

Annexure 1: REA (Rapid Environmental Assessment (REA) checklist for Irrigation)

**Country/Project
Title:**

Pakistan/Balochistan Water Resources Development Project

Sector Division:

Zhub River – Non-Core Sub Project [Ahmedzai irrigation
sub-project)

SCREENING QUESTIONS	Yes	No	REMARKS
A. Project Sitting Is the Project area adjacent to or within any of the following environmentally sensitive areas?			
Protected Area ¹	<input checked="" type="checkbox"/>		Project design will provide measures to ensure the minimum flow required.
Wetland		<input checked="" type="checkbox"/>	
Mangrove		<input checked="" type="checkbox"/>	
Estuarine		<input checked="" type="checkbox"/>	
Buffer zone of protected area		<input checked="" type="checkbox"/>	
Special area for protecting biodiversity ²	<input checked="" type="checkbox"/>		Project design will provide measures to ensure the minimum flow required.
B. Potential Environmental Impacts Will the Project cause			
loss of precious ecological values (e.g. result of encroachment into forests/swamplands or historical/cultural buildings/areas, disruption of hydrology of natural waterways, regional flooding, and drainage hazards)?		<input checked="" type="checkbox"/>	
conflicts in water supply rights and related social conflicts? ³	<input checked="" type="checkbox"/>		EMP will provide measures to avoid conflicts by adopting local and traditional water rights mechanism already exists in the area.
impediments to movements of people and animals?	<input checked="" type="checkbox"/>		Project design shall include facilities for easy access of people and animals.

¹ Zhub River ends in Gomal Zam River which is also a wetland and a protected status for wildlife sanctuary.

² Zhub River starts from Qila Saifullah specifically near Muslim Bagh which is famous for Apples and passes through whole Qila Saifullah and Zhub where they have stands of Wild Olives and Chilghoza which have conservation significance as it is threaten habitat.

³ Already Gomal Zam Dam is taking water from Zhub River which may cause conflict.

SCREENING QUESTIONS	Yes	No	REMARKS
potential ecological problems due to increased soil erosion and siltation, leading to decreased stream capacity?			
Insufficient drainage leading to salinity intrusion?		<input checked="" type="checkbox"/>	
over pumping of groundwater, leading to salinization and ground subsidence?		<input checked="" type="checkbox"/>	
impairment of downstream water quality and therefore, impairment of downstream beneficial uses of water?		<input checked="" type="checkbox"/>	
dislocation or involuntary resettlement of people?		<input checked="" type="checkbox"/>	
potential social conflicts arising from land tenure and land use issues?	<input checked="" type="checkbox"/>		
soil erosion before compaction and lining of canals?	<input checked="" type="checkbox"/>		
noise from construction equipment?	<input checked="" type="checkbox"/>		Noise control measures to be specified in the EMP. Impacts are transient.
dust?	<input checked="" type="checkbox"/>		Dust control measures to be specified in the EMP. Impacts are transient.
labor-related social problems especially if workers from different areas are hired?	<input checked="" type="checkbox"/>		Control measures to be specified in the EMP. Impacts are transient.
waterlogging and soil salinization due to inadequate drainage and farm management?	<input checked="" type="checkbox"/>		Project design shall ensure proper drainage design.
leaching of soil nutrients and changes in soil characteristics due to excessive application of irrigation water?		<input checked="" type="checkbox"/>	
reduction of downstream water supply during peak seasons?	<input checked="" type="checkbox"/>		
soil pollution, polluted farm runoff and groundwater, and public health risks due to excessive application of fertilizers and pesticides?	<input checked="" type="checkbox"/>		
soil erosion (furrow, surface)?	<input checked="" type="checkbox"/>		
scouring of canals?	<input checked="" type="checkbox"/>		
logging of canals by sediments?	<input checked="" type="checkbox"/>		
clogging of canals by weeds?	<input checked="" type="checkbox"/>		
seawater intrusion into downstream freshwater systems?		<input checked="" type="checkbox"/>	

introduction of increase in incidence of waterborne or water related diseases?	<input checked="" type="checkbox"/>		
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Annexure 2

NATIONAL ENVIRONMENTAL QUALITY STANDARDS FOR INDUSTRIAL GASEOUS EMISSION (mg/Nm³, UNLESS OTHERWISE DEFINED)

