

TOOLBOX TALKS

Covid 19 – Coping with Stress

It is normal to feel sad, stressed confused, scared to angry during a crisis.
Talking to people you trust can help. Contact your friends and family

If you must stay home, maintain a healthy lifestyle – including proper diet, sleep, exercise and social contacts with loved ones at home by email and phone with family and friends

Don't use smoking, alcohol or other drugs to deal with your emotions.
If you feel overwhelmed, talk to a health worker or counsellor. Have a plan where to go to and how to seek help for physical and mental health needs if required.

If you suspect that you may have Covid-19, please visit: <https://sacoronavirus.co.za/>

COVID-19 STATISTICS IN SA

				
4 128 438	669 498	601 818	16 376	969
TESTS CONDUCTED	POSITIVE CASES IDENTIFIED	TOTAL RECOVERIES	TOTAL DEATHS	NEW CASES

SATURDAY
26
SEPTEMBER
2020



DISCUSSION

Questions from staff

Comments by staff

Suggestions from staff

TOOLBOX TALK ATTENDANCE REGISTER

Date		Facilitator Name:	
Site/Department:		Facilitator Signature:	
Topic:			

The information in this document had been explained to me and I understand the content

Emp Name	Emp No	Signature	Emp Name	Emp No	Signature