

SAFETY STAND-DOWN GUIDE FOR CORONAVIRUS

This guide was written on April 1, 2020. We will make updates as new information is confirmed.

To all construction companies:

Use this guide to hold a safety stand-down or tailgate safety meeting with your employees. It is critical for construction to maintain its essential status by following these safeguard practices.

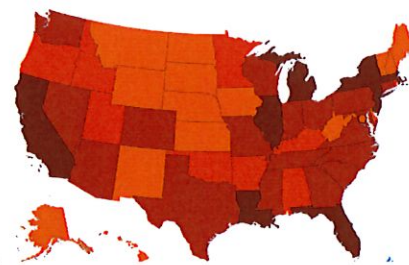
Lead a discussion with your crews about the importance of safety during a pandemic, and to verify that these expectations are being met on the worksite. If we all follow this, we can help demonstrate to our county and state officials that construction can continue to be an essential business.

Introduction

Coronavirus Disease 2019 (COVID-19) is a respiratory disease caused by the SARS-CoV-2 virus that spread from China. On March 11, 2020, the World Health Organization classified COVID-19 as a pandemic.

As of April 1, 2020, there are more than 800,000 cases worldwide including over 160,000 U.S. cases.

The best way to prevent and slow down transmission is to be well informed about the COVID-19 virus, the disease it causes, how it spreads, and preventing exposure.



What is Coronavirus?

Coronaviruses are a type of virus. There are many different kinds of coronaviruses. Some of them can cause colds or other mild respiratory (nose, throat, lung) illnesses. Other coronaviruses can cause more serious diseases, including severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS).

Coronaviruses are named for their appearance: Under the microscope, the viruses look like they are covered with pointed structures that surround them like a corona, or crown. This newly identified type has caused a recent outbreak of respiratory illness called COVID-19.

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Symptoms of COVID-19

The COVID-19 virus affects different people in different ways. COVID-19 is a respiratory disease and most infected people will develop mild to moderate symptoms and recover without requiring special treatment. Although no one is invulnerable, people who have underlying medical conditions and those over 60 years old have a higher risk of developing severe disease and death.

Symptoms may appear 2 - 14 days after exposure

- **Fever**
- **Dry cough**
- **Shortness of breath**
- **Body aches**
- **Fatigue**
- **Sore throat**

COVID-19 compared to other common conditions

SYMPTOM	COVID-19	COMMON COLD	FLU	ALLERGIES
Fever	Common	Rare	Common	Sometimes
Dry cough	Common	Mild	Common	Sometimes
Shortness of breath	Common	No	No	Common
Headaches	Sometimes	Rare	Common	Sometimes
Aches and pains	Sometimes	Common	Common	No
Sore throat	Sometimes	Common	Common	No
Fatigue	Sometimes	Sometimes	Common	Sometimes
Diarrhea	Rare	No	Sometimes*	No
Runny nose	Rare	Common	Sometimes	Common
Sneezing	No	Common	No	Common

How is it transmitted?

COVID-19 is spread by person-to-person and community spread.

- Respiratory droplets released into the air by coughing or sneezing
- Close personal contact, such as touching or shaking hands
- Touching an object or surface, then touching your mouth, nose, or eyes before hands have been washed or sanitized
- Fecal contamination (rare)

How to protect yourself

- Practice good hygiene & **wash your hands often**
 - Use soap & water for at least 20 seconds or a sanitizer that is 60% alcohol-based
 - Avoid touching your eyes, nose and mouth with unwashed hands
- **Avoid close contact** with people, especially with people who are sick
- If you are not working from home, wash your laundry thoroughly
- **No handshaking**
- Do not travel if you don't have to
- Practice **social distancing (6ft apart)**
- **Clean & disinfect surfaces daily:** tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks



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What to do if you appear symptomatic

If you are experiencing symptoms or have been in contact with someone who has tested positive or showed signs, you should call and speak with your doctor about testing options. The CDC recommends self-quarantine if you are showing signs, symptoms, or have tested positive for the virus.

Follow the steps below to care for yourself and to help protect other people in your home and community.

- **Stay home except to get medical care (do not go out in public)**
- **Monitor your symptoms and stay in touch with your doctor via telephone**
- **Do not share household items**
- **Clean & disinfect high-touch surfaces daily**
- **Separate yourself from others in your home; use a separate bathroom if possible**
- **Wear a face mask if available, wash your hands regularly and cover coughs & sneezes**

Please note that the CDC only recommends a face mask for only those who are experiencing symptoms to help avoid spreading the disease. You should seek immediate medical attention if you are having difficulty breathing or shortness of breath, persistent pain or pressure in the chest, new confusion or feeling overly lethargic, or bluish lips or face.

COVID-19 exposure control methods are continued on the following page

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Exposure control methods for employers

1. **Encourage workers to stay home if they're sick**
2. **Ensure job tasks abide by social distancing requirements: 6ft apart**
 - a. Plan your work to encourage distancing, such as spacing out preparation tasks from installation tasks
 - b. Consider staggering shifts to minimize the number of exposed to each other at the same time
 - c. Minimize # of employees in a vehicle
 - d. Minimize rotating workers amongst crews
 - e. Consider downsizing operations
3. **Make it easy for workers to practice good hygiene**
 - a. Provide soap and running water for frequent hand washing, or provide alcohol based hand rubs with at least 60% alcohol
 - b. Ensure soap is topped off each shift
 - c. Provide tissues, no-touch trash cans, hand soap, alcohol-based hand rubs, disinfectants, and disposable towels for workers to clean their work surfaces
 - d. Post hand washing signs in restrooms.
4. **Providing workers with up-to-date education and training on COVID-19 risk factors and protective behaviors** (e.g., cough etiquette and care of PPE)
5. **Consider improving the engineering controls using the building ventilation system**
 - a. Increase ventilation rates
 - b. Increase the percentage of outdoor air that circulates into the system
6. **Clean & disinfect all equipment and tools**
 - a. Consider providing additional equipment to minimize hand-offs (e.g., multiple hand tools)
 - b. Discourage workers from using other workers' phones, desks, offices, or other work tools and equipment, when possible.
7. **Clean & Disinfect all high-touch surfaces**
 - a. Clean handrails, doorknobs, countertops, light switches, toilets, sinks, handles, etc.
8. **Replace community water jugs with individual water bottles**
9. **Ensure supervisors demonstrate the right behaviors & recognize employees who do the same**
10. **Discontinue non-essential travel**

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**For specific questions or guidance on safety risk assessment, please email
Arthur & Hansen at admin@arthurandhansen.com.**

COVID-19 Information:

<https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html>

<https://www.osha.gov/Publications/OSHA3990.pdf>

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/how-can-i-protect-myself-from-coronavirus>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
