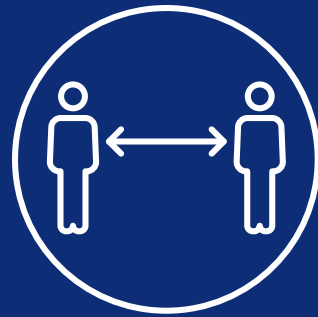


Stopping the Spread. It Starts with Me.

You help stop the spread of COVID-19 at work, at home and in our community when you practice physical distancing.

Physical distancing means keeping a minimum of 2 metres/6 feet between you and others.



“What am I doing to stop the spread? Being prepared. Whether its training, equipment, or PPE, we need to be ready to respond while keeping ourselves safe. It’s important to be cautious but not afraid. Fear causes you to act irrationally; caution allows you to assess hazards and manage risk.”

Gabe Bouliane
Fire Captain, Trail Operations;
brother, father, son and firefighter



Teck

Speak Up to Stop the Spread.

Everyone has the responsibility to speak up to help stop the spread of COVID-19, at work, at home and in our community.

Clean and disinfect high touch surfaces. Follow cleaner label instructions.



“I’m speaking up to stop the spread and going the extra mile three times a day to keep high-contact points clean and disinfected, while practicing physical distancing at work.”

Margaret Makortoff
Assay Janitor/Utility Person,
Trail Operations; wife, mother,
grandmother, daughter and sister



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Wash your hands with soap and water for at least 20 seconds.



“I’m practicing physical distancing to help stop the spread. By splitting my time working from home and on site, visiting community businesses only during non-peak hours and only when necessary, and washing my hands frequently and thoroughly, I’m helping to keep my co-workers, family, and friends healthy.”

Trevor Allegretto
9705 Safety Chair and Environmental
Coordinator, Lead Zinc Smelter, Trail Operations;
son, brother, friend and co-worker

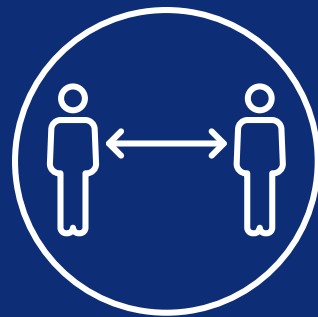


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“I’m physically distancing by working from home, communicating with my co-workers electronically—with my four-legged co-workers by my side to ease the strain. Stopping the spread. It starts with me!”

Helen Parker-Hall
Human Resources Coordinator,
Trail Operations; wife, daughter,
granddaughter, friend and co-worker

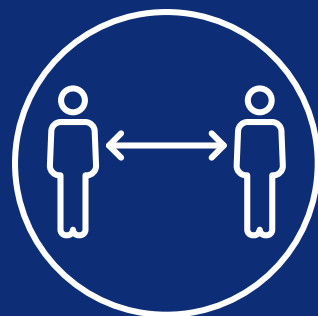


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“Our family is speaking up about the importance of practicing physical distancing to stop the spread while also staying physically and mentally healthy.”

Tony Hough
Sr. Process/Control Systems Analyst,
Trail Operations; father and husband



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“I practice enhanced cleaning and disinfecting protocols to keep myself, my co-workers and my family safe and healthy. Together, each taking to heart the measures implemented by Teck, we can continue to operate in a safe and responsible manner.”

Owen Bryan
Heavy Duty Mechanic, Trail Operations;
father, husband and co-worker

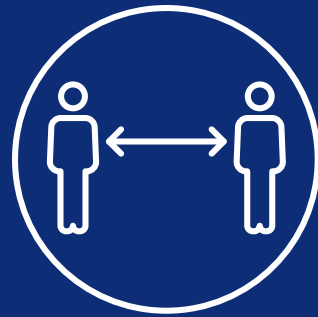


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Physical distancing means keeping a minimum of 2 metres/6 feet between you and others.



“As essential workers, Emergency Services practices physical distancing both at work and at home. Keeping our firefighters safe means keeping you safe!”

Trevor Prior
Fire Captain, Trail Operations; husband,
brother, son and firefighter



Teck

Speak Up to Stop the Spread.

