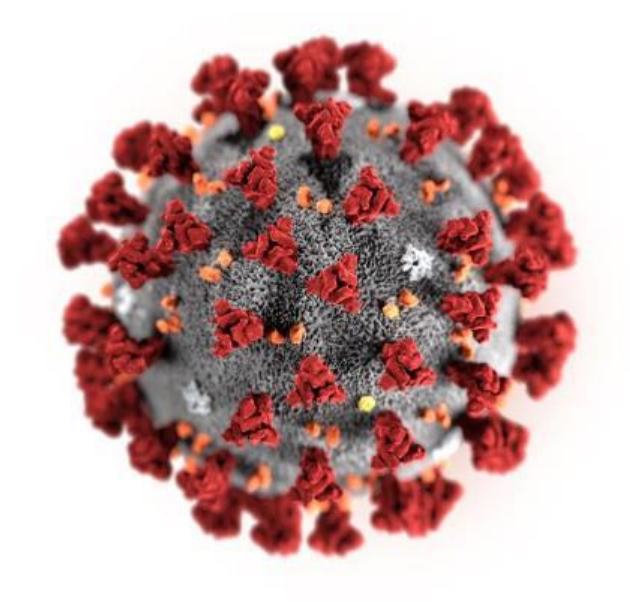

Illustration: CDC / Alissa Eckert & Dan Higgins

Protecting the Safety and Health of Workers

Coronavirus Disease 2019 (COVID-19)

Using OSHA/CDC Guidance to protect workers as we bring workplaces online

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All employees, including those already working (except healthcare workers, first responders, and others already trained in infection control, personal protection/universal precautions), must complete, and employers must document, this training on mandatory health and safety requirements, or another training program that meets or exceeds this VOSHA-provided training by May 4, 2020.

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What is Novel Coronavirus?

- Coronaviruses are a family of viruses that can cause illness in people.
  Coronaviruses circulate among animals, including camels, cattle, and cats.
- SARS-CoV-2, the seventh known human coronavirus and the virus that causes COVID-19,
  is thought to have jumped species from animals to begin infecting humans.

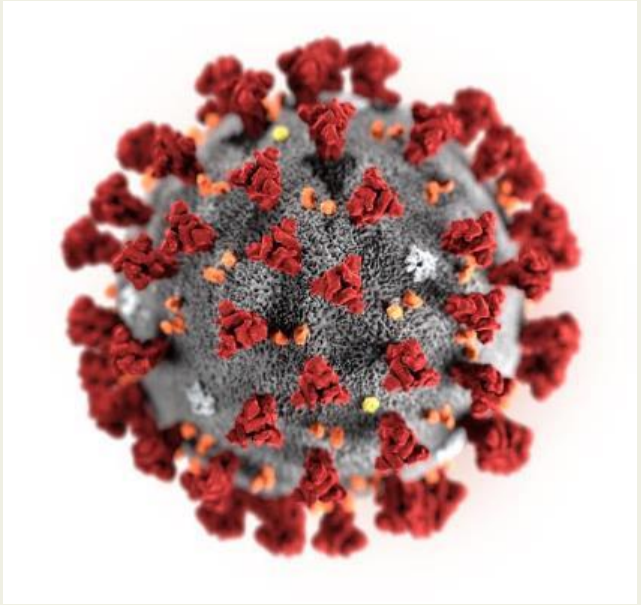

Illustration: CDC / Alissa Eckert & Dan Higgins

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What is Coronavirus Disease 2019 (COVID-19)?

- COVID-19 is a respiratory disease spread from person to person. The virus that causes the corona virus is the novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Source: CDC

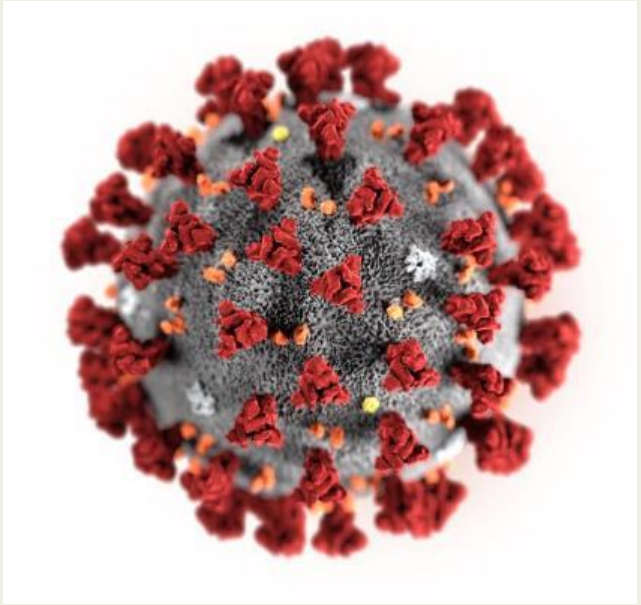

Illustration: CDC / Alissa Eckert & Dan Higgins

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How is COVID-19 Different from Other Known Coronaviruses?

- Several coronaviruses cause common colds, but are not significant threats for most healthy people.
- Other coronaviruses have caused past outbreaks, including Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS)—each caused by a different coronavirus.
- SARS-CoV-2 is a distinct coronavirus.

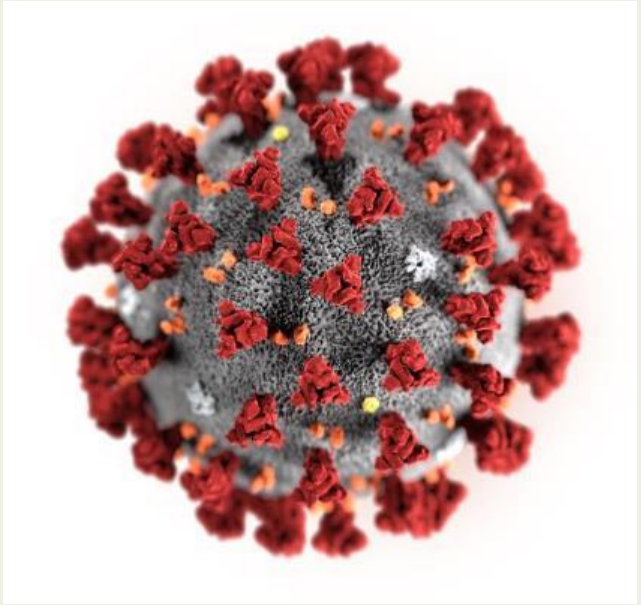

Illustration: CDC / Alissa Eckert & Dan Higgins

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How Does the Coronavirus Spread?

- The virus is thought to spread mainly from person-to-person.
- The virus spreads by droplets made when people with the coronavirus cough, sneeze or talk. These droplets can land in the mouths or noses of people nearby or be inhaled into their lungs.
- People who are infected often—but not always—have symptoms of illness. People without symptoms are able to spread virus.
- It may be possible that a person can get the coronavirus by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

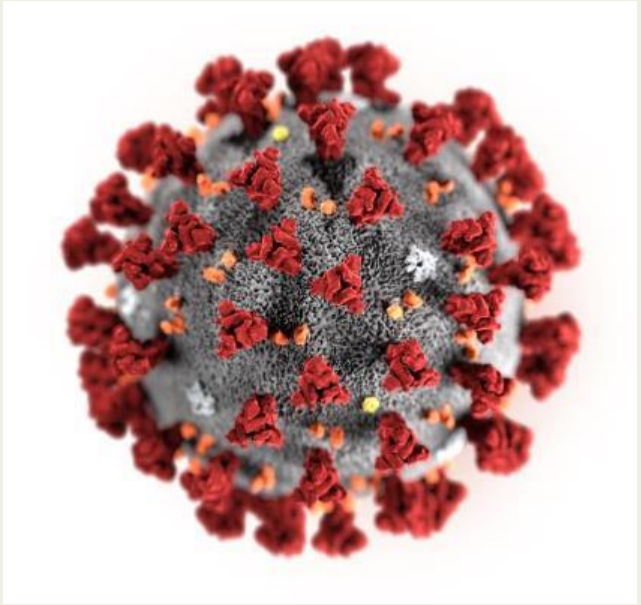

Illustration: CDC / Alissa Eckert & Dan Higgins

Source: CDC

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Signs and Symptoms of Infection

- Not everyone infected with the COVID-19 virus has symptoms. Symptoms include mild to severe respiratory illness. The symptoms may start 2 to 14 days after exposure to the virus.
- Symptoms include: Fever, Cough, Shortness of breath or difficulty breathing, Chills, Repeated shaking with chills, Muscle pain, Headache, Sore throat, and New loss of taste or smell
- If you are having symptoms of COVID-19, call your provider. If you are having a medical emergency, call 9-1-1 or go to the hospital.

CDC's Self Checker Tool:
https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/index.html

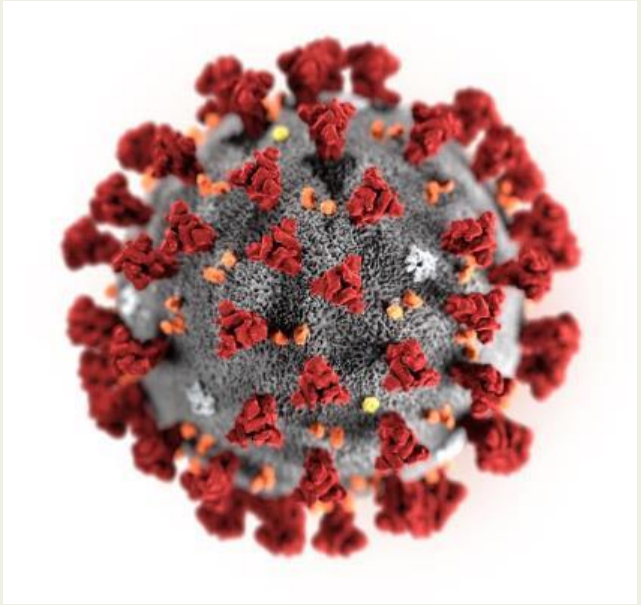

Illustration: CDC / Alissa Eckert & Dan Higgins

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Current Pandemic

- More than 2.7 million cases worldwide.
- Different parts of the U.S. are seeing different levels of COVID-19 activity.
- All 50 states have reported cases of COVID-19 to CDC.

Latest situation summary:
www.cdc.gov/coronavirus/2019-ncov/

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Current Pandemic

U.S. COVID-19 cases include:

- Imported cases in travelers.
- Cases among close contacts of a known case.
- Community-acquired cases where the source of the infection is unknown.
- Most U.S. states are reporting community spread of COVID-19.

Latest situation summary:
www.cdc.gov/coronavirus/2019-ncov/

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If You Have Been Exposed/Infected

- Prior to seeking treatment, alert your healthcare provider or occupational health clinic if you think you may have COVID-19.
- Tell your healthcare provider if you have been exposed to someone with the virus and have signs/symptoms of infection, as well as about any recent travel to areas where COVID-19 has spread.
- If you are having trouble breathing, or have any other concerning symptoms call 911 for immediate help.

Photo: CDC / Scott Housley

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Diagnosis and Treatment

- Your healthcare provider can determine if you should be tested for COVID-19 based on any symptoms you might have, and the severity of them.
- There is not currently a vaccine or specific treatment for COVID-19.
- Some patients, especially those who become very ill, may require supportive care in a hospital.

