCEPT DESCRIPTION**

Visual cues such as markings or projections on the floors, walls and interfaces could indicate to workers of safe distances and provide reminders as to when they should change PPE (E.g., paper tissues could be provided to press photocopier buttons) or wash their hands as they go through the working environment.

## **IMPACT**

- May increase the frequency with which employees wash their hands
- Increases employee awareness about hygiene

## Staggered Shifts and Lunch Times



## **CONCEPT DESCRIPTION**

Easy and clear instruction about work shifts and breaks could be provided (e.g., where employees should sit and for how long they can be in the breakroom/canteen).

## **IMPACT**

- Can help reduce queues and crowds, especially relevant if screening measures are introduced requiring more time to pass through
- Could make it easier for workers to maintain social distance

## Canteen Tables Spaced and Food Served Portioned in Re-usable / Disposable Boxes

Serving pre-packed food in re-usable boxes CANTEEN TABLES SPACED PRE-PORTIONED RE-USABLE /

## **CONCEPT DESCRIPTION**

Replace self-service style lunches from canteen with catered, portioned food in re-usable / disposable boxes. This could take the form of food trucks during summer months to get the workforce out into fresh air.

Canteen tables could ensure spacing between employees so no-one sits directly beside or in front of the worker (via checker-board arrangement). Strict cleaning procedures need to be in place.

## **IMPACT**

 May help reduce queues and physical contact between workers

## Hygiene Zones with Checkpoints

Workspace separated into zones with mandatory sanitization between each zone



## **CONCEPT DESCRIPTION**

The workplace could be separated into various zones with mandatory sanitization and recording of who is moving between zones.

## **IMPACT**

- Increases the frequency with which workers must wash hands/ change PPE
- Provides an indicator of which zones are most at risk of infection and enables contact tracing

## Highly Visible Workspace Cleaning

Confirmation of cleaning is displayed confirming cleanliness of workspace

## **CONCEPT DESCRIPTION**

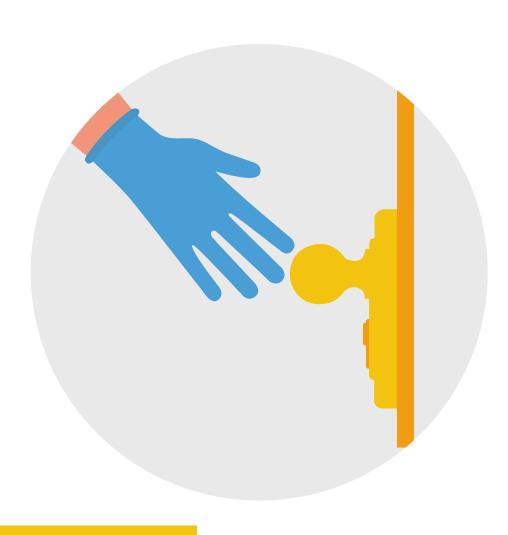
Cleaners should update a 'housecleaning checklist' and display in a highly prominent location upon completion of cleaning.

## **IMPACT**

 Instils confidence in workers that the workspace is clean and well maintained

## Hotspot Surfaces Marked with Colour

Frequently contacted surfaces highlighted and prioritized for cleaning





## **CONCEPT DESCRIPTION**

Surfaces that workers are frequently in contact with could be brightly colourcoded as a reminder to cleaning staff to ensure they are effectively sterilized and a visual cue to workers to wash hands or change PPE.

## **IMPACT**

- Increases employee awareness of surface contact and hygiene
- Provides greater direction to cleaning staff

## Clean Working Kits

A personal kit of cleaning essentials i.e. alcogel, wipes etc., to every employee

## **CONCEPT DESCRIPTION**

Each employee could be issued with a personal "Clean Working Kit" which would include items such as alcogel, sanitary wipes and PPE disposal bags.

## **IMPACT**

This could ensure that each employee has the tools they need to maintain good personal and workplace hygiene

## Designated Team Guard

A team member who ensures new standards are being followed

## **CONCEPT DESCRIPTION**

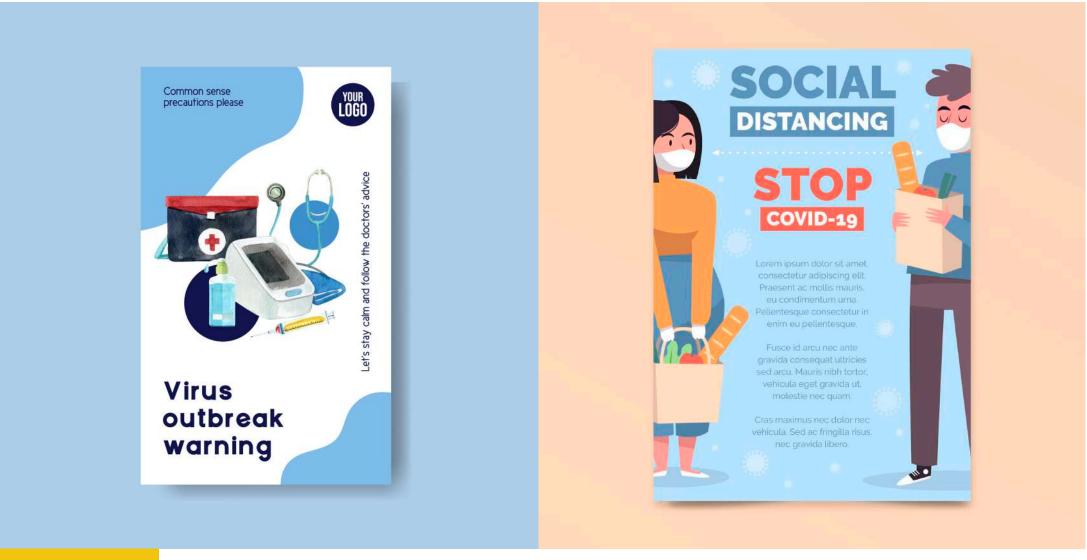
To ensure any new hygiene standards are maintained and to provide workers with a voice in maintaining these standards, a Team Guard could be appointed.

