

Safe at Work: COVID-19 Education Toolkit



We're here to help.

As the COVID-19 pandemic continues, the education system is facing several health and hygiene challenges. Your school may be closed until the end of term or starting to reopen its doors. When it's time to return to school, whenever that may be, your students, parents, teachers and staff need to prepare for a new reality. Your teachers and staff will face unique challenges, including the lack of staff due to illness, the need to address parents' and students' concerns, taking the steps necessary to protect everyone's health, and new hygiene measures to take care of.

For more than 50 years, Tork has been – and continues to be – committed to improving hygiene in schools by providing complete hygiene solutions and digital cleaning software to improve cleaning quality and efficiency. Tork offers support to teachers, staff and students at all institution levels to ensure proper hand hygiene practices.

We want to share our expertise on how to execute proper hand hygiene and surface cleaning at your school through guidelines on when and how to wash hands and clean and sanitise your school facility, as well as how to keep hand-washing stations stocked and easy to use and access.

Education is critical to society and an investment in a brighter future for our children. We hope you can stay healthy and safe during this time.

Yours sincerely,

Anna Königson Koopmans
Marketing Director - Education
Essity Professional Hygiene



COVID-19

COVID-19 can spread quickly in schools between students, staff and teachers through droplets produced when an infected person coughs or sneezes. It may also spread through contaminated surfaces or objects.

However, by following proper hand hygiene protocols, practising routine cleaning and disinfecting procedures, and optimising hand sanitiser dispenser placement, you can help reduce the spread of COVID-19 in your school. Whether your institution is a nursery, primary or secondary school, college or university, this toolkit provides the resources you need to help reinforce best practices during this pandemic and beyond.



How can COVID-19 spread in your educational facility?



**Through the air
by coughing and
sneezing**



**Close personal contact,
such as touching or
shaking hands**



**Touching an object or
surface with the virus on
it, then touching your
mouth, nose or eyes**



Think ahead.

Hand hygiene

Regardless of the type of educational institution you manage, following basic hand hygiene principles can help keep students, teachers and staff safe and help reduce the spread of the virus that causes COVID-19. While each age level requires different approaches to encourage proper hand hygiene, three principles always apply:

- Sick students, teachers and staff should not come to school.
- Encourage frequent and thorough hand washing.
- Ensure hand hygiene stations are stocked with soap and single-use paper hand towels and have warm water. Drying hands with paper hand towels lowers the risk of spreading bacteria; whereas, air dryers can spread significantly higher levels of germs into the air.¹ Paper hand towels also support many uses beyond hand drying such as: blowing noses, wiping mouths, adjusting cosmetics, medical needs and helping avoid dirty door handles.

Below are suggestions on how to engage students of different ages to help reduce the spread of the novel coronavirus and other pathogens.

- **Early Years:** Teach good health habits, such as covering coughs and sneezes with their elbow and washing hands frequently with signage prompts to encourage regular hand washing. Sing a song while washing hands for at least 20 seconds, such as “Twinkle, Twinkle, Little Star”. Track and reward proper hand washing and encourage students to use the Ella’s Hand Washing app by Tork (See page 4).
- **Primary and Secondary School:** Focus on encouraging good health habits, such as coughing and sneezing into the elbow and washing hands. Remind students to model good hand hygiene for their fellow students and their families by continuing practices at home. Dedicate lessons to learn why hand hygiene is so important. Use the Max’s Hand Washing School material by Tork for experiments and tips (See page 5).
- **Higher Education:** Educate students, teachers and staff about hand hygiene techniques upon returning from a shutdown, during orientation and regularly throughout terms. Hang up-to-date hygiene and hand-washing signage throughout school facilities, especially in washrooms. Place hand sanitiser at entrances and exits to buildings, classrooms, washrooms, cafeterias and libraries with signage prompts to encourage regular use.

The following pages will provide additional resources to help you promote proper hand hygiene in early years, primary and secondary schools and higher education facilities.



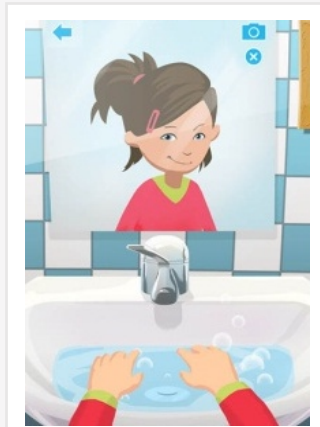
The friction of drying with paper towels removes *more bacteria* than other methods.²

Early Years

Teaching good hygiene can be a challenge in nurseries, but it is critical in helping reduce the spread of colds, flu and other viruses such as the novel coronavirus that causes COVID-19. So we've developed the Ella's Hand Washing School package by Tork, which includes a free app, hygiene brochures, teaching materials, as well as activities to help make hand-washing more fun, and even easier to teach and learn.

