COVID-19 Tools and Resources

If you are unable to perform your duties due to a self-isolation period or illness related absence resulting from COVID-19 please notify your Supervisor/Manager, Chair or Division Head per normal practice to inform them of your absence and complete the Self Declaration Form [1].

The University of Guelph’s COVID-19 website [2] is your best source of information about the University’s response to the COVID-19 pandemic.

In response to operational changes resulting from COVID-19 and to support University of Guelph Employees as they navigate the changing environment in a healthy and productive way, HR has compiled a list of tools, resources and information to assist you. The information will continuously be updated, so please remember to check back on a regular basis.

Wellness

Wellness@Work has launched a new COVID-19 Wellness Resources [3] web page with a variety of online wellness-related resources and virtual events to help you thrive while the world around us is rapidly responding to the global pandemic.

Working From Home

- Temporary Work from Home Guidelines [4] have been designed to assist employees and their supervisors in assessing the suitability and expectations of a temporary work from home arrangement where an employee has been impacted by COVID-19.
- Work from Home Self-Assessment Checklist [5] to be completed by employees and their supervisor(s) prior to commencing a work from home arrangement.
- HR Consultants [6] are available to provide additional support and information.

Stay Connected While Practicing Physical Distancing

- Online Resources to Help you Thrive in Uncertain Times [7]
- How to Stay Connected While Physical Distancing [8]

Ergonomics While Working Remotely

- Ergonomic Tips [9] to help make your remote work location as comfortable as possible.

Health and Safety

If you have concerns or inquiries related to COVID-19 and working safely please contact Environmental Health and Safety (EHS) [10] or Occupational Health and Wellness (OHW) [11].

Recruitment

The University has suspended all non-essential hiring while we closely monitor the developments related to the COVID-19 pandemic. As the situation continues to evolve, updates will be made to the following links:

- University of Guelph Current Opportunities [12] for Internal and External Job Seekers
- University of Guelph Request to Hire [13] for Hiring Managers:
Remote Learning Opportunities

Our HR Learning & Development team is working diligently at identifying web-based learning workshops that can provide tools, resources and skills to meet a diversity of needs that have been identified as we all try to adapt to remote or challenging work conditions. The focus will be on providing 1 hour, interactive sessions that provide opportunities for discussion, connection and generating ideas on relevant and practical topics from running effective meetings remotely, to staying focused and productive in a home full of distractions, to managing through the uncertainty of these times. Check the Event Calendar [14] regularly as we have added new sessions and will continue to add new offerings as we identify them.

Below are some recommended LinkedIn Learning Resources to assist you with both professional and personal development.

LinkedIn Learning Resources

- LinkedIn Learning Seminar [15] to assist you with LinkedIn Learning

- Top 5 course recommendations for successful resilience & remote work:
  1. Building Resilience [16]
  2. Working Remotely [17]
  3. Managing Virtual Teams [18]
  4. Time Management: Working from Home [19]
  5. Cultivating Mental Agility [20]

- LinkedIn Learning Resources for Managers:
  2. Fostering Collaboration [22]

Source URL: https://www.uoguelph.ca/hr/covid-19-tools-and-resources

Links
[3] https://www.uoguelph.ca/wellnessatwork/COVID19-wellness-resources
[4] https://www.uoguelph.ca/hr/system/files/COVID19-wellness-resources.pdf
[5] https://www.uoguelph.ca/hr/system/files/2020.03.30-%20WFH%20Self-Assessment%20Checklist%20%28Fillable%29%20Accessible%20%28Page%201%29.pdf
[6] https://www.uoguelph.ca/hr/node/4317/
[9] https://www.uoguelph.ca/hr/ergonomics-working-remotely
[10] mailto:ehs@uoguelph.ca?subject=Concerns%20or%20Inquiries%20Related%20to%20COVID-19
[11] mailto:ohw@uoguelph.ca?subject=Concerns%20or%20Inquiries%20Related%20to%20COVID-19
[12] https://www.uoguelph.ca/hr/careers-guelph/current-opportunities
[13] https://www.uoguelph.ca/hr/managers-recruitment-selection-orientation/request-hire
[14] https://www.uoguelph.ca/learningmatters/eventreg/
[17] https://www.uoguelph.ca/hr/ergonomics-working-remotely
[18] https://www.uoguelph.ca/hr/behavioral-change-working-remotely
[19] https://www.uoguelph.ca/hr/time-management-working-remotely
[20] https://www.uoguelph.ca/hr/mental-agility-working-remotely
[21] https://www.uoguelph.ca/hr/remote-working-setting-yourself-and-your-teams-up-for-success
[22] https://www.uoguelph.ca/hr/fostering-collaboration