

Worksite: \_\_\_\_\_ Instructor: \_\_\_\_\_ Date/Time: \_\_\_\_\_

## TOPIC M0939: COVID-19

**Introduction:** Coronavirus Disease 2019 (COVID-19), or Novel Coronavirus, is a respiratory illness that presents with many of the same symptoms as the flu: fever, runny nose, cough, etc. Unlike the common flu, COVID-19 does not currently have a vaccine (03/17/2020). It recently spread through travel from its origin of discovery in Wuhan, China to other parts of the world. Its novelty means that the information about the virus is still limited, but proper hygiene and vigilance can protect employees from contracting the virus.

**Symptoms:** The symptoms of COVID-19 typically include fever, cough and shortness of breath. Some report non-respiratory symptoms while others have experienced no symptoms. The symptoms can appear as soon as 2 days or as late as 14 days after exposure. At-risk employees are typically older, have a chronic medical condition and/or are immunocompromised. Cases can range from mild to severe, and, *in rare cases*, can result in death. Therefore, it's important to treat the illness with precaution.

### Precautions Against Contraction

#### At Work and Outside of Work:

- **Wash your hands** frequently with soap and water for at least 20 seconds; you can substitute hand sanitizer (containing  $\geq 60\%$  alcohol) for soap and water only if they are unavailable.
- **Avoid shaking hands** or other intimate contact with co-workers. Avoid contact with symptomatic co-workers.
- **Avoid contact** with surfaces frequently touched.
- **Avoid touching** your eyes, mouth or nose with unwashed hands.
- **Clean and disinfect** frequently touched surfaces daily. Follow the Centers for Disease Control and Prevention's (CDC's) complete disinfection guide.
- **Avoid large gatherings** wherever possible; meetings that can be done remotely should be utilized until spread of COVID-19 dissipates.

#### Outside of Work:

- **Get plenty of rest** to maintain your body's immune system.
- **Eat well-balanced meals** and avoid sugar; this will also help to maintain your immune system.
- **Avoid smoking or alcohol**, which can weaken the immune system.
- **Stay home** if you're sick to avoid spreading illness throughout the workplace or elsewhere.
- **Wear a face mask if you are sick** and you have no underlying condition that prevents this, as the facemask helps prevent others from exposure; you *do not* need to wear a face mask if you're not sick.
- **Practice self-quarantine and social distancing**, avoiding crowds of 50 or more people and isolating yourself at home, especially if sick. Seek necessary medical attention but be mindful of exposing others.

### Health and Safety Best Practices

- **Implement and follow workplace controls**, prioritizing engineering such as high-efficiency air filtration.
- **Use personal protective equipment (PPE) where appropriate** especially if work requires exposure to COVID-19-affected people.
- **Follow OSHA guidelines** such as those set by the General Duty Clause (29 USC 654(a)(1), general industry PPE (29 CFR 1910 Subpart I), or information about bodily fluids offered in the bloodborne pathogens regulations (29 CFR 1910.1034).
- **Manage resources efficiently** and use only as needed. Supplies are limited. Taking more than needed worsens the situation, as others can't procure necessary provisions, furthering COVID-19's spread.

**Staying Up to Date:** The COVID-19 situation is fluid. It's important to know where to get the most current information about it. Your local government websites should have the most current information for your area. Beyond that, regularly check [cdc.gov](https://www.cdc.gov) and [osha.gov](https://www.osha.gov) to find current information and steps to prepare for and prevent the spread of COVID-19.

**Employee Attendance:** (Names or signatures of personnel who are attending this meeting)

_____	_____
_____	_____
_____	_____
_____	_____

These guidelines do not supersede local, state or federal regulations, and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.

Quiz Answers: 1) B, 2) A, 3) D, 4) C, 5) A

## EMPLOYEE QUIZ AND WORKPLACE INSPECTION

### TOPIC M0939: COVID-19

#### Employee Quiz:

- 1. COVID-19 is a \_\_\_\_\_ that causes a fever, cough and shortness of breath.**  
(A) bacterial (B) respiratory illness (C) parasitic (D) annoying
- 2. Practicing good \_\_\_\_\_ reduces the possibility of contracting COVID-19.**  
(A) hygiene (B) things (C) work (D) intentions
- 3. COVID-19 can take up to \_\_\_\_\_ days for symptoms to appear.**  
(A) 6 (B) 30 (C) 2 (D) 14
- 4. \_\_\_\_\_ about COVID-19 is limited and the situation is \_\_\_\_\_.**  
(A) Information, unchanging (B) Thought, fluid (C) Information, fluid (D) Thought, unchanging
- 5. Stay Home while you're contagious because you can give COVID-19 to your co-workers.**  
(A) True (B) False

#### Workplace Inspection: *Check the square provided at each point that is applicable to your job.*

- Adequate illumination for work
- All required PPE available
- Fire alarm stations clearly marked and readily accessible
- Lights above emergency exits have all bulbs lit
- Signs showing locations of fire extinguishers clearly visible
- Fire extinguishers fully charged
- Signs showing locations of first aid stations clearly visible
- First aid kits readily accessible and stocked
- Signs showing locations of emergency eyewash stations clearly visible
- Emergency eyewash stations fully accessible and checked
- Sufficient copies of "Incident & Injury Report" forms and SDS available
- Walkways unobstructed; clear of equipment and materials
- Walkways clear of oil, grease, loose material and other slipping hazards
- Stair treads and handrails in good condition
- All guards in place and fully operational
- Safety placards in place and legible
- Lockout/tagout kits in place and complete
- All solvents, cleaning supplies, lubricants, etc. that have warning labels also have SDS on file

**Employee Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Instructor Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_