

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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