## **IMPACT**

This Team Guard would be responsible for ensuring their teams have what they need in terms of knowledge and equipment to maintain personal and workplace hygiene

## Printed Media Campaign

An information and learning campaign comprising printed info-packs



## **CONCEPT DESCRIPTION**

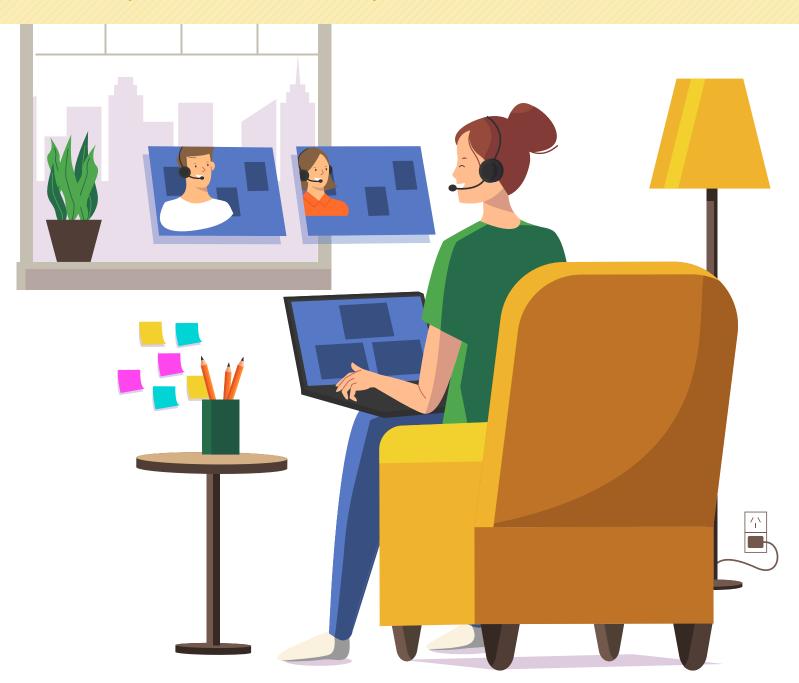
Leveraging printed media to inform employees about the changes they can expect when returning to work.

## **IMPACT**

- Can increase transparency and give clarity about current situation and the way it is being is handled
- Could increase mental and emotional preparedness of staff upon return to work

## Web Conferences (Pre-Return)

A series of web conferences to keep workers informed about the process



## **CONCEPT DESCRIPTION**

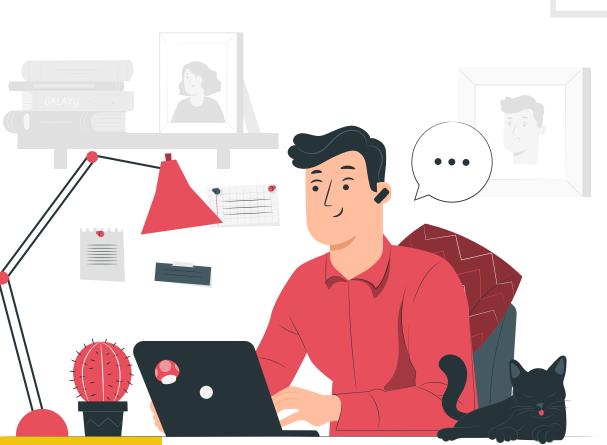
Gathering employee groups to video conferences where they can get the latest information from their employer. Allowing questions and concerns to be raised prior or during call.

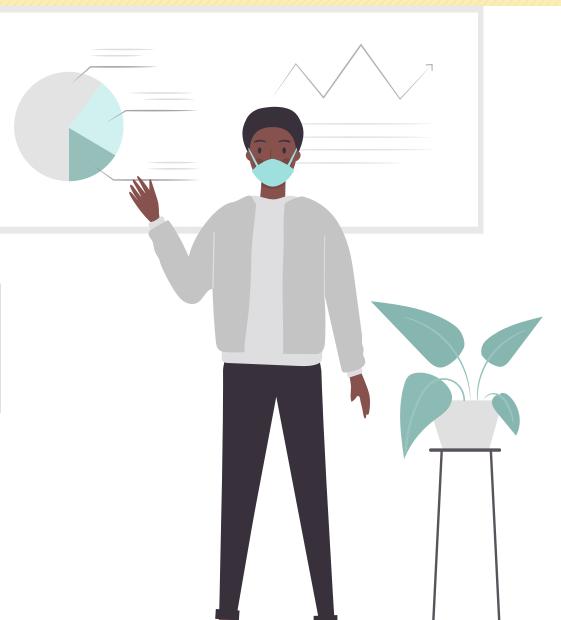
## **IMPACT**

- Helps keep everyone up to date
- Can enforce transparency and trust within organisation

## Online Trainings (Pre and Post-Return)

Online learning courses providing latest info to prepare workers for return





## **CONCEPT DESCRIPTION**

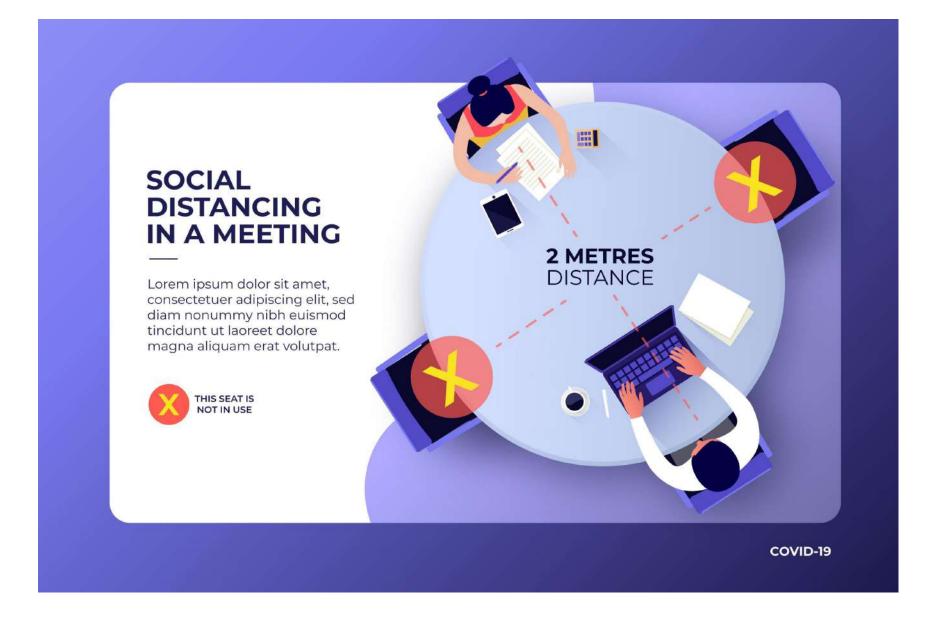
These online training sessions may form a part of a larger series preparing the worker to return to the site. Beginning in their home and continuing for a time after return.

## **IMPACT**

- Can be deployed within the workers home (pre-return) or on-site (post-return)
- Can be tailored to match workers' preferred learning style
- Can be gamified to provide learning incentives
- Can provide continuity across the pre and post-return horizons

## Large Format Visual Displays in Workplace

Prominent
displays
highlighting
new processes,
policies, tools
and layouts



## **CONCEPT DESCRIPTION**

Large format posters or digital displays providing prominent, frequent reminders to employees of the new workplace situation and (crucially) the rationale behind it.

