

For the member companies of Talonrakennusteollisuus ry (Finnish Association of Building Construction Industries)

## Instructions for workers coming to Finland from abroad

Preventing the spread of the coronavirus epidemic is the shared responsibility of everyone working at a construction site. In these instructions, special attention has been paid to instructing workers who come to Finland from abroad.

### Travel restrictions

When you arrive in Finland, check the current travel restrictions together with your employer.

If you come to Finland from a country to which travel restrictions still apply, you must self-quarantine for 14 days.

[https://www.raja.fi/current\\_issues/guidelines\\_for\\_border\\_traffic](https://www.raja.fi/current_issues/guidelines_for_border_traffic)

### Self-quarantine in the construction industry

Self-quarantine means that you must avoid close contact with other people whenever possible and stay in your accommodation for 14 days after your arrival in Finland.

- **Do not go to the construction site during your self-quarantine.**
- Stay in your accommodation. You must not move outside your accommodation unless it is necessary.
- Do not use public transport.
- Keep a sufficient distance of 1–2 metres to others.
- Use a face mask according to the recommendation.

### Working at a construction site

#### General instructions for working

Remember the following in all situations:

- Come to work only when you are healthy.
- Avoid physical contact with others. Do not shake hands with or hug anyone.
- Keep a safe distance of at least 1–2 metres to other people.
- When you sneeze or cough, cover your mouth with a disposable tissue or your sleeve.
- Wash your hands carefully with soap and observe good hygiene.
- Download Koronavilkku to your phone. Koronavilkku is a mobile application that will inform you if you have been exposed to coronavirus according to the assessment made by the application.

<https://koronavilkku.fi/en/>

### Getting to the construction site

- Avoid public transport.
- Travel to the construction site in your own car or use the transport organised by your employer.

### Accommodation

- Make sure you also keep sufficient safety distances in shared accommodation.
- Avoid close contact with the other people living in the same accommodation.
- Agree on turns for using the shared facilities, such as the kitchen and the bathroom.
- Wipe and disinfect the coffee maker, door handles and other surfaces in shared use.

### Working at a construction site

- Comply with the instructions given to you at induction.
- When moving around and working at the construction site and during breaks, keep a safety distance of at least 1–2 metres to other people.
- Use only routes that have been signposted.
- If necessary, agree on staggering the times for moving around at the site.
- Check with your supervisors when it is your turn to use the social facilities.
- If social facilities of your own have not been designated for you, you must ensure sufficient staggering of breaks with the other people working at the site.

### What to do if you fall ill

- If you come down with a flu or suspect that you have a coronavirus infection, do not go to the construction site. Stay in your accommodation instead. Isolate yourself from the other people living in the same accommodation.
- Contact your employer and a doctor.
- Get tested for coronavirus even if you only have mild symptoms.
- Let your employer and the main contractor at the construction site know that you are getting tested and inform them of your test results.