



COVID-19 and Jobsite Safety

The LIUNA Midwest Region is committed to the health and safety of our workforce and the public. The following gives a summary of basic safety procedures and safeguards to protect employees from COVID-19.

COVID-19 is spread primarily through airborne respiratory droplets during coughing, sneezing and regular breathing. Being in close proximity (less than six feet) for a prolonged period of time (15 cumulative minutes over a 24hour period) to an infected person, especially in enclosed spaces, may result in transmission. Close personal contact, such as touching or shaking hands, or touching an object with the virus on it, followed by touching your mouth, nose or eyes before washing your hands can spread the virus.

Symptoms of COVID-19

- Fever or chills, Cough, Shortness of breath or difficulty breathing, Fatigue, Muscle or body aches, Headache, Loss of smell or taste, Sore throat, Congestion or runny nose, Nausea or vomiting, Diarrhea

Symptoms may appear 2-14 days after exposure. During this time, people are contagious and able to pass on the virus. Alert your health care provider if you develop symptoms, have been exposed or suspect you have been exposed to someone with the virus.

If You Are Sick, Have Been Exposed Or Suspect You Have Been Exposed, Stay Home

- Alert your supervisor and do not come to work
- Stay away from other as much as possible and practice self-isolation
- If you experience symptoms while at work, immediately isolate yourself and contact your supervisor
- If you think you were exposed on the job, alert your supervisor immediately

General Guidance to Prevent Exposure and Limit Transmission of the Virus

- Don't shake hands or engage in other physical contact.
- Wash your hands often - with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer with at least 60% ethanol or 70% isopropanol.
- Avoid touching your eyes, nose, mouth and face with unwashed hands
- Follow CDC recommendations to wear a facial covering in public places when close proximity to other people may be unavoidable.
- Comply with "No Congregation" or "6-Foot Rule" policy that mandates social distancing. Maintain a minimum distance of six feet from others at all times, unless the task warrants otherwise.
- Cover mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Dispose of the used tissue in the trash.
- Avoid using other workers phones, tools, and equipment, when possible.
- Comply with all posted jobsite cleaning, disinfecting and decontamination procedures.
- Use appropriate PPE (personal protective equipment) when cleaning and disinfecting. This may include N95 respirators, disposable gloves, protective clothing and eye protection.
- If voluntary use of N95 respirators is allowed at work: ensure fit and seal, only handle straps and store in a bag when not in use.

If you are required to wear PPE you must be trained. Training includes: when to use PPE, what PPE is necessary, how to properly don (put on), use, and doff (take off), how to properly dispose of or disinfect, inspect for damage, and maintain PPE, and the limitations of PPE.