## **IMPACT**

- Large format should make the messaging "unmissable"
- Simple messaging can be delivered in an highly accessible way
- Can be deployed standalone or part of a wider messaging strategy

## Safeguarding measures - overview



THEME	SAFEGAURDING MEASURES
WORKFORCE PROTECTION	Travel/movement to work (including from home measures) Entry to worksite Employee health policy measures
EMPLOYEE PROTECTION	Personal Protective Equipment Workplace distancing and workstation barriers Sanitization Worksite facility conditions Public health knowledge and capability-building
SOCIAL DISTANCING  2 METERS  NON-EMPLOYEE  PROTECTION	Social distancing measures Sanitization measures Limitations against exposure to individuals Preventions against material contamination
BUSINESS PROCESS ADAPTATIONS	Physical workspace adaptations Digital workspace adaptations (including work from home measures) Operational and productivity process adaptations Communication and continuous improvement adaptations
EMPLOYER-LED PUBLIC HEALTH INTERVENTIONS	Detection and tracing Personal behaviour reinforcement

The safeguarding measures given here are broadly applicable to working environment in Infrastructure companies

- Corporate campuses
- Offices in commercial complex
- Project sites

Local government rules and decisions should always be followed carefully



THEME

## **WORKFORCE PROTECTION**

MEASURE CLASS	MEASURES			
Travel / movement to work (including work from home measure)	<ul> <li>Special transportation facility, working at 30-40% passenger capacity, should be arranged without any dependency on the public transport system</li> </ul>	for workers coming from outside.  Only those employees who have personal 4 wheelers or 2 wheelers to be allowed to come to	<ul> <li>office to avoid public transport system</li> <li>Vehicle ACs not to be operated and windows to be kept open for ventilation.</li> </ul>	All vehicles
Entry to worksite	<ul> <li>Workers/ Staff/Visitors shall not be allowed to enter plant premises without a face mask</li> <li>It is advisable to install a disinfecting tunnel at the entrance</li> <li>Vehicle drivers should wait at entry gate only. The area where the drivers are waiting should be sanitized once every two hours. This area should be near to the designated loading points.</li> <li>Workers to be screeened for temperature while coming in to/going out to production from the labour quarters.</li> <li>All vehicles and machinery entering the premise</li> </ul>	<ul> <li>should be disinfected by spray mandatorily</li> <li>Provision for hand wash and sanitizer preferably with touchfree mechanism should be made at all entry and exit points and common areas. Sufficient quantities of all the items should be available</li> <li>All drivers (Company drivers) should sanitize their hands and wear masks in all cases before entering in to their car and office premises</li> <li>At the Reception, thermal screening shall be carried out and a self-declaration form will be kept. Employees are allowed to enter only on completing these formalities.</li> </ul>	<ul> <li>It is advisable to coordinate with the building owners to do disinfection treatment of the entire building for effective control.</li> <li>Car owners will park their vehicles on their own - there will be no valet parking</li> <li>Have floor marking at entry gates for social distancing during thermal screening</li> <li>Turnstile gates not to be touched with hands and sanitized regularly</li> <li>High touch surfaces to be disinfected by spraying with 1% Sodium Hypochlorite solution</li> </ul>	and machinery entering the premise should be disinfected by spray mandatorily
Employee health policy measures	<ul> <li>Sufficient medical insurance coverage should be provided for the workers</li> <li>Employees coming in from outside the state should stay in home quarantine for 14 days and be allowed to come to office only after they confirm that they are asymptomatic.</li> <li>Employees should go into home isolation if any of their family members has the symptoms of illness (cough, high fever, difficulty in breathing) and will be required to submit the supporting documents to work from home for 14 days.</li> <li>Provide for a designated quarantine hall / isolation room / ward for exigency in the labour colony. If</li> </ul>	<ul> <li>any person is identified with COVID-19 symptoms, they should be Immediately moved to the isolation room and the area where the person was working and all probable moved areas should be disinfected</li> <li>Employees who are at higher risk e.g. older employees, pregnant employees and employees with underlying medical conditions should take extra precaution. Preferably, they should not travel to other location for client or any other visits.</li> </ul>		

**MEASURES** 



**MEASURE CLASS** 

## **EMPLOYEE PROTECTION**

Personal Protective Equipment	<ul> <li>Employees should carry disposable tissues/gloves for covering the fingers/hand while touching a common public surface and ensure that it is thrown only in a covered dust bin after use.</li> <li>Employees should always wear nose mask during visit and meetings and should always carry a pocket hand sanitizer.</li> <li>Security / housekeeping people should use disposable hand gloves only and discard them on a daily basis</li> </ul>	<ul> <li>The Housekeeping staff team should wear appropriate PPEs during sanitization process</li> <li>Security at gate and housekeeping people should use PPE. Store, Admin staff those who are all handling outside documents should use hand gloves.</li> <li>Food items to be served by canteen staff only with proper PPEs.</li> <li>Wearing a face mask is mandatory and shall be</li> </ul>	<ul> <li>removed only while eating.</li> <li>Appropriate face masks shall be ensured for all labourers and to be worn always while at colony, movement outside and during duty timings.</li> <li>General and special PPEs for routine work at site to be as per existing practice</li> <li>All medical staff including Doctors, Nurses, Medical attendants, Sanitation staff to wear all necessary PPEs, as applicable</li> </ul>	Covering one's mouth and nose while coughing/ sneezing
Workplace distancing and workstation barriers	<ul> <li>Employees should strictly maintain social distancing of at least 6 feet from each other</li> <li>Employees should carry their own stationeries like pen, note pad/diary etc. and not accept anything from the external offices</li> <li>If an employee needs to stay back in client location, all the COVID prevention measures shall be followed while staying in guest house/hotels e.g. frequent hand washing/ hand sanitizing, maintaining social distance all the time, face covers/ mask all the time while outside and not</li> </ul>	<ul> <li>mingling with other people. Only digital payment/ transactions to be used for hotel bill settlement.</li> <li>Avoid sharing of others phones, work tools, equipment etc.,</li> <li>Social distancing to be ensured within the worker's residential halls</li> <li>Maintain a separate isolation room to meet with exigency and to separate the workers with symptoms.</li> <li>There should be total ban on non-essential visitors at sites</li> </ul>	<ul> <li>Handshakes and hugs should be totally avoided</li> <li>In case of maintenance work, where social distancing cannot be ensured for certain shorter duration activities, face shields and gloves to be used to maintain respiratory and hand hygiene.</li> <li>Office doors to be kept open, as far as possible, to minimize contact with door handles.</li> <li>Contractors' rest rooms, eating places and offices shall also ensure compliance to principles of social distancing of 6 feet.</li> </ul>	with a tissue/ handkerchief/ flexed elbow
Sanitization measures	<ul> <li>There should be an intense deep cleaning of the common areas like staircase, lift lobby, parking area, roof top including the panel rooms and substation etc.,</li> <li>Employees should ensure that their hands are sanitized every half an hour and after every contact.</li> <li>Disinfect high touch surfaces like doorknobs,</li> </ul>	<ul> <li>tables, desks, chairs, laptop etc.</li> <li>Do the fumigation of the cartons / material packages received from outside before opening them</li> <li>Provide for regular fumigation at the cooking area, washing area, worker/staff quarter area etc.,</li> <li>Maintain the cleanliness at bath and wash area</li> </ul>	<ul> <li>Ensure all vegetables, fruits, etc., brought from outside are first washed, cleaned and then stored in room.</li> <li>Maintain hygiene and cleanliness within the mess cooking area.</li> <li>Regular disinfection procedures should be provided for electric panels, outlets or any other electric appliances such as computers,</li> </ul>	



