

## Travel

Determine if your journey to work is absolutely necessary. Swansea University Covid [policy](#) is that staff should work from if possible.

<https://www.swansea.ac.uk/about-us/coronavirus/>

*"Travelling safely during the coronavirus pandemic: guidance for the public" Welsh Govt.*

<https://gov.wales/travelling-safely-during-coronavirus-pandemic-guidance-public-html>

*"Covid-19 Health and safety advice & guidance for Swansea University staff" Swansea University*

<https://staff.swansea.ac.uk/healthsafety/covid-19/>

*"First Cymru Coronavirus – COVID19: Service Information" First Cymru*

<https://www.firstgroup.com/south-west-wales/news-and-service-updates/coronavirus-covid19-service-information>

**Staff should follow the Swansea University guidance of social distancing at all times.**

**Document link:**

<https://staff.swansea.ac.uk/media/information-sheet-social-distancing.pdf>

## **Hand washing, Social distancing & Symptoms**

**References:**

*"Guidance to help employers, employees and the self-employed understand how to work safely during the coronavirus pandemic." UK Government,*

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19>

*"How to wash your hands", NHS, <https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>*

*"Working safely during COVID-19 in offices and contact centres" UK Government,*

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/offices-and-contact-centres>

*"Check if you or your child has coronavirus symptoms" NHS,*

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

*"Social distancing Information Sheet" Swansea University*

<https://staff.swansea.ac.uk/media/information-sheet-social-distancing.pdf>

*"Safe use of taps and other drinking water outlets Information sheet" Swansea University*

<https://staff.swansea.ac.uk/media/information-sheet-taps-and-drinking-water-outlets.pdf>

## **Return to work**

### **References:**

*"Information sheet – Returning to work in Laboratories" Swansea University*

<https://staff.swansea.ac.uk/media/information-sheet-return-to-work-engineering-workshops-and-labs.pdf>

*"CORONAVIRUS: GUIDANCE FOR SWANSEA UNIVERSITY" SU,*  
<HTTPS://WWW.SWANSEA.AC.UK/ABOUT-US/CORONAVIRUS/>

Additional relevant information can be found on the following links:

- I. Information Sheet - Hand Washing and Hand Sanitising**  
<https://staff.swansea.ac.uk/media/information-sheet-hand-washing-and-hand-sanitising.pdf>
- II. Information Sheet - Personal Protective Equipment**  
<https://staff.swansea.ac.uk/media/information-sheet-personal-protective-equipment.pdf>
- III. Information Sheet - HSE: Covid-19 Risk Assessment and Reporting Advice**  
<https://staff.swansea.ac.uk/media/information-sheet-hse-covid-19-risk-assessment-and-reporting-advice.pdf>
- IV. Social Distancing**  
<https://staff.swansea.ac.uk/media/information-sheet-social-distancing.pdf>
- V. Personal Protective Equipment: Gloves Policy Arrangements**  
<https://staff.swansea.ac.uk/media/personal-protective-equipment-gloves-policy-arrangements.pdf>

## **Health and Wellbeing**

### **Swansea University**

First Aider guidance related to Covid-19 is based on guidance from [Public Health Wales \(PHW\)](#).

**Swansea University "Covid19 Guidance for First Aiders" information sheet can be downloaded from:**

<https://staff.swansea.ac.uk/media/information-sheet-covid-19-guidance-for-first-aiders.pdf>

Further information for First Aiders can be found using the following links:

- **Public Health Wales**

<https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/>

- ***"Covid-19:guidance for first responders" UK Govt***

<https://www.gov.uk/government/publications/novel-coronavirus-2019-ncov-interim-guidance-for-first-responders>