



# Jobsite Safety & Suggested Guidelines

4/1/20

CPMCA is first and foremost committed to the health and safety of its membership. These suggested guidelines are to be used as a tool to protect workers from COVID-19 on the jobsite:

## JOB SITE CONTROLS

- Become aware of the various guidelines regarding COVID-19:
  - CDC: [www.cdc.gov/coronavirus/2019-ncov/](http://www.cdc.gov/coronavirus/2019-ncov/)
  - MCAA: [www.mcaa.org/coronavirus-news-resource-center/news/](http://www.mcaa.org/coronavirus-news-resource-center/news/)
  - UA: [www.ua.org](http://www.ua.org) (Click on “COVID-19 Resource Center” for updated information)
  - OSHA: [www.osha.gov/SLTC/covid-19/](http://www.osha.gov/SLTC/covid-19/)
  - NABTU: [nabtu.org/covid-19-resources/](http://nabtu.org/covid-19-resources/)
- Become familiar with pertinent information about COVID-19, especially signs and symptoms. Observe your coworkers around you and immediately report to your supervisor anyone who is sick. (See CDC information below).
- Each jobsite shall designate a person to make sure the state mandate is followed.
- Maintain a daily log of all workers and visitors.
- All jobsites will have portable wash stations as a minimum.

- Maximum of three people in a jobsite elevator at a one time.

- Control your workspace by keeping a 6-foot radius from any other co-worker. If this is not possible a second shift will be introduced.



- Avoid large gatherings of 10 or more people and maintain appropriate social distancing.
- Sanitize your workspace at the beginning of the day, and your work tools and vehicle at the end of the day.
- Avoid using other people’s work tools and discourage others from using your work tools.
- Only minimized interactions with others when picking up or delivering materials.
- If a jobsite has someone who’s infected with the coronavirus, the jobsite is shut down for a minimum 14-days.

### PERSONAL PROTECTIVE EQUIPMENT (PPE)

- Wear a face mask when working close to other workers.
- Wear latex gloves under work gloves.
- Wear your personal protective equipment (PPE) such as gloves, goggles, face shields and face masks at all times.



### PROTECT YOURSELF

- Avoid touching your eyes, nose, and mouth with your hands.
- Avoid shaking hands or direct human contact.
- Wash your hands thoroughly (45 seconds) and multiple times throughout the day.
- Wash hands before using the restroom or portable outhouse and after you are done.
- Keep a safe distance of at least 6 feet from other co-workers.

- **Maintain respiratory etiquette, including covering your coughs and sneezes.**
  - **Cover your mouth and nose with a tissue when you cough or sneeze.**
  - **Put your used tissue in a waste basket.**
  - **If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.**
- **Go straight to the jobsite and straight home from the jobsite.**
- **When you arrive home wash your hands and change your clothes immediately.**
- **Never wear the same work clothes twice without being washed in hot water.**
- **The virus is attacking the lungs, you need to hydrate every 20 minutes, it's best to drink hot liquids throughout the day.**
- **Avoid using Advil / ibuprofen (the virus is attracted to it).**
- **Stay Healthy, build your immune system: Use a pharmacy grade supplement (Vitamin C, Zinc, Multivitamin) to build your immune system to help your body fight/prevent infection.**
- **Sleep well – Sleep is scientifically proven to help fight off disease and strengthen your immune system. Get a good night's rest.**
- **Stay home when you are sick, if you feel you are becoming ill, if you are infected or if a member of your household is infected. Immediately notify your supervisor.**



**PRACTICES FOR CLEANING AND DISINFECTING HIGH-RISK TRANSMISSION AREAS** *(Courtesy of Laborers International Union of North America (LIUNA))*

- **Frequently clean and sanitize surfaces in common areas** (e.g., break rooms, lunch areas, changing areas) as well as toilet

facilities. Wipe down high-touch surfaces (e.g., faucets, handles to toilet facilities, tools).