THEME

## **EMPLOYEE PROTECTION**

MEASURE CLASS	MEASURES
Sanitization measures	<ul> <li>photocopiers, printers, telephone sets</li> <li>Other objects (e.g. machine switch/buttons, product contact tools etc.) should be wiped with disinfectant regularly.</li> <li>Check &amp; ensure the availability of adequate stock of essential materials, like Sanitizers, HK chemicals, Water bottles etc.</li> <li>Sanitizer should be kept at lift lobbies / main reception / main entrance of office. Hand sanitization should be mandatory for all.</li> <li>Special attention should be given to hygiene of housekeeping staffs, company hired drivers,</li> </ul>
Worksite facility conditions	<ul> <li>Ensure social distance at eating area. Maintain different eating timings to avoid group gathering at lunch area.</li> <li>Use of staircase for climbing should be encouraged</li> <li>In small sized lifts, 2 persons and in bigger lifts 4 persons can travel. Lift owners to display new capacity on all floor levels near its door.</li> <li>Strictly avoid the movement of labour who are staying within the plant premises to go out of the plant.</li> </ul>

people serving tea /coffee etc.

- Hand wash by using soap (min 40-60 sec), use of 70% alcohol-based hand sanitizer (min 20 sec) mandatory before starting work.
- Periodical kitchen audit should be carried out to ascertain cleaning and sanitization of utensils, food containers, counters, table, chair, basin etc. in canteen.
- All vehicles carrying food to be sanitized daily.
- Sanitization of laptops, mobiles, desktops, keypads, mouse and desks etc. twice a day by individual users. Common desk top and devices to

be sanitized every shift.

- Lifts to be cleaned and sanitized during office hours at a prescribed periodicity
- All ATMs inside company premises should be sanitized daily, and sanitizers shall be kept in the ATMs
- Usage guidelines for urinals and wash rooms should be pasted at entrance
- Disinfecting spray to be done at all the areas of colony after workers leave for work daily.

Employees
should bring
their own
glass/bottle for
drinking water
and mark them
with their name





## **BUSINESS PROCESS ADAPTATIONS**

stakeholders detailing the terms of resumed

awareness about COVID-19 and measures to prevent its spread, while maintaining social

• Daily Tool Box meeting shall contain the

MEASURE CLASS	MEASURES		
Physical workspace adaptations	Deploy the workers and control the movement of workers in order to reduce the worker density concentration	<ul> <li>Work places shall have a gap of one hour between shifts. Lunch breaks of staff should be staggered to ensure social distancing.</li> </ul>	Allow employees from each department to work on alternate days - departmental head to decide on the roster
Digital workspace adaptations (including work from home measures)	<ul> <li>Avoid physical meetings and have video conferencing as far as possible</li> </ul>		
Operational and productivity process adaptations	<ul> <li>Ensure the availability of adequate manpower required to run the business / office. Please ensure the medical fitness in advance.</li> <li>Stagger the lunch timings to avoid huge gathering</li> <li>Checking of all common critical amenities like lifts, DG, HVAC, UPS and Hydrant systems and Jockey pumps including filters and chiller water levels and refill the fresh water for proper functionality due to long time shutdown. Include your water</li> </ul>	<ul> <li>dispensers as well.</li> <li>Restore the operation of STP. Due to its low solubility in wastewater it is released into the atmosphere producing an offensive odour.</li> <li>Stop the biometric attendance and consider capturing attendance through RFID card for all employees including contract workers</li> <li>Minimum social distancing shall be ensured in</li> </ul>	<ul> <li>keeping occupants in a single room, in labour colonies</li> <li>No one should go out for lunch. All must bring their own lunch.</li> <li>Make arrangements to supply all essential items to colony itself, to restrict movement of labourers.</li> <li>Vehicle/s to be kept ready for emergency purpose</li> </ul>
Communication and continuous improvement adaptations	<ul> <li>Hospitals/ clinics in the nearby areas, which are authorized to treat COVID -19 patients, should be identified and list should be available at work place all the times</li> <li>Communicate with respective regulatory bodies for permission to resume normal working</li> <li>Communicate with internal and external</li> </ul>	distancing  • Display awareness posters (Dos and Don'ts) at prominent places, including colony premises in all languages spoken by the workers.	

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**THEME** 

## **EMPLOYER-LED HEALTH INTERVENTIONS**

MEASURE CLASS	MEASURES
Detection and tracing	<ul> <li>Get employees checked for any symptoms with the help of local NGOs like Asha workers</li> <li>If any employee is found to have cold, cough, fever and/or high temperature, they should be sent back home and advised to take medical advice</li> <li>Ensure that all the workers coming to work</li> </ul>
Personal behavior reinforcement	<ul> <li>Employees and workers must be trained on respiratory etiquette. For example, covering one's mouth and nose while coughing/sneezing with a tissue/handkerchief/flexed elbow</li> <li>Employees should bring their own glass/bottle for drinking water and mark them with their name</li> <li>A total ban on gutka, tobacco, etc. and spitting</li> <li>Employees and workers should be encouraged to go cashless and use payment apps such as BHIM, Google Pay etc.,</li> <li>Employees should avoid touching eyes, nose and mouth immediately after using the sanitizer</li> </ul>

- are healthy and not having any symptoms of COVID-19
- Screening should be maintained by checking the (Temperature, Fever, Cold, Cough) of employees/ contractors/support staff in all entries of the office floors.
- Checklist-based health monitoring of the canteen workers before commencement of operation.
   Record to be maintained in canteen.
- All employees must download the Aarogya Setu app in their android mobiles