Photo: CDC / Scott Housley

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Occupational Exposure Risks

- OSHA is closely coordinating with CDC, including the National Institute for Occupational Health and Safety (NIOSH), and other agencies to monitor the ongoing pandemic.
- The risk of exposure in many workplaces likely reflects the risk to the general public in the community where the workplace is located.
- Risk can increase when workers have frequent, close contact with the general public or other co-workers.

Photo: U.S. Navy / Seaman Rob Aylward

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Occupational Exposure Risks

- Workers in some sectors may have increased risk of occupational exposure to COVID-19, including in:
  - Healthcare and Laboratories
  - Emergency response
  - Mortuary services and other deathcare
  - Airline operations
  - Border protection and passenger screening
  - Critical retail operations (e.g., grocery stores, pharmacies)

Photo: U.S. Customs and Border Protection / James Tourtellotte

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Existing OSHA Standards Protect Workers from Exposure

- Follow existing OSHA standards to help protect workers from exposure to SARS-CoV-2 and infection with COVID-19.
- Employers should also remember that OSHA can use the General Duty Clause, Section 5(a)(1), of the Occupational Safety and Health Act to ensure that workers are protected from recognized safety and health hazards that may cause serious harm.

Relevant OSHA Requirements

- Personal Protective Equipment (29 CFR 1910 subpart I), including:
  - PPE General Requirements (1910.132)
  - Eye and Face Protection (1910.133)
  - Respiratory Protection (1910.134)
  - Hand Protection (29 CFR 1910.138)
- Bloodborne Pathogens (29 CFR 1910.1030)
- Hazard Communication (29 CFR 1910.1200)
- Recordkeeping (29 CFR part 1904)

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Sectors with Exposure Risk – VERY HIGH

- Healthcare workers (e.g., doctors, nurses, dentists, paramedics, EMTs) performing or present for aerosol-generating procedures (e.g., intubation, cough induction procedures, bronchoscopies, CPR, some dental procedures and exams, invasive specimen collection) on known or suspected COVID-19 patients.
- Healthcare or laboratory personnel collecting or handling specimens from known or suspected COVID-19 patients.
- Morgue workers performing autopsies on the bodies of people who are known to have, or suspected of having COVID-19 at the time of their death.

Sectors with Exposure Risk – HIGH

- Healthcare delivery and support staff (e.g. doctors, nurses, and other hospital staff who must enter patients rooms) exposed to known or suspected COVID-19 patients. (While NO aerosol generating procedures are being performed.)
- Medical transport workers (e.g., ambulance vehicle operators) moving known or suspected COVID-19 patients in enclosed vehicles.
- Mortuary workers involved in preparing the bodies of people who are known to have, or suspected of having COVID-19 at the time of their death.

Sectors with Exposure Risk – MEDIUM

- Jobs that require frequent (i.e., more than a few minutes) and/or close (i.e., within 6 feet) contact with people who may be infected with SARS-CoV-2, but who are not known or suspected COVID-19 patients.
- Examples include:
  - Critical retail workers, such as those in pharmacies and grocery stores.
  - Transit workers, such as bus drivers, subway operators, and taxi drivers.
  - Workers in other transportation operations.

Sectors with Exposure Risk – LOW (Caution)

- Jobs that do not require contact with people known to be or suspected of being infected with SARS-CoV-2, nor frequent close contact with (within 6 feet) of the general public.
- Workers in this category have minimal occupational contact with the public and other coworkers.

MANDATORY HEALTH AND SAFETY REQUIREMENTS FOR ALL BUSINESS, NON-PROFIT & GOVERNMENT OPERATIONS

All businesses must follow Vermont Department of Health and CDC Guidelines and VOSHA Standards

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Mandatory Requirements

- Employees shall not report to, or be allowed to remain at, work or job site if sick or symptomatic (with fever, cough, and/or shortness of breath).
- Non-symptomatic COVID-19 positive workers are not allowed on site and any worker(s) who have contact with a worker or any other person who is diagnosed with COVID-19 are required to quarantine for 14 days.

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Mandatory Requirements

- Signs must be posted at all entrances clearly indicating that no one may enter if they have symptoms of respiratory illness.
- To the extent feasible, prior to the commencement of each work shift, prescreening or survey shall be required to verify each employee has no symptoms of respiratory illness (fever, cough, and/or shortness of breath), including temperature checks.

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Mandatory Requirements

- **Temperature checks**
- *– A temperature of 100.4°F/38°C or higher, is considered a fever, as according to the CDC*
- At the present time non-contact thermometers are in short supply, however employers shall immediately order, and use their best efforts to obtain, thermometers in order to conduct routine temperature checks.

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Mandatory Requirements

- All employees must observe strict social distancing of 6 feet while on the job, unless noted, and should refrain from touching their faces.

- No congregation of employees is allowed

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Mandatory Requirements

- If possible, access to common areas, break or lunchrooms should be closed or controlled.
- If the nature of an employer's work, or the work area does not allow employees to safely consume meals in the workspace an employer may designate a common area or room where meals may be safely consumed provided all conditions are met:

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Mandatory Requirements

- At the entrances of the designated common area or room the employer shall clearly post the policy limiting the occupancy of the space, and the minimum social distancing, hand washing/hand sanitizing and space cleaning requirements

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Mandatory Requirements

- The employer shall limit occupancy of designated common area or room so that occupants maintain strict social distancing of no less than 6 feet per individual. The employer shall enforce the occupancy limit.

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Mandatory Requirements

- Employees shall be required to wipe down their area prior to leaving -or there shall be cleaning of the area at regular intervals throughout the day
- Hand washing facilities and/or hand sanitizer shall be immediately available at entrances of designated common area or room.

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Mandatory Requirements

- When working inside, open doors and windows to promote air flow to the greatest extent possible and limit the number of people occupying a single indoor space.
- No more than 2 people shall occupy one vehicle when conducting work, and shall wear face coverings when riding together

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Mandatory Requirements

- Employees must wear face coverings over their nose and mouth when in the presence of others. In the case of retail cashiers, a translucent shield or “sneeze guard” is acceptable in lieu of a mask.

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Mandatory Requirements

- All common spaces and equipment, including bathrooms, frequently touched surfaces and doors, tools and equipment, and vehicles must be cleaned and disinfected at the beginning, middle and end of each shift *and*, when possible, prior to transfer from one person to another.

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Mandatory Requirements

- Employees must have easy and frequent access to soap and water or hand sanitizer during duration of work, and handwashing or hand sanitization is required frequently including before entering, and leaving, job sites.

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Mandatory Requirements

- Businesses may ask Customers, to wear face coverings any time they are on the premises and interacting with employees and other members of the public.

- Update on New Work Safe Additions to the Stay Home, Stay Safe Order: https://accd.vermont.gov/news/update-new-work-safe-additions-stay-home-stay-safe-order

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GUIDANCE FOR EMPLOYERS

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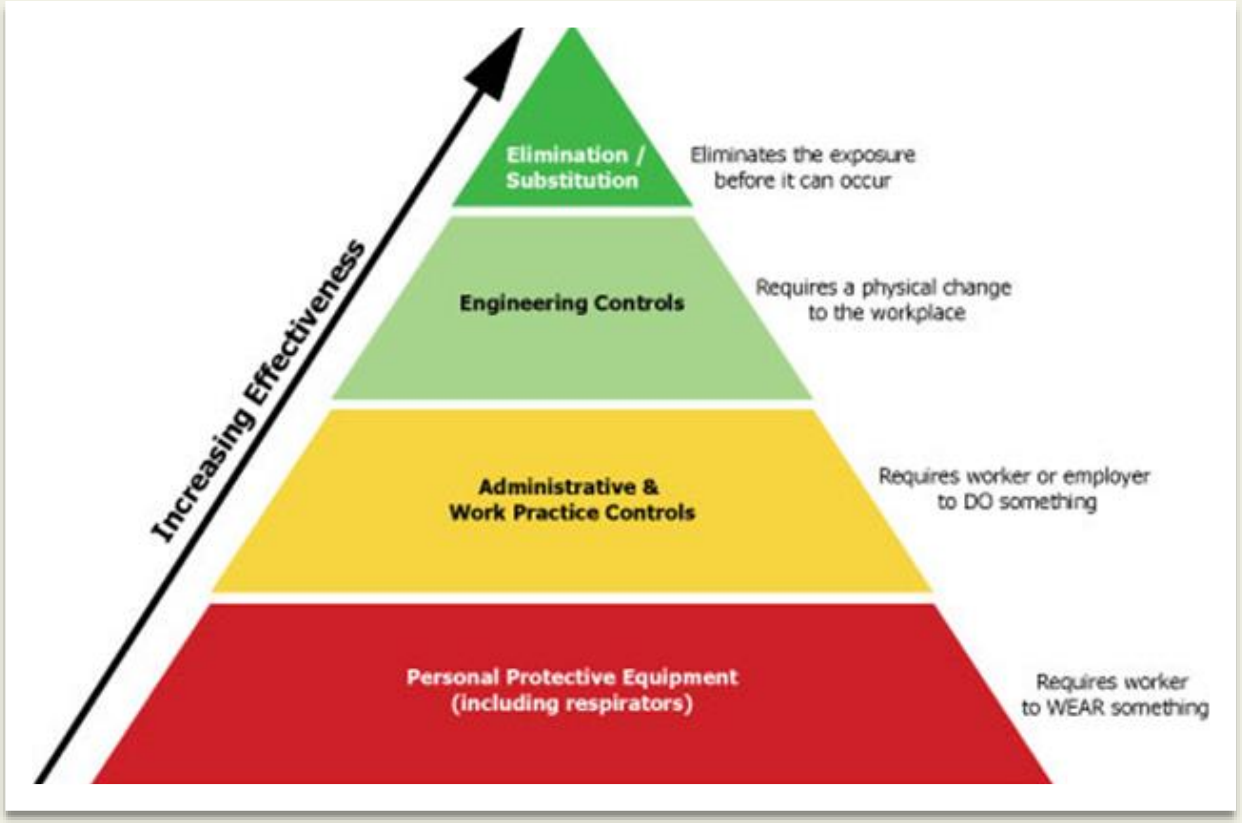
Have a Plan

- Start with assessing the hazards in your workplace
- Just as in all other hazards, the “Hierarchy of Controls” is an important concept



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Elimination/Substitution

- Tasks should be evaluated for the possibility of working remotely
- Meetings/conferences and trainings should be done via the internet/virtually
- Client/patient services should be done via the internet/virtually
- Employee-to-employee contact should be eliminated by spreading out workstations
- Employees should be encouraged to stay home if they feel ill in any way.
  THIS SHOULD BE UNIFORMLY COMMUNICATED
- If feasible, temperature testing employees should be done

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Engineering Controls

- Consider physical barriers to prevent spread;
  - i.e. workstation barriers
  - i.e. sneeze guards for cashiers
- Isolation of tasks should be considered where possible
- Ventilation patterns and air change rates can assist in lessening contamination

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Administrative and Work Practice Controls

Work Practice Controls can be very effective in preventing the spread of COVID-19

- Understand the basic principles of prevention:
  - **Social Distancing:** Social distancing is when people are able to maintain a minimum of **6 feet apart.**
  - **Personal Cleanliness:** Hand washing facilities and hand sanitizing must be provided, readily available, and their use must be encouraged.
  - **Work Surface Cleanliness:** Employers should implement protocols for regularly cleaning and disinfecting high-touch surfaces in the work environment.
    - Wipe down surfaces such as door push bars, shopping carts, points of sale machines, chairs in waiting areas, and other areas that customers, visitors, or workers frequently touch.

