

Ungasebenza njani ukhuseleke kwicoronavayirasi

Amalungiselelo ekufuneka uwenzile ngaphambi kokuba uye emsebenzini ukuze uhlale ukhuselekile

Amalungiselelo

Impahla yokusebenza



- Khetha iimpahla ezilula (isikipa neblukhwe ekuza kuba lula ukuzihlamba xa ufika ekhaya) nezihlangu ezivalekileyo zokusebenza.
- Musa ukunxiba ibhanti, amatsheyina, iwothsi.
- Yiba nemaskhi zelaphu ezi 2-5 njengoko kufuneka unxibe imaskhi ecocekileyo, uhlambe womise enye usuku ngalunye. Uphathe enye ecocekileyo ukulungiselela into engekehli.



Ifoni, isipaji nezitshixo

Phatha kuphela izinto ezibalulekileyo (ezifana nekhadi lokungena emsebenzini, nekhadi lebhanki).

Ukutya nesiselo

Phatha ukutya okwenze ekhaya ngebhegi yefebrikhi ethengwa ezivenkileni. Sebenzia ibhotile yakho yamanzi, ungasisebenzisi isibandisi samanzi.



Xa ufika emsebenzini

Hlambisia izandla zakho iisekondi ezingama-20 xa ufika emsebenzini.



1 Hlikihla iintende zezandla zakho.

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Ngamaxesha okutya

Xa usemsebenzini

Jonga izinto ezikufutshane kuwe ukuze ukwazi ukuvula umgama owaneleyo phakathi kwabantu.

- Ezivenkileni, iindawo zokuhamba phakathi kweeshelfu makungabikho zinto zivale indlela ukunqanda ukuxinana kwabantu.
- Ezi-ofisini, idesika maziqevelane.
- Ezifektri, makubekho umgama owaneleyo phakathi kweendawo zokusebenza.

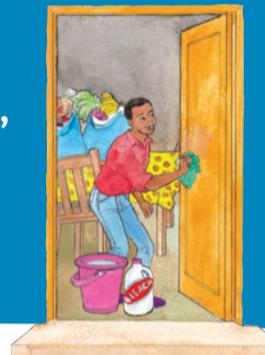


Nxiba imaskhi nevisors ngokufanelekileyo.

- Gquma umlomo nempumlo ngalo lonke ixesa ngemaskhi yelaphu kwaye ungamane uyinyusa ivisors. Ezi zinto azisebenzi ukuba azinxitywanga kakuhle.
- Sukuyibamba/ ube uyiphathaphatha imaskhi. Ukuba ukwenzile oko, hlamba izandla zakho ngoko nangoko.



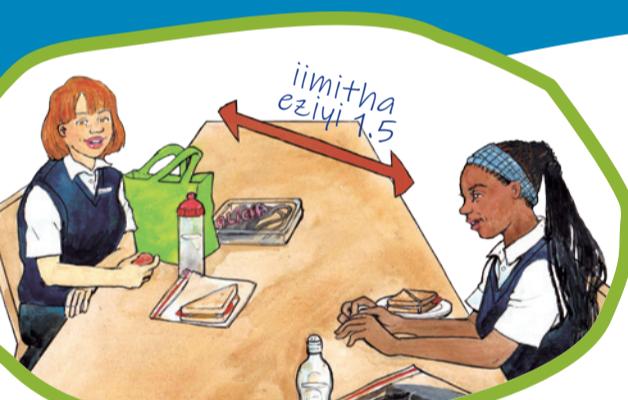
Coca qho ngesibulali ntsholongwane iizinto eziphathwa ngezandla neendawo eziphathwa ngezandla kakhulu (ezifana neseli, iikhawuntari, iindawo zokuvula iminyango, iiplagi zokulayita, iikeypads, iitafile, izitulo, iitepu, iisinki) kangangoko usebenzisa umxube weblitshi (amatispini ama-6 eblitshi kwilitha nganye yamanzi.



Hlambisiza izandla zakho iisekondi ezingama-20.