Awareness posters need to be displayed



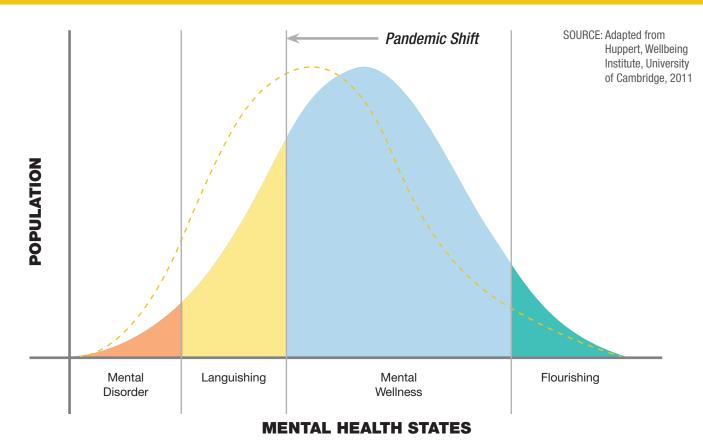


## Ensuring Mental Wellness with Getting Back to work Safely

## **Impact of Pandemic** on Mental Wellness

Mental wellness is the state of emotional and psychological well-being in which an individual is able to use his or her cognitive, behavioural, social and emotional capabilities, to function in family, society and organisation adequately and meet the expected demands of everyday life.

## **MENTAL HEALTH SPECTRUM**



### **EMOTIONAL**

Feeling Sad, Anxious, Worried, Tensed, Angry, Irritated, Frustrated.

### **PHYSICAL**

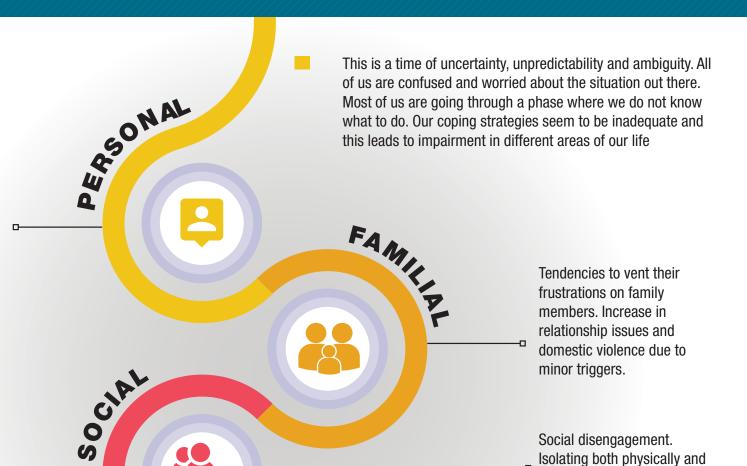
Increased Heart Rate, Sweating, Feeling Tired & Fatigued, Headache, Pains, Stomach Problems

### **BEHAVIOURAL**

Avoiding social interactions even virtually, Alcohol, Smoking, Procrastinations.

### COGNITIVE

Thoughts that include: Not being good enough, Circumstances being like this always, Not being able to control situations.



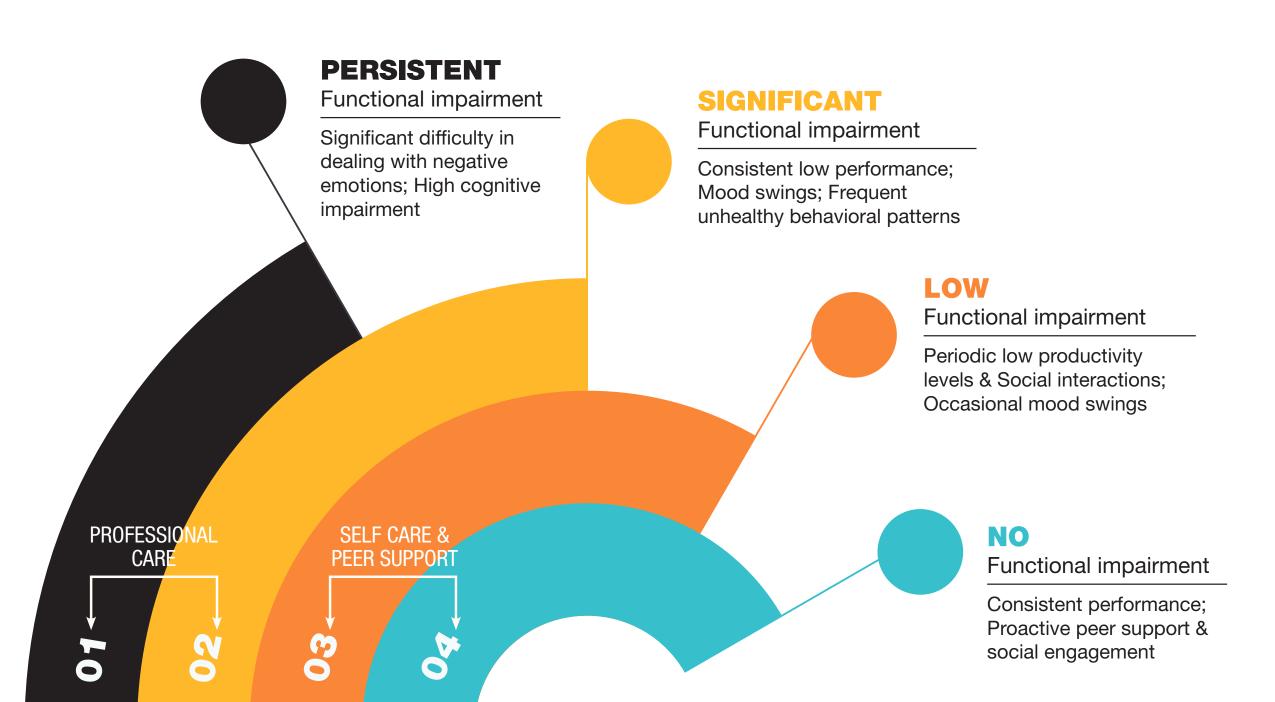
MOITA

Social disengagement. Isolating both physically and emotionally from friends and colleagues.

Low productivity and job satisfaction. Reduced interactions and emotional distancing from work and colleagues due to the changed nature of work and safety quidelines.

## **Management** Strategies

Employers need to adopt a holistic management strategy to ensure mental wellness of employees returning to work. Depending on the level of functional impairment of each individual, self-care, peer-support and professional-care interventions would be effective.



