

RCT 100 – COVID-19 AWARENESS TRAINING RESOURCES

Working Safely in a COVID-19 Environment

Reference Materials

A summary of accessible resources which were used in the RCT – 100 COVID-19 Awareness Training is listed below. This material is made available for those who wish to re-engage with, or require resources for, themselves or other audiences.

Topic	Type	Description
Physical Distancing	Video	"Physical Distancing Works—Here's How" video: https://youtu.be/17NI5j1pF1s source: Alberta Health Services
	Poster	Government of Canada website on social distancing filename: physical-distancing-eng.pdf source: https://www.canada.ca/en/public-health/services/publications/diseases-conditions/social-distancing.html
Hygiene Practices	Poster	Washing hands filename: covid-handwashing.jpg source: Adapted from World Health Organization materials https://emergency.nait.ca/NAIT/media/emergency-content-media/covid-handwashing.jpg
	Poster	How to use Hand Sanitizer filename: covid-sanitize.jpg source: Adapted from AHS materials https://emergency.nait.ca/NAIT/media/emergency-content-media/covid-sanitize.jpg
Using Cloth and Non-Medical Masks	Video	"COVID-19: How to Use a Non-Medical Mask" video: https://www.youtube.com/watch?v=6MojzHFStNs&feature=youtu.be source: Dr. Deena Hinshaw, Chief Medical Officer of health in Alberta
	Poster	"How to wear a non-medical mask" filename: covid-howtowearmask.jpg source: Adapted from AHS materials https://emergency.nait.ca/NAIT/media/emergency-content-media/covid-howtowearmask.jpg
Using Gloves	Video	Proper way to Take Off Contaminated Gloves video: https://youtu.be/1zwmny4vwel source: International CPR Institute
Self-isolation	Poster	Self-isolate as per Alberta Health Service recommendations filename: health-self-isolation-information-sheet.pdf reference site: https://www.alberta.ca/isolation.aspx#isolate
Be Safe Outside of Work	Video	Physical Distancing: Stay 2 metres apart video: https://youtu.be/8HtjaoYhhP8 source: Government of Canada

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