Employee Training

- Train all workers about their risk of occupational exposure to COVID-19 as well as on what to do if they have traveled to high-risk areas or been exposed to possible cases.
- For workers at particular risk of exposure (e.g., in healthcare sectors), discuss:
  - Sources of exposure to the virus and hazards associated with that exposure.
  - Appropriate ways to prevent or reduce the likelihood of exposure, including use of engineering and administrative controls, safe work practices, and PPE.
  - Some OSHA standards (e.g., BBP, PPE) require worker training.

Personal Protective Equipment (PPE)

- Make sure there is a good understanding of what is and what is not considered PPE
- Things that are PPE;
  - **Gloves:** various gloves protect against varying hazards, most commonly, medical grade Nitryl or latex gloves are used to protect against pathogenic hazards
  - **Body Protection;** Most often varying forms of protective suits are worn to protect from pathogenic hazards. In the case of facilities with direct contact of known or suspected COVID-19 infectious subjects, Tyvek, full body suits can be worn. However! To be impervious to the maximum of the design, all seems should be sealed
  - **Eye/face protection;** Eye protection should also be worn for those involved in the direct contact of known or suspected COVID-19 infectious subjects. Eye protection should provide side protection at the least. Face shield make excellent protection, especially when used in conjunction with eye protection
  - Know the difference in masks versus respirators and apply appropriately

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GUIDANCE FOR EMPLOYEES

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Know the Plan

- Your employer should have a plan to protect you from spread of COVID-19 and as an employee you should ask and understand this plan
- The plan will encompass the following concepts to protect workers from COVID-19;
  - Modifying the workplace (shields/barriers, moving workstations)
  - Social Distancing
  - Cleanliness
  - Personal Protective equipment
  - Face coverings

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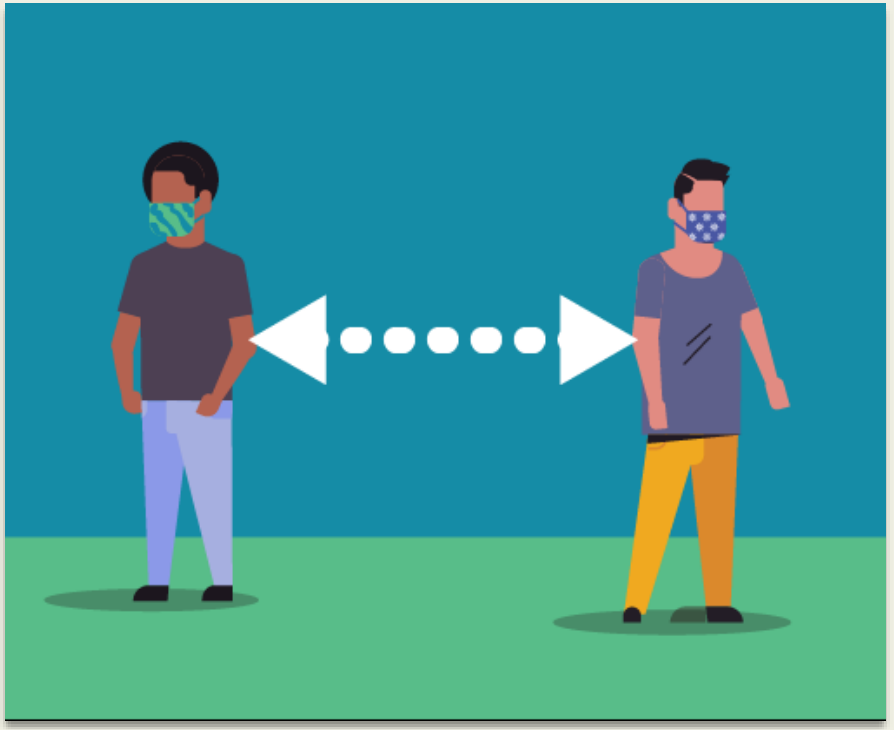
Social Distancing

Social distancing, also called “physical distancing” means keeping space between yourself and other people outside of your home, and is the most effective means of protection from exposure and spread.

- Stay at least 6-feet from other people.
- Do not gather in groups.
- Any face-to-face contact less than 6-feet is not effective and should only be done in conjunction with wearing a mask.

More on social distancing from the CDC



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Stay Home, Stay Safe

- Employees shall not report to, or be allowed to remain at, work or job site if sick or symptomatic (with fever, cough, and/or shortness of breath).
- Non-symptomatic COVID-19 positive workers are not allowed on site.
- Any worker(s) who have contact with a worker or any other person who is diagnosed with COVID-19 are required to quarantine for 14 days.

More on social distancing from the CDC

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Hand Washing/Hand Sanitizing

Handwashing is one of the best ways to protect yourself and your family from getting sick.

For all workers, regardless of specific exposure risks:

- Practice good and frequent hand hygiene.
- Follow good cough/sneeze etiquette
- Avoid touching the eyes, nose, or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Use hand sanitizer when you can't use soap and water

Photo: CDC

More on handwashing from the CDC

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Hand Washing/Hand Sanitizing

Follow these five steps every time.

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

Photo: CDC

More on handwashing from the CDC

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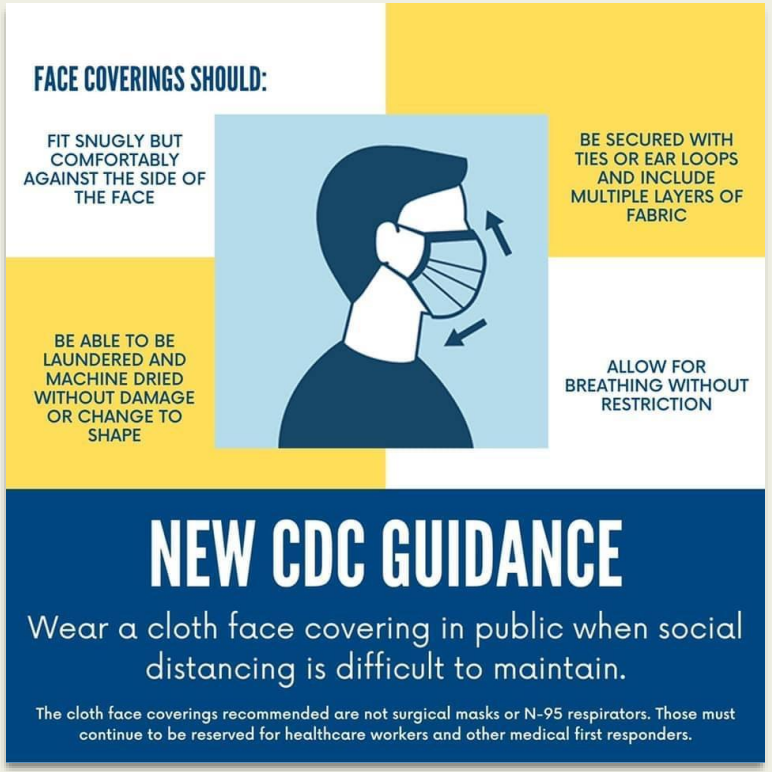
Masks and Face Coverings

Masks are an important tool in protection from the spread of COVID-19 virus. In addition to the Governor's Executive Order, the CDC recommends wearing cloth face coverings in public settings where social distancing measures are difficult to maintain

- Employees must wear face coverings over their nose and mouth when in the presence of others.
- In the case of retail cashiers, a translucent shield or "sneeze guard" is acceptable in lieu of a mask.
- Medical and surgical masks should be reserved for health care workers. To learn how to make your own mask or cloth face covering, click here.



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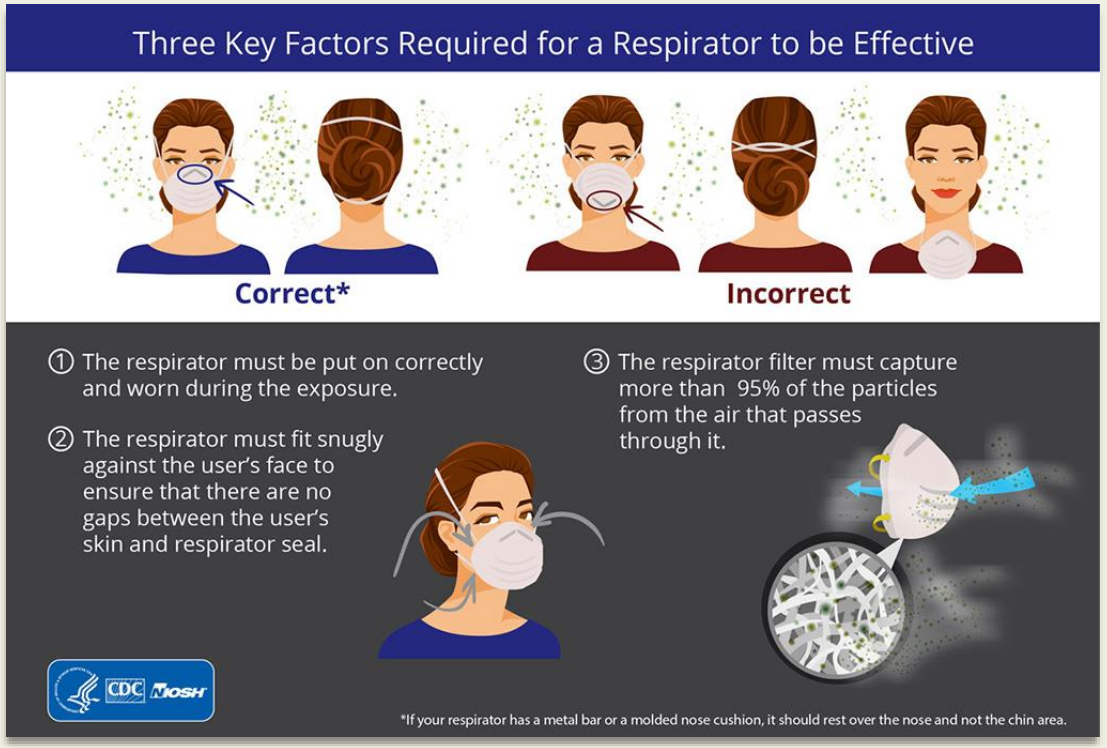
Respirator

- Respirators are tight fitting and considered personal protective equipment.
- If N95 masks are used voluntarily, there is no need to have fit test conducted *(but need to provide mandatory Appendix D)* **LINK**
- If respirators are required in a workplace, a fit test must complete, and the employer needs a full and detailed protection program (1910.134)
- Respirators must be used if involved in medical procedures when exposed to aerosolized virus (intubating, treatment of coughing, etc.)



