

Txojkev nojqab nyobzoo thiab kev nyab-xeeb ntawm kev ua haujlwm– Kev nyob sib nrug-deb

Nws yuav ua rau sibkis tau tus kabmob COVID-19 ntau dua yog ua haujlwm nyob sib ze.

Kev tshaj xo [health advice](#) rau cov neeg nyob tom chaw ua haujlwm kom yuavtsum nco-ntsoov nyob sib nrug-deb txhua sijhawm yog ua tau.

Koj yuav tau sablaj nrog cov neeg ua haujlwm losyog tus sawv-cev saib txojkev nojqab nyobzoo thiab kev nyab-xeeb hauv chaw ua haujlwm txog tus kabmob COVID-19.

Kev nyob sib nrug-deb yog dabtsi?

Nyob rau txhua thajchaw yog koj ua tau, koj yuavtsum nyob deb ntawm lwm tus neeg li 1.5 metres deb (uas tsis yog yus tsev neeg).

Muaj ib txhia [states and territories](#) lawv yeej tawm tus kevcai khoo kom pub cov neeg tuaj ua haujlwm tau uake tib lub caij, coob npaum licas leej.

Cov tswv ntiav yuav npaj txojkev nyob sib nrug-deb hauv chaw ua haujlwm licas?

Kev kho chaw ua haujlwm (Layout)

Koj yuav tau txhim-kho lub chaw ua haujlwm kom ua tau haujlwm nyob sib nrug-deb. Koj yuav tau muab mem khij/hom qhia hauv pemteb losyog daim phab-ntsa xwv thiaj paub tias yuav nyob sib nrug-deb npaum licas.

Yog tias koj txhim kho thajchaw ua haujlwm, koj yuavtsum tseg chaw rau lawv taugkev ncig mus los hauv thajchaw ua haujlwm kom muaj kev nyab-xeeb thiab khiav tawm tau mus thaum muaj xwm ti-tes ti-taw.

Kev sablaj thiab Kev qhia haujlwm (Meetings and training)

Yog tshwj-xeeb ntawm sawvdaws yuavtsum tuaj sibkoom, thov siv kev sibtham sablaj saum huab-cuas xwsli sablaj hauv online tele losyog videoconferencing.

Yog yuavtsum tau tuaj tim-ntsej tim-muag sibtham thiajli tau, ces yuav tau tsa kev sablaj kom tsawg zaos thiab tsis txhob pub muaj neeg coob leej tuaj koom uake.

Yog sibtham nyob hauv tsev, yuav tau xyuas kom muaj cua tshuab txaus rau hauv chav sablaj ntawd thiab nyob sib nrug-deb 1.5 metres ntawm ib leeg.

Thajchaw ua haujlwm (Workplace facilities)

Muab cov rooj-toog txav kom tsis txhob sib-ti thiab txhob pub neeg coob nyob uake rau ib thajchaw xwsli muab faib – staggering lub caij mus so noj mov.

Nyob hauv lub lifts, yog ua tau, xav kom cov neeg ua haujlwm sawv sib nrug-deb 1.5 metres ntawm ib tug.

Muab daim paib ntawv kev nyob sib nrug-deb lo qhia sawvdaws. Nyob hauv The Safe Work Australia lub website muaj cov paib-ntawv [of posters and resources](#) ntau yam.

Npaj cov tsev dej kom nyias siv nyias lub, xwsli ib chav rau cov neeg ua haujlwm siv ho ib chav rau cov qhua siv.

Cov neeg xa-khoom, neeg ntiav contractors thiab cov qhua

Qhia txhua tus neeg nkag tuaj hauv lub chaw ua haujlwm kom paub tseeb txog yam lawv yuav tau ua thaum nyob hauv lub chaw ua haujlwm. Piv txwv li nyob twjywm hauv tsheb, siv xovtooj tes hu neeg, kos-npe txais khoom hauv lub xovtooj xwb.

Txiav cov neeg mus txais cov khoom xa tuaj losyog nrog cov neeg xa khoom tham kom tsawg leej. Npaj chaw ntxuav tes losyog cov cawv-dej ntxuav tes kom muaj tseg tau siv ntxuav tes tomqab txais khoom tag.

Kuv cov neeg ua haujlwm yuav nyob sib nrug-deb tsis tau rau thaum ua haujlwm, es puas txhais tias lawv ua tsis tau haujlwm?

Nws yeej nyuab heev ntawm yuav kom txhua tus neeg ua haujlwm nyob sib nrug-deb 1.5 metres txhua lub caij thaum ua haujlwm.

Yog tias nws zoo lino, sim muab txoj haujlwm pauv xwsli sib faib ua losyog pauv caij ua.

Yog tias licas los cov neeg ua haujlwm yuavtsum tau nyob sibze, sib pab mas txoj haujlwm ntawd thiajli yuav ua tau, ces cov tswv ntiav yuav tau los ntsuas saib thiab nrhiav kev los tiv-thaiv kom cov neeg ua haujlwm kis tau mob losyog muaj xwm tsawg tshaj plaws.

Yog txheeb-xyuas tau thiab yuav tsis muaj xwm; xav kom taug xyuas yam haujlwm thiab txojkev khiav haujlwm ntawm cov neeg ua nyob sib ze. Xyuas saib puas yuav txhim kho txoj haujlwm kom ua nyob sib nrug-deb tau.

Xav kom nrhiav lwm yam kev los txhim-kho yog ua tau, xav kom tsis txhob pub cov neeg nyob sib ze ua haujlwm ntev uake .

Piv txwv li tias:

- tso cov neeg tuaj ua haujlwm tib lub caij kom tsawg
- pauv cov caij pib haujlwm, caij lawb thiab caij so kom sib txawv
- tshem cov haujlwm mus ua lwm thajchaw hauv lub tsev, losyog xa tawm mus sab nraud
- faib ua tej pab-pawg ntawm ua haujlwm tib lub caij losyog nyob rau tib thajchaw thiab siv tib chav-tsev so noj mov, thiab
- txhua tus neeg ua haujlwm, nyias yuavtsum muaj nyias cov twjtaig siv ua haujlwm.

Kev taug-xyuas thiab kev saib-xyuas tsis so

Yuav tau muaj kev saib-xyuas thiab kev taug-xyuas tsis so kom sawvdaws ua rawsli txojkev nyob sib nrug-deb.

Yog kev nyob sib nrug-deb ua rau kom muaj teebmeem raug lawv txojkev nojqab nyobzoo losyog kev nyab-xeeb xwsli tias lawv tsis tau tham lus, ua rau tsis muaj neeg coob ua haujlwm, ces koj yuav tau tswj xyuas cov teebmem no tibi.

Kev Nthuav-xov ntxiv

Yog xav paub ntau txog tus kabmob COVID-19 thiab txojkev nojqab nyobzoo thiab kev nyab-xeeb ntawm kev ua haujlwm, mus xyuas hauv [Safe Work Australia website](https://www.swa.gov.au/coronavirus).