

Jobsite safety & suggested guidelines to help you stay safe and healthy

We are committed to the health and safety of our membership

Protect Yourself

1. If you feel sick or have been exposed to anyone who is sick with COVID-19, stay at home.
2. Avoid touching your eyes, nose, and mouth with your hands. Avoid touching common surfaces with bare hands.
3. Wash hands frequently & thoroughly for at least 45 seconds with soap and water, multiple times throughout the day.
4. Always maintain the recommended minimum 6 feet separation from one another when feasible.
5. Do not shake hands or make other unnecessary direct contact with other people
6. Bring lunch from home, avoid going to lunch truck or out to lunch.
7. Use of microwaves, water coolers, and other similar group equipment for breaks is suspended until further notice.
8. Clean personal tools prior to use, as well as group tools.
9. Disposable paper towels and similar waste must be deposited in non-touch waste bins.
10. Do not cough or sneeze into your hand; rather, direct coughs and sneezes into a cloth or tissue or, if not available, the crook of your arm at your elbow; follow established CDC guidelines.
10. Workers should change work clothes and shoes prior to arriving at home. All clothing should not be shook out. Launder work clothes separate from other laundry.

11. Go straight to the jobsite and straight home from the jobsite.
12. Never wear the same clothes twice without being washed in hot water.
13. Sleep well – Sleep is scientifically proven to help fight off disease and strengthen your immune system.
14. Avoid using Advil/ ibuprofen (the virus is attracted to it) take vitamin C

Jobsite safety & suggested guidelines

1. Maintain a daily log of all workers and visitors
2. Jobsite should have plenty of portable hand washing stations as a minimum
3. Wash hands before using restroom and after you are done.
4. Don't carpool with co-workers unless they are living within your household
5. Maximum of three people in a jobsite elevator at one time
6. Control your workspace by keeping a 6-foot radius from any other co-worker. If not possible, wear suggested close contact PPE.
7. Avoid large gatherings of 10 or more people and maintain appropriate distancing.
8. Sanitize your workspace at the beginning of the day, and your work tools and vehicle at the end of the day.
9. Avoid using other people's work tools and discourage others from using your work tools.
10. Minimize interactions with others when picking up or receiving material deliveries
11. Do not share phones. Use of microwaves, water coolers, and other similar group equipment for breaks is suspended until further notice
12. Establish a daily screening protocol for arriving team members, to ensure that potentially infected members do not enter the work site. If workers leave and re-enter the work site during the shift, re-screen individuals prior to re-entry into the work site

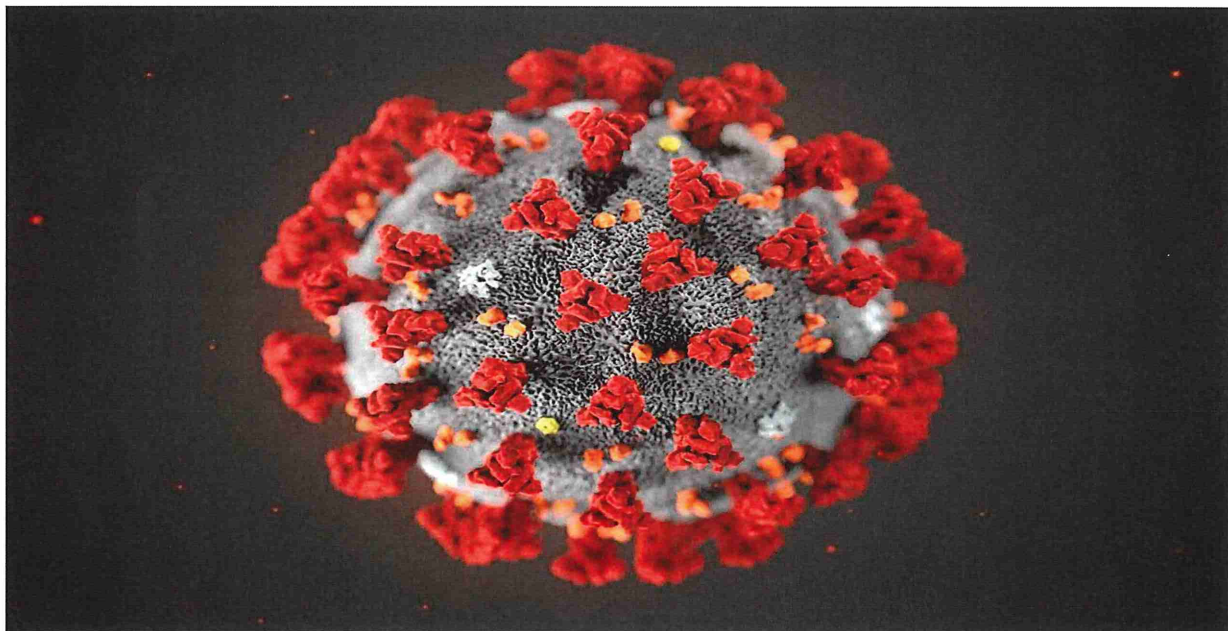
13. Complete a Job Hazard Analysis (JHA) task specific at the beginning of every day.

14. Constantly observe your work distances in relation to other workers. Always maintain the recommended 6 ft when not wearing the necessary PPE for working in close proximity to another person. Do not shake hands or make other direct contact with other people.

Personal Protective Equipment (PPE)

1. Wear a face mask (N95 respirator) when working close to other workers.
2. Wear latex gloves under work gloves
3. Wash hands immediately after removing PPE
4. Wear all PPE such as gloves, face masks, eye protection, and all other required items at all times during work.

These suggested guidelines are to be used as a tool to protect yourself and others from COVID-19



Resources:

CDC: www.cdc.gov/coronavirus/2019-ncov

MCAA: www.mcaa.org/coronavirus-news-resource-center/news/

UA: www.ua.org click on COVID-19 resource center

OSHA: www.osha.gov/SLTC/covid-19/

NABTU: www.nabtu.org/covid-19-resources/

California: www.covid19.ca.gov