COVID-19: WORKPLACE HEALTH AND SAFETY

Preventing the Spread at the Plant and on the Jobsite

The coronavirus, which can remain virulent in the air and on hard surfaces, is easily transmitted. To reduce transmitting the disease, public health agencies and governments emphasize – and in many cases mandate – social distancing and discourage the congregation of groups. Individuals who must work closely to each other during physically demanding activities could be at increased risk for contracting and further spreading COVID-19. To help “flatten the curve” and prevent the spread of the coronavirus, "Do the Five", as indicated below:

- **HANDS**: Wash them often
- **ELBOW**: Cough into it
- **FACE**: Don’t touch it
- **FEET**: Stay more than 6ft apart
- **FEEL** sick: Stay home

Social Distancing

- Do not host large group meetings. CDC recommends we avoid gatherings of 10+ people and the Governor of Maryland has prohibited it. When meeting, keep a 6 ft. distance between people. Perform meetings online or via conference call when possible.
- To limit the number of people on a jobsite, allow non-essential personnel to work from home if possible.
- Discourage hand-shaking or other contact greetings.

Jobsite/Office Practices

- Communicate CDC recommendations and post signage when appropriate.
- Supervisors should ask the following questions to all employees prior to entering the jobsite. If they answer “yes” to any, they should be asked to leave the jobsite immediately. Anyone asked to leave should not return to work until 24-hours after they are free from a fever or signs of a fever without the use of fever-reducing medication.
  - Have you, or anyone in your family, been in contact with a person that has tested positive for COVID-19?
  - Have you, or anyone in your family, been in contact with a person that is in the process of being tested for COVID-19?
  - Have you been medically directed to self-quarantine due to possible exposure to COVID19?
Are you having trouble breathing or have you had flu-like symptoms within the past 48 hours, including: fever, cough, shortness of breath, sore throat, runny/stuffy nose, body aches, chills, or fatigue?

• Instruct employees to clean their hands often with an alcohol-based hand sanitizer that contains at least 60-95% alcohol, or wash their hands with soap and water for at least 20 seconds. Soap and water should be used preferentially if hands are visibly dirty.
• Provide soap and water and alcohol-based hand rubs in the workplace. Ensure that adequate supplies are maintained. Place hand rubs in multiple locations or in conference rooms to encourage hand hygiene.
• Clean and disinfect frequently touched surfaces of equipment and vehicles often and at the beginning of each day or shift. Pay special attention to handles of tools (e.g., shovels and lutes), controls, and door or faucet handles.
• Clean hard surfaces with rubbing alcohol solutions (at least 70%) or commercially available disinfectants that are EPA-approved. Encourage employees to be mindful of ventilation while disinfecting surfaces.
• Some experts have suggested wearing cloth or leather gloves that might absorb viral droplets and are bulky enough to discourage individuals from touching their face.
• Conduct disinfection drills to ensure all equipment has been thoroughly disinfected at the beginning of the day or shift.
• Do not congregate in lunch areas.
• Do not share tools.
• Do not share personal protection equipment (PPE).
• Ensure used PPE is disposed of properly.
• Utilize disposable gloves where appropriate; instruct workers to wash hands after removing gloves.
• Identify specific locations and practices for daily trash such as: paper, hand towels, food containers, etc. Instruct workers responsible for trash removal in proper PPE/hand washing practices.
• Provide routine environmental cleaning (doorknobs, keyboards, counters, and other surfaces).
• Do not use a common water cooler. Provide individual water bottles or instruct workers to bring their own.
• Utilize shoe sanitation tubs (non-bleach sanitizer solution) prior to entering/leaving jobsite.
• Instruct workers to change work clothes prior to arriving home and to wash clothes in hot water with laundry sanitizer.
• Don’t stack trades if possible.
• Utilize disposable hand towels and no-touch trash receptacles.
• Request additional/increased sanitation (disinfecting) of portable toilets.
• Avoid cleaning techniques, such as using pressurized air or water sprays that may result in the generation of bio aerosols.

Go to mtbma.org/covid19 for more information.