

Handy Rubbish Respiratory Illness & Workplace Health Policy



Company Number: 14314389

Trading Name: Handy Rubbish (AM ONE LONDON LTD)

Registered Office: Unit 19, 1–13 Adler Street, London, England, E1 1EG

Website: www.handyrubbish.co.uk

Effective Date: 01 October 2024

Valid Until: 01 October 2030

Reviewed annually to ensure compliance with current legislation and industry best practice.

1. Policy Statement

Handy Rubbish recognises the importance of maintaining the health, safety, and wellbeing of all workers, subcontractors, and visitors. We are committed to reducing the potential for transmission of respiratory illnesses within our workplace and field operations.

Respiratory illnesses can include, but are not limited to, influenza, Covid-19, RSV, and other viral infections. Symptoms may include:

- Continuous cough
- High temperature, fever, or chills
- Loss of, or change in, the normal sense of taste or smell
- Shortness of breath
- Unexplained tiredness or lack of energy
- Muscle aches or pains (not caused by exercise)
- Loss of appetite
- Headache (unusual or prolonged)
- Sore throat, stuffy, or runny nose
- Gastrointestinal symptoms (diarrhoea, nausea, vomiting)

2. Preventive Measures

Handy Rubbish will take the following steps to minimise risks:

- **Ventilation:** Ensuring adequate ventilation in office spaces and vehicles.
- **Workplace Hygiene:** Maintaining high standards of cleanliness across all premises.
- **Hygiene Facilities:** Providing suitable facilities (soap, water, hand-drying, and sanitising stations).
- **Additional Resources:** Making hand sanitisers, disinfectant wipes, and cleaning products

available where required.

- **Vaccination Support:** Encouraging workers to stay up to date with vaccinations (e.g., influenza, Covid-19).
- **Vulnerable Workers:** Conducting individual risk assessments for workers with additional health needs.
- **Social Distancing:** Adjusting desk spacing and workstations if required during periods of higher risk.
- **Testing:** Providing or supporting access to testing during outbreaks or pandemics where necessary.
- **Respiratory Protective Equipment (RPE):** Encouraging the use of FFP2 masks or equivalent in high-risk environments or during field operations when needed.

3. Worker Responsibilities

If you present with symptoms of a respiratory illness, you must:

1. Remain at home and **do not attend the workplace**.
2. Inform your manager immediately.
3. Take a relevant test (e.g., Covid-19) if appropriate.
4. Await the result before returning.
5. Work from home where feasible, or follow the latest government and company guidance regarding sickness absence.
6. Return to work only once symptoms improve or as per government health guidelines.

4. Company Commitment

- Handy Rubbish will take **reasonably practicable steps** to support workers affected by respiratory illness.
- The Company will ensure that sickness absence policies are applied fairly.
- The policy will be updated in line with the latest government regulations and best practice guidance.
- All employees, subcontractors, and managers are expected to comply with this policy to maintain a safe working environment.

Last Updated: 30/09/2025

Signed:

Position: Managing Director

Handy Rubbish is a trading name of **AM ONE LONDON LIMITED** (Reg. No. 14314397).
Registered Office: Unit 19, 1–13 Adler Street, London, E1 1EG.