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Social Media



Good News - Re-opening a COVID-safe Australia

Australia has been highly successful in 'flattening the curve'. The number of new COVID-19 cases in Australia each day is very low. We can now begin to take careful steps to ease some of the restrictions that have helped us suppress the spread of this virus.

From the beginning there have been differences in how COVID-19 has spread in different parts of the country. [National Cabinet has agreed a 3-step plan](#) to gradually remove baseline restrictions between now and July. The plan is based on the expert advice of the Australian Health Protection Principal Committee on how to establish COVID Safe ways of working and living.

Under this plan, each state and territory government will decide which restrictions can be eased when, considering their local circumstances, meaning states and territories may move at different speeds

To see the Roadmap click ->



Roadmap to a COVIDSafe Australia

A three-step pathway for easing restrictions



Toolbox Sprains & Strains

This month we focussed on Sprains and Strains. Sprains and Strains are injuries to soft tissue but includes damage to muscles, ligaments, tendons, spinal discs, nerves, arteries and veins.

Tips to Protect yourself and others:

- Do not handle an object outside of your capacity
- Maintaining good physical fitness
- Stretching & warming up
- Keep your work area tidy
- Weather & Lighting
- Watch where you put your feet

Points to remember:

- ✓ Its better to prevent than recover
- ✓ Don't Rush
- ✓ Lift with your Legs, Not your back

To receive the toolbox [click](#)



World Numbers Update



COVID-19 Coronavirus Outbreak

The novel coronavirus is affecting 215 countries and territories around the world. The website Worldometer has at 20/05/2020 has the following statistics:

- ❖ Coronavirus Cases: 4,986,681
- ❖ Deaths: 324,912 (14%)
- ❖ Recovered: 1,958,525

The website also lists useful information such as: Symptoms, Incubation Period, Mortality Rate, Age Sex and existing conditions of Death, and Expert Opinions.

For more information visit the [Worldometer](#)



To view our current vacancies please click on the following link <http://www.rprtrades.com>

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Avoid Bringing COVID-19 Home

Before You Leave Home:

- ✓ Remove all watches & jewellery
- ✓ Leave wallet / handbag at home
- ✓ Place phone in ziplock bag
- ✓ Place credit card & photo ID in ziplock bag
- ✓ Wear enclosed shoes
- ✓ Take your own food to work



While You Are Out:

- ✓ Don't touch your face
- ✓ Assume all items are contaminated
- ✓ Push doors with feet
- ✓ Avoid eating in communal spaces
- ✓ Itch your face with upper arm
- ✓ Wash & Sanitise hands often
- ✓ Don't use cash



When You Arrive Home:

- ✓ No hugs or close greetings
- ✓ Wash hands thoroughly
- ✓ Clean all items on you
- ✓ Wipe down your car

Brisbane | Gold Coast | Sydney | Melbourne | Geelong | Toowoomba

Updates & Advice

Confused on where to look for information relating to your state. We have attached links to some states below.



You will find information on:

- ❖ Coronavirus (COVID-19) – Our path back
- ❖ Key Updates
- ❖ Health Alerts and Updates
- ❖ Restrictions and Safety Advice
- ❖ Support for individuals, families & communities
- ❖ State and Territory Government Information

Stay Connected

Follow the Australian Government on social media, download the official app, or message them on WhatsApp

- ❖ To download [click](#)

Please select your relevant state for more information:

[Queensland](#) / [New South Wales](#) / [Victoria](#)

55 Fun Things to do at home

We've found more than 50 really fun things you can do at home (and outside!) during isolation:

- Host a virtual games night
- Have a Picnic
- Whip up a lockdown bath
- Try virtual dating
- Sign up for a virtual wine or cocktail tasting
- Cook some of your favourite restaurant's meals at home
- Look into your ancestry
- Improve your posture
- Do a home workout
- Join a virtual supper club
- Join a Harry Potter-esque potion making class
- Crack the games out
- Host a fondue or pizza making night
- Make your own mini golf course
- Become a champagne expert
- Play virtual bingo
- Learn to knit



**Hogwarts
⚡s Here**



For the full list and links [click](#)