

1. 서문

안녕하세요 여러분,

지난 몇 주간 전 세계의 최신 보고서는 다소 긍정적인 상황을 전달하고 있습니다. 사회적 거리두기에 관한 지역사회의 이해도가 높아짐에 따라, 우리 지점들이 있는 각 국가에서의 감염률도 줄어들고 있습니다.

5 월 11 일 현재, 모든 지점의 CK 멤버분들은 COVID-19 의 감염자가 없는 상황입니다! 계속해서 이를 잘 유지하고, 외출 자제하기, 올바른 위생 수칙에 따라 손을 자주 씻기, 공공장소에서의 마스크 착용, 사회적 거리두기 실천 등을 꾸준히 실행해 주십시오.

식품 서비스 산업은 엄격한 안전 조치를 재고하고 조정할 필요가 있기는 하지만, 전 세계의 지속적인 연구 결과 현재 식품이 코로나 바이러스 및 COVID-19 의 전염경로라는 증거는 없는 것으로 나오고 있습니다. 자세한 내용은 2 페이지를 참조하십시오.

본사팀은 가장 안전한 식품을 제공하기 위해 지속적으로 계획하고 헌신하며, 최선의 정보를 얻기 위해 꾸준히 노력할 것입니다.

안전 & 건강하게!

Gordon Joseph

HSE & Compliance Manager



이번 에디션에 관하여



코로나 바이러스 & 식품 안전. 관련성이 있을까? 상세는 2 페이지 참조




재택근무(WFH) 인체 공학 3 페이지

2. 코로나 바이러스 & 식품 안전

세계보건기구, 헬스&식품 안전 유럽 연합 위원회, HSE-UK 와 몇몇 공식 에이전시에서는 식품과 COVID-19 의 연관성을 연구하고 있습니다.

지금까지의 연구에 따르면 음식 섭취를 통한 COVID-19 감염 위험이 입증되지 않았습니다! COVID-19 의 감염 경로는 감염된 비말이 코나 입을 통해 건강한 인체에 들어갈 때 발생합니다.

과학에 기반한 조사와 연구 정보를 식별하기 위해 그 출처를 신뢰할 수 있는지 면밀히 모니터링 하고 있습니다. CK는 직원, 지역사회, 고객을 보호하기 위해 최고 수준의 안전 기준을 구현할 것입니다!



EUROPEAN COMMISSION
DIRECTORATE-GENERAL FOR HEALTH AND FOOD SAFETY
Crisis management in food, animals and plants
Food hygiene

COVID-19 and food safety

Questions and Answers

4.1. Can I get infected by the consumption of certain food?

According to food safety agencies in the EU Member States, it is very unlikely that you can catch COVID-19 from handling food. The European Food Safety Authority stated in addition that there is currently no evidence that food is a likely source or route of transmission of the COVID-19 virus⁷.

No information is currently available on whether the virus responsible for COVID-19 can be present on food, survive there and infect people.

However, despite the large scale of the COVID-19 pandemic, there has been no report of transmission of the COVID-19 via consumption of food to date. Therefore there is no evidence that food poses a risk to public health in relation to COVID-19.

The main mode of transmission for COVID-19 is considered to be from person to person, mainly via respiratory droplets that infected people sneeze, cough, or exhale.

Potential transmission of COVID-19 via food



It is highly unlikely that people can contract COVID-19 from food or food packaging. COVID-19 is a respiratory illness and the primary transmission route is through person-to-person contact and through direct contact with respiratory droplets generated when an infected person coughs or sneezes.

There is no evidence to date of viruses that cause respiratory illnesses being transmitted via food or food packaging. Coronaviruses cannot multiply in food; they need an animal or human host to multiply.

