

## Social Distancing – Implementing Government Advice



### If sitting out taking a break during your exercise:-

- 1) Make sure you are recognisable to others by wearing something bright
- 2) Keep your feet within the 2-metre exclusion zone
- 3) Have the timer set for 15 minutes maximum
- 4) Wear protective gloves....
- 5) Wear Bio respirator.....
- 6) Safety glasses to protect the eyes....

*These are essential in the event of someone coughing or sneezing as they pass by otherwise you are at risk of coming into contact with the virus.*

- 7) Enjoy your tea, coffee & biscuits!

### Notes:

The model engineering fraternity are at present coming up with a design of respirator that will enable the wearer to drink their beverage.

It is pointless asking the wearer to 'say cheese' for the photograph.