Ella's Hand Washing app and storybook by Tork have been fact checked by the Centres for Disease Control and Prevention (CDC) for added peace of mind.

Resources



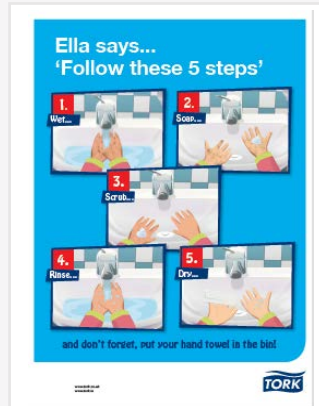
Ella's Hand Washing Adventure App

[Download](#)



Leaflet

[Download](#)



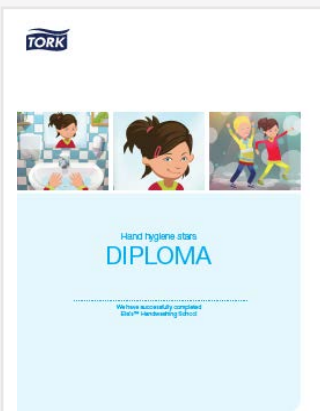
Ella's Hand Washing Poster

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Ella's Hand Washing Colouring Poster

[Download](#)



Hand Hygiene Stars Diploma

[Download](#)




Primary and secondary school

Primary and secondary school children share classrooms, playgrounds, washrooms and often germs. It can be challenging to get students to wash their hands properly and prevent diseases like COVID-19 from spreading. Max's Hand Washing School by Tork is an easy way to encourage children to wash and dry their hands properly. They'll perform hand hygiene experiments, solve problems and learn helpful tricks.

Below you'll find a student workbook and teacher's manual for your lessons about hand hygiene. Use the activities as lessons or homework. The posters can be hung up around classrooms, in washrooms or outside cafeterias. Reward your students with a diploma when they've mastered hand-washing skills!


Resources



Hand hygiene
Max's hand washing school

Student Workbook

[Download](#)



Hand hygiene
Max's hand washing school
Teacher manual

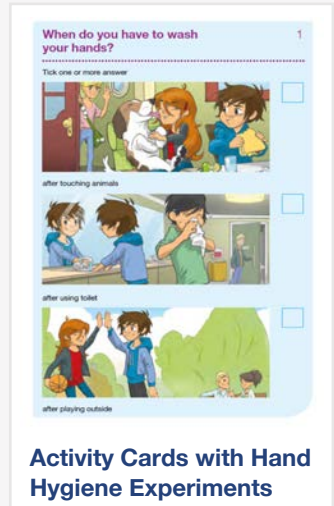
Teacher's Manual

[Download](#)



Posters

[Download](#)



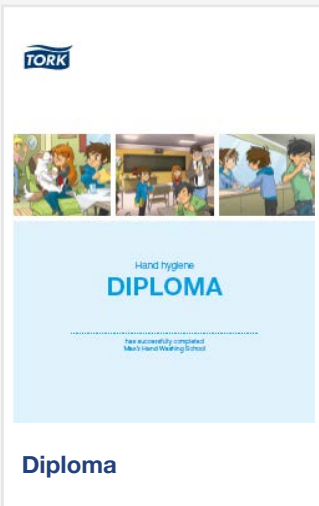
When do you have to wash your hands?

Tick one or more answer

- after touching animals
- after using toilet
- after playing outside

Activity Cards with Hand Hygiene Experiments

[Download](#)



Hand hygiene
DIPLOMA

Diploma

[Download](#)



Further and higher education

During and after the COVID-19 pandemic, it's more important than ever to practise and promote proper hand hygiene across university and college campuses. These higher education facilities experience high and varying traffic during the academic year

Students, faculty and staff touch multiple surfaces such as door handles, light switches and desktops. All should wash and fully dry their hands with paper hand towels frequently and properly throughout the day, but especially:

- After nose-blowing, coughing or sneezing
- Before and after preparing food and eating
- After using the toilet
- When hands are visibly dirty or soiled
- When sharing equipment such as communal keyboards, computers and printers or handling waste

Provide your students, faculty and staff with clean, well-stocked, disposable paper hand towels and soap in each washroom. Place hand sanitisers at entrances and exits to buildings, classrooms, washrooms, cafeterias and libraries with signage prompts to encourage regular use.

Below are some tools and information to encourage proper hand washing and disinfecting techniques among students, staff members and visitors.



