



# COVID-19 — Construction Industry

The Next Three Seconds Protects Your Life, Your Loved Ones, Your Livelihood®

## The N3L3 philosophy:

our approach to protecting workers from fatal and life-changing events.

*Eastern Alliance is here to help. To learn more about Eastern's N3L3 program and access other safety resources, sign in and visit the Safety Tools on [www.easternalliance.com](http://www.easternalliance.com), or contact your Risk Management Consultant for assistance*

**1.855.533.3444**

Eastern Alliance continues to actively monitor COVID-19 and implementing practices to promote the health and safety for our customers, employees and the local communities. As we all venture through this time, we are dedicated to helping our valued policyholders effectively manage their risks as they adapt to changing environments.

Every industry faces their own unique challenges during this coronavirus pandemic. While some industries, such as healthcare, have greater risk exposure it is important to recognize that due to the rapid spread of COVID-19, no job is without exposure. The CDC and other health organizations have released numerous guidelines to protect people and prevent the spread of the virus. Construction employers must carefully consider how they can integrate these protections into their operations and workplaces for the safety of their employees.

- Management should actively monitor the evolving situation and heed the warnings and restrictions imposed by local, state, and federal regulations. Additionally, companies must continuously monitor the effectiveness of any measures established and modify these when necessary.
- Evaluate if work is essential to continue or if work should temporarily be halted. Only continue work, as permitted, if safe work practices are effectively protecting everyone.
- Share knowledge with employees on coronavirus- which includes but is not limited to: how the virus is spread, symptoms, and ways to protect themselves such as, limiting face touching, practicing social distancing, and increasing handwashing.
- Communication during this time is especially important. You should provide clear instructions and daily updates with your employees. A communication tree should be implemented so everyone knows their role in the communication efforts.
- Remind employees to stay home if they are sick.
- Screen employees daily before starting work. Screenings should include temporal thermometers, and an evaluation to determine if symptoms of COVID-19 are present.

Symptoms include:

- Fever over 100.4
- New onset of dry cough
- Shortness of breath
- Breathing difficulties
- In addition to evaluating physical symptoms, screeners should advise employees that if they have been exposed to anyone who has tested positive for COVID-19 that they should not come to work.
- If employees are designated for completing the screenings, they should wear an appropriate protective facemask, disposable gloves and utilize hand sanitizer before and after each screening. Provide additional education on protective measures during this process.
- Inform employees that if they begin to feel unwell during the shift or symptoms arise, immediately notify their supervisor and leave. The employee should not return to work until cleared by a doctor.
- Increase availability of handwashing facilities, wash rooms, and hand sanitizers on sites.
- If using portable bathrooms, place paper towels outside of the unit to open the door or hand sanitizer to use before opening the door. Increase the frequency in which bathrooms are cleaned. Consider adding additional portable toilet facilities.



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- Don't share tools unless they have been disinfected. Implement policies that provide guidance on how to and the frequency in which this should be completed. Ensure you provide time for disinfecting tools.
- Sanitize each piece of equipment multiple times during the day, including prior to and after use. Include all areas commonly touched such as handholds, door and window handles, steering wheels, seatbelt buckles, operating controls, etc.
- Make certain to decontaminate two-way radio gear between users and shifts. The microphone / speaker unit may contain residue from talking into the mic that could transfer from person to person; the controls – on/ off, squelch, band, and gain knobs or key pads should be disinfected as well.
- Implement social distancing practices on the jobsite:
  - Designate a space for each crew on the jobsite to assist with maintaining social distancing. Continue to enforce social distancing throughout work, lunch, and breaks.
  - Limit the number of employees on site or in crews. Also stagger work shifts to limit the number of people on site. Consider opportunities to modify shifts to achieve social distancing. For example, have one half of the crew work three 12-hour shifts and the other half do the same on opposite days.
  - Restrict meetings, safety meetings or tailgate talks, and gatherings to no more than 10 people.
  - Establish effective social distancing protocols to ensure that staff maintain a 6-foot personal separation from other staff during meetings, discussions, or other gatherings where 10 people or fewer are present.
  - Pre-start meetings can be held using social distancing or via phone and video.
  - Limit the number of people traveling together in a vehicle to maintain a social distance.
  - Post signage throughout the jobsite to remind of social distancing.
  - Hire or assign an additional employee to monitor and remind all employees about social distancing. This employee can also ensure employees are only using their assigned tools.
  - Designate multiple break areas to promote social distancing.
  - Remind employees not to share food, drinks, or other items.
- For locations with only one common entry or exit way - these areas should be disinfected frequently throughout the day.
- When possible, minimize swapping out operators of equipment during the shift.
- Increase the availability and use of PPE to ensure all employees have their own. Do not allow employees to share PPE.
  - PPE that could contain contamination from close contact with the mouth and nose should not be shared. This includes helmets or hoods for welding and cutting as well as respirators.
- If employees are staying in hotels, consider one employee per room instead of multiple employees in one room.
  - If employees must share a room, they should be reminded to never share toiletries — razors, toothbrushes, combs, brushes, nail clippers, etc.



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- Contact lens wearers should be mindful of hand sanitization and proper storage of lens containers and solutions.
- All trash should be put into garbage bags, not open containers. Trash bags should be tied tight and disposed of prior to being completely filled.
- Ensure that any employees identified as first responders to provide first aid or medical services are provided with and use needed personal protective equipment (PPE) and equipment for protection from communicable or infectious diseases.
- Tips for employees:
  - Refrain from shaking hands
  - Cough into elbow
  - Avoid touching your face and eyes
  - Wash your hands often!
    - Per CDC guidelines, proper handwashing should include: Wet hands with clean running water, apply soap, lather all sides of hands, between fingers, and under your fingernails, scrub hands for at least 20 seconds, rinse hands under clean running water, then dry hands using a clean towel or air dry hands.
    - Use hand sanitizer when washing with soap and water is not possible. Be sure to use an alcohol based hand sanitizer that contains at least 60% alcohol. To use hand sanitizers, apply the gel product to the palm of one hand, rub hands together, rub the gel all over the surfaces of your hands and fingers until hands are dry. This should take about 20 seconds.
  - Wear clean clothing each day and wash clothing daily to limit exposures at home. Change clothes or wear layers so removal can occur before getting in the car and going home.
  - Do not share cell phones. Clean and disinfect cell phones daily.

It is important to recognize this is an evolving situation and that guidelines can and will change. For this reason we encourage you to stay up to date with latest information. For additional guidance and updated information, visit:

Centers for Disease Control and Prevention (CDC) [www.cdc.gov](http://www.cdc.gov)

Occupational Safety and Health Administration (OSHA) [www.osha.gov](http://www.osha.gov)

National Institute of Allergy and Infectious Disease (NIH) [www.niaid.nih.gov](http://www.niaid.nih.gov)

The Center for Construction Research and Training [www.cpwr.com/covid-19](http://www.cpwr.com/covid-19)

CDC Guidance on Cleaning & Disinfecting

[https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fhome%2Fcleaning-disinfection.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fhome%2Fcleaning-disinfection.html)

Eastern Alliance Coronavirus Information Page [https://www.easternalliance.com/Coronavirus\\_and\\_Workers\\_Comp/](https://www.easternalliance.com/Coronavirus_and_Workers_Comp/)