S. No.	Parameter	Source of Emission	Existing Standards	Revised Standards
1	Smoke	Smoke opacity not to exceed	40%or2 Ring-lemann Scale	40%or2 Ring-lemann Scale or equivalent smoke number
2	Particulate matter (¹)	(a) Boilers and furnaces:		
		(i) Oil fired	300	300
		(ii)Coal fired	500	500
		(iii)Cement Kilns	200	300
		(b)Grinding, crushing, clinker coolers and related processes, metallurgical processes, Converters, blast furnaces and cupolas.	500	500
3	Hydrogen Chloride	Any	400	400
4	Chlorine	Any	150	150
5	Hydrogen Fluoride	Any	150	150
6	Hydrogen Sulphide	Any	10	10
7	Sulphur Oxides (²)(³)	Sulfuric acid/Sulphonic acid plants	400	5000
		Other plants except Power plants operating on oil and coal	400	1700
8	Carbon Monoxide	Any	800	800
9	Lead	Any	50	50
10	Mercury	Any	10	10
11	Cadmium	Any	20	20
12	Arsenic	Any	20	20
13	Copper	Any	50	50
14	Antimony	Any	20	20
15	Zinc	Any	200	200

S. No.	Parameter	Source of Emission	Existing Standards	Revised Standards	
16	Oxides of Nitrogen (³)	Nitric acid manufacturing unit	400	3000	
		Other plants except power plants operating on oil or coal:			
		Gas fired	400	400	
		Oil fired	-----	600	
		Coal fired	-----	1200	

Explanations:

1. Based on the assumption that the size of the particulate is 10 microns or more.
2. Based on 1 percent sulphur content in fuel oil. Higher content of sulphur will cause standards to be pro-rated.
3. In respect of emissions of sulphur dioxide and nitrogen oxides, the power plants operating on oil and coal as fuel shall in addition to National Environmental Quality Standards (NEQS) specified above, comply with the following standards: -

A. Sulphur Dioxide

Sulphur Dioxide Background levels Micro-gram per cubic meter ug/m³ Standards

Background Air Quality (SO ₂ Basis)	Annual Average	Max.24 hours Interval	Criterion I Max. SO ₂ Emission (Tons per Day per plant)	Criterion II Max. Allowable ground level increment to ambient (ug/m ³)
(One Year Average)				
Unpolluted	<50	<200	500	50
Moderately Polluted*				
Low	50	200	500	50
High	100	400	100	10
Very Polluted**	>100	>400	100	10

* For intermediate values between 50 and 100ug/m³ linear interpolations should be used.

** No projects with sulphur dioxide emissions will be recommended.

B. Nitrogen Oxide

Ambient air concentrations of nitrogen oxides, expressed as NO₂ should not be exceed the following:-

Annual Arithmetic Mean 100ug/m³ (0.05ppm)

Emission levels for stationary source discharges, before mixing with the atmosphere, should be maintained as follows:-

For fuel fired steam generators, as Nanogram (10-gram) per joule of heat input:

Liquid fossil fuel	130
Solid fossil fuel	300
Lignite fossil fuel	260

Note:-Dilution of gaseous emissions to bring them to the NEQS limiting value is not permissible through excess air mixing blowing before emitting in to the environment.

NATIONAL ENVIRONMENTAL QUALITY STANDARDS FOR MUNICIPAL AND LIQUID INDUSTRIAL EFFLUENTS (mg/L, UNLESS OTHERWISE DEFINED)

