

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://raja.fi/en/covid19-info>

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.