Resources

Handwashing procedure

Hand-washing procedure

[Download](#)



Hand Sanitizing

Hand rub procedure

[Download](#)



Key Messages and Actions for COVID-19 Prevention and Control in Schools

March 2020

COVID-19 Prevention and Control in Schools (via WHO)

[Download](#)



Surface cleaning

Students, faculty and staff may contract COVID-19 by touching surfaces contaminated with the coronavirus, so frequent cleaning is essential. Here are some tips for cleaning different areas within your school facility:

- **Classrooms, libraries, labs, office areas and hallways:** Ensure regular cleaning of handrails, water fountains, door and window handles, light switches, desks, chairs, tables and teaching aids.
- **Washrooms and changing rooms:** Begin cleaning less dirty surfaces and end with the toilet and floor. Ensure door handles, light switches, dispensers, taps and handles, toilet seats and flushers are cleaned. Use more than one wipe to prevent spreading germs. Mops and sponges can harbour germs, so consider disposable solutions.
- **Cafeteria, kitchen and staff lounge:** Ensure door handles, light switches, food and high-touch surfaces, taps, utensils, sneeze guards, tables, chairs, worktops and tills are cleaned regularly. Focus first on the least dirty surfaces and end with the floor. Greasy or oily surfaces need to be cleaned with hot water and detergents before sanitising.
- **Sports facilities:** Wipe down high-touch surfaces such as exercise equipment, water fountains, door handles and lockers.

Below are additional resources to help you ensure your school facility remains clean and hygienic during and after the COVID-19 pandemic.



Resources

Tork cleaning for health checklist

- Put on protective gloves and apron.
- Empty trash and recycling bins—replace liners and make sure to seal inside and outside of the waste bins as needed.
- Washroom Cleaning**
 - Clean and sanitize all touch surfaces with a sustainable green cleaning solution. Use a new clover for each area to reduce cross-contamination.
 - Restock all dispensers to ensure proper hygiene and hand washing practices can be followed!
 - Mop the floor using a sustainable cleaning solution, with special attention to areas around the toilets and sinks. To reduce cross-contamination consider disposable cleaning solutions.
- Dust all surfaces including doors, partitions, picture frames, table and chair legs, air vents, blinds and window sills. This will reduce allergens as well as improve indoor air quality.
- Polish and clean high shine surfaces such as glass/mirrors, chrome, metal with sustainable cleaning solution.
- Floor Care—move furniture and fixtures as needed to reduce accumulation of allergens and improve indoor air quality.
 - Vacuum carpeted areas with vacuums equipped with HEPA filters.
 - Sweep and mop hard surfaces using sustainable cleaning solutions.

For more information visit: tork.com

Tork cleaning for health checklist

[Download](#)



The Value of Data-Driven Cleaning for the Facility Services Industry

Introduction

With the current COVID-19 pandemic upon us, the role of an effective cleaning team seems to have become more important than ever. The role of the cleaning team has evolved to include not only the traditional cleaning tasks but also the role of a data-driven cleaning team. This new role is to ensure that the cleaning team is not only cleaning the facility but also ensuring that the facility is safe and healthy for the people who use it. This is a new role that is being created and it is one that is being created for the future. This is a new role that is being created and it is one that is being created for the future. This is a new role that is being created and it is one that is being created for the future.

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The value of data-driven cleaning for your school system

[Download](#)

COVID-19 and food safety: guidance for food businesses

Informal guidance
7 April 2020

Background

The purpose of this guidance is to support food businesses in ensuring that their premises and staff are safe and healthy during the COVID-19 pandemic. This guidance is based on the latest scientific evidence and is intended to provide practical advice to food businesses on how to manage the risk of COVID-19 in their premises. This guidance is based on the latest scientific evidence and is intended to provide practical advice to food businesses on how to manage the risk of COVID-19 in their premises.

COVID-19 and food safety: guidance for food businesses (via WHO)

