

STAND-UP TALK



Let's Talk About Social Distancing

Let's talk about some hazards should we ignore social distancing.

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WHAT IS SOCIAL DISTANCING

Australians and people around the world are being asked to help halt the spread of the COVID-19 by practicing social distancing.

The idea is to "flatten the curve," or slow the spread of the virus, ultimately decreasing the number of people who get sick at one time and minimise the risk of overwhelming our medical system.

In practice, social distancing mostly means avoiding close contact with people who do not live with you, and also others when out in public spaces, where people or surfaces may be contaminated.

It's an emergency response to an emergency situation.

SOCIAL DISTANCING SAVES LIVES AND MONEY

As the coronavirus pandemic continues to worsen, some people are worried that continued forced social distancing could be disastrous for the economy. However, researchers at the University of Chicago say it could ultimately save the USA \$8 trillion.

The Becker Friedman Institute for Economics base their estimate on a simulation of the spread of COVID-19. That model, from Imperial College London, projects social distancing could save 1.7 million lives between March 1 and Oct. 1.

THE EVIDENCE SUPPORTING SOCIAL DISTANCING

While the idea of social distancing may sound silly and unenforceable – it does reduce infection rates. Researchers in Singapore estimated the number of COVID-19 infections that would occur at 80 days after the first 100 cases of community spread were confirmed. The modelling showed that without social distancing, those 100 infections would by day 80 increase to 279,000.

When social distancing and isolation measures were put in place, this number of 279,000 would drop to only 1,800! Social distancing works.

For most of March, the total number of cases doubled in Australia every three to four days. Because of social distancing, that rate has now slowed to doubling every six to seven days according to the Grattan Institute.

If Australia had continued to see its case rate double every three days, every intensive care unit (ICU) bed in the country would have been filled by mid-April.

If we do not follow the recommendation of social distancing, COVID-19 will continue to spread, the curve will not be flattened and potentially our teams will become sick and the hospital system will be overwhelmed.

SOCIAL DISTANCING PRINCIPLES

Social distancing within the workplace can be followed by:

- Keeping 1.5m distance between each other.
- Working in groups of no more than 2.
- Washing your hands at frequent intervals - Every time you touch something/equipment that's frequently used.
- Avoid touching your face.
- Stagger lunchtime meals.
- Designate eating spaces of 4x4m for each employee.



PENALTIES

By minimising the amount of close contact, we have with others, we reduce our chances of catching the virus and spreading it to our loved ones and within our community. This is now being enforced by Police with fines to individuals and business will apply if we fail to adhere to the principles of social distancing.

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Stand Up Talk Meeting Outline

1	FOLLOW UP	Follow-up on any outstanding issues from the previous meeting.
2	INTRODUCTION	Briefly introduce the topic (in 1–2 minutes) for employees. Reassure them that social distancing will not last forever but stress the importance of taking it seriously.
3	ADVISE	Social distancing is the right thing. It's slamming the door on the face of a viral pandemic. The problem is that the virus lurks for a terribly long time so it's not going anywhere fast.
4	ADVISE	The take home message: with luck, we may be getting close to "flattening" the pandemic's exponential growth." But there's always a 'but' - "But it is still early days.
5	ADVISE	If workers fail to follow social distancing, they are putting loved ones, fellow workers, friends and the greater community as a whole at risk.
6	ASK	Does everyone understand what social distancing is and how we can best ensure we implement it here in our workplace?
7	NOTES	Note any issues that require follow-up.
8	THANKS	Thank everyone for their time and attention.