S. No.	Parameter Standards	Value
1.	Temperature	40°C
2.	pH value (acidity/basicity)	6-10pH
3.	5-days Biochemical Oxygen Demand (BOD) at 20°C	80mg/L
4.	Chemical Oxygen Demand (COD)	150 mg/L
5.	Total Suspended Solids	150 mg/L
6.	Total Dissolved Solids	3500 mg/L
7.	Oil and Grease	10 mg/L
8.	Phenolic compounds (as phenol)	0.1 mg/L
9.	Chloride(asCl ⁻)	1000mg/L
10.	Fluoride (as F ⁻)	20mg/L
11.	Cyanide (asCN ⁻)	2mg/L
12.	An-ionic detergents ⁽²⁾ (as MBAS) ⁽⁵⁾	20mg/L
13.	Sulphate(SO ₄ ⁻)	600mg/L
14.	Sulphide (S ²⁻)	1.0mg/L
15.	Ammonia (NH ₃)	40mg/L
16.	Pesticides, herbicides, fungicides and	0.15mg/L
17.	insecticides Cadmium ⁽⁴⁾	0.1mg/L
18.	Chromium (4) (trivalent and hexavalent)	1.0 mg/L
19.	Copper ⁽⁴⁾	1.0mg/L
20.	Lead ⁽⁴⁾	0.5mg/L
21.	Mercury ⁽⁴⁾	0.01mg/L
22.	Selenium ⁽⁴⁾	0.5mg/L
23.	Nickel ⁽⁴⁾	1.0mg/L
24.	Silver ⁽⁴⁾	1.0mg/L
25.	Total toxic metals	2.0 mg/L
26.	Zinc	5.0mg/L
27.	Arsenic	1.0mg/L
28.	Barium	1.5mg/L
29.	Iron	2.0mg/L
30.	Manganese	1.5mg/L
31.	Boron	6.0mg/L
32.	Chlorine	1.0mg/L

Explanations:

1. Assuming minimum dilution 1: 10 on discharge. Lower ratios would attract progressively stringent standards to be determined by the Federal Environmental Protection Agency.
2. Assuming surfactant as biodegradable.
3. MBAS means Methylene Blue Active Substances.
4. Subject to total toxic metals discharge as at S. No. 25.

**NATIONAL ENVIRONMENTAL QUALITY STANDARDS FOR MOTOR VEHICLE
EXHAUST AND NOISE**

#	Parameter	Standards (maximum permissible limit)	Measuring method
1	Smoke	40% or 2 on the Ringelmann Scale during engine acceleration mode.	To be compared with Ringelmann Chart at a distance of 6 meters or more.
2	Carbon Monoxide	<u>Emission Standards:</u> <u>New Used Vehicles</u> 4.5% 6%	Under idling conditions: Non-depressive infrared detection through gas analyzer
3	Noise	85 db (A)	Sound-meter at 7.5 meters from the source

[F. No. 2(21)/93-E-II

Drinking Water Standards

Parameters	WHO Standards	GOP Standards
pH @ 25 °C	6.8-8.5	6.8-8.5
Color	Non objectionable/Acceptable	Non objectionable/Acceptable
Odor	Non objectionable/Acceptable	Non objectionable/Acceptable
Aluminum (Al)	≤0.2mg/L	0.2mg/L
Antimony (Sb)	≤0.005mg/L	0.02mg/L
Barium (Ba)	0.7mg/L	0.7mg/L
Cadmium (Cd)	0.01	0.003
Chloride (Cl)	<250	250
TDS	<500mg/L	<500mg/L
Turbidity	<5NTU	<5NTU
Chromium (Cr)	<0.05mg/L	≤0.05mg/L
Copper (Cu)	<2mg/L	2mg/L
Arsenic (As)	<0.01mg/L	≤0.05mg/L
Total Coliform	0.0cfu/100 ml	0.0cfu/100 ml
E-Coli	0.0cfu/100 ml	0.0cfu/100 ml



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TEST REPORT

Ref #: PGG/LAB/2020-1543/DW

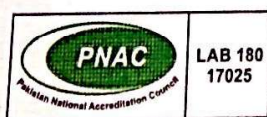
Date: 27-March-20

Name of Client: NESPAK-RHC-EGC JV
 Project Discription: Balochistan Water Resource Development Project
 Project Location: Zhob Balochistan
 Nature of sample: Surface water
 Sample provided by: Pak Green Laboratories
 Date of sampling: 18-March-20

Results:

