

RISKIEST WORKPLACE ACTIVITIES DURING COVID-19

Wearing a mask, social distancing and frequently washing your hands are some of the best ways to prevent the spread of COVID-19. In addition, avoiding certain high-risk workplace activities can help protect your health and safety. However, it's not always feasible to avoid essential workplace activities - many of which

carry a risk for spreading or becoming infected with COVID-19.

The following chart overviews risk levels for common workplace activities to help you make informed decisions.

LOW RISK

MODERATE RISK

HIGH RISK

WORK ENVIRONMENT

Working remotely
Working in a private setting

Working in an office with
social distancing measures

Working in close
proximity with others
Engaging in frequent
interpersonal interactions

TRANSPORTATION

Commuting to work alone by
driving, biking or walking

Commuting to work with
others via carpooling or
ride-sharing services
Traveling for business
on an airplane

Commuting to work using
public transportation such
as a bus, train or subway

MEETINGS

Virtual meetings
Socially distanced small
outdoor meetings

Socially distanced small
indoor meetings

Large indoor meetings
or town halls

MEALS

Eating alone in a private
space—inside or outside

Eating outdoors with others

Eating indoors with others

EVENTS AND CELEBRATIONS

Virtual gatherings

Small outdoor gatherings

Large outdoor gatherings
Indoor gatherings

ADDITIONAL ACTIVITIES AND BEHAVIORS

Taking the stairs
Receiving or sending
mail and packages
Using shared bathrooms

Taking an elevator
Using shared equipment such
as computers, printers and
office supplies

Shaking hands
Exercising in a workplace gym

This infographic is for informational purposes only and should not be construed as medical advice.

© 2020 Zywave, Inc. All rights reserved.