- **Place handwashing stations**, hand sanitizer or other hand cleaning methods at the entry and exit to the project or jobsite.
- **Clean and sanitize toilet facilities** using the following best practices:
  - Keep toilets, clean, sanitary and operational at all times. Ensure proper disposal of waste from these facilities.
  - Consider providing additional toilet facilities if several workers will need to use the restroom at the same time (e.g., during scheduled breaks).
  - Set a servicing schedule for cleaning, waste removal and replenishment of supplies such as toilet paper and handwashing agents.
  - Use an EPA-registered cleaning agent specifically labeled for SARS-CoV-2: [www.epa.gov/pesticide-registration/list-ndisinfectants-use-against-sars-cov-2](http://www.epa.gov/pesticide-registration/list-ndisinfectants-use-against-sars-cov-2).
  - If an EPA-registered cleaning agent is not available, a solution of bleach and water can be used. Starting with common household bleach (5 percent strength in the U.S.), prepare the following solution for disinfecting:
    - Two tablespoons bleach per quart of water
    - Always follow manufacturer instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time).
- **Workers performing this cleaning and disinfecting should:**
  - Wear PPE. This may include N95 respirators, disposable gloves, protective clothing and eye protection. Gloves should be discarded after each cleaning.
  - Clean dirty surfaces using a detergent or soap and water prior to disinfection.
  - Be trained on safe donning, doffing and disposal of PPE to avoid infectious disease transmission.
  - Clean hands immediately after PPE is removed.
  - Be medically able to wear the type of respirator needed and trained on how to use it.
  - Be aware of the differences between dust masks and N95s. Dust masks do not protect the wearer from airborne respiratory droplets. Remember: dust masks protect others from exposure to you; N95 respirators protect you from exposure to others.



HOW TO

# SAFELY REMOVE YOUR DISPOSABLE GLOVES

1



Pinch and hold the **outside** of the glove near the wrist area.

2



Peel downwards, away from the wrist, turning the glove inside-out.

3



Pull the glove away until it is removed from the hand, holding the inside-out glove with the gloved hand.

6



Continue to pull the glove down and over the inside-out glove being held in your gloved hand.

5



Peel downwards, away from the wrist, turning the glove inside out.

4



With your un-gloved hand, slide your finger/s under the wrist of the remaining glove. **Do not touch** the outer surface of the glove.

Always Remember

*Clean to Clean*

A clean bare hand touch is only clean areas inside the other glove

*Dirty to Dirty*

Contaminated surfaces only touch other contaminated surfaces

✗ Do not touch your face or adjust PPE with contaminated gloves

✗ Do not touch essential surfaces – eg door handles, a keyboard, a computer mouse – with contaminated gloves

✗ Never wash or reuse disposable gloves

✓ Safely remove excess liquid before hand

✓ Change gloves when heavily soiled or if they are torn

✓ Dispose of used gloves appropriately – in accordance with your company's policy

## Instructions for Application:

1



Cup the respirator in your hand with the nosepiece right-side up and the headbands hanging freely.

2



Position the respirator under your chin and the nosepiece on the bridge of your nose.

3



While holding the respirator in position, pull the TOP headband over your head and rest it at the crown of the back of your head.

4



As you continue to hold the respirator in position, pull the BOTTOM headband over your head and rest it around your upper neck, below your ears.

5



Untwist the straps and optimally position the respirator low on your nose.

6



Using both hands, mold the malleable nosepiece to fit snugly against the nose bridge and face, below the eyes.

7



Using a mirror, further check and adjust the edges to provide a good seal around the face.

# What you need to know about coronavirus disease 2019 (COVID-19)

## What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

## Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

## Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

## How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

## What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

## What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

## How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

## If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

## What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

## Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

## Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.



[cdc.gov/COVID19](https://www.cdc.gov/COVID19)



# SHARE FACTS ABOUT COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT  
**1**

Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT  
**2**

For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

FACT  
**3**

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT  
**4**

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

FACT  
**5**

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.





# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

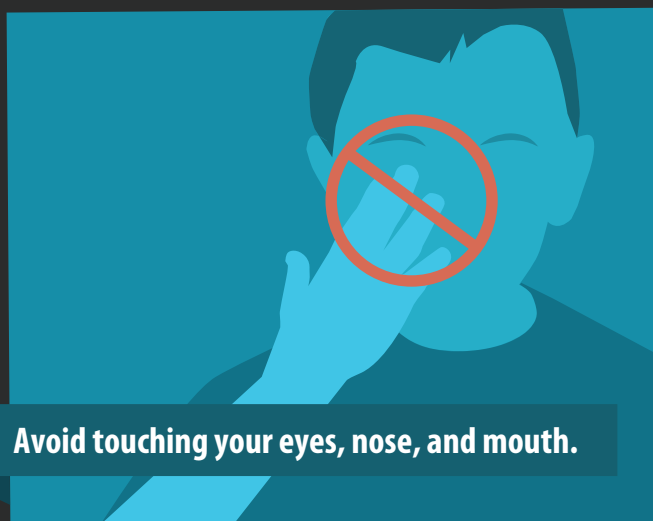
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



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



[cdc.gov/COVID19](https://cdc.gov/COVID19)

# SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms\* can include

FEVER



COUGH



\*Symptoms may appear 2-14 days after exposure.

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

SHORTNESS OF BREATH



[cdc.gov/COVID19-symptoms](https://cdc.gov/COVID19-symptoms)