Link to VOSHA Guidance on Masks/Respirators

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Links to Helpful Documents

- OSHA guidance for grocery and retail worker safety: https://labor.vermont.gov/document/osha-protecting-grocery-store-workers-covid-19
- OSHA guidance for construction worker safety: https://labor.vermont.gov/document/osha-protection-construction-workforce-during-covid-19
- OSHA guidance package delivery worker safety: https://labor.vermont.gov/document/osha-covid-19-guidance-package-delivery-workforce
- OSHA guidance for manufacturing worker safety: https://labor.vermont.gov/document/osha-covid-19-guidance-manufacturing-industry-workforce
- Agency of Commerce guidance for stage one going back to work: https://accd.vermont.gov/news/update-new-work-safe-additions-stay-home-stay-safe-order

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For Continual Updates

- Visit OSHA's website at https://www.osha.gov/SLTC/covid-19/
- Visit CDC COVID-19 website at https://www.cdc.gov/coronavirus/2019-ncov/index.html
- Visit Vermont Department of Health at https://www.healthvermont.gov/response/coronavirus-covid-19
- Visit Agency of Commerce and Community Development at https://accd.vermont.gov/covid-19
- Follow OSHA on social media
  - Twitter: @OSHA_DOL
  - Facebook: Follow the Department of Labor page

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CERTIFICATE OF COMPLETION

**By completing the certificate, you certify that you have completed this training and understand the safety guidance provided.*

Please complete the fillable certificate, and provide a copy to your employer. Keep a copy for your record as well.

See next slide for instructions on how to save a copy of your certificate to your computer

To download your Certificate of Completion for this training, please visit: https://labor.vermont.gov/document/covid-19-training-certificate

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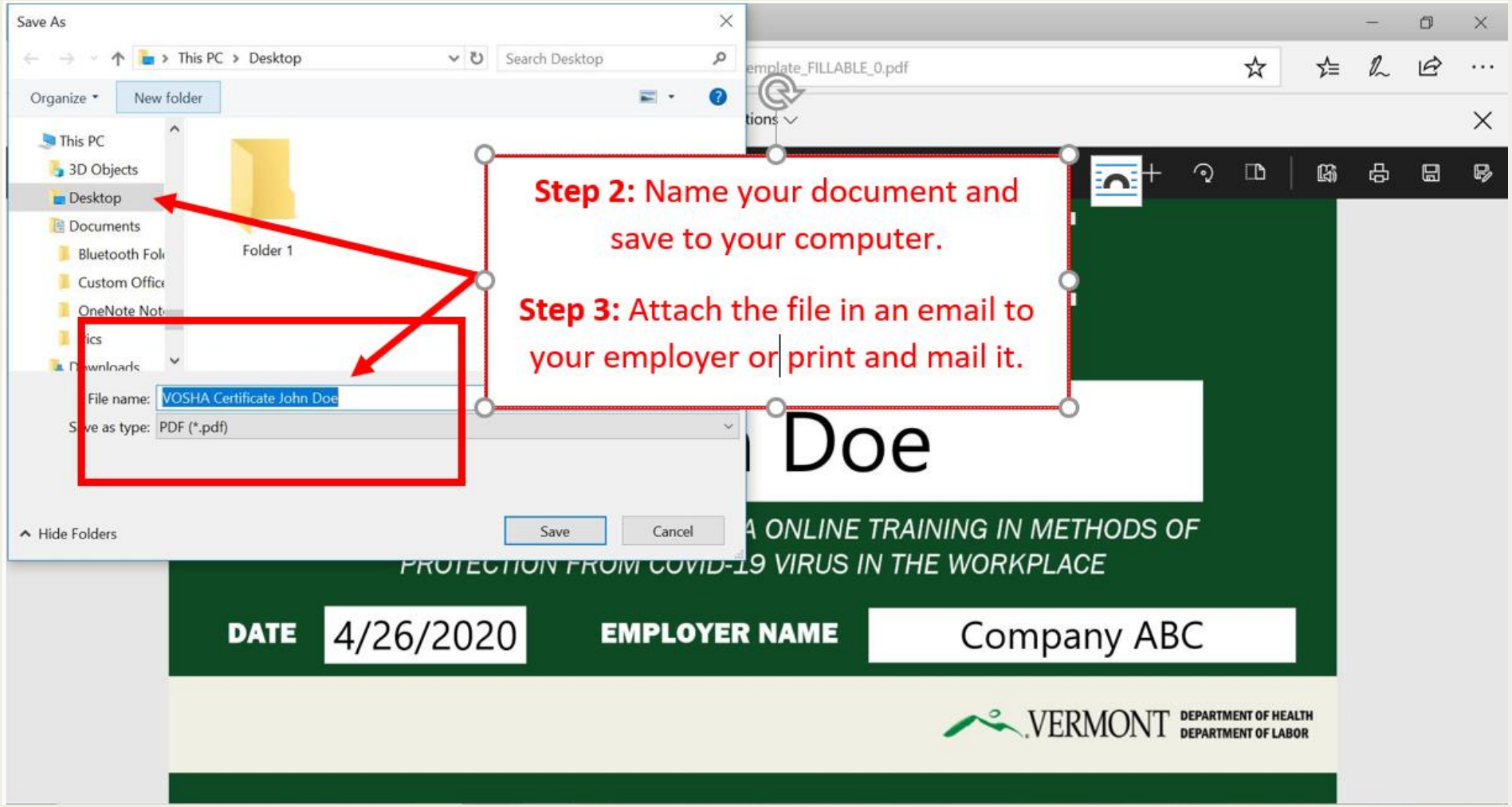

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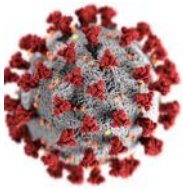
What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.

Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.

Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.

Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.

Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.

cdc.gov/coronavirus

CS 314937A 04/15/2020

Centers for Disease Control and Prevention

Coronavirus Disease 2019

How COVID-19 Spreads

COVID-19 is thought to spread mainly through close contact from person-to-person in respiratory droplets from someone who is infected. People who are infected often have symptoms of illness. Some people without symptoms may be able to spread virus.

COVID-19 is a new disease and **we are still learning about how it spreads** and the severity of illness it causes.

Person-to-person spread

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Maintaining good social distance (about 6 feet) is very important in preventing the spread of COVID-19.

Spread from contact with contaminated surfaces or objects

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. This is not thought to be the main way the virus spreads, but we are still learning more about this virus.

Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub. Also, routinely clean frequently touched surfaces.

How easily the virus spreads

How easily a virus spreads from person-to-person can vary. Some viruses are highly contagious, like measles, while other viruses do not spread as easily. Another factor is whether the spread is sustained, which means it goes from person-to-person without stopping.

The virus that causes COVID-19 is spreading very easily and sustainably between people. Information from the ongoing COVID-19 pandemic suggest that this virus is spreading more efficiently than influenza, but not as efficiently as measles, which is highly contagious.

More Information

- ASL Video Series: How does COVID-19 Spread?

Page last reviewed: April 13, 2020

UPDATE ON NEW WORK SAFE ADDITIONS TO THE STAY HOME, STAY SAFE ORDER

MEMO

FROM: Lindsay Kurrle, Secretary, Agency of Commerce and Community Development
TO: Vermont Businesses and Employers
DATE: April 24, 2020 || Modifications and new sections are in red.
RE: Update on New Work Safe Additions to the Stay Home, Stay Safe Order

In the days and weeks to come we will work to restart Vermont's economy in the wake of COVID-19. Understanding the need to restart the economy as soon as possible and improve our overall social wellbeing, we cannot allow for a resurgence of COVID-19 that would undermine or lose the important public health outcomes achieved to date. Our work to transition Vermont out from under the Stay Home order swiftly and responsibly will take just as much effort and goodwill as we have all expended in recent weeks. Working closely with the Health Department, the State Emergency Operations Center, and dedicated professionals across State government, we have developed, and will continue to refine, critical steps to ensure the health and safety of Vermonters and the continuity of our healthcare system.

As we move forward, **businesses and employees must understand that *how* they work is essential to resuming and maintaining business operations.** Preventing outbreaks and limiting the spread of COVID-19 is the only way to avoid future business and social disruption. The success of this phased restart will depend in large part on the ability of employers and employees to adhere to the public health, safety, and social distancing measures essential to limiting the spread of illness.

To that end, the following is required of all businesses currently operating and those re-started:

MANDATORY HEALTH & SAFETY REQUIREMENTS FOR ALL BUSINESS OPERATIONS

All businesses must follow Vermont Department of Health and CDC guidelines:

- Employees shall not report to, or be allowed to remain at, work or job site if sick or symptomatic (with fever, cough, and/or shortness of breath).
- All employees must observe strict social distancing of 6 feet while on the job, unless noted, and should refrain from touching their faces.
- No congregation of employees is allowed. All common areas, such as break rooms and cafeterias, but excluding restrooms, are closed.
- Employees must wear face coverings over their nose and mouth when in the presence of others. In the case of retail cashiers, a translucent shield or "sneeze guard" is acceptable in lieu of a mask.
- Employees must have easy and frequent access to soap and water or hand sanitizer during duration of work, and handwashing or hand sanitization should be required before entering, and leaving, job sites.
- All common spaces and equipment, including bathrooms, frequently touched surfaces and doors, tools and equipment, and vehicles must be cleaned and disinfected (https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html) at the beginning, middle and end of each shift *and* prior to transfer from one person to another.
- To the extent feasible, prior to the commencement of each work shift, pre-screening or survey shall be required to verify each employee has no symptoms of respiratory illness (fever, cough, and/or shortness of breath), including temperature checks.
- Signs must be posted at all entrances clearly indicating that no one may enter if they have symptoms of respiratory illness.
- When working inside, open doors and windows to promote air flow to the greatest extent possible and limit the number of people occupying a single indoor space.

- No more than 2 people shall occupy one vehicle when conducting work.
- No symptomatic or COVID-19 positive workers are allowed on site and any worker(s) who have contact with a worker or any other person who is diagnosed with COVID-19 are required to quarantine for 14 days.
- All business operations must have a designated health and safety officer on-site who monitors and has the authority to stop or modify activities to ensure compliance with these mandatory health and safety requirements.
- All business, non-profit and government operations must use remote work whenever possible.
- All employees, including those already working (except healthcare workers, first responders, and others already trained in infection control, personal protection/universal precautions), must complete, and employers must document, a training on mandatory health and safety requirements as provided by VOSHA, or another training program that meets or exceeds the VOSHA-provided standard by May 4, 2020.

BUSINESS CUSTOMER & GENERAL PUBLIC MASK USE

Customers, and the public in general, is encouraged to wear cloth face coverings any time they are interacting with others from outside their household.

PHASED RESTART

Business operations deemed "essential" may continue to operate under pre-existing guidance with the addition of the mandatory health and safety requirements for all business operations above.

To safely reopen certain operations impacted by the COVID-19 outbreak and not defined as essential, Governor Scott has directed the Agency of Commerce - in consultation with the Department of Health and the Department of Public Safety – to authorize, **subject to mandatory health and safety requirements listed above and additional guidance below**, the following:

Phase 1: Effective April 20, 2020 (updated April 27, 2020)

1.1 Outdoor Businesses, Construction Operations, Manufacturing and Distribution

- Those who exclusively or largely work outdoors (such as civil engineering, site work, exterior construction, skilled trades, public works, energy and utility work, mining, forestry, environmental monitoring, landscaping, painting, tree work, parks maintenance, recreation maintenance, delivery work, etc.) may resume operations with a maximum of 5 (five) total workers per location/job.
- Manufacturing and distribution operations may resume operations with a maximum of 5 (five) employees in any location if they are low-density and ensure employees are six feet apart at all times.
- Interior construction may occur in uninhabited structures, adhering to social distancing standards, with no more than 5 (five) workers maintaining social distance between them whenever possible.
- Supporting services that were not previously deemed essential may resume operations with the minimum number of employees necessary to support curbside pick-up and delivery services; adherence to the mandatory health and safety requirements and compliance with 1.2 below required.
- At this stage workers from out-of-state must quarantine for 14 days upon arrival. Lodging is not available for non-essential out-of-state workers.