## Approach for ensuring Emotional Wellness

## with "Safely back to work"

It's very important to ensure emotional wellness of employees while getting back to work. The approach can be broadly divided into 4 parts:



SITUATION ANALYSIS

## SITUATIONAL ANALYSIS

## 1 Identify Risk & Protective Factors +

## **Team Related**

- Interpersonal Relationships
- Peer Support
- Leadership

## Organisation Related

- Job Security
- Stigma
- Psychological Safety Climate

## Personal/ Home Related

Work/Life
 Balance

**Employee Pulse Check** 

Major Life Events

hen returning back to work, there will be 2 categories of employees. The first one would continue to work from home, the second would resume working from office premises. The split would largely depend on the industry and the nature of work. For example, IT/ITES might see a disproportionately large first category whereas the manufacturing sector cannot function without the physical presence of employees. Even within the same company, there might be verticals/ departments which would have very different requirements. For instance, the product and technical teams can still manage to work from home, whereas the operational functions might resume

**Work Related** 

Job Control

Presence

Resources &

Engagement

Physical

working from office earlier than others.

Even the employees who start working from the office are going to experience a "New way of working". Safety norms like staggered shifts, scattered workstations, absence of the typical watercooler conversations, etc. would result in a very heavy emotional toll on the employees. Hence, it's important to analyse the situation and accordingly create custom intervention strategies for ensuring emotional wellness of employees.

It's important to identify and acknowledge the risk and protective factors both at the professional and personal levels to create a holistic intervention strategy.

with "Safely back to work"



nce we have identified the risk and protective factors, it's important to reduce the risk and promote the protective factors.

### **EXAMPLE OF REDUCING RISK FACTOR:**

A better job control with more flexible hours and a choice to work from home (depending on the nature of work) can result in improved job satisfaction among employees.

### **PROMOTING PROTECTIVE FACTORS:**

This is an important part of intervention strategy as risk factors might not provide a lot of flexibility to change.

# INTERVENTION STRATEGIES

### 1 Reduce Risk Factors

- Flexible Work Hours
- Strict Safety Guidelines
- Transparent + Over-communication

### 2 Promote Protective Factors

- A) Building Individual Resilience
- B) Peer-support & Team Culture
- C) Psychological Safety Climate

### PROMOTING PROTECTIVE FACTORS



### Individual Level

### **MOTIVE: Building Individual Resilience**

- Introduce Stress Management/ Resilience Training
- Facilitate Physical Activity Programs
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### Team Level

# MOTIVE: Building Peer Support & Caring Team Culture

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# Organisational Level

# **MOTIVE: Create Open & Positive Psychological Safety Climate**

- Facilitate Realistic & Frequent Communication
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### with "Safely back to work"

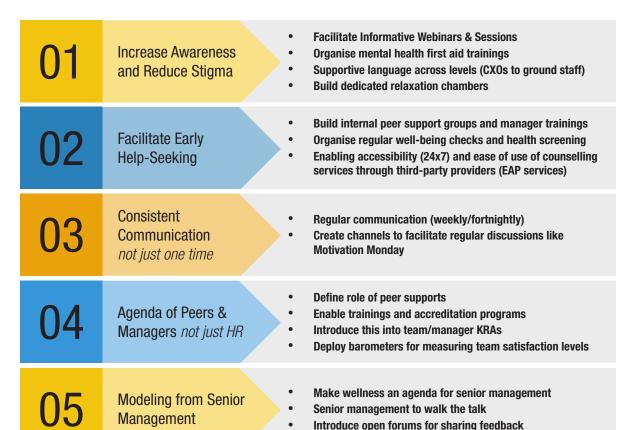
# AND IMPROVING ADOPTION

- Increase Awareness & Reduce Stigma
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- Modeling from Senior Management



ne of the biggest challenges facing employee wellness resources in organisations is its under utilisation. With ASSOCHAM report suggesting 42.5% employees who are going through depression or anxiety, a typical EAP solution only garners 1%-3% engagement. The reasons go beyond the cultural stigma and manifest in the importance given to this by the organisation.

Organisations need to follow a 5 pronged approach to increase the adoption level of intervention strategies designed for getting back to work safely.



The above framework can help increase adoption of wellness interventions at a broader scale. There are a few sector specific best practices whose implementation is important - For instance, sectors employing blue collar workers must focus a lot on in-person presence of professional counselors along with native language support. Similarly, IT/ ITES require a lot more focus on consistent communication and modeling by senior management as a majority workforce would continue to work remotely. Remote working has its own challenges with respect to identifying the need and encouraging adoption.

# EXECUTION AND IMPROVING ADOPTION

with "Safely back to work"



### **REVIEW OUTCOMES**

Constant Pulse Check on Employees

here is no one-size-fitsall strategy for emotional wellness. Periodic "Employee Pulse Check" and "Team Happiness Barometers" can help organisations identify the effectiveness of the strategy. A continuous improvement is important to build an effective solution for longterm Mental Wellness.

