

Polygon Construction Management Ltd.

COVID-19 Safety Plan

(SARS-CoV-2)

Last updated: September 2, 2020

The following document is a consolidated guide to use as a reference for all the details and measures in place to address the COVID-19 pandemic at a Polygon Construction Site.

What is Coronavirus (COVID-19)?

Coronaviruses are a family of viruses transmitted between humans and animals. COVID-19 can cause illness ranging from a very mild, cold-like illness to a severe lung infection. Symptoms can include fever, cough, sore throat, muscle ache, headache, and difficulty breathing (shortness of breath). The World Health Organization advises that symptoms may appear 2 - 14 days after being exposed.

How is COVID-19 transmitted?

COVID-19 is an infectious disease that mainly spreads among humans through direct contact with an infected person and their respiratory droplets. If a person carrying the virus sneezes, coughs, or exhales, respiratory droplets are released into the atmosphere and they may quickly land on nearby surfaces and/or another person. A worker may then touch contaminated surfaces or objects and then rub their eyes, nose, or mouth before washing. A surface can become contaminated if droplets land on it or if someone touches it with contaminated hands. A person's exposure risk is greatest when there is prolonged contact with an infected person.

The virus can be transmitted by:

- Breathing in droplets in the air that are generated when people cough or sneeze
- Close contact with other people (e.g. shaking hands or hugging)
- Touching contaminated surfaces and then touching the face, mouth, or food
- Touching a contaminated surface then touching another surface may cause the virus to transfer from one surface to another.

It is not something that comes in through the skin.

Key Prevention Steps



sanitizer

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand



Clean and disinfect objects and surfaces that are frequently touched



Avoid touching your eyes, nose and mouth with unwashed hands



Cover your cough or sneeze with your elbow or a tissue.



Avoid close contact with people who are sick



Throw tissue in the trash.

STAY HOME IF YOU ARE SICK!

What else can we do?

The most important thing you can do to prevent infection is to wash your hands regularly and avoid touching your face.

To help reduce your risk of infection:

- Wash your hands often with soap and water for at least 20 seconds. Using soap and water is the single most effective way of reducing the spread of infection. If soap and water are not available, use an at least 60% alcohol-based hand rub.
- Do not touch your face, eyes, nose or mouth with unwashed hands.
- Cover your mouth and nose with the crease of your elbow when you sneeze or cough.
- Regularly clean and disinfect frequently touched surfaces.
- Do not share food, drinks, utensils, etc.
- Stay home if you feel you are sick and follow your employer's policy.
- Practice physical distancing (2 meters/6.5 feet of distance from other people as much as possible).

How to stop the spread of viruses on site:

To prevent a disease or virus from spreading on site, take the following steps:

- Emphasize hand hygiene etiquette by all employees at toolbox talks and orientations – lead by example, put up posters of proper hand washing techniques.
- Ensure that hand washing stations and alcohol base hand sanitizers are on site and available for all workers.
- All offices and non-porous tools are sanitized and cleaned regularly.
- Actively encourage sick employees to stay home.
- Do not permit anyone to enter a worksite if;
 - they have had symptoms of COVID-19 in the past 10 days (fever, cough, difficulty breathing, sore throat.)
 - they have travelled internationally in the past 14 days.
 - live with or have been in close contact to someone with COVID-19 (presumed or confirmed) within the past 14 days.
- Perform environmental routine cleanings and disinfection.
- Plan to minimize exposure between employees and the public – follow physical distancing procedures.
- Avoid touching your eyes, nose or mouth.
- Do not share cups, glasses, dishes or cutlery.
- Have an alternative Level 3 kit available on site.
- Place informative posters telling people what to do if they get sick.

When should you get medical advice?

If you have any symptoms, isolate yourself from others as quickly as possible. Immediately call a health care professional or Public Health Authority at 8-1-1. Describe your symptoms and travel history if applicable. Protect others from infection by washing your hands often and covering your mouth and nose, with your elbow, when coughing or sneezing.

You must stay at home and self-isolate if you have symptoms of COVID-19, even if you are not tested. The BCCDC website or a health care provider can provide information on self-isolation.

For more information go to:

The BC Centre for Disease Control (BCCDC) has a toll-free phone line for up-to-date information about COVID-19 including travel advice, social distancing recommendations and access to federal and provincial support and services. It is open from 7:30 am to 8 pm 7 days a week. The number is 1-888-268-4319 (1-888-COVID19).

Information on COVID-19 guidance in BC is available on the BCCDC website at:

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19>

Health Canada also has a website with guidance on COVID-19 available at:

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

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Risk Assessment

| RISK LEVEL ASSESSMENT MATRIX | | | | |
|--|-------------------------------------|---------------------------|-----------------------------|---------------------------------------|
| Hazards are assessed for risk by considering the SEVERITY & LIKELIHOOD of the hazard causing injury or damage. | | SEVERITY | | |
| | | 3 - LOW CONCERN/STRESS | 2 - MODERATE MEDICAL AID | 1 - HIGH FATALITY/CRITICAL ILLNESS |
| LIKELIHOOD | C - UNLIKELY (Unlikely to occur) | LOW | LOW | MEDIUM |
| | B - LIKELY (Likely to happen) | LOW | MEDIUM | HIGH |
| | A - CERTAIN (Almost certain) | MEDIUM | HIGH | HIGH |
| > > > RISK RATING < < < | | | | |
| LOW - Continue Working | | | | |
| MEDIUM - Report to Supervisor to discuss controls and develop plan | | | | |
| HIGH - Stop all work and develop a plan | | | | |

| ACTIVITY | HAZARDS IDENTIFIED | SEVERITY | LIKELIHOOD | RISK SCORE | CONTROLS | SEVERITY | LIKELIHOOD | RISK SCORE |
|---------------------------|--|----------|------------|------------|--|----------|------------|------------|
| Workers entering site | Exposure to SARS-CoV-2 (coronavirus) through contact with people | 2 | B | MEDIUM | <ul style="list-style-type: none"> Conduct a self-assessment. Maintain secure entry/exit points Post signs on entry point with precautionary measures Keep distance of 2 meters (6.5 feet) from others Wash your hands. | 2 | C | LOW |
| Close proximity to others | SARS-CoV-2 exposure, both touch and distance. | 2 | B | MEDIUM | <ul style="list-style-type: none"> Plan work ahead to not have 2 people working in close proximity Keep distance of 2 meters (6.5 feet) Wash your hands Post signage and resources around site | 2 | C | LOW |
| Material delivery | Exposure to SARS-CoV-2 through contact with outside people | 2 | B | MEDIUM | <ul style="list-style-type: none"> Post signs on entry point on precautionary measures and delivery instructions Use own pen/pencil to sign for material Wash your hands | 2 | C | LOW |

