WEBINAR ON
BUILDING
FITNESS INDICATOR
A SOCIAL INITIATIVE OF GRIHA COUNCIL

APRIL 28, 2020 - WORLD DAY FOR SAFETY AND HEALTH AT WORK
11:00 AM TO 12:00 PM

Opening remarks:
Mr. Sanjay Seth
CEO, GRIHA Council

Speakers:
Ar. Shaily Mahera & Er. Gautam Aswani
INTRODUCTION
Building Fitness Indicator (BFI)

• **Self-assessment tool** for organizations to measure preparedness of workplaces for workforces to prevent the exposure to COVID-19.

• **Not** a rating or certification or standard.

• Guidance based on the standard practices followed across the globe (like WHO) and in the country (MoHFW and ISHRAE)

• The guidance provided is advisory in nature and informational in content.
BFI- The Idea....

https://blogs.chapman.edu/wilkinson/2020/03/20/panic-in-the-time-of-pandemic/
BFI - The Idea....

https://www.pngwave.com/png-clip-art-gcgzd

https://www.istockphoto.com/
BFI- The Idea....

https://www.scientificamerican.com/article/fake-news-websites-may-not-have-a-major-effect-on-elections/
BFI - The Idea...
### Guidelines - 3 major parameters

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strengthening the cleaning protocols</td>
<td>Cleaning protocols to take into account the guidelines given by WHO in the current situation of pandemic. <em>(Reference given in the last slide)</em></td>
</tr>
<tr>
<td>Hygiene</td>
<td>Sanitizing the air and surfaces to breakdown the protein surface of the virus.</td>
</tr>
<tr>
<td>Creating awareness</td>
<td>Organizing awareness programs and installing educational handwashing signages.</td>
</tr>
</tbody>
</table>
1. Registration
2. Checklist
3. Submission
4. Report generation
CATEGORIES & SUB-CATEGORIES
1. Policy
2. Social Distancing
3. Hygiene
Checklist 1: Workplace

Policy

5 Things to do

Guidelines by local authorities

Screening people

Social distancing

Waste Management

Control the spread post pandemic
Checklist 1: Workplace

Social Distancing

6 Things to do

- Reception guarded at min. 1 meter
- Workstation rearranged
- Dining space
- Isolation room for symptomatic
- Floor markings
- Water dispensers
# Checklist 1: Workplace

<table>
<thead>
<tr>
<th>Spaces</th>
<th>People</th>
<th>Items</th>
<th>Waste Management</th>
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**Hygiene (cleanliness)**
## Checklist 1: Workplace

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<tbody>
<tr>
<td>Cleaning schedule</td>
<td>Indoor spaces</td>
<td>Hygiene (cleanliness)</td>
<td>Toilets</td>
</tr>
</tbody>
</table>

**4 Things to do**

- Frequently touched surfaces

**Waste Management**

- Toilets
Checklist 1: Workplace

Spaces | People | Items | Waste Management
---|---|---|---

**Hygiene (cleanliness)**

3 Things to do

- Provision of hand sanitizers
- Provision of PPE
- Foreign items to be sanitized
Checklist 1: Workplace

**Hygiene (cleanliness)**

6 Things to do

- Provision of covered multi-colour bins
- Disposable bags in bins
- Placement of bins
- Use Dustbin
- Collection space for waste
- Disinfecting cleaning equipment
- Disposal of waste

Waste Management
Checklist 1: Workplace

Hygiene (ambient air)

4 Things to do

Maximize ventilation

Treatment of microbial contaminants

Room temperature as per thermal Comfort

O&M guidelines for HVAC
Checklist 2: Workforce

Policy

3 Things to do

Working schedule
- Flexi hours
- Work from home
- Employee schedule

Hygiene policy for visitors

Symptomatic employee
Checklist 2: Workforce

1 Thing to do

Social Distancing

Training of employees for social distancing
Checklist 2: Workforce

5 Things to do

- PPE for symptomatic staff
- Health check-up for housekeeping staff
- PPE for housekeeping staff
- Thermal Screening of visitors
- Sanitizers for visitors
Checklist 3: Awareness

Policy

2

Things to do

Information dissemination

Addressing queries of visitors

Policy 2

Protect Yourself & Others from CORONAVIRUS

- Wash your hands frequently with soap and water or use hand sanitizer.
- Stay a distance of 1 meter if you need to be in close contact with a person.
- Cover your nose & mouth with a handkerchief if you are coughing or sneezing.
- Avoid participating in large gatherings.

Have a close contact with anyone, if you're experiencing cough and fever

- Touch your eyes, nose and mouth
- Spit in public
Checklist 3: Awareness

Social distancing & Hygiene

2 Things to do

Signage for social distancing and hygiene

Timely alerts
# Summary

<table>
<thead>
<tr>
<th>Categories</th>
<th>Sub-Categories</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Policy</td>
<td></td>
<td></td>
</tr>
<tr>
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</tr>
<tr>
<td>Hygiene</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Workplace</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Workforce</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>Awareness</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

The result indicates a 'Good' level of compliance.
### Example:
Are alcohol based hand sanitizers provided at all common areas?

<table>
<thead>
<tr>
<th>Checklist</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are alcohol based hand sanitizers provided at all common areas?</td>
<td>Yes</td>
</tr>
<tr>
<td>Why is it recommended: MoHFW suggests that easy accessibility of hand sanitizers at all common areas would encourage the use of sanitizers and reduce the chances of germ spread through dirty hands.</td>
<td></td>
</tr>
<tr>
<td>Recommendation: Keep alcohol based hand sanitizers in all common areas, all the entry areas and near all high contact surfaces so that ease of accessibility will encourage frequent sanitising which will eventually help in reducing the spread of germs.</td>
<td></td>
</tr>
</tbody>
</table>
Overall Intent

• Boost the confidence of the occupants that the building is safe and fit to occupy in the current situation of pandemic.

• Enhance the health and well being of the occupants.

• Enhance productivity and business processes.
Online Tool