

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

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