| ACTIVITY | HAZARDS IDENTIFIED | SEVERITY | LIKELIHOOD | RISK SCORE | CONTROLS | SEVERITY | LIKELIHOOD | RISK SCORE |
|------------------------|--|----------|------------|------------|---|----------|------------|------------|
| Vehicles and Equipment | Exposure to SARS-CoV-2 on surfaces. | 2 | B | MEDIUM | <ul style="list-style-type: none"> Wipe down with cleaner: door handles, steering wheel, seatbelt connectors and other touch surfaces Wash your hands | 2 | C | LOW |
| Carpooling to work | Exposure to SARS-CoV-2 through contact with people | 2 | B | MEDIUM | <ul style="list-style-type: none"> Find alternate means of transportation to work to maintain 2 meters (6.5 feet) | 2 | C | LOW |
| Hand and power tools | Exposure to SARS-CoV-2 on surfaces | 2 | B | MEDIUM | <ul style="list-style-type: none"> Do not share hand tools Wear gloves and clean handles/touch areas if sharing power tools Wash hands | 2 | C | LOW |
| PPE | Exposure to SARS-CoV-2 on surfaces and on the outside of PPE | 2 | B | MEDIUM | <ul style="list-style-type: none"> Change gloves frequently Do not reuse wipe down materials on more item Clean or replace mask daily Inspect and clean respirator before and after use Only use PPE that you have been in control of Wash your hands | 2 | C | LOW |
| Break room | Exposure to SARS-CoV-2 on surfaces and through contact with people | 2 | B | MEDIUM | <ul style="list-style-type: none"> Wipe down surface area Keep distance of 2 meters (6.5 feet) from others Wash your hands before and after breaks | 2 | C | LOW |
| Desks & Surfaces | Exposure to SARS-CoV-2 on surfaces and through contact with people | 2 | B | MEDIUM | <ul style="list-style-type: none"> Contain incoming paperwork to one location off desktop if possible Wipe down surface before and after each use Wipe down keyboard and mouse after each use Visitors to stand in doorway when room occupied Wash your hands | 2 | C | LOW |
| Providing first aid | Exposure to SARS-CoV-2 on surfaces and through contact with people | 2 | B | MEDIUM | <ul style="list-style-type: none"> Use respirator and face protection if needing to go within 2 meters. Reference Schedule 3-A for first aid requirements Update annual First Aid Assessment Worksheet Follow first aid procedure for room cleaning | 2 | C | LOW |

NOTE: For any other concerns or situations that occur, contact your Supervisor immediately.

Measures / Protocols to Reduce Risk

Hygiene Practices

Clean your hands with soap and water for 20 seconds – before you eat and at the end of the workday, during the workshift whenever possible, and when you get home from work.

- Do not shake hands; avoid physical contact.
- Do not share food, drinks, cigarettes, personal hands tools.
- Do not touch your face, eyes, nose, mouth with unwashed hands (i.e., smoking, drinking water, eating, etc.)
- Follow good respiratory etiquette by covering your mouth and nose with a disposable tissue or the crease of your elbow when you sneeze or cough.
- Regularly clean and disinfect commonly touched surfaces and tools.

Site Orientations

- Limit the number of persons in the orientation – a chair spacing between workers. Where practical, move orientation outdoors and reinforce physical distancing.
- Use the [PCML COVID-19 Site Orientation](#) in addition to the [Site Safety Orientation](#) or [Visitor Orientation](#) to verify that workers are not feeling sick and so they are aware of what the symptoms are so they can self-monitor.
- Disinfect used pens, tables, chairs after each orientation.
- As part of the orientation, discuss:
 - Physical distancing of 2 meters.
 - Hygiene, and location of hand washing and hand sanitization stations.
 - What Polygon is doing at the site to promote a safe workplace and remind them that their health is important to us.
 - Where the safety posters are located.
 - The importance of reporting to their supervisor if they are feeling unwell and leaving the project.

Health Verification of Workers

- At start of shift, Supervisors will confirm the health status of their workers and notify the Site Superintendent of any issues.
- If a worker on-site is exhibiting symptoms of COVID-19, direct them to go home and use the BCCDC COVID-19 Self-Assessment Tool. Document this incident and clean and disinfect any surfaces in the area where the worker was working. If the worker is confirmed to have COVID-19, further cleaning may be required by a professional remediation team.

Health Verification of Visitors Prior to site Access

- All site visitors (consultants, inspectors, etc.) should limit site visits unless necessary for Business Continuity reasons. If visits are required, please:
 - Give site representatives notice that you are visiting the site.
 - Practice physical distancing (2 meters).
 - Avoid entry into site offices and the first aid trailer unless required.

- Visitors should not use the construction hoist or the temporary construction elevators where possible.

Receive and Review Contractor COVID-19 Plan

- How is their plan being applied to their Subcontractors?

Hoist Operations

- The Provincial Health Officer has directed construction worksites to limit hoists to **4 occupants**.
- Outside the hoist:
 - Post signage that limits the number of occupants to 4 people at any time.
 - Also post signage to remind workers to maintain physical distancing of 2m (6.5 ft) while they are waiting to enter the hoist.
 - Consider placing tape or markings on the ground to show workers where to stand to maintain physical distancing while lining up to enter the hoist.
 - Workers should enter and exit one by one to avoid crowding during these times.
- Inside the hoist:
 - Maintain physical distancing (as best as possible) and reduce the number of passengers to four (including the operator).
 - Passengers should not directly face each other to avoid being inside each other's breathing zone. For example, passengers could face the outside of the hoist.
- Operator and occupants may wear non-medical masks (e.g. cloth masks) to reduce the risk of asymptomatic transmission.
- Routinely disinfect commonly touched items – call buttons, door handles, etc.
- Use stairs instead of the hoist when possible if this allows physical distancing.

Project Radios

- Disinfect radios at start of shift and regularly throughout the shift.

Stairwells

- Avoid passing each other on the stairs. Wait on a landing until others have exited stairs.
- Designate directional stairs where practicable.

Meetings at Site

- Hold outside in open areas.
- Where possible conduct meetings by phone or web-conferencing.

Project Offices/Trailers

- Restrict Access. Place contact information (phone #) outside on door.
- Limit the number of workers or restrict who is allowed to enter these offices.
- Maintain the physical distance requirements.
- Do not touch items – “keep your hands to yourself”.
- Do not share keyboard or mouse, pens, clipboards or documents.
- Routinely disinfect commonly touched items like door handles, chairs, tables, etc.

- Routinely disinfect handrails leading up to the trailer or office: Avoid sliding your hand down them.

Lunchroom

- Provide handwashing stations in or near lunchrooms.
- Post signage to remind workers to wash or disinfect their hands before and after eating.
- Stagger breaks to reduce the number of workers in the lunchroom at the same time.
- Maintain physical distancing by staggering seating arrangement, or don't eat in the lunchroom
- Remove garbage often.
- Routinely disinfect the tables and other commonly handled items.
- Ensure sufficient fresh air supply to reduce "recirculating" the air inside the lunchroom.
- Separate PPE and clothing that is hung up in the lunchroom to avoid touching.
- If you have to take your spare work clothing home, place it in a plastic bag and do not take it out of the plastic bag until it goes into the laundry to be washed – ideally separately.

Work Locations

- Maintain physical distancing between workers.
- Stagger work crews to reduce the number of people on site, if possible
- Where possible, reduce the number of partner workers.
- Don't mix workers on crews.
- Post signage promoting proper physical distancing protocols.

Tools

- Avoid sharing tools or equipment.
- If you have to share equipment, clean and disinfect points of contact on the equipment.

Example: on a shared extended work platform, before use wipe down controls, gate, guardrails and any other parts touched by hands. Disinfect it when you are done.