Sr. No.	Parameters	Unit	Results	Method / Technique
1.	pH [^]	-	8.286	APHA-4500-H ⁺ B
2.	Total Dissolved Solids [^]	mg/l	310	APHA-2540 C
3.	Turbidity	NTU	0.77	APHA-2130 B
4.	Taste	-	Non-Objectionable	APHA-2160 C
5.	Odor	-	Non-Objectionable	APHA-2150 B
6.	Total Hardness [^]	mg/l	68	APHA-2340 C
7.	Chloride (Cl ⁻¹) [^]	mg/l	36	APHA-4500-Cl B
8.	Arsenic	mg/l	0.0049	APHA-3113 B
9.	Cadmium	mg/l	0.0023	APHA-3111 B
10.	Sulphate (SO ₄ ²⁻)	mg/l	29	APHA-4500-SO ₄ C
11.	Copper (Cu)	mg/l	0.0310	APHA-3111 B
12.	Sodium (Na)	mg/l	22	APHA-3111 B
13.	Nickle	mg/l	0.0037	APHA-3111 B
14.	Lead (Pb)	mg/l	BDL	APHA-3111 B
15.	Iron (Fe)	mg/l	0.0347	APHA-3111 B
16.	Selenium	mg/l	0.0025	APHA-3113 B
17.	Nitrite [^]	mg/l	0.0022	APHA-4500-NO ₂ ⁻¹ -E
18.	Nitrate	mg/l	0.0071	APHA-4500-NO ₃ ⁻¹ -E
19.	Zinc (Zn)	mg/l	0.0787	APHA-3111 B
20.	Boron (B)	mg/l	0.0233	APHA-3111 B
21.	Aluminum (Al)	mg/l	0.0180	APHA-3111 B
22.	Barium (Ba)	mg/l	0.0192	APHA-3111 D
23.	Fluoride (F)	mg/l	0.40	APHA-4500-F-C

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Date: 27-March-20

Results:

Sr. No.	Parameters	Unit	Results	Method / Technique
24.	Cyanide (CN)	mg/l	BDL	APHA-4500-CN F
25.	Chromium (Cr)	mg/l	0.0024	APHA-3111 B
26.	Manganese (Mn)	mg/l	0.0048	APHA-3111 B
27.	Mercury (Hg)	mg/l	BDL	APHA-3111 B
28.	Antimony (Sb)	mg/l	0.0016	APHA-3111 B
29.	Phenolic Compound (As Phenol)	mg/l	Nil	APHA-5530 D

.....End of Report.....

PEQS: Punjab Environmental Quality Standards

WHO: World Health Organization ^PNAC Accredited

Terms & Conditions:

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- The leftover sample (if so available) shall be retained for fifteen days after the issuance of the report unless otherwise negotiated between the client and the laboratory.
- The report is not valid for any negotiations.

Sample Analyzed By	Reviewed by	Approved by
QURAT-UL-AIN	MUHAMMAD RAZAULLAH	IFTIKHAR AHMED
Lab. Analyst	Chief Analyst	Laboratory Incharge



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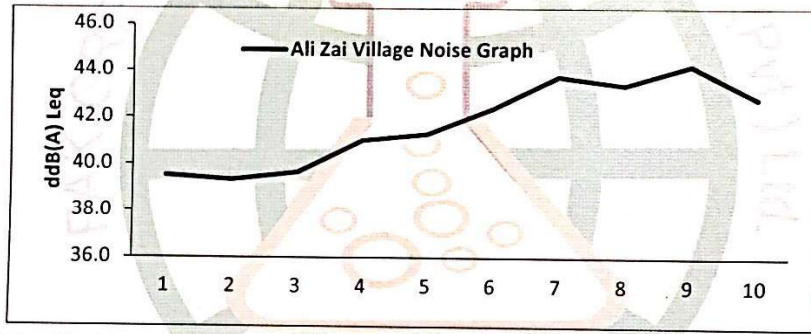
Date: 27-Mar-20

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20

Name of Client: NESPAK-RHC-EGC JV
 Project Name: Balochistan Water Resource Development Project
 Project Location: Zhob Balochistan
 Nature of Monitoring: Noise Level
 Monitoring Point: Ali Zai Village
 Monitoring By: Pak Green Laboratories
 Monitoring Duration: 24 hours
 Monitoring Instrument: Digital Noise Meter AR824
 Monitoring Date: 18-Mar-20
 Results:

Date	Time	Noise dB (A) Leq										Average
18-Mar-20	Day	39.5	39.4	39.7	41.0	41.3	42.4	43.7	43.4	44.2	42.8	41.7



NEQS: National Environmental Quality Standards

Sr. No.	Category of area/Zone	Units	Day Time	Night Time
1.	Residential Area (A)	dB (A) Leq	55	45
2.	Commercial Area (B)	dB (A) Leq	65	55
3.	Industrial Area (C)	dB (A) Leq	75	65
4.	Silence Zone	dB (A) Leq	50	45

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- Dually calibrated instruments were used during monitoring.

