

Stay alert, stay safe

Remember to follow 'The 10 rules of engagement'



- 1. Maintain a constant guard**
Watch for the symptoms of the COVID-19 virus in yourself and others
- 2. Keep the home fires burning**
Only go to work if you cannot work from home
- 3. Do not engage in dirty warfare**
Wash your hands frequently and thoroughly
- 4. Keep in formation**
Maintain a minimum distance of 2m between you and others if possible. If you need to be closer take steps to mitigate the risks
- 5. Look after your kit**
Do not share personal items and avoid sharing equipment if possible
- 6. Always wear your armour**
Use PPE to protect both yourself and others
- 7. Do not kill a mate with an accidental discharge**
Cough or sneeze into a tissue or your elbow and dispose of tissues immediately then wash hands
- 8. Always keep things spick and span**
Carry out regular cleaning and sanitising
- 9. Never leave a man behind - you're a team**
Look after the physical and mental health of every member
- 10. Maintain good discipline at all times**
Do not compromise any existing health and safety controls. If you do not think it is safe – STOP!

Wash your hands . . . Maintain social distancing . . .
Clean your equipment . . . Maintain discipline