

This checklist is intended for your own personal use. Before starting work, you can use this checklist to check whether you can work safely.		OK	NOK
1. Healthcare			
1	I have not had any symptoms in the past 7 days (loss of taste and smell, cough, fever, fatigue, shortness of breath, sore throat, headache, muscle pain, eye pain, diarrhea).		
2	If I don't feel well or show symptoms, I will contact the corona emergency number, the doctor and I will inform the office.		
3	I express my concern about the health of my customers by asking, I also share my own sense of health. When I notice that my clients show symptoms then I first contact the corona emergency number and then I notify the office.		
2. Personal protection			
4	I use a facemasks whenever I am in immediate surroundings of a client who belongs to the risk group.		
5	I only wear my hand gloves while cleaning unsanitary surfaces (such as cleaning the toilets) or when using concentrated or irritating products.		
6	I use disposable towels to dry my hands.		
3. Social distance			
7	I do not sit with someone unnecessarily together in the same room. The client is (preferably) in another room.		
8	I keep a sufficient distance from other people, at least 1.5 meters.		
4. Hygiene			
9	I regularly wash my hands, correctly and sufficiently long (40 sec) with soap.		
10	I do not touch my face, even with hand gloves.		
11	I disinfect the cleaning material beforehand.		
12	I own cleaning products (water, soap, detergents and the disinfectant alcohol 70%).		
13	I disinfect the touch points at the beginning and at the end of the work.		
5. Office visit			
14	I use my face mask when entering the office.		
15	Max 4 people in the reception area.		
16	I keep a sufficient distance from other people, at least 1.5 meters.		
17	I make sure that my deviation timetable & paper checks are put in an envelope. I write down my name, the number of paper checks & the name of my consultant before I hand this over.		
<p>If you have any questions or if you do not feel safe in a particular work situation, call the corona emergency number: 0493/99.30.00</p>			