Monitoring by	Reviewed by	Approved by
UMAIR RASHEED Field Analyst	MUHAMMAD RAZAULLAH Chief Analyst	IFTIKHAR AHMED Laboratory Incharge



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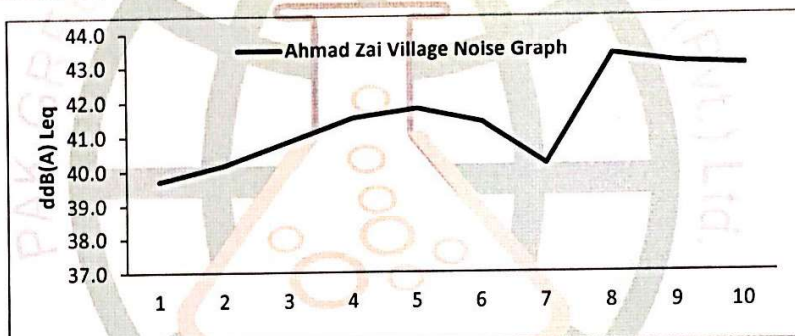
TEST REPORT

Date: 27-Mar-20

Ref #: PGG/LAB/2020-1566/NL

Name of Client: NESPAK-RHC-EGC JV
 Project Name: Balochistan Water Resource Development Project
 Project Location: Zhob Balochistan
 Nature of Monitoring: Noise Level
 Monitoring Point: Ahmad Zai Village
 Monitoring By: Pak Green Laboratories
 Monitoring Duration: 24 hours
 Monitoring Instrument: Digital Noise Meter AR824
 Monitoring Date: 18-Mar-20 to 19-Mar-20
 Results:

Date	Time	Noise dB (A) Leq										Average
		1	2	3	4	5	6	7	8	9	10	
18-Mar-20	Day	39.7	40.2	40.9	41.5	41.2	41.4	43.0	43.4	46.0	43.0	42.0



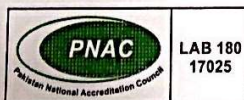
NEQS: National Environmental Quality Standards

Sr. No.	Category of area/Zone	Units	Day Time	Night Time
5.	Residential Area (A)	dB (A) Leq	55	45
6.	Commercial Area (B)	dB (A) Leq	65	55
7.	Industrial Area (C)	dB (A) Leq	75	65
8.	Silence Zone	dB (A) Leq	50	45

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Monitoring by	Reviewed by	Approved by
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Field Analyst	Chief Analyst	Laboratory Incharge



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Ref. #: PGG/LAB/2020-1520/AA

Date: 27-Mar-20

Name of Client:	NESPAK-RHC-EGC JV
Project Description:	Balochistan Water Resource Development Project
Project Location:	Zhob Balochistan
Nature of sample:	Ambient Air
Monitoring Location:	Ahmad Zai Village
Sampling by:	Pak Green Laboratories
Monitoring Instrument:	High Volume Air Sampler
Monitoring Date:	18-Mar-20

Results:

Parameters	SPM
	$\mu\text{g}/\text{m}^3$
Methodology	Integrated Sampling Technique
Result (Average)	182.4
NEQS for Ambient Air	500 (24 hour)

End of Report.....

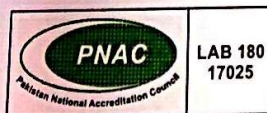
NEQS: National Environmental Quality Standards

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Monitoring By	Reviewed by	Approved by
UMAIR RASHEED Field Analyst	MUHAMMAD RAZAULLAH Chief Analyst	IFTIKHAR AHMED Laboratory Incharge

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Ref. #: PGG/LAB/2020-1520/AA

Date: 27-Mar-20

Name of Client: NESPAK-RHC-EGC JV
Project Description: Balochistan Water Resource Development Project
Project Location: Zhob Balochistan
Nature of sample: Ambient Air
Monitoring Location: Ali Zai Village
Sampling by: Pak Green Laboratories
Monitoring Instrument: High Volume Air Sampler
Monitoring Date: 18-Mar-20

Results:

Parameters	SPM
	$\mu\text{g}/\text{m}^3$
Methodology	Integrated Sampling Technique
Result (Average)	190.7
NEQS for Ambient Air	500 (24 hour)

End of Report.....