First Aid Treatment

- If conscious and capable of answering, ask the worker the BCCDC COVID-19 Self-Assessment Tool questions to verify current status of their health.
- Workers who are exhibiting symptoms of COVID-19 should be isolated from other workers until they are able to be transported home or to a health-care facility
- Workers who are exhibiting symptoms of COVID-19 should wear a surgical mask while they are in isolation and during transportation to reduce the spread of droplets from their exhalations, coughs or sneezes. If a surgical mask is not available a cloth face covering could be used. The area should be cleaned and disinfected as soon as possible after treatment has completed.
- See [Occupational First Aid Attendant COVID-19 Protocols](#).

Handwashing and Hand Sanitizing Stations

Install handwashing stations complete with soap and water in strategic locations on the project site. Install hand- washing posters at each location:



If hand-washing stations are not practicable, hand sanitizer stations may be installed. Make sure that wipes are provided to allow people to remove dirt and soiling from hands prior to sanitization.

Receiving Packages

- Maintain physical distancing (2 meters) during the delivery.
- Request a contactless delivery if possible. This involves the delivery driver leaving the package in a pre- arranged location. This may not be an option if signing or proof of receipt is required.
- Request that the driver place the package down rather than handing the item directly to you.
- Avoid the use of shared materials including pens. If required to use a stylus or your finger to sign for receipt of the delivery, wipe down the keyboard before use and wash hands immediately after receipt of the package.
- Open the package outside if possible. Dispose of the packaging immediately. Wash hands.
- Clean and sanitize any touch surfaces that the package came into contact with such as table tops, counters, or indoor floors.

Worker Transportation

- Avoid carpooling whenever possible.
- If workers need to travel together in vehicles, consider reducing the number of workers per vehicle and staggering seating so that workers can maintain as much distance from one another as possible.
- If physical distancing is not possible in a vehicle other control measures should be used, such as PPE. See [Where Physical Distancing is not possible.](#)
- Physical distancing should be maintained while exiting and entering the vehicle.
- Workers should wash or sanitize their hands before entering and upon exiting the vehicle when travelling together.
- High contact surfaces within vehicles should be cleaned regularly (e.g. seatbelts, headrests, door hand).

Washrooms

- Washroom facilities must be provided for workers and maintained in proper working order.
- Washrooms should be cleaned and disinfected at least once daily.
- Handwashing or hand sanitizing stations must be available at all washrooms.
- WorkSafeBC G4.85(1)-1 guidance for sufficient washroom requirements must be followed.
 - 1 washroom for 9 or fewer workers.
 - separate washrooms for male and female washrooms if there are more than 9 workers.
 - In each male and female washroom, one toilet for 9 or fewer workers, 2 toilets for 10 - 24 workers, 1 more toilet for each 25 additional workers. Urinals may be substituted for half the recommended number of toilets in male washrooms.

Occupational First Aid Attendant COVID-19 Protocols

The following section outlines the steps to take for assessing first aid needs and additional precautions for occupational first aid attendants to add to their procedures.

Introduction

First aid is an essential workplace service required by the BC OHS Regulation. During a pandemic, these services must continue to be provided for our worksites to function. Occupational First Aid Attendants (OFAA's) may need to modify their standard protocols for first aid treatment to reduce the potential of transmission.

When Providing First Aid Care

Designated First Aid Attendants will perform the following procedures, including the priority action approach as per their training, for each patient.

1. As soon as the call for first aid is received, the first aid attendant should, if possible:
 - Find out if the patient is conscious and capable of answering. Ask the worker the BC COVID-19 Self Assessment Tool questions to verify the current status of their health.
 - Determine the circumstances surrounding the call for help.
 - If there are any symptoms of COVID-19, send the patient home or to medical aid when it is safe to do so. Follow the instructions of the BC COVID-19 Self-Assessment Tool or call 8-1-1 for more information.
 - If required, call 9-1-1.
2. If no critical interventions are required; the first aid attendant should interview the patient from a (physical) distance and ask:
 - Is anyone sick or in self-isolation in your household?
 - Have you been in contact with anyone who is sick?
3. The first aid attendant should determine if the patient has a minor injury and can treat themselves:
 - Can the patient treat the minor injury based on the first aid attendants' instructions?
 - If the answer is yes, direct the patient to treat themselves as per the proper OFA Protocol.
4. If the patient cannot treat themselves, based upon a review of the situation, the attendant should don the appropriate level of Personal Protective Equipment (PPE) to provide treatment:
 - Hands should be washed first, then gloves need to be put on. Ensure your gloved hands do not touch your face or any other exposed skin areas.
 - Instruct the patient in the steps needed to provide first aid to themselves, as much as reasonably possible.
 - i. For example, you can instruct the patient to wash their hands, wash their wound, grab a bandage, open the bandage, and put the bandage on themselves.
 - If you must come within 2 metres, masks may provide protection against transmission when used by both the first aid attendant and patient. This can be a DIY mask. Medical masks and N95 masks should be left for high risk patients.

When Performing CPR

The risk of disease transmission is low while performing CPR, especially when using a breathing barrier. If you are uncomfortable or have not been trained to perform traditional CPR, have someone call 9-1-1 and start Hands-Only CPR (continuous chest compressions without any mouth to mouth contact) until someone else takes over or emergency help arrives. Use protective gloves, if available.

First Aid Treatment (for a patient with suspected COVID-19)

First aid providers caring for people with suspected COVID-19 should follow standard precautions. Have the sick person place a face mask over their nose and mouth if they have not done so already. Limit contact by staying back at least 2 metres, if possible, until that person has done so.

Try to limit the number of individuals in contact with the sick person. Those who provide direct care for someone who may have COVID-19 should wear respiratory protection (e.g. N95 mask, P100), eye protection, disposable gloves, and a disposable isolation gown, if possible. A surgical mask or face shield could be used if respiratory protection is not available. The BC Centre for Disease Control has advised that non-medical masks (e.g. home-made cloth masks) can be used as an interim measure if commercial masks are not available.

Cleaning Procedures

While wearing PPE, clean and disinfect items which have touched the patient. After cleaning, dispose of PPE and any exposed clothing and perform hand hygiene.

The area should be cleaned and disinfected as soon as possible after treatment has completed with either soap and water or 70% isopropyl alcohol.

Follow the [Enhanced Surface Cleaning and Disinfection](#) section.

For First Aid Attendants

First Aid Attendants who had contact with persons known or suspected to have COVID-19 should monitor themselves for symptoms for a minimum of 14 days (fever, cough, breathing difficulties/shortness of breath, or other symptoms). If these symptoms occur, they should self-isolate and immediately contact their healthcare provider and 8-1-1.

At the time of this document, WorkSafeBC has not posted any specifics for providing first aid to a presumed/ suspected COVID-19 patient. The above guidelines are based on the current first aid attendant standards, provincial and federal guidelines. This document will be updated as further guidance presents itself.

Exposure Control Plan for COVID-19

(SARS-CoV-2)

HEALTH HAZARDS OF COVID-19

COVID-19 has been declared a global pandemic and a public health emergency in British Columbia. SARS-CoV-2 is a virus that can cause the respiratory illness COVID-19. This illness can lead to hospitalization and death. The effects of COVID-19 are expected to be much more severe than for seasonal influenza because most people will not have any immunity to the virus. Seniors and people with underlying health issues (including heart disease, diabetes and lung disease) are at a higher risk of hospitalization and death, but young and healthy people are also at risk.