1.2 Retail Operations (clarifying existing guidance)

- Retailers, including those that operate in an outdoor setting, may conduct limited operations such as curbside pick-up, delivery services, and warehouse or distribution operations in support of curbside, or delivery.
- All orders must occur over the phone or online; no in-store transactions are allowed at this time.
- Only the minimum number of employees necessary to support curbside pick-up and delivery services are allowed at any one store, site, or location.

1.3 Low or no contact professional services

- Services operating with a single worker (such as appraisers, realtors, municipal clerks, attorneys, property managers, pet care operators, and others) may operate if they can comply with the mandatory health and safety requirements listed above, with no more than 2 persons (service provider and client) present at one time.

Phase 2: Effective April 27, 2020 (unless otherwise noted)

2.1 Outdoor retail space

- Outdoor retail operations, such as garden centers and greenhouses offering mulch, stone, plant, tree, seed sales, etc., may allow in-person shopping, but no more than one customer per 200 square feet and a maximum of 10 total people including customers and staff.
- Retailers shall take steps to schedule or stage customer visits, such as waiting in cars until ready, to ensure no congregation.
- Social distancing and facial coverings are required at all times.

2.2 Libraries (clarifying guidance)

- Libraries may operate subject to section 1.2 above, allowing for curbside pickup for lending in accordance with guidance issued by the Department of Libraries.

2.3 Farmers Markets (effective May 1)

- Farmers markets may open using limited in-person operations to ensure consumer access to quality, healthy food if:
  - They adhere to all municipal ordinances and rules and their local municipality agrees to allow opening.
  - Markets must significantly alter their business practices to eliminate crowds and reduce contact between vendors and customers including a temporary transition away from shopping and social events to primarily a food distribution using the methods prescribed in section 1.2 above.
  - Markets are directed to use a "pre-order, local food pick-up" model and to follow any additional guidance by the Agency of Agriculture and Food Markets.

If your business or circumstance does not meet these criteria, additional guidance will be forthcoming.

For additional details, please review the Stay Home, Stay Safe Sector Specific Guidance (https://accd.vermont.gov/covid-19/business/stay-home-stay-safe-sector-specific-guidance).

Select Language ▼

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Centers for Disease Control and Prevention

Coronavirus Disease 2019

Social Distancing, Quarantine, and Isolation

Keep Your Distance to Slow the Spread

Limiting face-to-face contact with others is the best way to reduce the spread of coronavirus disease 2019 (COVID-19).

What is social distancing?

Social distancing, also called “physical distancing,” means keeping space between yourself and other people outside of your home. To practice social or physical distancing:

- Stay at least 6 feet (2 meters) from other people
- Do not gather in groups
- Stay out of crowded places and avoid mass gatherings

In addition to everyday steps to prevent COVID-19, keeping space between you and others is one of the best tools we have to avoid being exposed to this virus and slowing its spread locally and across the country and world.

When COVID-19 is spreading in your area, everyone should limit close contact with individuals outside your household in indoor and outdoor spaces. Since people can spread the virus before they know they are sick, it is important to stay away from others when possible, even if you have no symptoms. Social distancing is especially important for people who are at higher risk of getting very sick.

Why practice social distancing?

COVID-19 spreads mainly among people who are in close contact (within about 6 feet) for a prolonged period. Spread happens when an infected person coughs, sneezes, or talks, and droplets from their mouth or nose are launched into the air and land in the mouths or noses of people nearby. The droplets can also be inhaled into the lungs. Recent studies indicate that people who are infected but do not have symptoms likely also play a role in the spread of COVID-19.

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes. However, this is not thought to be the main way the virus spreads. COVID-19 can live for hours or days on a surface, depending on factors such as sun light and humidity. Social distancing helps limit contact with infected people and contaminated surfaces.

Although the risk of severe illness may be different for everyone, anyone can get and spread COVID-19. Everyone has a role to play in slowing the spread and protecting themselves, their family, and their community.

Tips for social distancing

- Follow guidance from authorities where you live.
- If you need to shop for food or medicine at the grocery store or pharmacy, stay at least 6 feet away from others.
  - Use mail-order for medications, if possible.
  - Consider a grocery delivery service.
  - Cover your mouth and nose with a cloth face cover when around others, including when you have to go out in public, for example to the grocery store.
    - Stay at least 6 feet between yourself and others, even when you wear a face covering.
- Avoid large and small gatherings in private places and public spaces, such a friend’s house, parks, restaurants, shops, or any other place. This advice applies to people of any age, including teens and younger adults. Children

should not have in-person playdates while school is out. To help maintain social connections while social distancing, learn tips to keep children healthy while school's out.

- Work from home when possible.
- If possible, avoid using any kind of public transportation, ridesharing, or taxis.
- If you are a student or parent, talk to your school about options for digital/distance learning.

Stay connected while staying away. It is very important to stay in touch with friends and family that don't live in your home. Call, video chat, or stay connected using social media. Everyone reacts differently to stressful situations and having to socially distance yourself from someone you love can be difficult. Read tips for stress and coping.

What is the difference between quarantine and isolation?

Quarantine

Quarantine is used to **keep someone who *might* have been exposed to COVID-19 away from others**. Someone in self-quarantine stays separated from others, and they limit movement outside of their home or current place. A person may have been exposed to the virus without knowing it (for example, when traveling or out in the community), or they could have the virus without feeling symptoms. Quarantine helps limit further spread of COVID-19.

Isolation

Isolation is used to **separate sick people from healthy people**. People who are in isolation should stay home. In the home, anyone sick should separate themselves from others by staying in a specific "sick" bedroom or space and using a different bathroom (if possible).

What should I do if I might have been exposed? If I feel sick? Or have confirmed COVID-19?

If you think you have been exposed to COVID-19, read about symptoms.

If you...
If you or someone in your home might have been exposed

Steps to take...
Self-Monitor

Be alert for symptoms. Watch for **fever,* cough, or shortness of breath**.

- Take your temperature if symptoms develop.
- Practice social distancing. Maintain 6 feet of distance from others, and stay out of crowded places.
- Follow CDC guidance if symptoms develop.

If you...
If you feel healthy but:

- Recently had close contact with a person with COVID-19, or
- Recently traveled from somewhere outside the U.S. or on a cruise ship or river boat

Steps to take...
Self-Quarantine

- Check your temperature twice a day and watch for symptoms.

- Stay home for 14 days **and** self-monitor.
- If possible, stay away from people who are high-risk for getting very sick from COVID-19.

If you...

If you:

- Have been diagnosed with COVID-19, or
- Are waiting for test results, or
- Have symptoms such as cough, fever, or shortness of breath

Steps to take...

Self-Isolate

- **Stay in a specific "sick room" or area** and away from other people or animals, including pets. If possible, use a separate bathroom.
- Read important information about caring for yourself or someone else who is sick.

More Information

- How to Protect Yourself
- Cleaning and Disinfecting Your Home
- Gatherings and Community Events

Page last reviewed: April 4, 2020

Centers for Disease Control and Prevention

Handwashing: Clean Hands Save Lives

When and How to Wash Your Hands

During the Coronavirus Disease 19 (COVID-19) pandemic, keeping hands clean is especially important to help prevent the virus from spreading.

Handwashing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy.

How Germs Spread

Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections from one person to the next. Germs can spread from other people or surfaces when you:

- Touch your eyes, nose, and mouth with unwashed hands
- Prepare or eat food and drinks with unwashed hands
- Touch a contaminated surface or objects
- Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects

Key Times to Wash Hands

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- **Before, during,** and **after** preparing food
- **Before** eating food
- **Before** and **after** caring for someone at home who is sick with vomiting or diarrhea
- **Before** and **after** treating a cut or wound
- **After** using the toilet
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** blowing your nose, coughing, or sneezing

- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching garbage

During the COVID-19 pandemic, you should also clean hands:

- After you have been in a public place and touched an item or surface that may be frequently touched by other people, such as door handles, tables, gas pumps, shopping carts, or electronic cashier registers/screens, etc.
- Before touching your eyes, nose, or mouth because that's how germs enter our bodies.

Follow Five Steps to Wash Your Hands the Right Way

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time.

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

Why? Read the science behind the recommendations.

Use Hand Sanitizer When You Can't Use Soap and Water

You can use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

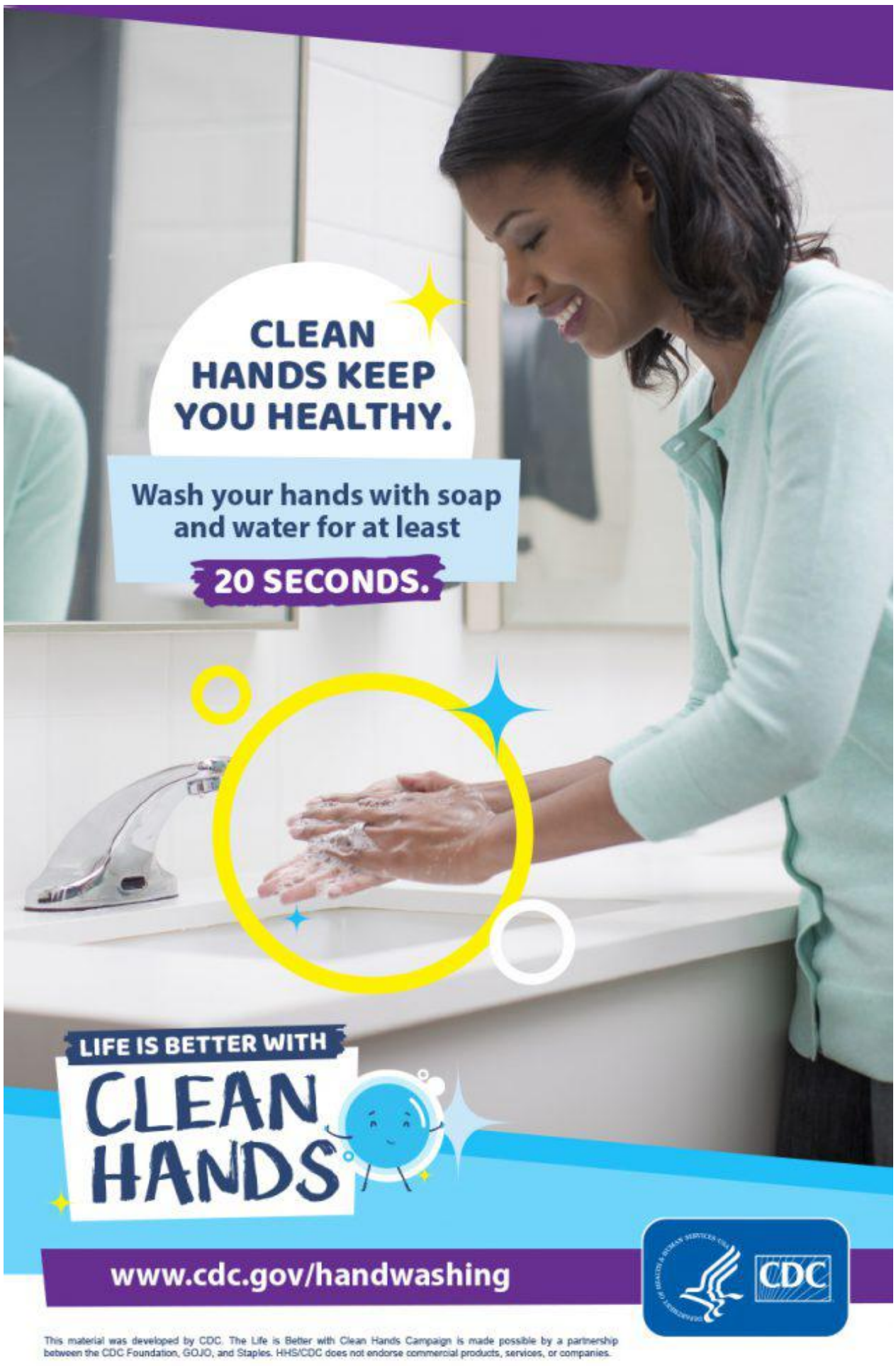
Sanitizers can quickly reduce the number of germs on hands in many situations. However,

- Sanitizers do **not** get rid of all types of germs.
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy.
- Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.

