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## WEEKLY TOOLBOX TALK: COVID-19 JOBSITE GUIDANCE

Posted by Jorge Vazquez on May 27, 2020

# MAREK

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**Note to Supervisors:** As freedom to travel and visit public places increases, so does exposure to the virus. Therefore, effective June 1<sup>st</sup> face coverings over your nose and mouth are required on all jobsites and in all office locations.

This guidance is based on what we currently know about COVID-19 as provided by the Centers for Disease Control and Prevention. There is currently no vaccine to prevent COVID-19. The best way to prevent illness is to avoid being exposed to the virus.

### **Everyday Prevention**

- Wash your hands often.
  - Wash your hands often with soap and water for at least 20 seconds.
  - Use an alcohol-based hand sanitizer that contains at least 60 percent alcohol if soap and water is not available.
  - Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact.
  - Avoid close contact with people who are sick, even inside your home.
  - Stay at least 6 feet (about 2 arms' length) from other people when possible. Remember that some people without symptoms may be able to spread virus.
  - Do not gather in groups. Stay out of crowded places and avoid mass gatherings.
- Cover your mouth and nose with a cloth face cover.
  - You could spread COVID-19 to others even if you do not feel sick.

- The cloth face cover is meant to protect other people in case you are infected. o Continue to keep about 6 feet between yourself and others when possible. The cloth face cover is not a substitute for social distancing. o Regularly wash your cloth face covering.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, cough into the inside of your elbow, covering your mouth and nose.

## **Symptoms**

Symptoms may appear anywhere between 2 to 14 days after exposure to the virus. Symptoms include cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, or new loss of taste or smell. This list is not all inclusive. Other less common symptoms have been reported.

## **Work Location Protocol**

- Limit all person to person contact.
  - Greet each other with a wave instead of a handshake.
  - Avoid sharing personal tools.
  - Bring your own lunch or eat an individually packaged meal. No sharing of food or drinks.
- Wear face coverings to cover your nose and mouth.
  - On jobsites, wear a face covering over your nose and mouth. If you are performing a task requiring a respirator, face shield, or equivalent PPE according to MAREK safety guidelines, be sure to wear the appropriate PPE.
  - A cloth face covering (such as a bandana) or surgical mask is not a replacement for a respirator or face shield when one is required.
  - If you feel that you run out of breath or that you are overheated by wearing the mask, feel free to remove your face covering when no one is closer than 6ft and remember to do this as you think is necessary.
  - Limit elevator usage when occupied with multiple people. Use stairs when possible.
  - Follow any additional health or safety protocols specific to your work location.

## **Self-Screen Before Reporting to Work**

You must self-screen for symptoms daily before reporting to your work location. Please notify your supervisor if you are unable to report to work.

Stay home if you fell sick or you have traveled to a restricted location described by the CDC or come in close contact with someone who has traveled to a restricted location and you need to quarantine per these guidelines.

## **Work Location Screening**

You may be required to participate in additional screening required for entry at your work location, including but not limited to temperature scans and COVID-19 related health and safety questionnaires. For more information consult with your field supervisor on what are the

current requirements at your jobsite.

**Tags:**

safety

**Toolbox Talk:**

Hazard Recognition

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