LHP
LION HOSPITALITY
PARTNERS

Workplace Safety Tips on Ebola



Ebola Virus Disease (EVD) is a serious and potentially life-threatening infection. It spreads through direct contact with the blood, body fluids, or contaminated materials of an infected person or someone who has died from Ebola.

Workplace safety is essential to prevent transmission, protect employees, and maintain a healthy working environment.

1. General workplace safety precautions

- **Maintain good hand hygiene:** Wash hands regularly with soap and clean running water or use an alcohol-based hand sanitizer.
- **Avoid direct contact with body fluids:** Do not touch blood, vomit, saliva, urine, faeces, or other body fluids without appropriate protection.
- **Use personal protective equipment (PPE):** Wear suitable gloves, face masks, eye protection, gowns, and other protective clothing when your duties involve exposure risks.
- **Keep the workplace clean:** Regularly clean and disinfect frequently touched surfaces, equipment, and work areas.
- **Avoid sharing personal items:** Do not share towels, razors, needles, or other items that may be contaminated.
- **Dispose of waste safely:** Ensure potentially contaminated waste is handled and disposed of according to approved infection-control procedures.

2. Safety tips for office workers and other employees

- Avoid unnecessary physical contact with anyone who is suspected of having Ebola.
- Practice regular hand washing, especially before eating and after using the toilet.
- Keep desks, door handles, keyboards, and shared equipment clean.
- Report suspected cases or unusual illness to the designated workplace health and safety officer.
- Avoid spreading rumours or discriminating against colleagues based on their nationality, travel history, or suspected exposure.
- Follow official public health advice.

3. What to do if an employee becomes sick

Watch out for possible symptoms of Ebola, including:

- Fever.
- Severe headache.
- Muscle and joint pain.
- Weakness and fatigue.
- Sore throat.
- Vomiting and diarrhoea.
- Unexplained bruising or bleeding.

If an employee develops symptoms and has a possible exposure:

1. Inform the workplace health and safety officer immediately.
2. Avoid direct physical contact with the affected employee.
3. Arrange prompt medical assessment through the appropriate health authorities.
4. Do not attempt to provide treatment without proper training and protective equipment.
5. Follow public health instructions on monitoring, isolation and contact tracing.

Anyone with a possible exposure should promptly contact a healthcare provider or local health authority. Monitoring may be required for 21 days after exposure.

4. Important safety reminders

Remember these five rules

- Avoid direct contact with blood and body fluids.
- Wash your hands frequently.
- Do not touch contaminated materials.
- Report suspected cases immediately.
- Follow official health and safety instructions.

Hand Washing

Wash hands with soap and water for 20-30 seconds. If hands are dirty, wash hands with soap and water, not with hand sanitizers, for 40-60 seconds. Use hand sanitizer or chlorinated water, if soap and water are not available.

1



Wet hands with water.

2



Apply enough soap to cover all hand surfaces.

3



Rub hands together and scrub everywhere.

4



Wash the front and back of your hands and in between your fingers.

5



Rinse hands with water.

6



Dry hands completely using a single use towel or air dry.

When to Wash Hands

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning a child who has used the toilet
- After blowing your nose, coughing, or sneezing

Adapted from WHO.

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