Caution! Swallowing alcohol-based hand sanitizers can cause alcohol poisoning if more than a couple of mouthfuls are swallowed. Keep it out of reach of young children and supervise their use.

How to use hand sanitizer

- Apply the gel product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.



CDC's Handwashing Campaign: *Life is Better with Clean Hands*

CDC's *Life is Better with Clean Hands* campaign encourages adults to make handwashing part of their everyday life and encourages parents to wash their hands to set a good example for their kids. Visit the *Life is Better with Clean Hands* campaign page to download resources to help promote handwashing in your community.

For more information on handwashing, visit CDC's Handwashing website or call 1-800-CDC-INFO.

More Information

- Handwashing: Clean Hands Save Lives
- *Life is Better with Clean Hands* Campaign
- Preventing the Flu
- Hand Hygiene in Healthcare Settings
- Hand Hygiene After a Disaster
- Water-Related Hygiene
- Keeping Your Hands Clean on a Cruise

Health Promotion & Education

- Health Promotion Materials
  - Fact Sheets
  - Podcasts
  - Posters
  - Stickers
  - Videos
  - Web Features
- Training & Education
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Publications, Data, & Statistics

- Publications, Data, & Statistics

Global Handwashing Day

- Global Handwashing Day

Page last reviewed: April 2, 2020

Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

How to Wear Cloth Face Coverings

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a cloth face covering.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.

cdc.gov/coronavirus

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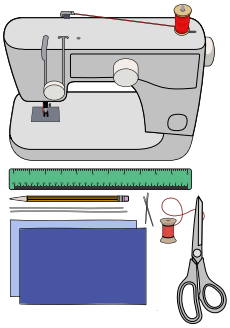
Sewn Cloth Face Covering

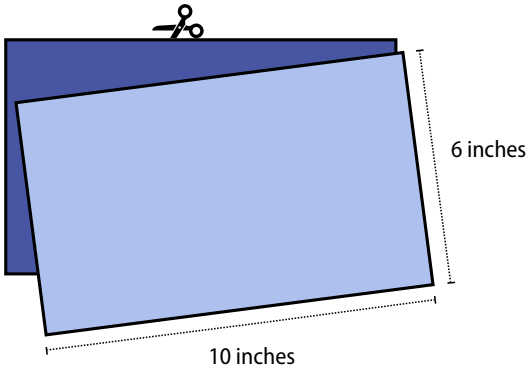
Materials

- Two 10”x6” rectangles of cotton fabric
- Two 6” pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

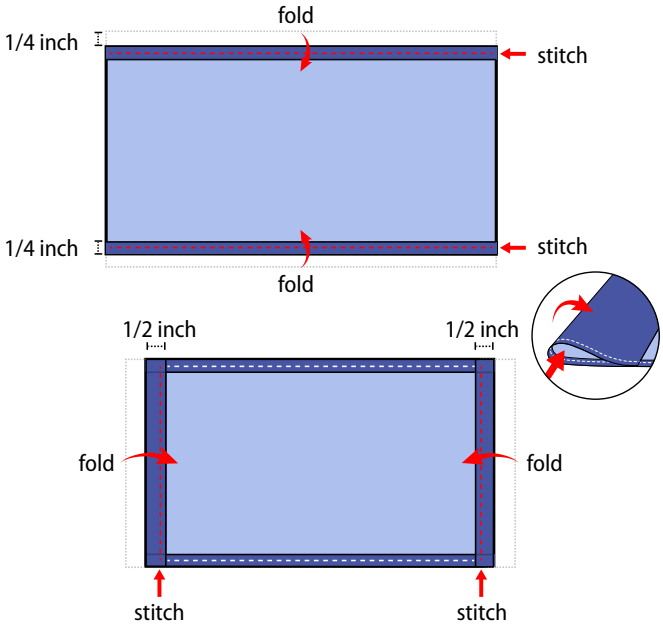


Tutorial

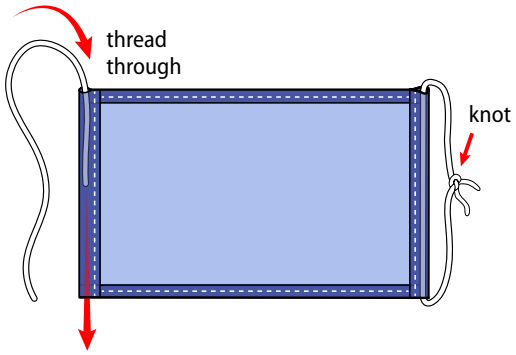
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the cloth face covering as if it was a single piece of fabric.



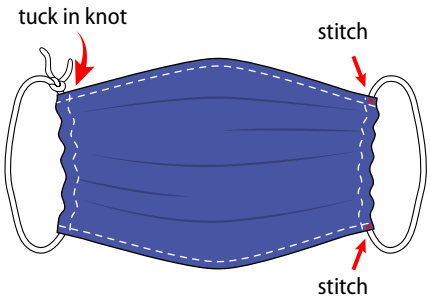
2. Fold over the long sides ¼ inch and hem. Then fold the double layer of fabric over ½ inch along the short sides and stitch down.



3. Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the cloth face covering. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight.
Don’t have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the cloth face covering behind your head.



4. Gently pull on the elastic so that the knots are tucked inside the hem.
Gather the sides of the cloth face covering on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.



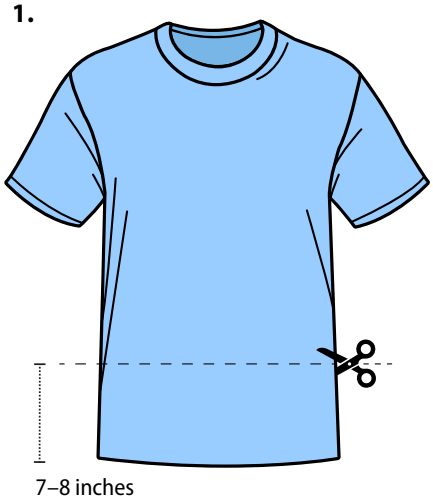
Quick Cut T-shirt Cloth Face Covering (no sew method)

Materials

- T-shirt
- Scissors

Tutorial

1.



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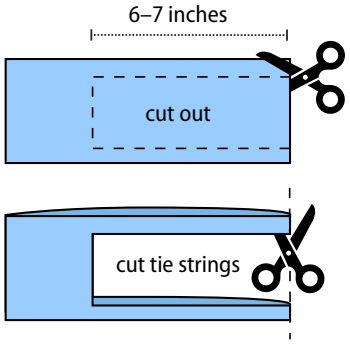

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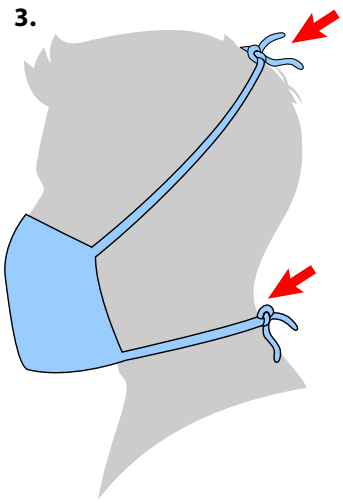


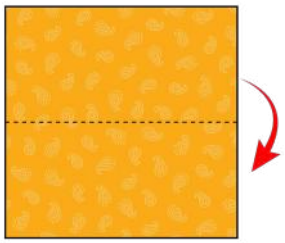
Bandana Cloth Face Covering (no sew method)

Materials

- Bandana (or square cotton cloth approximately 20″x20″)
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

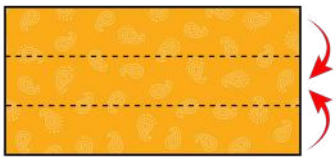
Tutorial

1.



Fold bandana in half.

2.

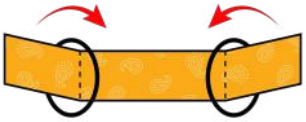


Fold top down. Fold bottom up.

3.

Place rubber bands or hair ties about 6 inches apart.

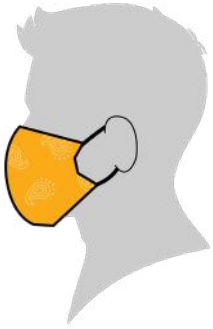
4.



Fold side to the middle and tuck.

5.

6.



- **Part Number:** 1910
- **Part Number Title:** Occupational Safety and Health Standards
- **Subpart:** 1910 Subpart I
- **Subpart Title:** Personal Protective Equipment
- **Standard Number:** 1910.134 App D
- **Title:** (Mandatory) Information for Employees Using Respirators When not Required Under Standard.
- **GPO Source:** e-CFR

Appendix D to Sec. 1910.134 (Mandatory) Information for Employees Using Respirators When Not Required Under the Standard

Respirators are an effective method of protection against designated hazards when properly selected and worn. Respirator use is encouraged, even when exposures are below the exposure limit, to provide an additional level of comfort and protection for workers. However, if a respirator is used improperly or not kept clean, the respirator itself can become a hazard to the worker. Sometimes, workers may wear respirators to avoid exposures to hazards, even if the amount of hazardous substance does not exceed the limits set by OSHA standards. If your employer provides respirators for your voluntary use, or if you provide your own respirator, you need to take certain precautions to be sure that the respirator itself does not present a hazard.

You should do the following:

1. Read and heed all instructions provided by the manufacturer on use, maintenance, cleaning and care, and warnings regarding the respirators limitations.

2. Choose respirators certified for use to protect against the contaminant of concern. NIOSH, the National Institute for Occupational Safety and Health of the U.S. Department of Health and Human Services, certifies respirators. A label or statement of certification should appear on the respirator or respirator packaging. It will tell you what the respirator is designed for and how much it will protect you.

3. Do not wear your respirator into atmospheres containing contaminants for which your respirator is not designed to protect against. For example, a respirator designed to filter dust particles will not protect you against gases, vapors, or very small solid particles of fumes or smoke.