Symptoms

Symptoms of COVID-19 are likely to include fever, cough, sneezing, sore throat, difficulty breathing and loss of smell.

Transmission

Exposure to the virus that causes COVID-19 can occur by:

- Breathing in droplets in the air that are generated when people cough or sneeze.
- Close contact with other people (e.g. shaking hands or hugging).
- Touching contaminated surfaces and then touching the face, mouth, or food.

Note that touching a contaminated surface and then touching another surface may cause the virus to transfer from one surface to another.

COVID-19 can be transmitted even by people who are not displaying symptoms of the disease. People who may be infected with COVID-19 should not come to work. This includes people who:

- Have or have had symptoms of COVID-19 in the past 10 days.
- Have travelled outside of Canada within the previous 14 days.
- Live with or have been in close contact to someone with COVID-19 (presumed or confirmed) within the past 14 days.

Statement of Purpose

Polygon Construction Management Ltd. is committed to providing a safe and healthy workplace for everyone. A combination of measures will be used to minimize worker exposure to SARS-CoV-2, including the most effective control technologies available. Our work procedures will protect not only our workers, but also other workers who enter our facilities. All employees must follow the procedures outlined in this plan to prevent or reduce exposure to SARS-CoV-2.

Responsibilities

Employer responsibilities

Our company will:

- Ensure that the materials (for example, gloves, alcohol-based hand rubs, and washing facilities) and other resources (for example, worker training materials) required to implement and maintain the plan are readily available where and when they are required.

- Ensure that workers are able to maintain physical distancing (2 meters apart) at all times while completing their work safely.
- Select, implement, and document the appropriate site-specific control measures.
- Ensure that supervisors and workers are educated and trained to an acceptable level of competency.
- Ensure that workers use appropriate personal protective equipment (PPE) — for example, gloves, eye protection, and respirators.
- Conduct a periodic review of the plan's effectiveness. This includes a review of the available control technologies to ensure that these are selected and used when practical.
- Maintain records of training and inspections.
- Ensure that a copy of the exposure control plan is available to workers.

Supervisor responsibilities

Our supervisors will:

- Ensure that workers are adequately instructed on the controls for the hazards at the location.
- Ensure that workers use proper respirators, they have been fit tested, and the results are recorded.
- Ensure that physical distancing is maintained.
- Direct work in a manner that eliminates or minimizes the risk to workers.

Worker responsibilities

Our workers will:

- Maintain social distance
- Know the hazards of the workplace.
- Follow established work procedures as directed by the employer or supervisor.
- Use any required PPE as instructed.
- Report any unsafe conditions or acts to the supervisor.
- Know how and when to report exposure incidents.

Risk Identification and Assessment

Three primary routes of transmission are anticipated for SARS-CoV-2, all of which need to be controlled. These include contact, droplet, and airborne transmission.

Breathing in droplets in the air

BCCDC advises that SARS-CoV-2 is not transmitted through airborne transmission, however, if somebody coughs or sneezes they do generate droplets which are airborne for at least a short period of time but do not float in the air and generally fall to the ground within one to two meters. Anybody who is near the individual may risk breathing in these droplets. Physical distancing (maintaining 2 meters/6.5 feet of distance from other people at all time) will reduce the risk of this occurring.

Close contact

Close contact refers to physical contact with another person, for example shaking hands or hugging. When people cough or sneeze droplets may deposit on their skin or clothing, especially if

they cough or sneeze into their hands. People who are carriers of SARS-CoV-2 may transfer the virus from their hands or clothing to others during close contact.

Surface contact

Surfaces can become contaminated when droplets carrying SARS-CoV-2 deposit on them, or when they are touched by a person who is infected. Surface contact involves a worker touching a contaminated object such as a table, doorknob, telephone, or computer keyboard or tool, and then touching the eyes, nose, or mouth. Surface contact is important to consider because SARS-CoV-2 can persist for several days on surfaces.

The following risk assessment table is adapted from Regulation Guideline G6.34-6. Using this guideline as a reference, we have determined that the risk level of our workers is low when they maintain physical distancing. Our workers work on a construction work site and have little contact with the general public.

| RISK ASSESSMENT FOR COVID-19 | LOW RISK Workers who typically have no contact with people infected with COVID-19 | MODERATE RISK Workers who may be exposed to infected people from time to time in relatively large, well ventilated workspaces | HIGH RISK Workers who may have contact with infected patients, or with infected people in small, poorly ventilated workspaces |
|--|---|---|---|
| HAND HYGIENE | Yes (washing with soap and water, using an alcohol-based hand rub, or using hand wipes that contain effective disinfectant) | Yes (washing with soap and water, using an alcohol-based hand rub, or using hand wipes that contain effective disinfectant) | Yes (washing with soap and water, using an alcohol-based hand rub, or using hand wipes that contain effective disinfectant) |
| DISPOSABLE GLOVES | Not required | Not required (unless handling contaminated objects on a regular basis) | Yes in some cases (for example, when working directly with COVID-19 patients) |
| APRONS, GOWNS, OR SIMILAR BODY PROTECTION | Not required | Not required | Yes in some cases (for example, when working directly with COVID-19 patients) |
| EYE PROTECTION - GOGGLES OR FACE SHIELD | Not required | Not required | Yes in some cases (for example, when working directly with COVID-19 patients) |
| AIRWAY PROTECTION RESPIRATORS | Not required | Not required (unless likely to be exposed to coughing and sneezing) | Yes (minimum N95 respirator or equivalent) |

Risk Control

Infectious disease controls are applied in the following order of preference:

1. Engineering controls.
2. Administrative controls.
3. Personal protective equipment (PPE).

Engineering controls, such as physical barriers and HEPA-equipped ventilation are not practicable on a construction site due to the temporary and constantly changing physical layout of the project. Therefore the risk of exposure will be controlled using administrative controls (for example, physical distancing, hand washing, surface cleaning and cough sneeze etiquette) and PPE (respirators).

Hand washing

Hand washing is one of the best ways to minimize the risk of infection. Proper hand washing helps prevent the transfer of infectious material from the hands to other parts of the body—particularly the eyes, nose, and mouth - or to other surfaces that are touched.

Wash your hands immediately:

- Before leaving a work area.
- After handling materials that may be contaminated.
- Before eating, drinking, smoking, handling contact lenses, or applying makeup.

Hand washing procedure

Use soap and warm running water (it doesn't have to be hot to do the job). If water is unavailable, use a waterless hand cleanser that has at least 60% alcohol. Follow the manufacturer's instructions on how to use the cleanser. Alcohol-based hand rub dispensers are located adjacent to the washrooms and kitchen area.

Cough/sneeze etiquette

Our workers are expected to follow cough/sneeze etiquette, which is a combination of measures that minimizes the transmission of diseases via droplet or airborne routes.

Cough/sneeze etiquette includes the following components:

- Educate workers in control measures, including hand washing.
- Post signs at entry points to instruct everyone about control measures.
- Cover your mouth and nose with a sleeve or tissue when coughing or sneezing.
- Use tissues to contain secretions, and dispose of them promptly in a waste container.
- Offer surgical masks to people who are coughing.
- Turn your head away from others when coughing or sneezing.
- Wash hands regularly.

If workers show symptoms of COVID-19

If workers are ill with COVID-19, they should stay home. If they develop symptoms of COVID-19 while at work, they should leave the workplace. Workers should only return to the workplace once they have recovered from COVID-19. Workers should inform their manager or supervisor if they are ill with COVID-19.

