

CREW TALK FOR OPERATIONAL FIELD STAFF

WHAT IS COVID-19

Coronaviruses are a large family of viruses. Some cause illness in people and others cause illness in animals. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

COVID-19 is a new disease that has not been previously identified in humans. While many of the characteristics of COVID-19 are still unknown, mild to severe illness has been reported for confirmed cases.

HOW IT SPREADS

Covid-19 is transmitted via larger liquid droplets when a person coughs or sneezes. The virus can enter through these droplets through the eyes, nose or throat if you are in close contact. The virus is not known to be airborne (e.g. transmitted through the particles floating in the air) and it is not something that comes in through the skin.

SYMPTOMS

Those with COVID-19 may have little to no symptoms, or the symptoms may not be recognizable as related to COVID-19 because they are similar to a cold or flu, such as:

- mild to severe respiratory symptoms,
- dry cough,
- fever,
- sore throat,
- headache.

More severe symptoms can be difficulty breathing and pneumonia in both lungs. Be aware that symptoms may take up to 14 days to appear after exposure to COVID-19.

Anyone concerned that they may have been exposed to, or are experiencing symptoms of the novel coronavirus, should self-isolate and contact their primary care provider, local public health office, or call 8-1-1.

HOW TO HELP REDUCE YOUR RISK ON THE JOB

One of the most important things you can do to prevent infection is to **wash your hands with soap and water regularly and avoid touching your face.**

- Using soap and water is the single most effective way of reducing the spread of infection
- If a sink is not available, alcohol-based hand rubs can be used to clean your hands as long as they are not visibly soiled. If they are visibly soiled, use a hand sani-wipe or other wipe to effectively clean them
- Do not touch your face, eyes, nose or mouth with unwashed hands or gloved hands
- Cover your mouth and nose with a disposable tissue or the crease of your elbow when you sneeze or cough
- Regularly clean and disinfect frequently touched surfaces
- Do not share food, drinks, utensils, etc.
- Stay home if you have flu like symptoms or your sick
- Disposable gloves may be used if frequent handwashing and/or hand sanitizers are not available. Please don't touch your face with gloves on, we don't want employees to get a false sense of protection
- If operationally possible, maintain 2M from each other, this minimise cough/sneeze droplet exposure
- If operationally possible, hold safety crew talk meetings outside
- Know where the location of the hand sanitizer/disinfectant is available on your jobsite.

Continue to wear the proper Personal Protective Equipment that you would **REGULARLY** need to safely perform the job (ie. respirator for aerosol generating tasks involving sewage, silica, asbestos, etc. / safety glasses/ work gloves/safety vest/safety boots, etc.).

PHYSICAL DISTANCING AND WORKING IN A TRENCH/EXCAVATION

When working in an outdoor environment, If you are unable to maintain a physical distance and have to get very close contact in a confined area to complete a specific job, for example when in a trench connecting a water pipe and/or a job that requires minimum of two people you may use your half-face respirator* with a P100 cartridge if available. Fraser Health/BCCDC indicates that only sick people should be wearing masks at this time.

Vehicle related information will be coming out in a separate crew talk.

** Note: If you are using a respirator you must be clean shaven and follow City of Surrey Respirator Protection Guidelines*

All field vehicle or temp. worksite should have disinfectant/cleaning material:

- Disposable disinfectant cloth or spray disinfectant and/or paper towel
- Water jug filled with water and access to soap
- Hand sanitizer

CLEANING UP AFTER THE JOB IS DONE

Cleaning up the work site is an important part of the whole process.

When cleaning up:

- You can clean and disinfect tools that are being used frequently by multiple employees.
 - Wipe tool handles and other high contact surfaces with a disposable disinfectant cloth or spray disinfectant.
 - Wipe up the disinfectant and any residue of other materials and dispose of them using appropriate containers, garbage bags, etc.

FOR NON-MEDICAL QUESTIONS ABOUT COVID-19, call 1-888-COVID19, available 730AM-8PM

(The current situation is fluid, OHS monitor's it every day, this document will be updated should the direction from Fraser Public Health /Provincial Health Officer change. Changes will be communicated to you.)



PLEASE STAY HOME IF YOUR SICK PLEASE DON'T TOUCH YOU FACE AND WASH YOUR HANDS OFTEN

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Washing Hands with Soap and Water



PUTTING ON YOUR RESPIRATOR:

If you use eyewear or a hard hat, first complete the respirator donning process – including seal checks with cartridges. Then, you may don other PPE.



Adjust the respirator head straps and clips to their full outward position.



With one hand holding the respirator, place your chin inside the chin cup and the top of the respirator over your nose.



With your other hand, position the plastic straps so they are centered on your head. Remove any slack in the upper straps by pulling the two end tabs back and toward your ears. **DO NOT TIGHTEN AT THIS TIME.**



Fasten the bottom elastic straps behind your neck and under your hair. Remove any slack in the bottom straps by pulling the end tabs in the back towards the front. **DO NOT TIGHTEN AT THIS TIME.**



Tighten the upper head straps in small, equal increments to ensure the top half of the respirator is tightened evenly and centered on your face.



Tighten the lower head straps by pulling evenly on the end straps in the back of the respirator until the entire respirator is snug, comfortable and centered on your face.



Gently pull the respirator away from your face and maneuver it to assure it is centered, comfortable and snug. Plastic loops on the top straps slide back to hold down any loose strap material.

For Doffing follow the above steps in the reverse order

Avoid touching your face as you remove your respirator. immediately wash/disinfect your hands

*If a sink is not available, alcohol-based hand rubs can be used to clean your hands as long as they are not visibly soiled. If they are visibly soiled, use a wipe and then alcohol-based hand rubs to effectively clean them.



Immediately wash/disinfect your hands. Please dispose gloves in the regular garbage, thank you.