4. Keep track of your respirator so that you do not mistakenly use someone else's respirator.

[63 FR 1152, Jan. 8, 1998; 63 FR 20098, April 23, 1998]

UNITED STATES
DEPARTMENT OF LABOR

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200 Constitution Ave NW
Washington, DC 20210
800-321-6742 (OSHA)
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www.OSHA.gov

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Fact Sheet
April 2020

COVID-19 Facemasks vs. Respirators: Understanding the Difference

Cloth or Paper Face Mask

Surgical Face Mask

Filtering Facepiece Respirator (e.g. N95)

	Cloth or Paper Face Mask	Surgical Face Mask	Filtering Facepiece Respirator (e.g. N95)
Testing & Approval	Not tested or approved, but currently recommended by the CDC	Cleared by the U.S. Food and Drug Administration per 21 CFR 878.4040	Evaluated, tested, and approved by NIOSH per 42 CFR Part 84
Intended Use & Purpose	To prevent transmission of the virus between people in close proximity	A fluid resistant barrier designed to protect the wearer from large droplets, splashes or sprays of bodily or other hazardous fluids.	Reduces the wearer's exposure to small particle aerosols and large droplets
Who Should Wear?	Everyone in public settings where social distancing is infeasible e.g. grocery store or pharmacy	Healthcare workers when N95 respirators are not available and patients who are suspected or confirmed to have COVID-19	Healthcare workers providing care to suspected or confirmed COVID-19 cases
Face Seal Fit	Loose-Fitting	Loose-Fitting	Tight-Fitting
Fit Test Required?	No*	No*	Yes**
User Seal Check Required?	No	No	Yes, each time the respirator is donned
Filtration	Not classified as a filtering face-piece respirator to protect against inhaling smaller airborne particles	Not classified as a filtering face-piece respirator to protect against inhaling smaller airborne particles	Filters ~95% of small and large airborne particles
Leakage	Leakage occurs around the edge of the mask when user inhales	Leakage occurs around the edge of the mask when user inhales	When properly fitted, minimal leakage occurs around edges of the respirator when user inhales
Use Limitations	Reusable. Launder routinely in a washing machine, depending on frequency of use. Discard if mask becomes misshapen or damaged.	Not designed for reuse. Discard after each patient encounter.	Ideally discarded after each patient encounter, limited reuse acceptable under certain conditions.

*Fit tests are not required for loose-fitting facepieces.
**OSHA has issued temporary enforcement guidance regarding filtering facepiece respirators and OSHA requirements. Additional information regarding fit testing during the COVID-19 outbreak can be found under the March 14, 2020 memo and the April 8, 2020 memo.
Source: https://www.fda.gov/medical-devices/personal-protective-equipment-infection-control/n95-respirators-and-surgical-masks-face-masks

VERMONT
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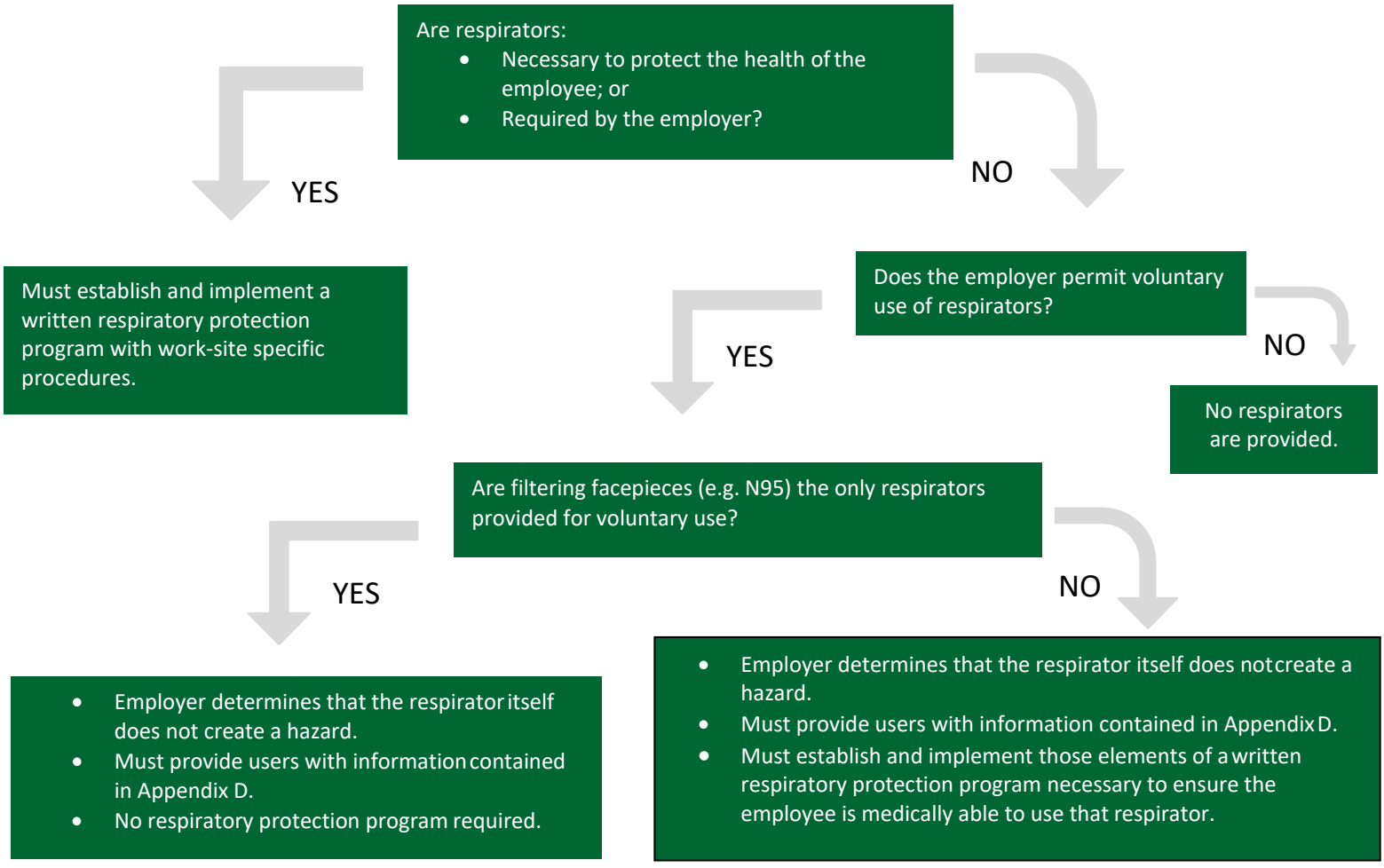
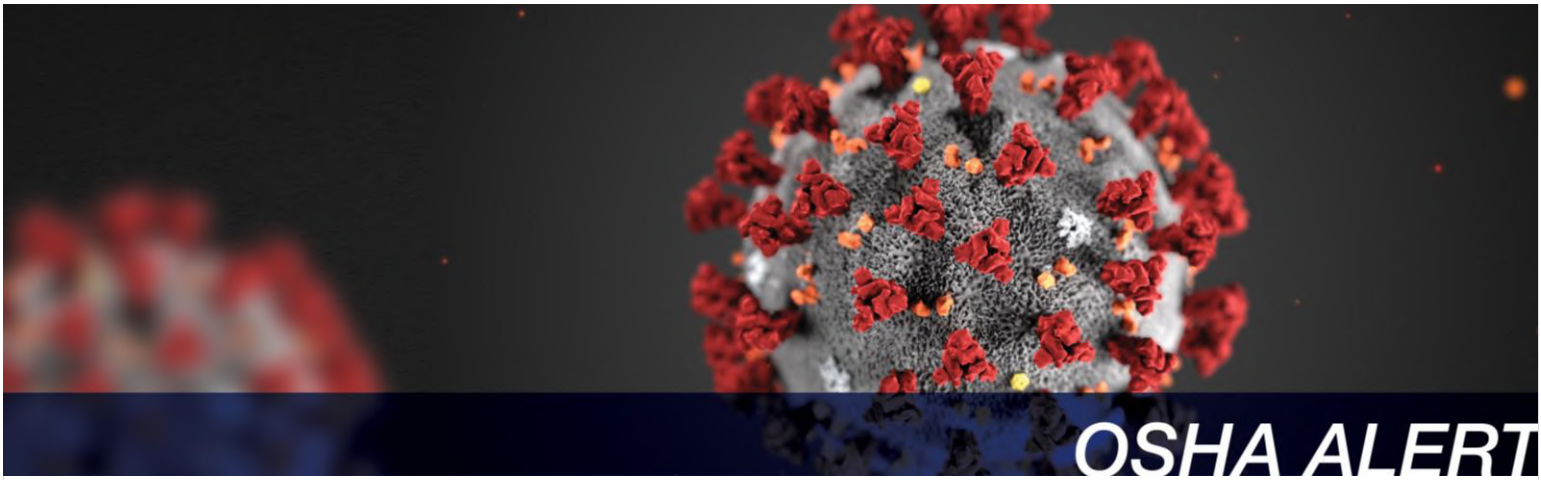
April 2020

The employer determines the necessary PPE required for the job task(s). The employer is responsible for payment, replacement, maintenance, cleaning, laundering, and disposal of PPE. Training should be provided to employees regarding proper use, limitations, care, and maintenance of PPE. Where respirators are provided, the following table outlines additional requirements:

Employer Guide to Voluntary vs. Required *Respirator* Use

Guidelines for Employees Using Respiratory Protection		
	Filtering Facepiece Respirator (e.g. N95)	
	Required Use	Voluntary Use
Fit Testing	Yes	No
Medical Evaluation	Yes	No
Facial Hair Prohibited	Yes	No
Appendix D Provided	No	Yes
Training per 1910.134(k)	Yes	No
Cleaning, Storage & Maintenance of Respirator	Yes	Yes





COVID-19 Guidance for Retail Workers

OSHA is committed to protecting the health and safety of America's workers and workplaces during these unprecedented times. The agency will be issuing a series of industry-specific alerts designed to help employers keep workers safe.

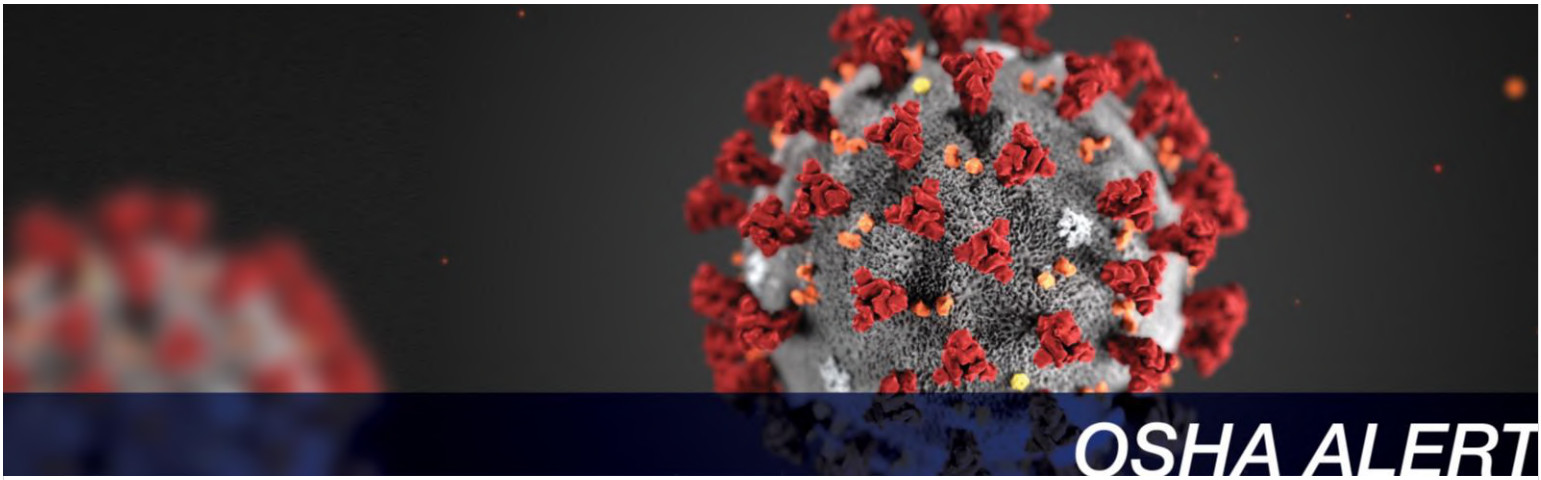
If you are an employer in the retail industry (e.g., pharmacies, supermarkets, and big box stores), the following tips can help reduce your employees' risk of exposure to the coronavirus:

- Encourage workers to stay home if they are sick.
- Provide a place to wash hands or alcohol-based hand rubs containing at least 60% alcohol.
- Maintain regular housekeeping practices, including routine cleaning and disinfecting of surfaces and equipment with Environmental Protection Agency-approved cleaning chemicals from List N or that have label claims against the coronavirus.
- Practice sensible social distancing, maintaining six feet between co-workers and customers, where possible. For example, some worksites have already begun to demarcate six-foot distances with floor tape in checkout lines. Workplaces where social distancing is a challenge should consider innovative approaches, such as opening only every other cash register, temporarily moving workstations to create more distance, and installing plexiglass partitions.
- Use a drive-through window or curbside pick-up.
- Provide workers and customers with tissues and trash receptacles.
- Train workers in proper hygiene practices and the use of workplace controls.
- Allow workers to wear masks over their nose and mouth to prevent them from spreading the virus.
- Encourage workers to report any safety and health concerns.

