



## Worker Guidelines for Protecting Their Family from COVID-19

The following sample guidelines were jointly developed between CSDZ and Dr. Scott Conard, (Chief Medical Officer, Holmes Murphy & Associates) to provide construction workers with measures to protect their household when they return each night from the jobsite. These protective measures have not been part of a worker's normal construction routine in the past, but they should be considered as part of the worker's daily habit and routine to help minimize the spread of COVID-19. The guidelines are based on what we currently know relative to the Covid-19 Virus as of April 7, 2020. These could change based on new information or recommendations from State and Federal authorities including the CDC.

The following guidelines are based on our current understanding of the spread of COVID-19 and may not be an exhaustive list of all potential options, such as indoor air quality considerations and surface coverings. These guidelines are intended to be best practices for minimizing the spread of COVID-19 and not all of them have been formally recommended by the CDC or the World Health Organization. These guidelines provide the worker with various levels of options and controls to choose from to help minimize the potential spread of COVID-19. Even if these measures are followed we cannot guarantee it will stop the spread of Covid-19 or guarantee that worker and family members will not become ill.

The worker should discuss with their family or household members which of the following guidelines would best minimize the exposure of COVID-19 and protect the household.

### Leaving the Jobsite

- ✓ If PPE (gloves, respirators, coveralls, etc.) were used during the day, safely remove these items in a designated area and place or dispose in an approved receptacle before leaving the jobsite.
- ✓ Wash hands with soap and water or use an appropriate hand sanitizer immediately before leaving the jobsite.
- ✓ Only touch surfaces necessary to safely leave the jobsite. Try to avoid touching doors, gates, doorknobs or handles if possible as it greatly reduces potential for contact with common surfaces.
- ✓ Follow social distancing guidelines as you exit the jobsite.
- ✓ To provide the best protection when leaving the jobsite, the worker can use one of these options:
  - Wear a pair of disposable type gloves when exiting the jobsite – when the worker gets to their car, dispose in a garbage bag. Immediately use a hand sanitizer after gloves have been removed.



- Carry a disinfectant wipe – if the worker needs to open a door or gate or touch other surfaces, use the wipe as a barrier when touching these surfaces. When the worker gets to their car, dispose in a garbage bag. Immediately use a hand sanitizer.

## **Transportation To/From the Jobsite**

### **✓ Company or Personal Vehicle**

- Carry a sealed container with disinfecting products such as wipes or sprays in your vehicle. Only use disinfectants or other cleaning solutions that will not damage vehicle surfaces and fabrics.
- To provide greater protection in the vehicle:
  - Cover seats with materials such as trash bags or disposable plastic seat covers – these should be disposed after each use.
  - Towels or sheets can also be used but must be washed after each use.
- Upon arriving at their residence and before exiting the vehicle, disinfect any vehicle surfaces that may have been touched including door handles, mirrors, steering wheel, visors, shifters, parking brakes, arm rests, seatbelts, floor mats and other climate, comfort, or entertainment controls.
- If a seat covering wasn't used, seats should be wiped down with products or solutions appropriate for those surfaces. Cloth seats can be sprayed with a disinfect spray such as Lysol or similar (before using, ensure they will not cause damage to the seat).
- If possible, roll down vehicle windows for ventilation (determine weather or security issues before rolling down windows).

### **✓ Carpooling**

- If possible, workers should use their own vehicle for transportation. If carpooling is necessary, limit to one passenger with windows slightly open for ventilation. To maintain social distancing, the passenger should ride in the back seat if available.
- The vehicle should be disinfected as described above after each time the vehicle is driven.



### ✓ Using Public Transportation

- Plan your trip accordingly - if there appears to be more than 10 passengers on a bus or train, wait for the next bus or train.
- Carry sanitizing wipes to wipe down seats, railings, and grab bars before taking your seat.
- Follow any guidance from the transit authority for boarding and deboarding directions.
- To provide additional protection, wear a **“cloth face covering”** as recommend by the CDC (<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>) and disposable gloves. Dispose of these items immediately when you arrive at the jobsite or at residence in an approved container – immediately wash your hands with soap and water (for 20 seconds) or use an appropriate hand sanitizer.

## **At Your Residence**

### ✓ Pre-Plan Your Arrival at Residence

- Plan how you safely enter your residence to minimize contact with household members – do not enter directly into the residence.
  - If possible, use the garage as your main entrance and changing area. If there is no garage available, establish safe entry practices for your residence.
  - Have a sealed container available to place dirty clothes in immediately after removing.
  - Have a sealed container with clean clothing for your transition to the bathroom. This clothing should be washed after each use.
  - Have disinfectant products available to wipe this area down each day.
  - If possible, designate a bathroom that will be used to take a shower immediately after removing dirty clothes and prior to interacting with household members.
- Place boot tray, rubber mat or other container near the entrance to your residence to remove footwear. Spray disinfectant on all outer areas of the footwear each night.
- Determine where you wash your hands with soap and water or use an appropriate hand sanitizer prior to entering the residence to avoid touching doorknobs and other surfaces with dirty hands.
- If you do not have the space for staging potentially contaminated outerwear and footwear, consider storing them in a sealed container inside your vehicle (in the trunk if applicable) until they can be washed.



### ✓ **Preparing to Enter Your Residence**

- Adhere to social distancing as you enter your residence until you can wash/disinfect.
- Remove outer clothing and footwear and place in sealed container to bring into the residence. Wipe down the outside of the container with disinfectant after clothes have been put inside.
- Wash hands or sanitize after placing clothes in container.
- Travel directly to the designated bathroom to take a shower to prevent further contamination.

### ✓ **Laundering**

- Dirty laundry brought into the house should be placed directly into the washing machine and washed. However, some residences may not have laundry appliances immediately available and only have access to a common/coin laundry facility. In these situations, store dirty work clothing in sealed containers until they can be washed.
- Wash potentially contaminated work clothing separately – do not wash with other family or household members clothing. Carefully place your dirty clothes into the washer to avoid dispersing contaminants into the air.
- Whenever possible, use the warmest water setting as recommended by the clothing label. Dry items completely - extra heat and time in the dryer may help inactivate any contaminants. Be sure to follow any instructions regarding the use and amount of detergents for each clothing item (i.e., bleach and certain spray disinfectants can be harmful to some materials such as high visibility or Flame Resistant (FR) clothing).
- Immediately disinfect the wash machine, dryer, floor and other surfaces that may have been in contact with dirty work clothing.
- Wash hands immediately with soap and water or hand sanitizer after handling any dirty work clothing.



## ✓ Cleaning and Disinfecting

- Select cleaning and disinfecting products appropriate for the surfaces to be cleaned to avoid damage. Follow the instructions on the product's label for safe and effective use. For additional guidance, refer to the CDC's recommendations for "**cleaning and disinfecting**". (<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>)
- Immediately disinfect any surfaces contacted by workers entering the residence after their shift. At least daily, disinfect surfaces and containers such as plastic totes or laundry bins used for potentially contaminated worker clothing and footwear.
- Disinfect any other personal items including car keys, cell phone, sunglasses, lunch box, hard hats, tools, coolers, mugs, wallets or purses, etc. that may have been contaminated.

The best practice guidelines contained in this sample document may seem a little overwhelming. It is important that you review and vet any of the sample suggestions above, so they work for your household. These suggestions will hopefully help you formulate your own controls to help protect your households.

We all need to do our part to control the spread of COVID-19, the sooner we can overcome and defeat this health emergency the sooner we hope to return to our everyday lives.

