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Job Name: _____ Job Site Location: _____

Date: _____ Start Time: _____ Finish Time: _____ Foreman/Supervisor: _____

Topic 284: Avoiding the Common Cold

Introductions: The flu and cold season is again upon us. What is the Common Cold? More than 200 viruses are responsible for the misery attributed to the Common Cold. With no cure in sight, people spend billions of dollars every year trying to relieve cold symptoms. The Common Cold is an infection of the head and chest, caused by a virus. It can affect your nose, throat, sinuses, ears, and vocal cords. It is the most frequently occurring human illness and can be avoided by simply using good techniques of personal hygiene, sanitation, and good housekeeping.

How does the Common Cold occur?

- Colds are not caused by cold weather.
- Some factors may include excessive fatigue and emotional distress.
- The virus is transmitted from person to person by direct physical contact (or by touching your face after direct contact), or by indirect contact (such as sharing food, drinks, or other utensils).
- Cold viruses are spread easily from person to person in infected droplets that are placed in the air by sneezing and coughing, which are then breathed in.
- These viruses are mainly spread by direct contact with infected secretions carried on the fingers.

What are the signs of a cold?

- 1 to 3 days after infection, symptoms start with a sore throat, some weakness, congestion, and scratchy eyes.
- Sneezing, runny nose, headache, chills, and a mild fever may follow.
- These symptoms may last up to 10 days. It is normally not necessary to stop working.



How should a Common Cold be treated?

- A person with a cold should stay warm and comfortable and try to avoid spreading the infection to others.
- Stop smoking while ill with a cold.
- Drink plenty of fluids to help flush out your system.
- You can usually take care of yourself without visiting a doctor.
- For a runny nose, take antihistamines; however, they can cause drowsiness and make you feel sluggish when driving, operating equipment, or while engaged in operations requiring alertness.
- For a sore throat, use cough drops or gargle with warm salt water.
- For coughing and congestion, take cough syrup.
- For headaches, fever, and aching take aspirin, Tylenol, or ibuprofen.
- Nasal sprays work so fast and so well that people tend to use them beyond the 3 day limit listed on the label. Avoid extended use of sprays because it could lead to dependency.
- Do not take antibiotics for a cold! They should only be used if bacterial infection also develops.
- Do not take more than the recommended doses of these medications.
- More is not better, and harmful effects may occur.



Occasionally a cold or cough may be a sign of a more serious condition. A doctor should be consulted if symptoms linger for more than a week, especially if chest pain develops, or a cough produces dark sputum. Fever and pain are unlikely to accompany a Common Cold and may indicate influenza or a bacterial infection.

These symptoms indicate a virus that is not a cold:

- If you experience high fever not relieved by aspirin, Tylenol or ibuprofen.
- If you have a persistent severe sore throat or your throat has white spots.
- If you have chest pain or difficulty breathing.
- If you have a temperature of 101 degrees or higher that lasts more than two days.



How can you prevent catching a cold?

- The best preventive measures involve good hygiene.
- Because many cold viruses are spread by contact with infected secretions, frequent hand washing, careful disposal of used tissue, and cleaning items and surfaces can help reduce the spread.
- Do not share food, drinks, or drinking/eating utensils.
- Keep dirty hands away from your face.
- Avoid close contact with others who are infected.
- Use antibacterial soap or disinfectant frequently.

To avoid passing the virus to others:

- Again, the practice of good hygiene is important.
- Cover your mouth and nose (preferably with tissue) when you cough or sneeze.
- Avoid spitting on the ground.
- Thoroughly clean and disinfect frequently touched areas
- Most importantly, keep your hands clean!



Conclusion: Although the cure for the Common Cold has yet to be discovered, there are measures that can be taken to avoid catching one in the first place. Follow these tips to help avoid the discomfort from needlessly catching and spreading of the Common Cold!

Work Site Review

Work-Site Hazards and Safety Suggestions: _____

Personnel Safety Violations: _____

Employee Signatures:

(My signature attests and verifies my understanding of and agreement to comply with, all company safety policies and regulations, and that I have not suffered, experienced, or sustained any recent job-related injury or illness.)

Interstate Construction Corp dba Branscome Richmond Foreman/Supervisor's Signature: _____

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