

Working Safely During the COVID-19 Outbreak

Infection with COVID-19 can cause illness ranging from mild to severe and, in some cases, can be fatal. Symptoms typically include fever, cough, and shortness of breath. According to the CDC, symptoms of COVID-19 may appear in as few as 2 days or as long as 14 days after exposure. The virus is thought to spread mainly from person-to-person, including:

- ✓ 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. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- ✓ It 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 primary way the virus spreads.

People are thought to be most contagious when they are most symptomatic. Some spread might be possible before people show symptoms; there have been reports of this type of asymptomatic transmission with this new coronavirus, but this is also not thought to be the main way the virus spreads.

- If you are over the age of 65 or have a compromised health condition it is recommended that you stay at home.
- Employees need to take steps to protect themselves, their families and co-workers.
- All personnel are encouraged to follow the current government guidelines when not at work.
- If an employee is well but has a family member in their home with positive COVID-19 they must stay home until their quarantine period is over or authorities have advised that it is okay to return to work.
- If employees have symptoms of acute respiratory illness (i.e., **fever, cough, shortness of breath**), they must stay home and not come to work until free of symptoms for at least 72 hours, without the use of medicine, or as recommended by the CDC. It is recommended that they seek medical attention.
- Workers should self-monitor for signs and symptoms of COVID-19. Should symptoms appear while at work, please leave the work area immediately, through the closest exit, and isolate yourself prior to notifying supervisor.
- A touch-free forehead thermometer will be available in the job trailer should anyone have concerns and want to check.
- Should anyone become sick, whether at work, or at home, please notify your supervisor immediately so a proper risk assessment can be made.
- PPE- in addition to our normal requirements, gloves should always be worn. Even nitrile or latex are acceptable.
- Avoid touching your eyes, nose, or mouth or shaking hands/touching others in general.
- Follow strict respiratory practices, including covering coughs and sneezes. Go for your elbow if it sneaks up on you.
- All workers should wash hands often, especially before eating, smoking, or drinking, and after blowing your nose, coughing, or sneezing.
- Hands should be washed thoroughly with soap and running water for at least 20 seconds. Hand sanitizer with at least 60% alcohol is acceptable as well.
- Korsmo will always make handwashing facilities and/or hand sanitizer available.
- Do not share food, chewing tobacco, etc. during these times.
- Do not share tools or PPE. Including hand tools, power tools, iPads, phones, etc. If you must share, sanitize the item first.
- Supervisors must pay extra attention to their crews and monitor for any signs or symptoms.
- Supervisors should assign a competent "distance monitor" (someone to observe and remind others of distance) if their duties keep them from monitoring worker's social distancing.
- **Plan work to maintain a six-foot clearance (social distancing) from all co-workers.** This will limit many aspects of our typical construction practices. For example, no two people in aerial lifts, on regular sized scaffolding, etc.
- Discussions that would normally occur in the office should generally be held outside unless this separation is available.
- Lunches must be taken either in personal vehicles or spread out within the project. Lunch shacks are not to be used during these times. Breaks may be taken in work areas if social distancing is followed.
- During this outbreak, safety orientations will be given at distance and signing in will not require signing.
- Employees performing cleaning will be issued proper PPE, such as nitrile gloves and eye or face protection as needed.
- Job site office and trailers must be cleaned at least twice per day. Any trash from trailers should be changed frequently by someone wearing gloves. Afterwards, employee should throw the gloves away and wash their hands.
- Frequently touched surfaces will be disinfected frequently throughout the shift.
- Be mindful that this virus is not based upon race, ethnicity or country of origin. Any discrimination related to this virus will not be tolerated.
- Korsmo Construction will maintain a continuous and current awareness of this rapidly evolving pandemic and adjust procedures, update training and share new information as it becomes available.
- Anyone interested in learning more about this virus should visit www.cdc.gov