Workers who suspect they may have COVID-19 should use the BC Self-Assessment Tool:

<https://covid19.thrive.health> or call 811 for assistance.

Training

Our workers will receive training in the following:

- The risk of exposure to SARS-CoV-2, and the signs and symptoms of the disease.
- Safe work procedures to be followed, including hand washing, physical distancing and cough/sneeze etiquette.
- Location of washing facilities, including dispensing stations for alcohol-based hand rubs.
- How to seek first aid.
- How to report an exposure to or symptoms of COVID-19.

Monitoring

Our workers will promptly report any symptoms of COVID-19 to their manager or supervisor and the first aid attendant.

Record Keeping

PCML will keep records of exposure reports and first aid records.

Annual Review

We will review the exposure control plan every year and update it as necessary, in consultation with our joint health and safety committee.

Enhanced Surface Cleaning and Disinfection

Hygiene Practices

During the COVID 19 Public Health Emergency, enhanced cleaning and disinfection should be used on worksites to reduce the risk of disease transmission.

NOTE: in the event a confirmed case of COVID-19 was present on site, a specialized biohazard remediation, abatement company should be contacted for professional disinfection.

Clean and disinfect all frequently touched surfaces. This includes but is not limited to:

- table tops
- control panels
- computer/keyboard/mouse
- door knobs
- light switches
- handles
- bathrooms
- steering wheels
- eating areas
- pens
- hoist gates
- stair railings
- first aid equipment

Cleaning and disinfection should be done as often as possible and at a minimum at the beginning of shift, before eating, between crew changes, end of shift.

CLEANING: Removes visible soiling (e.g., dust, soil). Cleaning removes rather than kills viruses and bacteria. It is done with water, detergents, and steady friction from cleaning cloth.

DISINFECTING: Kills viruses and bacteria. A disinfectant is only applied to objects, never on the human body.

All visibly soiled surfaces should be cleaned before disinfection.

Most cleaning can be done using regular housekeeping best practices.

What products should be used for disinfection:

- Household or commercial disinfection products (follow manufacturer's instructions for disinfection), or a bleach solution (1 part bleach and 9 parts water).
- Do not mix bleach with ammonia or any other cleaning product.
- Health Canada maintains a list of commercial disinfectant products that can be used for SARS-CoV-2, the virus that causes COVID-19:

<https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>

During cleaning/disinfection:

- If the surface is dirty remove visible dust and debris and clean using detergent or soap prior to disinfection.
- Carefully follow the instructions provided by the manufacturer or on the SDS while disinfecting surfaces.

- You may need to leave the wet disinfection product on the surface for several minutes before removal for proper disinfection. Follow the instructions for disinfection provided by the product manufacturer.
- Frequently change the mop, sponge, rag, cloth and/or disposable towel being used to avoid cross- contamination between surfaces.
- Do not use the same mop/sponge/rag/cloth and/or disposable towel for both cleaning and disinfection. Ideally use disposable wipes/towels for disinfection.
- Wear nitrile, neoprene or other gloves identified by the manufacturer or SDS while working with disinfectant products.

After cleaning/disinfection:

- Wash hands with soap and water using proper handwashing procedures immediately after gloves are removed.
- All disposable materials must be placed into a leak proof garbage bag and sealed for disposal.

Housekeeping:

- Regular housekeeping practices should be maintained in addition to enhanced surface cleaning/disinfection.
- Do not sweep dust, use a vacuum.

PPE, Equipment and First Aid for Working with bleach or other sanitizing/disinfecting products:

Review the SDS for the product follow their first aid and PPE requirements. Below are some generic PPE, equipment and first aid suggestions that will apply to bleach and many sanitizing/disinfecting products. Use these procedures in conjunction with a WHMIS program. Cleaning should be carried out by appropriately knowledgeable and instructed workers.

Some common precautions (refer to manufacturer's instructions and SDS):

- Mix bleach with water in a well-ventilated area.
- Do not mix bleach with other cleaning products.
- Store bleach and other cleaning products in a secure, cool, dry place. Keep away from direct sunlight and heat. Close cap tightly after use.
- Do not eat, drink or smoke while working with cleaning products.

PPE

- Chemical goggles, splash guard or safety glasses with side shields.
- Chemical resistant gloves – nitrile or neoprene.
- Steel toed chemical resistant work boots.
- Long sleeved shirts and pants.
- Face shield (for First Aider).
- Medical gloves (for First Aider).

Other equipment and items required

- Safety Data Sheets
- Eyewash unit capable of providing 15-minute rinse.

- Means to flush skin for a minimum of 15 minutes.
- Hand washing station (water and soap) or hand sanitizer (at least 60% alcohol).
- Disposable paper or single-use cloth towels.

BC Poison Control 24-Hour Line: 604-682-5050 or toll free 1-800-567-8911

| | |
|---------------------|--|
| First Aid | First Aider requires appropriate COVID-19 protective PPE prior to beginning treatment |
| Inhalation | <ul style="list-style-type: none"> • Remove worker to fresh air and keep at rest in a position comfortable for breathing • If breathing is affected, call BC Poison Control, emergency services, or a doctor |
| Ingestion | <ul style="list-style-type: none"> • Call BC Poison Control or doctor immediately for treatment advice • Do not induce vomiting unless told to do so by a poison control centre or doctor • Do not give anything by mouth to an unconscious person |
| Eye Contact | <ul style="list-style-type: none"> • Hold eye open and rinse slowly and gently with water for 15-20 minutes • Remove contact lenses, if present, after the first 5 minutes, then continue rinsing eye • Call BC Poison Control or doctor for treatment advice |
| Skin Contact | <ul style="list-style-type: none"> • Take off contaminated clothing • Rinse skin immediately with plenty of water for 15 – 20 minutes • Call BC Poison Control or doctor for treatment advice |

See the Canadian Centre for Occupational Health and Safety (CCOHS) for further information on working with Chlorine Bleach: <https://www.ccohs.ca/oshanswers/chemicals/bleach.html>

Where Physical Distancing is not possible

Physical distancing means keeping a distance of 2 meters (6.5 feet) between workers.

On March 22, 2020 the Provincial Health Officer issued Guidance to Construction Sites Operating during COVID-19. The guidance states that “Where possible, employees should maintain a distance of two metres apart from each other”.

The following document describes best practices that may reduce the risk of transmission of the novel coronavirus SARS-CoV-2, however working under these procedures may still be a breach of the Provincial Health Officer’s orders.

If physical distancing is not possible while doing work tasks, you must carefully manage and minimize the risk of exposure to COVID-19.

First, consider whether or not the task is truly essential at this time:

- Can the task be delayed?
- Can it be safely done in another way?
- Can the number of workers involved be reduced?

Any physical distancing breaches should be brief and rare. Do not neglect other safety procedures during physical distancing breaches.

Suggestions to reduce the risk of COVID-19 transmission when physical distancing is not maintained: Workers:

This work should not be completed by workers who are at higher risk of complications due to COVID-19. This includes:

- Workers who are over the age of 60.
- Workers with chronic health conditions including diabetes, heart disease and lung disease.
- Workers who are immunocompromised.