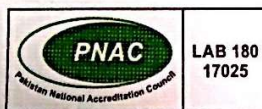
NEQS: National Environmental Quality Standards

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Annexure 4: Attendance of Participants

List of Participants

Sr. No.	Name	Occupation	Signature/Thumb	
1	Sardar Ibrahim	Farmer		0349-2414670
2	Bashir Khan	Labor		0304-9291277
3	Nadir Khan	Govt Servant		0348-2761813
4	Habibullah	Farmer		
5	M. Din	Labor		
6	Ajab Khan	Farmer		
7	Nasirullah	Farmer		0348213609
8	Abdullah Khan	Farmer		0349-8818318
9	Dad Muhammad	Farmer		0322-8168651
10	Masoom Khan	Government Servant + Farmer		0335-0126680
11	Kamil Khan	Govt Servant		0340-2535094
12				
13				

Alizai Village

List of Participants

Sr. No.	Name	Occupation	Signature/ Thumb
1	Dr. Akhtar	BWRDSP	
2	Hashim Farooq	BWRDSP	Hashim
3	Abdul Haq	Farmer	
4	Feroz Khan	Farmer	
5	Sofar Khan	Farmer	
6	Fateb Khan	Farmer	
7	Haji Saleem Khan	Farmer	
8	Haji Rehman	Farmer	
9	Ehsanullah	Farmer	

0349-1853728
 0331-2100715
 0344-3298801
 0348-1329657



Date: 11 April 2020
Document Code:11-01
Version: 01

Annexure 5: Guidelines

Health & Safety of Building & Construction Workers during COVID-19 Outbreak

Objective

To provide guidelines for the workers involved in building and construction work during the current epidemic of COVID-19.

Rationale

Construction processes are dynamic with significantly varying number of workers on a construction project site from day to day. The workers coming from diverse environments and working closely together increases the risk of exposure to COVID 19.

Building construction involves earth work, procurement of materials and supplies and their storage, construction work done by masons, blacksmiths, electricians, carpenters, plumbers, painters, supervisors, managers and security personnel. These guidelines provide the safety measure to be implemented at the construction site having a dusty environment, continuous flow of different materials and make-shift type of arrangements for storage, food and sanitation calls for implementation of safety precautions at the very basic level of personal hygiene only.

Advice for Site Managers:

Without prejudice to the following, all possible and prescribed actions shall be taken at the project site, as should facilitate the health of all life present at the site.

- Every construction project shall make proper arrangements for uninterrupted building services including but not restricted to, electricity, fuel, water supply, water disposal and sanitation, communication links, washrooms with hand hygiene and shower facility and with proper and adequate supply of soaps and disinfectants.
- Workers should not use biometric attendance machines or crowd during attendance, entry or exit to the premises of the construction site
- Ensure the availability of the thermal gun at the entry and exit of the construction site and no worker should be allowed without getting his/her temperature checked.
- Site manager must maintain a register of all contact details with NID number and addresses of all present at the site in case a follow up or tracing and tracking of contacts is required at a later stage.
- Develop the employee roster to decrease the number of people on the site very day. Split the shifts of the workers in morning and evening with limit of each shift to 8 working hours.