COVID-19 and Food Safety: Guidance for Food Businesses: interim guidance

COVID-19 and food safety: guidance for food businesses

Interim guidance
7 April 2020

Food and Agriculture Organization of the United Nations | World Health Organization

Background

The world is facing an unprecedented threat from the COVID-19 pandemic caused by the SARS-CoV-2 virus (referred to as the COVID-19 virus). Many countries are following the advice from the World Health Organization (WHO) regarding the introduction of physical distancing measures as one of the ways in which transmission of the disease can be reduced.¹ The application of these measures has resulted in the closure of many businesses, schools, and institutes of education, and restrictions on travel and social gatherings. For some people, working from home, teleworking, and on-line or internet discussions and meetings are now normal practices. Food industry personnel, however, do not have the opportunity to work from home and are required to continue to work in their usual workplaces. Keeping all workers in the food production and supply chains healthy and safe is critical to surviving the current pandemic. Maintaining the movement of food along the food chain is an essential function to which all stakeholders along the food chain need to contribute. This is also required to maintain trust and consumer confidence in the safety and availability of food.

The food industry should have Food Safety Management Systems (FSMS) based on the Hazard Analysis and Critical Control Point (HACCP) principles in place to manage food safety risks and prevent food contamination. Food industry FSMS are underpinned by prerequisite programmes that include good hygiene practices, cleaning and sanitation, zoning of processing areas, supplier control, storage, distribution and transport, personnel hygiene and fitness to work – all the basic conditions and activities necessary to maintain a hygienic food processing environment. The Codex General Principles of Food Hygiene² lay down a firm foundation for implementation of hygiene controls at each

The purpose of these guidelines is to highlight these additional measures so that the integrity of the food chain is maintained, and that adequate and safe food supplies are available for consumers.

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The most recent advice from the WHO³ is that current evidence indicates that COVID-19 virus is transmitted during close contact through respiratory droplets (formed on coughing or sneezing) and by fomites.^{4,10} The virus can spread directly from person-to-person when a COVID-19 case coughs or sneezes, producing droplets that reach the nose, mouth, or eyes of another person. Alternatively, as the respiratory droplets are too heavy to be airborne, they land on objects and surfaces surrounding the infected person. It is possible that someone may become infected by touching a contaminated surface, object, or the hand of an infected person and then touching their own mouth, nose, or eyes. This can happen, for instance, when touching door knobs or shaking hands and then touching the face.

Recent research evaluated the survival of the COVID-19 virus on different surfaces and reported that the virus can

유럽 식품 안전 권위자 & 세계건강보건기구의 COVID-19 문서는 하기에 게재되어 있으며, 공식 홈페이지를 통해 온라인에서도 보실 수 있습니다.

3. 재택근무의 인체공학

대부분의 작업 환경에서 우리는 몸과 마음을 그 환경에 적응시켜야만 합니다. 인체공학은 작업 환경을 인체에 어떻게 적응시켜야하는가를 이해하는 과정이라고 할 수 있습니다.

간단한 조치만으로도, 집에서 일을 할 때의 불편함을 크게 완화시키고 장기 재택근무에 따른 발병 가능성을 줄일 수 있습니다. 인체공학에 기초한 하기의 항목들을 따름으로써 많은 신체적 부담을 경감시키고, 손상을 방지하는 동시에 생산성까지 높일 수 있습니다!

아래에 있는 다이어그램에서 제시하는 팁 외에 다음 중요 포인트를 염두해 주세요.

- ✓ 모니터의 위치는 반드시 눈높이보다 약간 아래에 둔다.
- ✓ 이상적인 책상의 높이는 편하게 내렸을 때의 팔꿈치보다 낮게 한다.
- ✓ 일어서서 작업을 할 때에는, 폭신한 곳 위에 서거나 운동화를 신는다!
- ✓ 연속해서 1시간 작업을 할 때에, 적어도 5분간 휴식을 취할 것을 잊지 않는다!
- ✓ 장시간 서 있거나 앉아 있지 않도록 한다.

Work From Home (WFH) Ergonomics

YOU CAN CREATE A PAIN-FREE, PRODUCTIVE WORKSPACE BY USING THESE SIMPLE RESOURCES



필요한 것들:

- ✓ 책이나 상자를 컴퓨터 아래 설치하여 높이를 조정. 상자에는 발을 얹을 수도 있습니다.
- ✓ 수건을 말아서 허리 등을 서포트할 것을
- ✓ 등받이 역할을 하는 쿠션
- ✓ 서서 작업을 할 경우를 위한 운동화.