Only workers who are considered to be at a lower risk of transmitting COVID-19 should complete this work. Do not permit workers on to a worksite if they meet the following criteria:

- Have or had symptoms of COVID-19 in the past 10 days (cough, sneeze, sore throat, fever, difficulty breathing).
- Have travelled outside of Canada within the previous 14 days.
- Live with or have been in close contact to someone with COVID-19 (presumed or confirmed) within the past 14 days.

Task Supervision

It is recommended that any work that breaches physical distancing requirements be monitored by a designated observer, ideally with health and safety training or experience. This person would ensure that:

- best practices are followed.

- physical distancing breaches are as brief and as rare as possible.
- other safety considerations are not overlooked during physical distancing breaches.

Handwashing

- Provide a handwashing or hand sanitizing station that is easily accessible for the affected workers.
- Wash hands thoroughly and at the end of the task for which less than 2 meters of distance is required. If gloves are worn, wash hands when gloves are removed.
- 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.
- Avoid touching your eyes, nose, or mouth with bare or gloved hands.

Cleaning/Disinfecting

- When task is completed ensure the tools that were used are cleaned and disinfected (see [Enhanced Surface Cleaning and Disinfection](#)).
- Clean and disinfect all high-touch surfaces in the area.

Clothing

- Clothing should be changed at the end of the shift to reduce the risk of take-home exposure. Bring work clothing home in a plastic bag and wash work clothing daily.

Personal Protective Equipment (PPE)

The procedures outlined above should be followed before the use of PPE is considered. When the procedures above are followed the risk of disease transmission between workers is low and PPE may not be required.

- Alternate face coverings (e.g. masks, face shields): If none of the people who are breaching physical distancing are exhibiting symptoms of COVID-19, alternate face coverings may reduce the risk of any asymptomatic transmission. These do not protect the wearer of the face covering, but they may reduce the spread of droplets from the infected individual. When used, they should be used by all workers who are involved in physical distancing breaches.

These alternate face coverings include plastic face shields and cloth face masks. These should be used with caution as they may increase the frequency of hand-to-mouth contact and they need to be regularly cleaned and disinfected.

Information on the use of cloth masks during the COVID-19 pandemic can be found on the BC Centre for Disease Control website at: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/masks> and on the Health Canada website at: <https://www.canada.ca/en/health-canada/services/drugs-health-products/medical-devices/activities/announcements/covid19-notice-home-made-masks.html>

- Wash or sanitize hands immediately before putting on the face covering and immediately after removing it.
- Avoid touching the face while wearing the face covering.

- Plastic face shields should be cleaned and disinfected between uses.
- Change the face covering only by touching the straps or ear loops.
- Do not share cloth face coverings between workers.
- Use a clean cloth mask at least daily, or whenever a mask becomes damp or soiled.
 - After use place cloth masks into a bag that can be emptied into a washing machine.
 - Launder cloth masks with other items using a hot cycle and dry thoroughly.
 - Do not place face coverings on any work surface, common area or equipment.
- Respiratory protection (half-face respirators with P95 or P100 filters, or N95 masks): These may be in short supply and are not required in most circumstances. If available, they should be prioritized for workers who need to work in proximity to people who have symptoms of COVID-19 (for example, first aid attendants treating people who develop symptoms of COVID-19 at work).
- Safety glasses can be used in conjunction with masks.
- If gloves are used, hands should be thoroughly washed after removing gloves.

INFORMATION BULLETIN

For Immediate Release
2020EMBC0002-000542
March 22, 2020

COVID-19 Joint Information Centre

Guidance to construction sites operating during COVID-19

Punjabi translation available; updated on March 30, 2020

VICTORIA – As the challenges caused by the COVID-19 outbreak continue to shift, the B.C. government and Dr. Bonnie Henry, provincial health officer, are taking unprecedented measures to slow the transmission of COVID-19.

Recently, Henry issued an order under the Public Health Act prohibiting the gathering of people in excess of 50 people at a place of which a person is the owner, occupier or operator, or for which they are otherwise responsible. Employers in the construction industry are asking for clarity about what this means for them.

While this order does not apply to construction sites as a whole, the public health officer is directing employers to take all necessary precautions to minimize the risks of COVID-19 transmission and illness to themselves and their employees. This includes:

- There should be no more than 50 people in the same space in any circumstances.
- Where possible, employees should maintain a distance of two metres apart from each other.
- Post signage that limits the number of occupants in any elevator to four people at a time.
- Reduce in-person meetings and other gatherings and hold site meetings in open spaces or outside.
- Increase the number of handwashing stations and post signage that identifies their location.
- Maintain a list of employees that are currently working on sites and update this list daily.
- All common areas and surfaces should be cleaned at the end of each day. Examples include washrooms, shared offices, common tables, desks, light switches and door handles.
- Self-isolation can end 14 days after the last contact or return to Canada if you have not developed symptoms.
- With or without a history of travel, if you have respiratory symptoms that can be managed at home, **self-isolate at home for at least 10 days after onset of symptoms**. After 10 days, if your temperature is normal and you feel better, you can return to your routine activities.
 - Coughing may persist for several weeks, so a cough alone does not mean you need to continue to self-isolate for more than 10 days.

Section 4.85 of the Occupational Health and Safety Regulation does provide for a minimum standard around the provision of washrooms and hand washing facilities. Where plumbed facilities are impracticable, employers must provide access to portable washroom and hand-washing facilities. Those facilities must be maintained in good working order and must be

provided with the supplies necessary for their use.

Employers should reassess their work environment every day and keep updated with the information posted on the Province's website: www.gov.bc.ca/COVID19

The B.C. government is doing everything it can to help contain the spread of COVID-19, and the safety of British Columbians remains its top priority.

Learn More:

For more information on the COVID-19 response, visit: www.gov.bc.ca/COVID19

For a Punjabi
translation:

[https://news.gov.bc.ca/files/2020_Guidance_to_construction_sites_operating_during_COVID_\(Punjabi\).pdf](https://news.gov.bc.ca/files/2020_Guidance_to_construction_sites_operating_during_COVID_(Punjabi).pdf)

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Connect with the Province of B.C. at: news.gov.bc.ca/connect



ਕੋਵਿਡ-19 ਦੌਰਾਨ ਚੱਲ ਰਹੇ ਕੰਸਟ੍ਰਕਸ਼ਨ ਦੇ ਸਥਾਨਾਂ ਲਈ ਦਿਸ਼ਾ-ਨਿਰਦੇਸ਼

ਐਤਵਾਰ, 22 ਮਾਰਚ 2020

ਜਾਣਕਾਰੀ ਬੁਲੇਟਿਨ

ਵਿਕਟੋਰੀਆ: ਜਦੋਂ ਕਿ ਕੋਵਿਡ-19 ਦੇ ਪ੍ਰਕੋਪ ਦੁਆਰਾ ਪੈਦਾ ਹੋਈਆਂ ਚੁਣੌਤੀਆਂ ਲਗਾਤਾਰ ਬਦਲ ਰਹੀਆਂ ਹਨ, ਸਰਕਾਰ ਅਤੇ ਸੂਬਾਈ ਸਿਹਤ ਅਫਸਰ ਡਾ. ਬੋਨੀ ਹੈਨਰੀ ਕੋਵਿਡ-19 ਦੇ ਪ੍ਰਸਾਰ ਨੂੰ ਘੱਟ ਕਰਨ ਲਈ ਬੇਮਿਸਾਲ ਕਿਸਮ ਦੀਆਂ ਉਪਾਅ ਕਾਰਵਾਈਆਂ ਕਰ ਰਹੇ ਹਨ।

