

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

Date: Released July 2020