For more information, visit www.osha.gov/coronavirus or call 1-800-321-OSHA (6742).

OSHA issues alerts to draw attention to worker safety and health issues and solutions.

OSHA 3996-04 2020



COVID-19 Guidance for the Package Delivery Workforce

OSHA is committed to protecting the health and safety of America's workers and workplaces during these unprecedented times. The agency will be issuing a series of industry-specific alerts designed to keep workers safe.

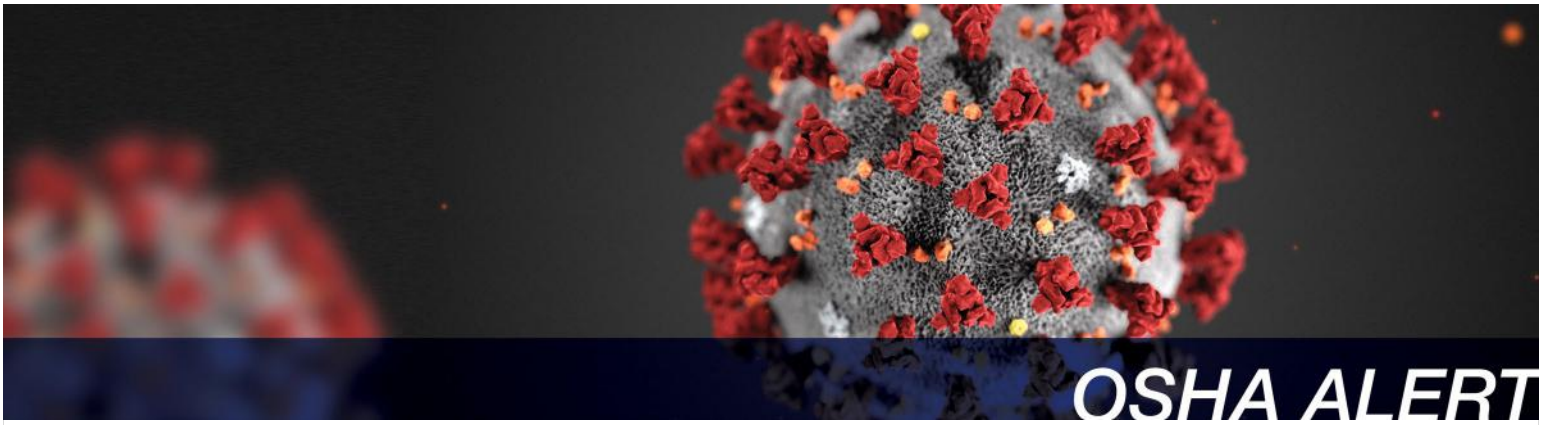
If you are in the package delivery industry, the following tips can help reduce the risk of exposure to the coronavirus:

- Encourage workers to stay home if they are sick.
- Establish flexible work hours (e.g., staggered shifts) where feasible.
- Practice sensible social distancing and maintain six feet between co-workers where possible.
- Minimize interaction between drivers and customers by leaving deliveries at loading docks, doorsteps, or other locations that do not require person-to-person exposures.
- Encourage respiratory etiquette, including covering coughs and sneezes.
- Promote personal hygiene. If workers do not have access to soap and water for handwashing, provide alcohol-based hand rubs containing at least 60 percent alcohol. Provide tissues, as well as disinfectants and disposable towels workers can use to clean work surfaces, including vehicle interiors.
- Allow workers to wear masks over their nose and mouth to prevent them from spreading the virus.
- Discourage workers from using other workers' tools and equipment.
- Use Environmental Protection Agency-approved cleaning chemicals from List N or that have label claims against the coronavirus.
- Encourage workers to report any safety and health concerns.

For more information, visit www.osha.gov/coronavirus or call 1-800-321-OSHA (6742).

OSHA issues alerts to draw attention to worker safety and health issues and solutions.

OSHA 3998-04 2020



COVID-19 Guidance for the Construction Workforce

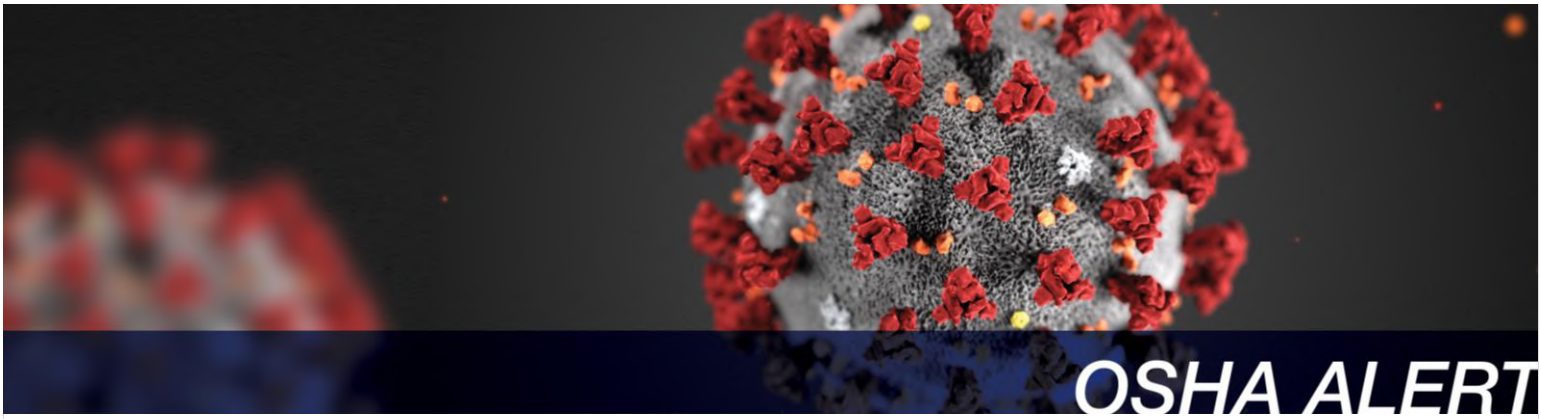
OSHA is committed to protecting the health and safety of America's workers and workplaces during these unprecedented times. The agency will be issuing a series of industry-specific alerts designed to keep workers safe.

When working in the construction industry, the following tips can help reduce the risk of exposure to the coronavirus:

- Encourage workers to stay home if they are sick.
- Allow workers to wear masks over their nose and mouth to prevent them from spreading the virus.
- Continue to use other normal control measures, including personal protective equipment (PPE), necessary to protect workers from other job hazards associated with construction activities.
- Advise workers to avoid physical contact with others and direct employees/contractors/visitors to increase personal space to at least six feet, where possible. Where work trailers are used, all workers should maintain social distancing while inside the trailers.
- Train workers how to properly put on, use/wear, and take off protective clothing and equipment.
- Encourage respiratory etiquette, including covering coughs and sneezes.
- Promote personal hygiene. If workers do not have immediate access to soap and water for handwashing, provide alcohol-based hand rubs containing at least 60 percent alcohol.
- Use Environmental Protection Agency-approved cleaning chemicals from List N or that have label claims against the coronavirus.
- To the extent tools or equipment must be shared, provide and instruct workers to use alcohol-based wipes to clean tools before and after use. When cleaning tools and equipment, workers should consult manufacturer recommendations for proper cleaning techniques and restrictions.
- Keep in-person meetings (including toolbox talks and safety meetings) as short as possible, limit the number of workers in attendance, and use social distancing practices.
- Clean and disinfect portable jobsite toilets regularly. Hand sanitizer dispensers should be filled regularly. Frequently-touched items (i.e., door pulls and toilet seats) should be disinfected.
- Encourage workers to report any safety and health concerns.

For more information, visit www.osha.gov/coronavirus or call 1-800-321-OSHA (6742).

OSHA issues alerts to draw attention to worker safety and health issues and solutions.



COVID-19 Guidance for the Manufacturing Industry Workforce

OSHA is committed to protecting the health and safety of America's workers and workplaces during these unprecedented times. The agency will be issuing a series of industry-specific alerts designed to keep workers safe.

If you are in the manufacturing industry, the following tips can help reduce the risk of exposure to the coronavirus:

- Encourage workers to stay home if they are sick.
- Establish flexible work hours (e.g., staggered shifts), if feasible.
- Practice sensible social distancing and maintain six feet between co-workers, where possible.
- For work activities where social distancing is a challenge, consider limiting the duration of these activities and/or implementing innovative approaches, such as temporarily moving or repositioning workstations to create more distance or installing barriers (e.g., plexiglass shields) between workstations.
- Monitor public health communications about COVID-19 recommendations for the workplace and ensure that workers have access to and understand that information.
- Train workers on how to properly put on, use/wear, take-off, and maintain protective clothing and equipment.
- Allow workers to wear masks over their nose and mouth to prevent spread of the virus.
- Encourage respiratory etiquette, including covering coughs and sneezes.
- Discourage workers from using other workers' tools and equipment.
- Use Environmental Protection Agency-approved cleaning chemicals from List N or that have label claims against the coronavirus.
- Promote personal hygiene. If workers do not have access to soap and water for handwashing, provide alcohol-based hand rubs containing at least 60 percent alcohol. Provide disinfectants and disposable towels workers can use to clean work surfaces.
- Encourage workers to report any safety and health concerns.

For more information, visit www.osha.gov/coronavirus or call 1-800-321-OSHA (6742).

OSHA issues alerts to draw attention to worker safety and health issues and solutions.

CERTIFICATE

THIS IS TO CERTIFY THAT

SUCCESSFULLY COMPLETED VOSHA ONLINE TRAINING IN METHODS OF PROTECTION FROM COVID-19 VIRUS IN THE WORKPLACE

DATE

EMPLOYER NAME

VERMONT DEPARTMENT OF HEALTH
DEPARTMENT OF LABOR