ਹੁਣੇ ਜਹੇ, ਹੈਨਰੀ ਨੇ ਪਬਲਿਕ ਹੈਲਥ ਐਕਟ ਤਹਿਤ ਕਿਸੇ ਇਕ ਥਾਂ 'ਤੇ 50 ਤੋਂ ਵੱਧ ਲੋਕਾਂ ਦੇ ਇਕੱਠੇ ਹੋਣ 'ਤੇ ਪਾਬੰਦੀ ਦਾ ਹੁਕਮ ਜਾਰੀ ਕੀਤਾ, ਜਿਸ ਥਾਂ ਦਾ ਕੋਈ ਵਿਅਕਤੀ ਮਾਲਕ, ਕਬਜ਼ੇਦਾਰ ਜਾਂ ਸੰਚਾਲਕ ਹੈ ਜਾਂ ਜਿਸ ਲਈ ਉਹ ਹੋਰ ਕਿਸੇ ਰੂਪ 'ਚ ਜ਼ਿੰਮੇਵਾਰ ਹੈ। ਕੰਸਟ੍ਰਕਸ਼ਨ ਉਦਯੋਗ ਵਿਚਲੇ ਐਂਪਲਾਇਰ ਸਪੱਸ਼ਟ ਕਰਨ ਲਈ ਪੁੱਛ ਰਹੇ ਹਨ ਕਿ ਉਨ੍ਹਾਂ ਲਈ ਇਸਦਾ ਕੀ ਮਤਲਬ ਹੈ।

ਜਦੋਂ ਕਿ ਇਹ ਹੁਕਮ ਕੰਸਟ੍ਰਕਸ਼ਨ ਸਥਾਨਾਂ 'ਤੇ ਪੂਰਨ ਰੂਪ 'ਚ ਲਾਗੂ ਨਹੀਂ ਹੁੰਦਾ, ਪਬਲਿਕ ਸਿਹਤ ਅਫਸਰ ਐਂਪਲਾਇਰਾਂ ਨੂੰ ਕੋਵਿਡ-19 ਦੇ ਪ੍ਰਸਾਰ ਅਤੇ ਬੀਮਾਰੀ ਤੋਂ ਆਪਣੇ ਅਤੇ ਆਪਣੇ ਕਰਮਚਾਰੀਆਂ ਲਈ ਖਤਰੇ ਨੂੰ ਘੱਟ ਰੱਖਣ ਵਾਸਤੇ ਜ਼ਰੂਰੀ ਸਾਵਧਾਨੀਆਂ ਵਰਤਣ ਲਈ ਨਿਰਦੇਸ਼ ਦੇ ਰਹੇ ਹਨ। ਇਨ੍ਹਾਂ 'ਚ ਸ਼ਾਮਲ ਹਨ:

- ਕਿਸੇ ਵੀ ਹਾਲਾਤ 'ਚ ਇਕ ਹੀ ਥਾਂ 'ਤੇ 50 ਤੋਂ ਵੱਧ ਲੋਕ ਮੌਜੂਦ ਨਹੀਂ ਹੋਣੇ ਚਾਹੀਦੇ।
- ਜਿੱਥੇ ਸੰਭਵ ਹੋ ਸਕੇ, ਕਰਮਚਾਰੀਆਂ ਨੂੰ ਇਕ ਦੂਸਰੇ ਤੋਂ ਦੋ ਮੀਟਰ ਦੀ ਵਿੱਥ ਬਣਾ ਕੇ ਰੱਖਣੀ ਚਾਹੀਦੀ ਹੈ।
- ਸਾਈਨ ਲਗਾਏ ਜਾਣ, ਜਿਹੜੇ ਕਿਸੇ ਵੀ ਐਲੀਵੇਟਰ 'ਚ ਇਕੋ ਸਮੇਂ ਚਾਰ ਲੋਕਾਂ ਦੇ ਚੜ੍ਹ ਸਕਣ ਦੀ ਹੱਦ ਮਿੱਥਦੇ ਹੋਣ।
- ਰੂ-ਬਰੂ ਮੀਟਿੰਗਾਂ ਅਤੇ ਹੋਰ ਇਕੱਠ ਘਟਾਏ ਜਾਣ ਅਤੇ ਸਾਈਟ-ਮੀਟਿੰਗਾਂ ਖੁੱਲ੍ਹੀ ਥਾਂ 'ਤੇ ਜਾਂ ਬਾਹਰ ਕੀਤੀਆਂ ਜਾਣ।
- ਹੱਥ ਧੋਣ ਦੀਆਂ ਥਾਵਾਂ ਦੀ ਗਿਣਤੀ ਵਧਾਈ ਜਾਵੇ ਅਤੇ ਅਜਿਹੇ ਸਾਈਨ ਲਗਾਏ ਜਾਣ ਜੋ ਉਨ੍ਹਾਂ ਸਥਾਨਾਂ ਵੱਲ ਇਸ਼ਾਰਾ ਕਰਦੇ ਹੋਣ।
- ਕੰਮ ਵਾਲੀਆਂ ਥਾਵਾਂ 'ਤੇ ਮੌਜੂਦਾ ਸਮੇਂ ਕੰਮ ਕਰ ਰਹੇ ਕਰਮਚਾਰੀਆਂ ਦੀ ਸੂਚੀ ਬਣਾ ਕੇ ਰੱਖੀ ਜਾਵੇ ਅਤੇ ਇਸ ਨੂੰ ਰੋਜ਼ ਅੱਪਡੇਟ ਕੀਤਾ ਜਾਵੇ।
- ਸਾਰੀਆਂ ਸਾਂਝੀ ਵਰਤੋਂ ਦੀਆਂ ਥਾਵਾਂ ਅਤੇ ਸਥੱਲਾਂ ਨੂੰ ਹਰੇਕ ਦਿਨ ਦੇ ਅੰਤ 'ਤੇ ਸਾਫ਼ ਕੀਤਾ ਜਾਵੇ। ਮਿਸਾਲਾਂ 'ਚ ਸ਼ਾਮਲ ਹਨ ਵਾਸ਼ਰੂਮ, ਸਾਂਝੇ ਦਫਤਰ, ਸਾਂਝੇ ਮੇਜ਼, ਡੈਸਕ, ਬਿਜਲੀ ਦੇ ਸਵਿੱਚ ਅਤੇ ਦਰਵਾਜ਼ਿਆਂ ਦੇ ਹੈਂਡਲ।
- ਹਰ ਕੋਈ ਜਿਸਨੂੰ ਕੋਵਿਡ-19 ਵਰਗੇ ਰੋਗ-ਲੱਛਣ ਹੋਣ, ਜਿਵੇਂ ਕਿ ਗਲਾ ਖਰਾਬ, ਬੁਖਾਰ, ਛਿੱਕਾਂ ਜਾਂ ਖੰਘ, ਉਹ ਜ਼ਰੂਰ ਘਰ 'ਚ 14 ਦਿਨਾਂ ਲਈ ਸਵੈ-ਇਕਲਾਪੇ (Self-Isolation) 'ਚ ਰਹੇ।