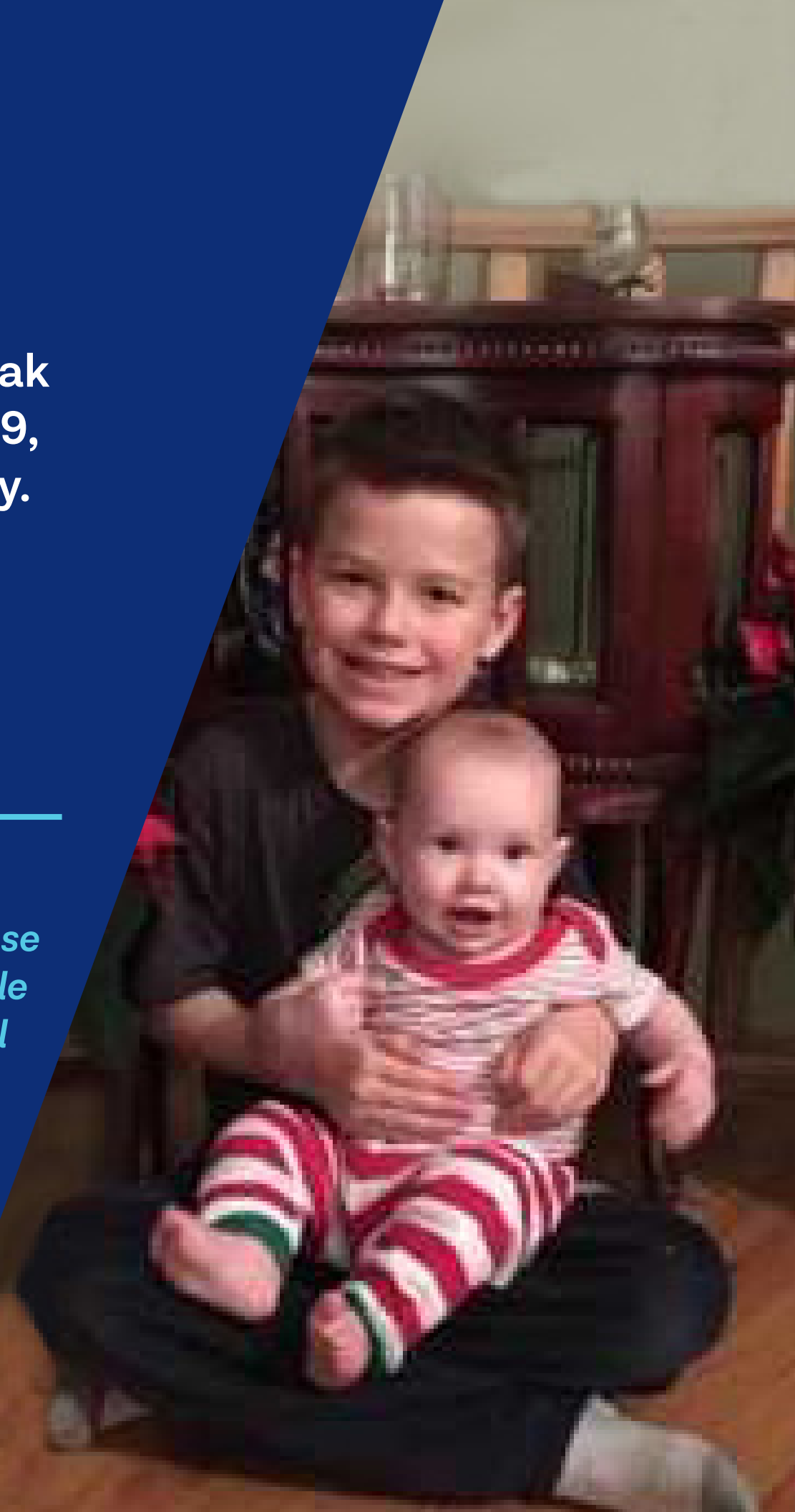
Everyone has the responsibility to speak up to help stop the spread of COVID-19, at work, at home and in our community.

Wash your hands with soap and water for at least 20 seconds.



“As a nurse, I practice physical distancing and hand washing to protect myself and others. These practices are so important to help keep vulnerable populations and people with underlying medical conditions from acquiring this illness. Let’s keep up the good work protecting ourselves and others at work and at home.”

Sarah Timmins
Occupational Health Nurse, Trail Operations;
wife, mom and grandma



Teck