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CONTINUOUS

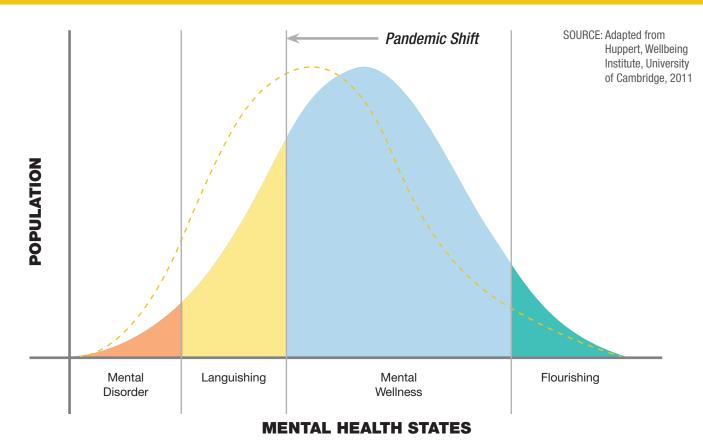
**IMPROVEMENT** 

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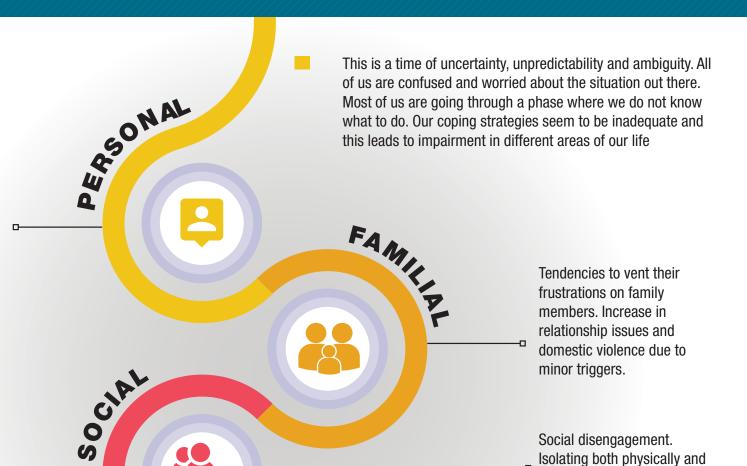
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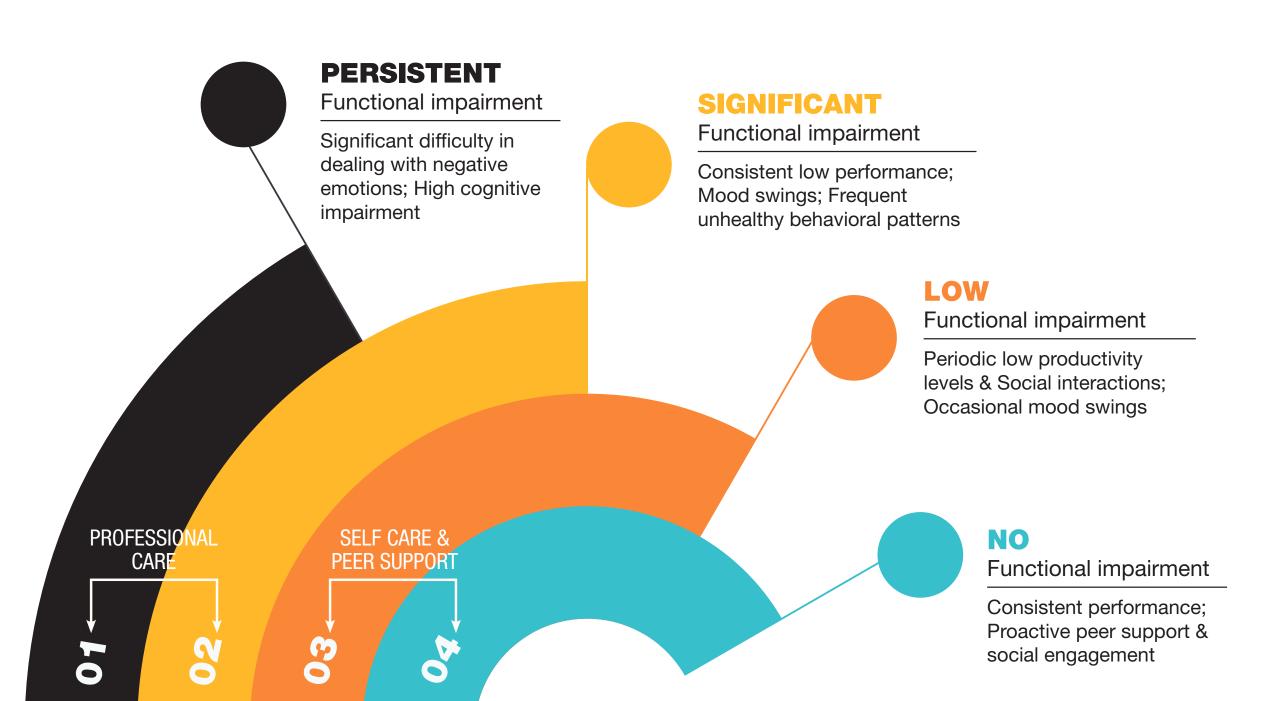
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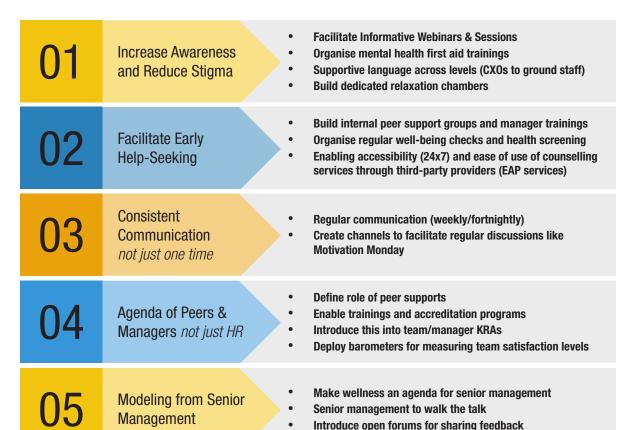
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CONTINUOUS

**IMPROVEMENT** 

# HELP INDIA GET BACK TO WORK SAFELY

Best Practices Handbook

CONTEXT & OBJECTIVES

SAFELY BACK TO WORK

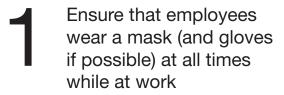
INDUSTRY EXAMPLES OF PRACTICE

EXAMPLES
OF SAFE &
NEXT WORK
SOLUTIONS

HIGHLIGHTS
OF MEASURES
BY HIERARCHY
OF CONTROLS

# **Personal Protective Equipment (PPEs)**







Provide plexiglas screens where employees need to face visitors or customers or fellow employees [e.g., service counters, canteens, workstations]



Keep sufficient stock of hand sanitizers and make them easily available in all sections of the work areas



- Create instruction manuals for the employees on rules for wearing a mask

  - handwashing technique
  - safety measures while commuting or travelling



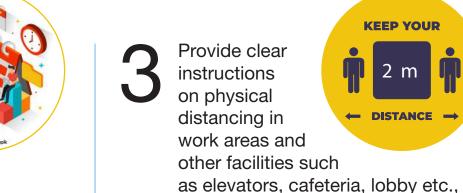
The Corona protocol updates should be communicated to every employee through regular newsletters, reinforced by posters, banners and flyers at entrance lobbies

# **Administrative** Controls

Put together a task force to manage testing and contact tracing protocols if any employee shows signs of infection



Implement rotation shifts to reduce crowdina in common areas and to ease pressure on public transport



All employees should go through temperature screening and sanitization tunnels (where available) before entering the worksite

Put together a protocol to clean all high touch points [e.g., taps, washroom facilities, toilet flush and seats, hand rails on stairs, door handles/ push plates, lift buttons, workstations, keyboards, printers, office equipment, machinery and equipment controls etc.) every hour



Efforts should be made to accommodate employees with certain underlying conditions like Heart Disease, Respiratory Disease, Diabetes, Liver Disease, Obesity, Pregnancy, Immunosuppression etc., to minimise the infection risk. For example, a few companies have given them mandatory work from home options.

Perform random checks in all departments on full list of measures to make sure protocols are put into practice

**KEEP YOUR** 



# **Engineering** Controls



Instead of briefing employee on safety face-to-face, provide the safety instructions digitally.



