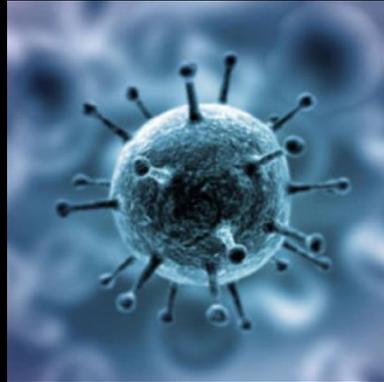


How to Move Forward Without Failing, Confidently Facing the Current Virus Attack ?



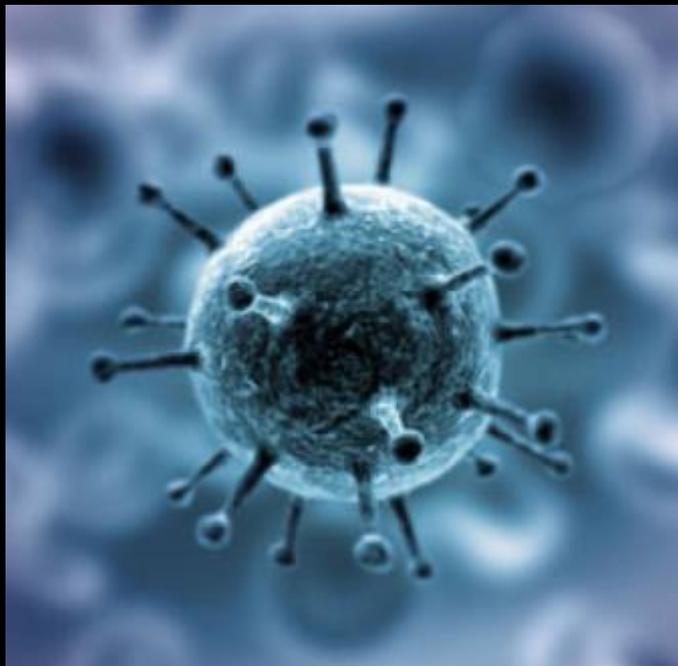
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22nd January 2021

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How to Move Forward Without Failing, Confidently Facing the Current Virus Attack ?



Overview

1. Scope of this Safety Talk
2. Background | Current Global Crisis
3. How long this will last?
4. Health & Safety
5. Understanding the Nature of Viruses
[Scientific AND Traditional Way of Thinking]
6. Prevention Vs. Medication
7. Precautions taken by ERE to face this challenge
8. Good Precautionary Measures and Guide to Move Forward with Confidence

How to Move Forward Without Failing, Confidently Facing the Current Virus Attack ?

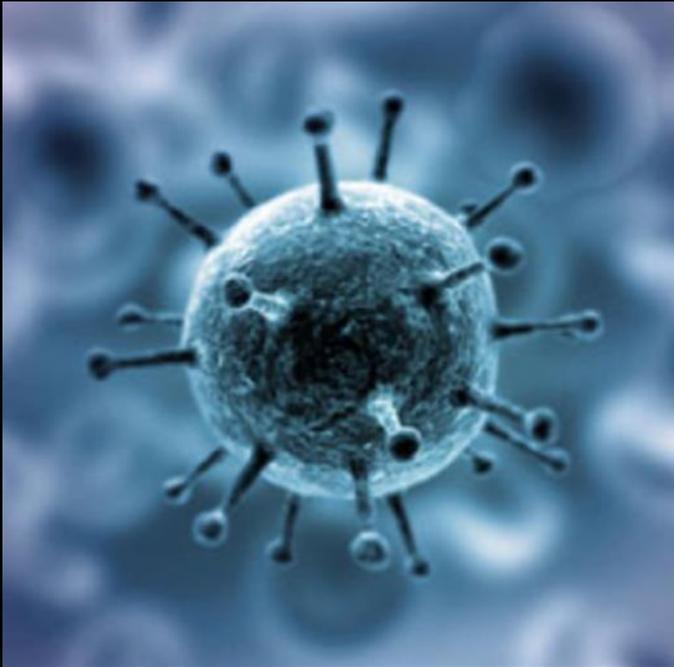


DEPARTMENT OF
EARTH RESOURCES
ENGINEERING

1.0 Scope of this Safety Talk

- Reopening plans of the University for In-person Essential Sessions
- Inline with Bio-Bubble Concept
- Target ERE Group of Students
- My contacts are given to share your constructive suggestions to further improve safety at ERE

How to Move Forward Without Failing, Confidently Facing the Current Virus Attack?



2. Background | Current Global Crisis

- > 2 million recorded deaths across the world!
- Incredibly rapid spread of the virus
- Arrival of new varieties of the virus
- Current failure of the scientists to beat this challenge
- Sad stories heard from the medical practitioners in developed countries
- Establishing of Crying Rooms in hospitals!
- Should we take this easy?