20
imizuzwana



Ngamaxesha okutya

- Hlenga-hlengisa amaxesha okuphuma ukuze abasebenzi bangaphumi ngexesha elinye kugcwale kwiindawo yokuphungela. Abasebenzi mabaphume phandle ngexesha lokuphumla ukuba bayawkazi ukwenza oko.
- Keep 1,5m apart from co-workers.

Ukuba unxibe ivisor, yikhulule ungakhange uwuphathe umphandle wayo uyifake kwindawo elungiselelwé oko.



Yisule ngomxube weblitshi ngaphambi kokuba uyinxibe kwakhona. Sula indawo le ibibekwe kuyo ngamanzi anesibulali ntsholongwane.



Ukuba unxibe imaskhi uza kutya okanye uzakusela: khulula imaskhi ngobunono, ungakhange uwuphathe umphandle wayo, uyifake kwitoti okanye ibhegi enegama lakho.



Ngalo lonke ixesa hlambisisa izandla zakho ngaphambi kokuba utye.



Sanikusebenzisa itawuli enye ukusuka izandla kwigumbi lokuhlamba. Sebenzisani iitawuli zephepha.



Phatha ukutya okwenze ekhaya ngebhegi yefebrikhi ethengwa ezivenkileni. Sebenzisa ibhotile yakho yamanzi, ungasisebenzisi isibandisi samanzi.



iNational Hotline: 0800 029 999



iProvincial Hotline: 021 928 4102



URhulumente
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HLALA UKHUSELEKILE
YIYA PHAMBILI

Ungasebenza njani ukhuseleke kwicoronavayirasi

Xa uphuma emsebenzini, ukufika kwakho ekhaya nempilo yakho yasengqondweni

Ukuphuma kwakho emsebenzini



Hlamba izandla zakho ngaphambi kokuba uphume.



Nxiba imaskhi yakho kakuhle endleleni eya ekhaya.



Yiba nesanithayisa ebhegini yakho, uyisebenzise ukucoca izandla emva kokuphatha iindawo eziphathwa ngumntu wonke.

Xa ufika ekhaya

- 1 Khulula izihlangu uzishiye phandle, okanye kwicango elingaphakathi, ngaphambi kokuba ungene endlini.



- 2 • Njengoko ungena endlini, khulula imaskhi yelaphu ungakhange uwuphathe umphandle wayo.
• Khulula impahla yomsebenzi.
• Yifake emanzini ashushu okanye kwibhakethi elinamanzi ashushu nesepha kwakunye nala bhogi yefebrikhi ubufake kuyo ukutya kwakho.



- Imigaqo emihlanu esisiseko yoCoceko
1. Hlamba izandla
2. Sukuzibamba ubuso
3. Gcina umgama
4. Gquma umlomo xa ukoholela
5. Uyagula? Hlala ekhaya



- 3 Hlambisia izandla neengalo zakho emva kokuba ungenile endlini



- 4 • Ngoko nangoko ngena kwishawa/ibhafu uhlambe.
• Musa ukwanga, ukuphuza nokubambana namalungu osapho ungekahlambi oko ungakwenza emva kokuba uhlambil.



- 5 Iimaskhi yelaphu nempahla yomsebenzi yoneke yome elangeni (okanye uyifake kwidraya yempahla ukuba unayo) uyi-ayine ukubulala iintsholongwane.



Yijonge impilo yakho yasengqondweni

- Thetha nosapho lwakho nabahlobo ube nexesha uphumle.
- Wenze imithambo qho.
- Ungabuseli utywala ungazisebenzisi iziyobisi.
- Funa uncedo ukuba unengxaki yedipreshini, nezigulo ezichaphazela ingqondo okanye impatho gadalala ekhaya.
- IMental health helpline –ufumana iingcebiso nenkxaso kwiingxaki ezichaphazela ingqondo okanye ukusetyenziswa kakhulu kweziyobisi 0800 12 13 14 (uvula iiyure ezingama-24-lomnxeba woncedo).



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