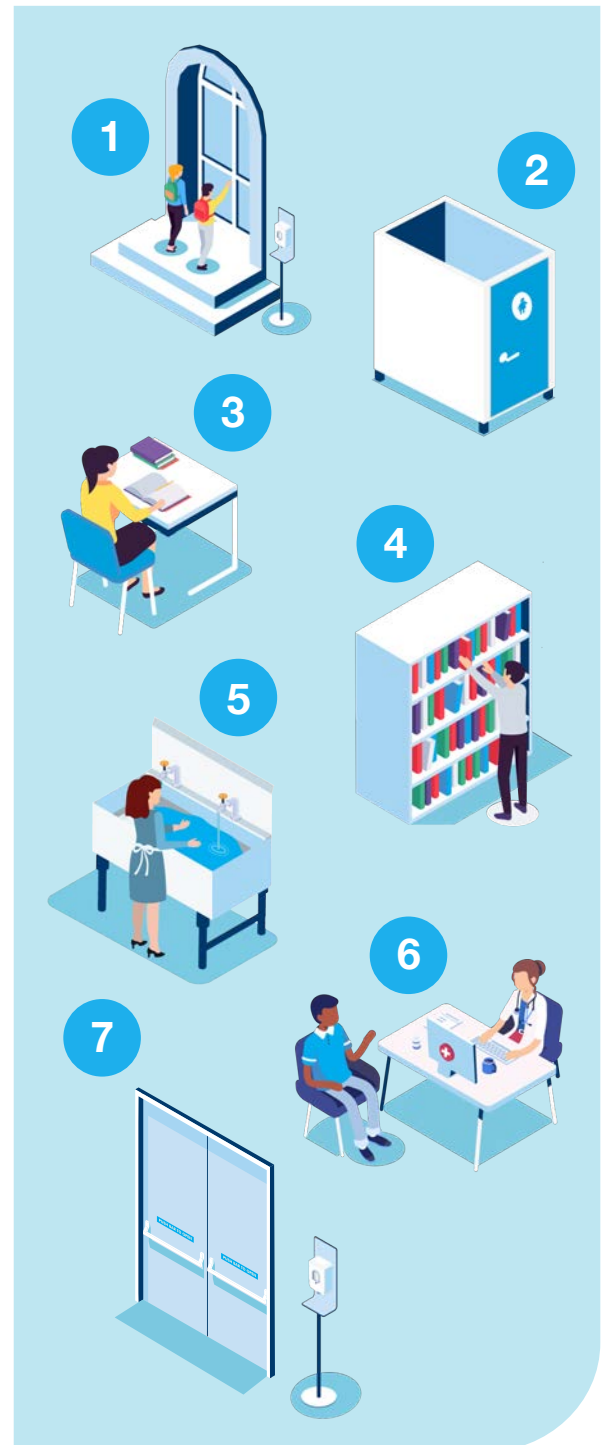
[Download](#)



Dispenser placement recommendations

As you prepare to reopen, it is essential to reinforce proper hand hygiene among students and school staff members by making hand hygiene dispensers easily accessible and within sight. Here are some guiding principles for areas in your school.

- 1 Entrances**
Provide students, parents, faculty and staff with hand sanitiser at all entrances to encourage hand hygiene. Post visible notices that promote proper hand hygiene.
- 2 Washrooms and changing rooms**
Ensure you have numerous dispensers for soap, paper hand towels, facial tissues and hand sanitiser close to the sink and at an adapted height. Touch-free dispensers can reduce touchpoint surfaces, and hand sanitiser further encourages personal hygiene. Drying hands with paper hand towels lowers the risk of spreading bacteria; whereas, air dryers can spread higher levels of germs into the air.¹ Providing facial tissues can help prevent the spread of pathogens. Covered waste bins near all dispensers and doors can reduce contamination.
- 3 Classrooms**
Place hand sanitiser by the door and encourage students to use them when entering. Facial tissues should also be available near the entrance and at gathering areas to promote hygiene. Wipes and cleaning solutions should be available to clean desktops regularly.
- 4 Library, computer labs and offices**
Place hand sanitiser and facial tissue dispensers in these high-traffic areas. Covered waste bins in these areas can help reduce contamination. Easy access to wipes and cleaning solutions can enable cleaning of tables, chairs, shelves, computers and counters regularly. Encourage each user to take responsibility to clean their workspace after use.
- 5 Cafeterias and kitchens**
Provide hand sanitiser at entrances. In the kitchen, ensure there are soap and paper hand towel dispensers at hand-washing sinks. Keep a dispenser by the counter for disposable hand towels and cleaning supplies for regular cleaning, and hand sanitiser dispensers to promote hygiene between transactions. Provide one-at-a-time napkin dispensers, so students touch only the napkins they take.
- 6 Teachers' lounges and nurse's office**
Place soap and sanitiser dispensers above all sinks. Offer touch-free paper hand towel dispensers and waste bins close by the sink. Provide wiping solutions to encourage regular surface cleaning. On tables, place one-at-a-time napkin dispensers and facial tissue boxes to improve hygiene.
- 7 Sports facilities**
Providing hand sanitiser stands at the entrances of high-traffic areas such as sports facilities can help students and staff members prevent germ spread.



1. Redway K, Fawdar S. A comparative study of three different hand drying methods: paper towel, warm air dryer, jet air dryer. European Tissue Symposium (ETS). 2008.