How to Move Forward Without Failing, Confidently Facing the Current Virus Attack?



3. How Long this will Last?

- Forecast by Airline Industry
- Multi billion dollar investors
- Currently running at a huge loss
- Their forecast should be after careful analysis
- As per Original Forecast: up until 2024!
- Can we stop all our priorities till then?

How to Move Forward Without Failing, Confidently Facing the Current Virus Attack?

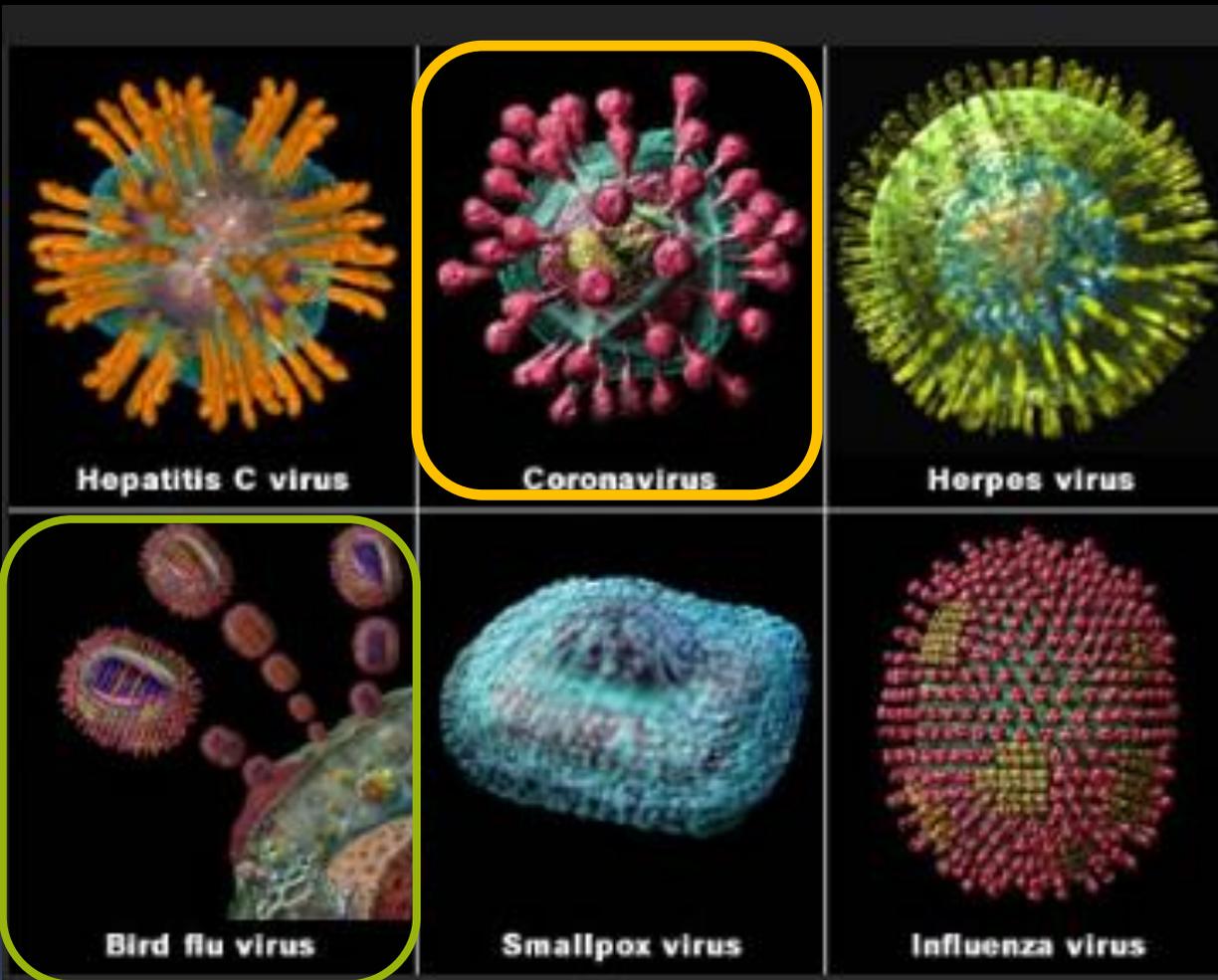


4. Health & Safety

- Concept | The **Top Priority!**
- How I digested this?
- The Value of an Individual
- At Home | On way to work | and At Work
- How it affects the productivity of an Individual | an Organization?

