RMG Coronavirus Response

Use of Masks

Public Health England does not currently advise the use of face masks in public places and for those working in supermarkets, waste collection, schools and similar settings. This is on the basis that there is very little evidence of widespread benefit from the use of face masks outside of the clinical or care settings, where they play a very important role.

To be effective, face masks must be worn correctly, changed frequently, removed properly, disposed of safely and used in combination with good universal hygiene behaviour. Research shows that compliance with these recommended behaviours reduces over time when wearing face masks for prolonged periods, such as in the community.

The primary prevention guidance is hand hygiene supported by the 2m physical distancing.

Provision of Masks in Royal Mail

Where we have identified specific roles or tasks where observing the 2m physical distancing is at times difficult, masks are being provided (please see below). However, in these cases the 2m physical distancing must be observed when possible and hand hygiene rules, including not touching the mouth, nose and eyes or before eating must continue to be observed. Masks will also be available for those who wish to wear one.

Specific roles or tasks:

• Air Hubs: Loading and Unloading of Universal Load Containers (ULDs).

• Tasks where a two-person lift is unavoidable.

• Engineering tasks that require close working.

• Where identified by a local risk assessment.

Wearing a Mask

How to wear a mask:

• Before putting on a mask, clean hands with alcohol-based hand rub or soap and water.

• Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.

• Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water.

• Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.

How to remove and dispose of a mask:

• To remove the mask, remove it from behind (do not touch the front of mask).

• Discard immediately in a waste bin, do not place the mask on surfaces or frames.

• Clean hands with soap and water or alcohol-based hand rub.

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Even if you are wearing a mask it is important to maintain the two meters social distancing rule wherever possible and maintain good hand hygiene.