



## Green River College Safe Colleges Coronavirus Training June 2020

There are mandatory steps that students and employees are required to follow for the health and safety of our campus community. Students and employees who plan to come to campus beginning Monday, June 1st for hands-on instruction must follow these steps:

- Take mandatory COVID-19 Training including PPE. ○ All students and employees must complete this training before their first visit to campus. Access the training at the link below.

Green River College remains committed to the safety and health of our campus community. For the most up-to-date information on the college's COVID-19 response, visit <https://www.greenriver.edu/campus/campus-safety/emergency-preparedness/covid19/>.

To report a COVID-19 illness, notify a supervisor or your faculty member and Campus Safety.

<b>Students Log in at</b>	<b>Employees Log in at</b>
<a href="https://greenriverstudents-wa.safecolleges.com/">https://greenriverstudents-wa.safecolleges.com/</a>	<a href="https://greenriver-wa.safecolleges.com/login">https://greenriver-wa.safecolleges.com/login</a>
<b>User name:</b> your GRC email address	<b>User Name:</b> SID number
<b>Password:</b> none required	<b>Password:</b> first 5 digits of your SID number

**Access Safe Colleges Training Modules Via PC, Laptop, Tablet or Smartphone**



Questions on Logging in:

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**Six Coronavirus  
Modules to  
Complete**



10 minutes



**Coronavirus Awareness - New**  
SafeColleges **NEW COURSE**

9 minutes



**Coronavirus: CDC Guidelines for Making & Using Cloth Face Coverings**  
New  
SafeColleges **NEW COURSE**

10 minutes



**Coronavirus: Cleaning and Disinfecting Your Workplace - New**  
SafeColleges **NEW COURSE**

12 minutes



**Coronavirus: Managing Stress and Anxiety - New**  
SafeColleges **NEW COURSE**

9 minutes



**Coronavirus: Preparing Your Household - New**  
SafeColleges **NEW COURSE**

11 minutes



**Coronavirus: Transitioning to a Remote Workforce - New**  
SafeColleges **NEW COURSE**

## Course Details

Health

### Coronavirus Awareness

The current coronavirus outbreak, called COVID-19, has dominated the news cycle since late 2019, and it's normal and understandable to feel anxious about the recent spread of this disease. This course is designed to give a brief overview of the rise and nature of this new virus. Topics covered include symptoms and risk factors; what you can do to help reduce your chances of becoming infected; and where to find reliable news and information about the COVID-19 outbreak. The situation surrounding the COVID-19 pandemic is changing constantly, and the latest guidelines may vary state to state. Please refer to your local government resources, the Centers for Disease Control, and the World Health Organization (WHO) for the latest, up-to-date information.

## Course Details

Health

### CDC Guidelines for Making & Using Cloth Face Coverings Coronavirus :

#### CDC Guidelines for Making & Using Cloth Face Coverings

The Centers for Disease Control and Prevention (CDC) has released new guidelines for the use of cloth face coverings to help slow the spread of coronavirus, also known as COVID-19. This interactive online course covers best practices for wearing cloth face coverings and includes tutorials for sew and no sew methods for creating face coverings as recommended by the CDC. The situation surrounding the COVID-19 pandemic is changing constantly, and the latest guidelines may vary state to state. Please refer to your local government resources, the Centers for Disease Control, and the World Health Organization (WHO) for the latest, up-to-date information.



## Course Details

Health

### Cleaning and Disinfecting Your Workplace Coronavirus : Cleaning and Disinfecting Your Workplace

Cleaning of visibly dirty surfaces followed by disinfection is a best practice measure for prevention of COVID-19 and other viral respiratory illnesses in community settings. This course will provide you with practical guidance from the Centers for Disease Control and Prevention (CDC) for cleaning and disinfecting rooms or areas where those with confirmed COVID-19 have visited. The situation surrounding the COVID-19 pandemic is changing constantly, and the latest guidelines may vary state to state. Please refer to your local government resources, the Centers for Disease Control, and the World Health Organization (WHO) for the latest, up-to-date information.

## Course Details

Health

### Managing Stress and Anxiety Coronavirus : Managing Stress and Anxiety

Crises such as the COVID-19 outbreak can certainly induce an incredible amount of worry and stress on anyone. Stress is our body's way of responding to physical, emotional, or mental demands, such as those imposed by COVID-19 pandemic. This course discusses signs and symptoms of stress and explains the physical and emotional effects of built up stress, such as anxiety. This course also discusses stress management techniques, treatment options, and lifestyle changes to help alleviate stress during such difficult times.

## Course Details

Health

### Preparing Your Household Coronavirus : Preparing Your Household

A COVID-19 outbreak could last for a long time in your community. Creating a household plan can help protect your health and the health of those you care about in the event of an outbreak in your community. This interactive online course will provide you with practical guidance from the Centers for Disease Control and Prevention (CDC) to help you get your household ready for community transmission of the disease. The situation surrounding the COVID-19 pandemic is changing constantly, and the latest guidelines may vary state to state. Please refer to your local government resources, the Centers for Disease Control, and the World Health Organization (WHO) for the latest, up-to-date information.

## Course Details

Health

### Transitioning to a Remote Workforce Coronavirus : Transitioning to a Remote Workforce

Advancements in technology and 24/7 internet access have dramatically changed strategies for workforce management, providing flexible, remote working opportunities for some workplaces in times of crisis like the COVID-19 outbreak. This course describes the factors that contribute to the need for a remote workforce, discusses the advantages and challenges of transitioning to a remote workforce environment, and lists best practices for successful remote workforce management. The situation surrounding the COVID-19 pandemic is changing constantly, and the latest guidelines may vary state to state. Please refer to your local government resources, the Centers for Disease Control, and the World Health Organization (WHO) for the latest, up-to-date information.