ਆਕੂਪੇਸ਼ਨਲ ਹੈਲਥ ਐਂਡ ਸੇਫਟੀ ਰੈਗੂਲੇਸ਼ਨ ਦਾ ਸੈਕਸ਼ਨ 4.85 ਵਾਸ਼ਰੂਮਾਂ ਅਤੇ ਹੱਥ ਧੋਣ ਦੀਆਂ ਸਹੂਲਤਾਂ ਮੁਹੱਈਆ ਕਰਨ ਬਾਰੇ ਘੱਟੋ ਘੱਟ ਮਿਆਰਾਂ ਦੀ ਵਿਵਸਥਾ ਕਰਦਾ ਹੈ। ਜਿੱਥੇ ਪਲੰਬਿੰਗ ਵਾਲੀਆਂ ਸਹੂਲਤਾਂ ਵਿਉਂਤਰਾਜ਼ ਨਹੀਂ, ਉਥੇ ਐਂਪਲਾਇਰ ਜ਼ਰੂਰ ਪੋਰਟੇਬਲ ਵਾਸ਼ਰੂਮ ਅਤੇ ਹੱਥ ਧੋਣ ਦੀਆਂ ਸਹੂਲਤਾਂ ਤੱਕ ਪਹੁੰਚ ਮੁਹੱਈਆ ਕਰਨ। ਉਹ ਸਹੂਲਤਾਂ ਜ਼ਰੂਰੀ ਤੌਰ 'ਤੇ ਚੰਗੀ ਤਰ੍ਹਾਂ ਕੰਮ ਕਰਨ ਦੀ ਹਾਲਾਤ 'ਚ ਹੋਣ ਅਤੇ ਉਨ੍ਹਾਂ ਦੀ ਵਰਤੋਂ ਲਈ ਲੋੜੀਂਦੀਆਂ ਸਪਲਾਈਆਂ ਜ਼ਰੂਰ ਮੁਹੱਈਆ ਕੀਤੀਆਂ ਜਾਣ।

ਐਂਪਲਾਇਰ ਰੋਜ਼ਾਨਾ ਕੰਮ ਦੇ ਵਾਤਾਵਰਣ ਦੀ ਪੁਨਰ-ਪੜਚੋਲ ਕਰਨ ਅਤੇ ਸੂਬੇ ਦੇ ਵੈੱਬਸਾਈਟ www.gov.bc.ca/COVID19 'ਤੇ ਪਾਈ ਜਾਂਦੀ ਜਾਣਕਾਰੀ ਨਾਲ ਅੱਪਡੇਟ ਰਹਿਣ।

ਬੀ.ਸੀ. ਸਰਕਾਰ ਕੋਵਿਡ-19 ਦੇ ਫੈਲਾਅ ਨੂੰ ਰੋਕਣ 'ਚ ਮਦਦ ਕਰਨ ਲਈ ਜੋ ਕੁਝ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ, ਕਰ ਰਹੀ ਹੈ, ਅਤੇ ਬ੍ਰਿਟਿਸ਼ ਕੁਲੰਬੀਆ ਵਾਸੀਆਂ ਦੀ ਸੁਰੱਖਿਆ ਇਸ ਦੀ ਸਿਖਰਲੀ ਪ੍ਰਾਥਮਿਕਤਾ ਬਣੀ ਹੋਈ ਹੈ।

ਵਧੇਰੇ ਜਾਣੋ:

ਕੋਵਿਡ-19 ਸਬੰਧੀ ਵਧੇਰੇ ਜਾਣਕਾਰੀ ਲਈ ਵੇਖੋ: www.gov.bc.ca/COVID19

ਕੋਵਿਡ-19 ਜਾਇੰਟ ਇੰਨਫਰਮੇਸ਼ਨ ਸੈਂਟਰ

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Centro Informativo Conjunto

Guía para las obras de construcción en funcionamiento durante el COVID-19

actualizada el 30 de marzo de 2020

VICTORIA – A medida que los desafíos ocasionados por el brote del COVID-19 siguen cambiando, el Gobierno de B.C. y la Dra. Bonnie Henry, la Oficial Provincial de Salud, están tomando medidas sin precedentes para ralentizar la propagación del virus.

Recientemente, la Dra. Henry emitió una orden con arreglo a la Ley de Salud Pública mediante la que se prohíben las reuniones de más de 50 personas en un lugar regentado por una persona, un ocupante o un operador, o del cual se es responsable de otra forma. Los empleadores en el sector de la construcción solicitan información clara sobre lo que esto significa para ellos.

Si bien la orden no se aplica a la actividad de la construcción como tal, la Oficial Provincial de Salud insta a los empleadores a tomar todas las precauciones necesarias para minimizar los riesgos de transmisión del COVID-19 y de la enfermedad para ellos mismos y para sus empleados. Esto incluye las siguientes indicaciones:

- En ningún caso debe haber más de 50 personas en un mismo lugar.
- Siempre que sea posible, los empleados deberían mantener una distancia de 2 metros de separación entre sí.
- Coloque carteles indicando que se limita el número de ocupantes permitidos a la vez en un elevador a cuatro personas.
- Reduzca las reuniones presenciales y otros tipos de reuniones, y lleve a cabo las reuniones in situ en lugares abiertos o al aire libre.
- Incremente el número de estaciones de lavado de manos y coloque carteles que indiquen su ubicación.
- Mantenga una lista de empleados que actualmente están trabajando in situ, y actualice esta lista a diario.
- Todas las zonas y superficies comunes deben limpiarse al final de cada jornada. Esto incluye baños, oficinas compartidas, mesas, escritorios, interruptores de la luz y manijas de las puertas.
- El autoaislamiento puede terminar 14 días después del último contacto o del regreso a Canadá si no ha desarrollado síntomas.
- Tanto si tiene un historial de viaje como si no, si tiene síntomas respiratorios que se puedan tratar en casa, debe autoaislarse en casa durante al menos 10 días después del comienzo de los síntomas. Si después de 10 días su temperatura es normal y se siente mejor, puede volver a sus actividades cotidianas.

- La tos puede permanecer varias semanas, por lo que, por sí sola, no significa que tenga que seguir autoaislándose durante más de 10 días.

La Sección 4.85 de la Reglamentación sobre la salud y seguridad en el trabajo ofrece un estándar mínimo sobre la provisión de baños e instalaciones de lavado de manos. En los lugares en los que no sea posible tener instalaciones con fontanería, los empleadores deben proporcionar acceso a baños portátiles y a instalaciones de lavado de manos. Estas instalaciones deben mantenerse en buen estado de funcionamiento y deben estar abastecidas con los suministros necesarios para su uso.

Los empleadores deben reevaluar el entorno laboral a diario y revisar con regularidad la información actualizada que se publica en el sitio web de la Provincia en:

www.gov.bc.ca/COVID19

El Gobierno de B.C. está haciendo todo lo posible para contener la propagación del COVID-19, y la seguridad de los residentes de la Colombia Británica sigue siendo su máxima prioridad.

Más información:

Para obtener más información sobre la respuesta ante el COVID-19, visite:

www.gov.bc.ca/COVID19

Para ver la traducción al punyabí:

[https://news.gov.bc.ca/files/2020_Guidance_to_construction_sites_operating_during_COVID_\(Punjabi\).pdf](https://news.gov.bc.ca/files/2020_Guidance_to_construction_sites_operating_during_COVID_(Punjabi).pdf)

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