



CORONA: Your protection in the workplace



You have to be protected from the coronavirus at work. The law says so.

The German Federal Ministry of Labour and Social Affairs¹ lists important rules. The support initiative **ALSO (Arbeitslosenselbsthilfe) Oldenburg** has summarized these rules below (1.-8.):

BUT: If there are problems with these rules in your workplace, contact the counseling centers listed below. For example: You cannot work while wearing a facemask (trouble breathing, glasses fog up)? You are afraid of getting fired? Nobody answers your questions? Talk to us!

1. Your protection is your employer's responsibility!

Your employer has to let you know what kind of action is being taken against the coronavirus. Your bosses have to tell you how work is now being conducted and how you can protect yourself. Your employer have to designate a person whom you can contact in case of questions.

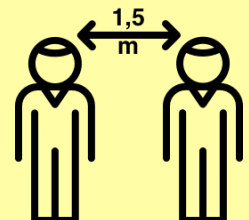
If there's something you don't understand: Ask your employer! They are required to explain it to you!



2. Minimum distance: 1.5 meter

You have to be able to keep a safe distance of 1.5 meter from your colleagues and your employers have to make sure that this is possible. To achieve this, employers can use

- barriers
- protective screens,
- markings on the floor (for instance with tapes),
- other measures.



3. Break rooms and canteens

Keeping a safe distance is also important in break rooms and canteens.

Colleagues should not all take their breaks at the same time. Tables and chairs should be placed sufficiently far apart. There should be no queues at

- food counters
- tray return points
- checkouts



4. Contact with colleagues

You should have as little contact as possible with your colleagues. This is what the employer has to do: Minimal contact with others during shift changes.



¹ <https://bit.ly/36HEicd> (Stand: 03.06.2020)

² Bildzeichen aus der Serie „Stop virus outline iconset“ von LAFS (<https://bit.ly/3eJ3FNA>) unter CC BY-SA 3.0 (<https://bit.ly/2U0c3An>)
V.i.S.d.P. ALSO e.V., Donnerschweer Str. 55, 26123 Oldenburg

5. Mouth-and-nose protection

It's impossible to keep the minimal distance? In this case your employer has to provide you with mouth-and-nose protection! You can't work while wearing a facemask? Tell your company doctor or one of the counseling center listed below.



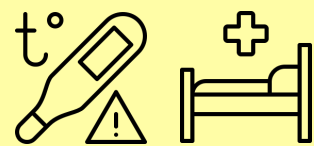
6. Common work equipment and tools

If you use equipment or tools together with colleagues, these have to be cleaned and disinfected after every shift.



7. Illness

Do you have fever, a sore throat or are you short of breath? Then do not go to work! Are you already at work? Go home! Call your doctor! The counseling centers listed below help you do so.



8. Hand hygiene and disinfectants

Your employer has to provide sufficient room and time for you to

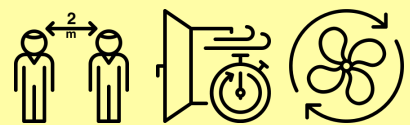
- wash your hands (at least 20 seconds)
- disinfect your hands.



These facilities should be close to the entrance/exit of your company.

The **ALSO** and others think that these rules are not enough. Better:

- Always keep a **safe distance of at least 2 meters!** With a facemask *or* without.
- The workplace should be **ventilated** on a regular basis.

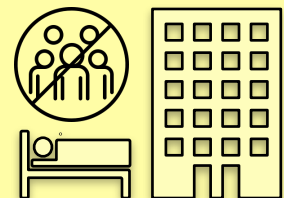


Company and collective accommodation

- ▶ Only one person may sleep in a room

Exception: Your partner or your family

- ▶ The kitchen has to contain a dishwasher.
- ▶ A laundry machine or a laundry service have to be provided.



Transport to and from work

You should not sit in the same vehicle with too many colleagues. If this happens: Keep a maximum distance from each other. The vehicles have to be cleaned and disinfected on a regular basis.



Information and counseling

If there are problems in your company or if you have questions, you can always contact one of the following **independent counseling centers**:

FAIRE MOBILITÄT - Oldenburg

Raluca-Florina Gheorghe - Languages: German / Romanian / English

Phone (mobile): +49 175 1842690

Phone: +49 441 9249019

Email: gheorghe@faire-mobilitaet.de

www.faire-mobilitaet.de



Piotr Mazurek - Languages: German / Polish / English

Phone (mobile): +49 151 11092784

E-Mail: mazurek@faire-mobilitaet.de

ARBEITSLOSENSELBSTHILFE OLDENBURG - Districts of Oldenburg and Vechta

District of Oldenburg

Phone: +49(0)176 43302127 - Languages: Romanian / German / English / French / Russian

Email: lk-beratung@also-zentrum.de

http://www.also-beratung.de/home_de.html

District of Vechta

Phone 1: +49(0)176-43302128 - Languages: German / English

Phone 2: +49(0)176-57936642 - Languages: Lithuanian / Russian

Phone 3: +49(0)176-57996751 - Language: Romanian

Email: lk-vechta-beratung@also-zentrum.de



Beratung – Unterstützung – Aktion

VEREIN ARBEIT UND LEBEN - Oldenburg

Daniela Reim - Languages: German / Romanian / English

Phone 1: +49 441 92490-21

Phone 2: +49 441 92490-18

Phone (mobile) 3: +49 (0) 151 12344751

www.mobile-beschaefigte-niedersachsen.de

Nadezhda Manova - Languages: German / Bulgarian / English

Phone 1: +49 441 92490-13

Phone 2: +49 441 92490-18

Phone (mobile): +49(0) 151 70832693



Bildungsvereinigung
Arbeit und Leben
Niedersachsen

DIAKONIE - Delmenhorst / District of Oldenburg

Kira Allner - Phone: 01522 412 3128

Diana Dineva - Phone: 01525 620 6873

Mariana Popesco - Phone: 0162 791 6295

Holger Mertens - Phone: 0162 863 3197

Email: ehap@diakonie-doll.de

www.dw-ol.de



CARITAS - Vechta / Cloppenburg

Lohne/Vechta: **Herr** **Elsayed**

Phone: 0 44 42 / 93 41 600

www.caritas-sozialwerk.de

Cloppenburg: **Frau Wolbers**

Phone: 04471 7045-0

Email: werkvertragsarbeit@caritas-sozialwerk.de



GEWERKSCHAFT (Labour union) IG BAUEN - AGRAR - UMWELT - Region Weser-Ems

Katharina Bergmann

Phone (mobile): +49(0)16097879287

Email: katharina.bergmann@igbau.de

www.igbau.de



GEWERKSCHAFT (Labour union) NAHRUNG-GENUSS-GASTSTÄTTEN (NGG) -

Oldenburg

Matthias Brümmer

Phone: +49 441 24880910

Email: region.oldenburg@ngg.net

<http://www.ngg.net/oldenburg>



For further information see (in German): https://www.also-zentrum.de/Corona_links.html

Here you will find the contact details of the authorities responsible for protection in your workplace.