

# **EXPOSURE CONTROL, MITIGATION AND RECOVERY PLAN**

## **KNOW THE SYMPTOMS**

COVID-19 has the following symptoms:

- Coughing, fever, shortness of breath, and difficulty breathing
- Early symptoms may include chills, body aches, sore throat, headache, diarrhea, nausea/vomiting, and runny nose. If you develop a fever and symptoms of respiratory illness, **DO NOT GO TO WORK** and call your supervisor and health-care provider immediately. Do the same thing if you come into close contact with someone showing these symptoms.

## **EMPLOYEE HEALTH**

- Employees are encouraged to stay home or leave the worksite when feeling sick or when they have been in close contact with a confirmed positive case of COVID-19.
- All employees reporting to work will have their body temperature taken as a precautionary measure to reduce the spread of COVID-19. Any employee who has a fever at or above 100.4 degrees Fahrenheit will be sent home.
  - The employee should monitor his or her symptoms and call a doctor or use telemedicine if concerned about the symptoms.
  - An employee sent home can return to work when he or she has no fever for at least three (3) days without taking medication to reduce fever during that time.
  - An employee may return to work earlier if a doctor confirms the cause of the employee's fever is not COVID-19 related and releases the employee to return to work in writing.
- Employees are required to inform their supervisor or manager if they have a sick family member at home with COVID-19. If an employee has a family member sick with a confirmed case, the employee will be required to stay at home and follow the isolation/quarantine requirements as established by the Center for Disease Control and Prevention.

## **CLEANING/DISINFECTING JOB SITES AND OTHER PROTECTIVE MEASURES**

Employees are required to perform the following to prevent the spread of the virus:

- Clean and disinfect frequently used tools and equipment on a regular basis. This includes other elements of the jobsite where possible. Employees should regularly do the same in their assigned work areas.
- Clean shared spaces such as trailers and break/lunchrooms at least once per day.
- Disinfect shared surfaces (door handles, machinery controls, etc.) on a regular basis.
- Avoid sharing tools with co-workers. If not, disinfect before and after each use.
- Arrange for any portable job site toilets be cleaned by the leasing company at least twice per week and disinfected on the inside.
- Trash collected from the jobsite must be changed frequently by someone wearing gloves.

## **COVID-19 PREVENTION AND WORK PRACTICE CONTROLS:**

Employees are required to perform the following to prevent the spread of the virus:

- Wear proper PPE and face mask as recommended by CDC
- Frequently 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.
- Cover mouth and nose with a tissue when coughing or sneezing or use the inside of elbow.
- Avoid touching eyes, nose, or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Employees who have symptoms (i.e., fever, cough, or shortness of breath) should notify their supervisor and stay home—**DO NOT GO TO WORK**.
- Sick employees should follow CDC-recommended steps. Employees should not return to work until the criteria to discontinue home isolation are met, in consultation with healthcare providers and state and local health departments.

## **GENERAL JOB SITE / OFFICE PRACTICES**

Employees are required to perform the following to prevent the spread of the virus:

- Clean AND disinfect frequently touched objects and surfaces such as workstations, keyboards, telephones, handrails, and doorknobs. Dirty surfaces can be cleaned with soap and water prior to disinfection. To disinfect, use products that meet EPA's criteria for use against SARS-CoV-2, the cause of COVID-19, and are appropriate for the surface.
- Avoid using other employees' phones, desks, offices, or other work tools and equipment, when possible. If necessary, clean and disinfect them before and after use.
- Clean and disinfect frequently used tools and equipment on a regular basis. This includes other elements of the jobsite where possible. Employees should regularly do the same in their assigned work areas.
- Clean shared spaces such as trailers and break/lunchrooms at least once per day.
- Disinfect shared surfaces (door handles, machinery controls, etc.) on a regular basis.
- Avoid sharing tools with co-workers if it can be avoided. If not, disinfect before and after each use.
- Arrange for any portable job site toilets to be cleaned by the leasing company at least twice per week and disinfected on the inside.
- Any trash collected from the jobsite must be changed frequently by someone wearing gloves.
- In addition to regular PPE for workers engaged in various tasks (fall protection, hard hats, hearing protection), employers will also provide: Gloves: Gloves should be worn at all times while on-site. The type of glove worn should be appropriate to the task. If gloves are not typically required for the task, then any type of glove is acceptable, including latex gloves. Gloves should not be shared if at all possible. Eye protection: Eye protection should be worn at all times while on-site.

## **PHYSICAL DISTANCING**

- Employees should maintain at least six (6) feet of distance from other people. If this cannot be accomplished, employees should contact their designated Worksite Safety and Health Contact who will assist the employee and their manager in determining other options for them.
- Avoid gatherings of ten (10) or more people in any meeting or shared space (i.e. break rooms, lobbies, conference rooms, etc.
- Hand shaking is discouraged.
- If it is necessary for employees to travel together in a vehicle for work purposes, the number of employees must be limited. Allowable limits will depend on the size of the transport vehicle.

**Furthermore, should other contractors will be present in same jobsite; SECC will condone off the area of its worksite to prevent other people from entering.**

## **SAFETY TRAINING**

All employees will be trained on the exposure control, mitigation and recovery plan. This includes worksite policies, all relevant sanitation and social distancing protocols, COVID-19 and how to prevent its transmission. Physical distancing must be maintained at all gatherings and attendance at each meeting will be recorded. Training will be conducted to explain any new protective measures that are implemented.