Reduce line speed so that less people are needed to run the production line to facilitate the 2-meter distancing rule.



Provide markings on ground to identify distance and walking paths in: lobby or reception area, driver reception areas, workstations areas, cafeterias, kitchens and all common areas.



Reduce the number of chairs in meeting or break rooms/ areas by 50 percent to ensure physical distancing.

Close down all non-essential machines such as vending machines.



No sharing of tools and equipment should be allowed until they are sanitized between uses.



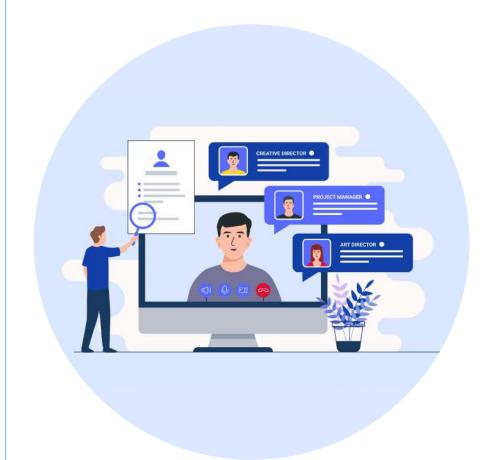
Consider upgrades to improve air filtration and ventilation.



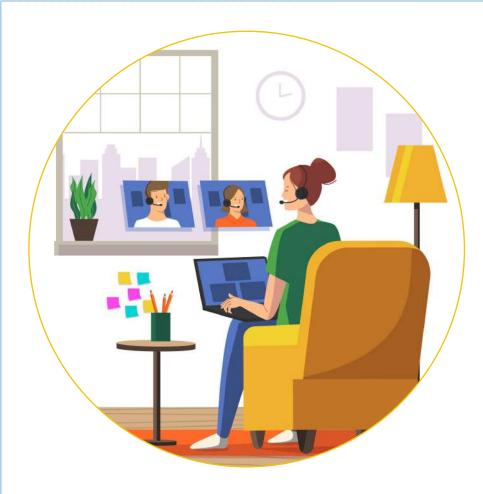
# **Substitution**



Bar physical meetings as much as possible – conduct all meetings online

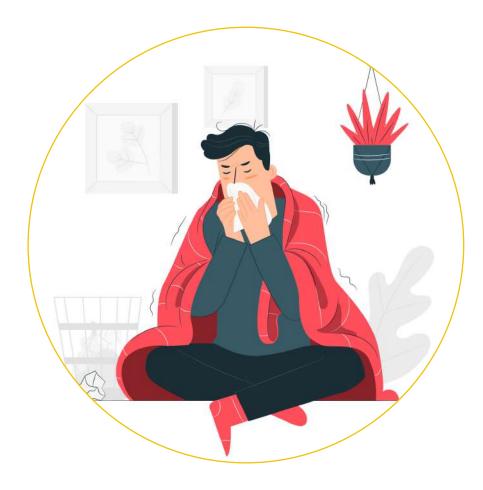


Hiring and on-boarding of new employees via digital communication channels and, where physical transfer of items must take place, maintain social distance.



Disseminate rules for work from home

# **Elimination**



Workers should be encouraged to do a self-assessment and advised to stay home if they feel sick or display symptoms of COVID-19



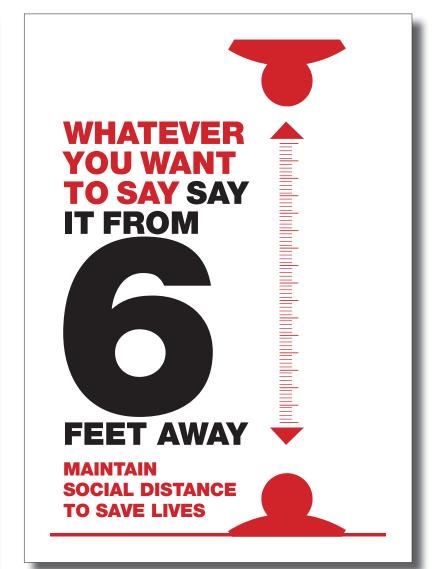
Non-essential physical work that requires close contact between employees should not be carried out

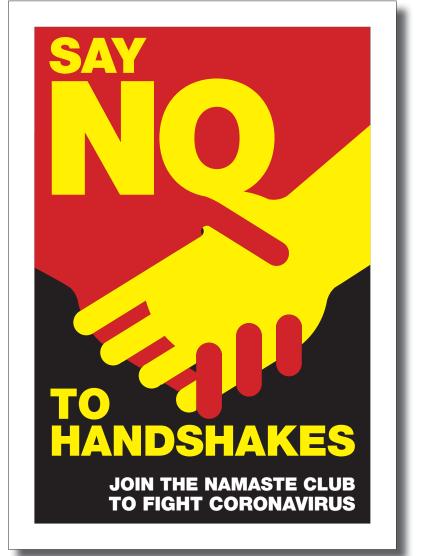


Employees have to arrive in work clothes and cannot change on site

# **Education** & Awareness







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# HELP INDIA GET BACK TO WORK SAFELY

Best Practices Handbook

The 'Safely Back to Work - Best Practices Handbook' has been created for the Manufacturing, Infrastructure, Pharmaceutical and Life Sciences, IT/ITES, Ecommerce, Business Services and Consulting, Retail sectors. To download the aggregate handbook or sector-wise handbooks, click on the logos below.

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# ACKNOWLEDGEMENT

# India

The alliance to "Help India Get Back To Work Safely" was formed by the Indian operations of four global HR services companies viz., Randstad, The Adecco Group, ManpowerGroup and Gi Group, with the objective of to minimize the negative impact of COVID-19 on the economy. The alliance's focus has resulted in the 'Safely Back To Work' – Best Practices Handbook, a collection of health and safety protocols that companies around the country can use to get their operations going safely.















Mental Wellness Partner



# Worldwide

Returning to the workplace and reshaping a new future of work is key to ensuring the health and wellbeing of workers and a strong economic recovery. The "Safely Back to Work" Alliance initiated by Randstad, The Adecco Group and ManpowerGroup in March 2020 has successfully expanded its reach and network of participating partners and is now being led by our global industry association, the World Employment Confederation (WEC). As leader of this Alliance, WEC will continue to engage country federations, and private sector members, working closely with their local authorities and other relevant stakeholders, to support a safe return to work for workers and organizations globally, reinforcing the critical role of the private employment services sector in driving healthy resilient labor markets and economic recovery for countries, organizations and individuals alike in a post-Covid 19 environment. For more information or to join the growing Alliance, visit wecglobal.org for more information.