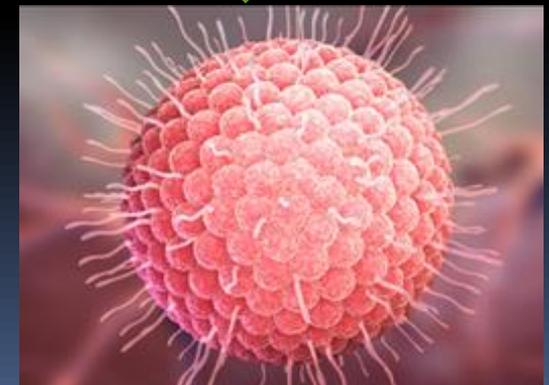


How to Move Forward Without Failing, Confidently Facing the Current Virus Attack?



5. Understanding the Nature of Viruses

- Scientific Way of Thinking
- Traditional Way of Thinking
- Chickenpox Virus Experience by me in 1994.



How to Move Forward Without Failing, Confidently Facing the Current Virus Attack?



6. Prevention Vs. Medication



An ounce of prevention is worth
a pound of cure.

~ Benjamin Franklin

1 lb = 16 oz

How to Move Forward Without Failing, Confidently Facing the Current Virus Attack?

7. Precautions taken by ERE to face this challenge

- i. Sharing of my independent thoughts with ERE Staff – Email circulated by me on 30.03.2020 [During the curfew time – 1st wave of the virus]
- ii. “Zoom Pro” based **Online Safety Sessions** for ERE Non-Academics done from home [During the curfew time – 1st wave of the virus]
- iii. Safety Boards Fixed at the department - immediately after 1st Wave – At Entrance | At ERE Office | Inside Wash Rooms
- iv. Installing of a pedal operated wash basin at the ERE Entrance
- v. Webinar organized for all ERE Staff on 14th July 2020 – “Prevention from COVID-19 Pandemic: Life Protections and Good Practices” by a Medical Doctor
- vi. Displaying current updates on **ERE Health & Safety Notice Board**
- vii. Organizing of Sandals to facilitate removal of shoes at ERE Office
- viii. Made available of Hand Sanitizers and Disinfectants at ERE Office
- ix. Discouraging of using of the Lunch Room
- x. Encouraging to communicate more via Email and Tel. Extensions
- xi. Fan Assisted Ventilation | AC run ONLY for looking after sensitive equipment
- xii. First topic in AGENDA of each ERE Meeting: Health & Safety [Since June 2019]

How to Move Forward Without Failing, Confidently Facing the Current Virus Attack?

7. Precautions taken by ERE to face this challenge | Next Steps

- i. **Manufacture of Hand Sanitizer at ERE**
- ii. **Organizing to mop the floors of Labs and all work stations at ERE using disinfectants**
- iii. **Providing of Face Shield to all Laboratory staff**
- iv. **Making available of extra sandals + disinfectants to clean them at each laboratory – to be used by everybody entering the Labs**
- v. **Organizing of frequent Webinars for all ERE Staff + Students, updating with important facts related to this pandemic circumstances**

How to Move Forward Without Failing, Confidently Facing the Current Virus Attack?

8. Good Precautionary Measures, and Guide to Move Forward with Confidence

- i. Maintain your Good Health [Mind + Body]
- ii. Body – Mainly the LUNGS! [stop/ refrain smoking, do sufficient exercise, get sufficient nutrients]
- iii. Mind – Be strong in mind to face this challenge | determine to beat this virus attack to make yourself and every body at home and at work safe.
- iv. **Selection of a Suitable Face Mask**
[Size of Coronavirus: $0.05\mu\text{m} < \varnothing < 0.2\mu\text{m}$]
- v. Keep your hands clean all times
- vi. Maintain distance between you and others as much as possible [well above 1m]
- vii. Keep Hand Sanitizers and Disinfectants handy in spray bottles with you
- viii. Frequent Self Health Assessments on FIVE Factors [body temp. | soar throat | severe headache | vomiting | diarrhea
- ix. Be RESPONSIBLE & HONEST! – To disclose these symptoms

How to Move Forward Without Failing, Confidently Facing the Current Virus Attack?

8. Good Precautionary Measures, and Guide to Move Forward with Confidence | Ctd...

- x. Avoid Lunch Rooms
- xii. Minimize in-person meetings | conversations as much as possible – use Email, mobile, organize Hybrid/ online meetings for discussions
- xiii. Avoid CONFINED ENVIRONMENTS
- xiv. Use your understanding of Mine Ventilation Concepts Leant | Visualize Airflow patters all time in the place where you are
- xv. Minimize the Total Exposure Time to unavoidable risky environments
- xvi. Do NOT be PROUD! – be ready to respect each other for your and their safety.
- xvii. Share your constructive suggestions all times for continuing improvement of safety at our department, at hostel, and your home as well.

**Let's determine to
stay safe and healthy
all times!**

Thank You!

Dr Samaradivakara GVI.

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