- Every worker must change into standard working attire at the time of commencement of duty and change back to their regular dress after taking shower when their duty hours end.
- In addition to all other internationally recognized safety precaution for construction workers and other staff, every individual must be provided with a face mask. It must be ensured that everyone during his or her presence at the site continues to wear the mask. Face mask shall be replaced as and when soiled or otherwise removed. Outer surface of face mask must not be touched with hands.
- Non-essential work trainings must be postponed avoiding gathering of people.
- Ensure the physical distance by creating more than one route of entry and exit to the site.
- Instruct the workers to inform the construction manager (or authorities) if
 - They develop any symptoms of cough, flu or fever.
 - They have been exposed to someone suspected or confirmed with COVID 19.
 - They have met someone who has a travel history of COVID 19 endemic country
 - They have travelled in last couple of days or plan to travel soon
- All incidences of appearance of the symptoms of COVID-19 shall be immediately documented and maintained at the site and information regarding which shall be immediately communicated through e-mail or else, to the designated health facility, and the sick worker shall be transported to the health facility for further advice and action. The site manager must establish a link with a nearby healthcare facility with arrangements for quick transportation of workers in case of an emergency.
- Persuade the workers to inform the authorities for their safety and of other if they observe any signs and symptoms in a colleague
- Do not allow any worker at the construction site who has the symptoms
- Display the awareness banners about hand hygiene and physical distancing, where you can, around the work site.
- Everyone on the construction site must observe sneezing and coughing etiquettes.
- Workers shall be requested and required to wash their hands as frequently as practicable and shall also be advised not to touch their face with their hands during work.
- Workers must maintain no less than two arm lengths between them before, during after work at all the times. They shall not make physical contact and shall be required to maintain separate personal gears and assets which must be clearly labelled and stored without intermix.
- Only sanitize-able dinning surfaces shall be used, which must be cleaned before each service. Food must be heated to a temperature to no less than 70° C before consumption and shall preferably be served in disposable utensils. If reusable utensils are used, these must be washed with soap and water immediately after use and stored at a safe place.
- The lunch breaks and stretch breaks of the workers must be staggered to avoid the clustering of workers. Workers must not sit at less than 2 meters distance while having meals and while any other activity requiring interpersonal communications.
- In the wake of current restrictions on transportations site mangers will ensure safe transport arrangements for worker which should not be crowded and should have social distancing in place during the entire process from pickups till drops at destination



- In case of workers sleeping in at the site of construction, a safe distance of 2 meters must be ensured in the sleeping rooms
- A supply of safe drinking water must be made available at the project site and maintained.

Advice for Construction Workers:

- All possible and prescribed measures shall be taken to ensure your and others health
- Enter your contact details in the register maintained at the site, in case a follow up or tracing and tracking of contacts is required at a later stage.
- Follow hygiene practices at washrooms and shower facility with proper and adequate use of soaps and disinfectants.
- Every worker must change into standard working attire at the time of commencement of duty and change back to their regular dress after taking shower when their duty hours end.
- In addition to all other internationally recognized safety precaution for construction workers and other staff, every individual must use face mask. Face mask shall be replaced as and when soiled or otherwise removed. Outer surface of face mask must not be touched with hands.
- Workers should wash their hands as frequently as practicable and shall not to touch their face with their hands during work.
- Everyone on the construction site must observe sneezing and coughing etiquettes.
- Workers must maintain no less than two arm lengths between them before, during after work at all the times. They shall not make physical contact and shall be required to maintain separate personal gears and assets which must be clearly labelled and stored without intermix.
- Sick worker should immediately inform the site manager and must get medical advice from nearby health centre.
- Only sanitize able dinning surfaces shall be used. Food must be heated to a temperature to no less than 70° C before consumption and shall preferably be in disposable utensils. If reusable utensils are used, these must be washed with soap and water immediately after use and stored at a safe place.
- Do not sit at less than 2 meters distance while having meals and while any other activity requiring interpersonal communications.
- Do not use biometric attendance machines or crowd during attendance, entry or exit to the premises of the construction site.
- Use safe transport arrangements which should not be crowded and should have social distancing in place during the entire process from pickups till drops at destination.
- In case sleeping in at the site of construction, a safe distance of 2 meters must be ensured in the sleeping rooms.

Deliveries or Other Contractors Visiting the Site

- Non-essential visits to the construction sites should be cancelled or postponed.



- Delivery workers or other contractors who need to visit the construction site must go through temperature check before entering and should be given clear instructions for precautions to be taken while on site.
- Designate the workers, with protective gears or at least gloved and mask, to attend to the deliveries and contractors.
- Make alcohol-based hand sanitizer (at least 70%) available for the workers handling deliveries.
- Instruct the visiting truck drivers to remain in their vehicles and whenever possible make use of contactless methods, such as mobile phones, to communicate with your workers.

Note: The above recommendations are being regularly reviewed by the Ministry of National Health Services, Regulations & Coordination and will be updated based on the international & national recommendations and best practices.

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<http://nhsrcofficial.gov.pk/>

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