The Effects of Covid 19 in the Workplace – an interactive presentation by Melanie Jattiem

Introduction:

In March 2020, the whole world was in lockdown, no one could move around freely unless it was necessary. Streets were deserted, offices were empty, and an uneasy silence reigned on the outside. People were engulfed by fear, daily recording of deaths were escalating, health workers were exhausted and appealing to the government for help. What could we do but watch and hope that it would all end soon.....

The relaxation of the lockdown levels was announced by the president and so, the "unnormal" return to work started, slowly more employees returned to their desks, feeling unsure of what to expect, how to deal with others, what to say to a colleague who had lost a loved one or just staring at the empty desk that was once occupied by a colleague who had passed on...

Let's touch on some of these points and how it affected us:

- Emotional and Psychological Effects – Wellbeing, cabin fever, fear of contracting the disease, panic
- Legislation and how to apply it at the workplace – uncertainty, lack of communication from our leaders, how did we manage?
- Changes to the COVID 19 legislation – how and when to implement it
- Changes to operating systems
- Changes to policies and procedures – risk management
- Unemployment