COVID-19 | WHAT TO DO WHEN PHYSICAL DISTANCING IS NOT POSSIBLE?

**Physical distancing is working in proximity of 2 metres (6.5 feet) to other workers.**

**If physical distancing is not possible while doing work tasks, you must control the potential exposure to COVID-19, by doing the following:**

First, consider whether or not the task is truly essential at this time:

• Can the task be delayed?

• Can it be safely done in another way?

• Can the number of workers involved be reduced?

**If the task is considered essential and cannot be delayed, then use the following procedures:**

**Workers:**

Workers who are considered to be at a lower risk of transmitting COVID-19 should only complete this work. Do not permit workers on to a worksite if they meet the following criteria:

* Have or had symptoms of COVID-19 in the past 10 days (cough, sneeze, sore throat, fever, difficulty breathing).
* Have travelled outside of Canada within the previous 14 days.
* Have been exposed to someone with COVID-19.
* Share a home with someone who has been exposed to COVID-19.

**Personal Protective Equipment (PPE)**

All workers who cannot maintain physical distance (2 meters, 6.5 ft) should use PPE including:

* N95 or half-face respirator with P95 or P100 filters.

- Where possible half-face respirators with P95 or P100 are preferred since

1) they are more protective and;

2) N95 are used by health care workers and are in short supply.

* Disposable nitrile gloves.
* Coveralls.
* Safety glasses.
* Workers must be trained on how to properly don (put on), use, and doff (take off) PPE; how to properly dispose of or disinfect, inspect for damage, maintain PPE, and the limitations of PPE.
* Fit testing must be completed for workers wearing half mask respirator and/or N95 masks.
* Workers must be clean-shaven when using respirators/masks.
* Provide a plastic disposal bag for disposal of consumables (N95 masks, nitrile gloves, cleaning wipes). Seal the disposal bag and store it with other garbage.
* Dispose of N95 masks and Nitrile gloves after use in the disposal bag.
* Sanitize glasses and half mask respirators using disposable wipes. Dispose of disposable wipes in the disposal bag.
* When complete store reusable PPE and coveralls in a storage room. Ensure no cross contamination between PPE belonging to different workers.
* Do not wear coveralls home. Wash coveralls daily if possible.

**Handwashing**

* Provide a handwashing or hand sanitizing station that is easily accessible for the affected workers.
* Wash hands thoroughly when gloves are removed and at the end of the task for which less than 2 meters of distance is required.
* Wash hands with soap and water for at least 20 seconds. When soap and running water are unavailable, use an alcohol-based hand rub with at least 60% alcohol. Always wash hands that are visibly soiled.
* Avoid touching your eyes, nose, or mouth with bare or gloved hands.

**Cleaning/Disinfecting**

* When task is completed ensure the tools that were used are cleaned and disinfected
* document on Enhanced Surface Cleaning and Disinfection).
* Clean and disinfect all high-touch surfaces in the area.