



COVID-19 TOOLBOX TALK

We encourage contractors in the county of San Diego to join contractors throughout the State of California to take a safety pause on Wednesday, April 1, 2020 at 10 AM or as soon as practically possible. We are asking that you allot time for the initiative. During this time, we ask that all teams hold a COVID-19 Awareness session with the 10 Good Practices outlined below.

Everyone shall continue to follow CDC guidelines and pause your work in-place or assemble as you would for your daily safety planning meetings: outdoors, maintaining appropriate social distancing of at least 6-feet, and in groups of 9 people or less.

10 GOOD PRACTICES

- 1. Do not come to work when you are sick** – It is important that if you are experiencing any of the following symptoms: fever/chills and shortness of breath, cough or sore throat you stay away from the jobsite. Notify your supervisor immediately and seek medical attention if you are experiencing symptoms.
- 2. Stay at home if you have been exposed to someone with COVID-19** – Self-monitor for 14-days and seek professional medical attention if you experience any symptoms
- 3. If you notice that a fellow worker is experience these symptoms – Let a supervisor know!** We all need to work together to help slow the spread.
- 4. Wash your hands** – Increase the frequency that you wash your hands, especially after using the restroom, before and after eating, and after blowing your nose, coughing or sneezing. Use soap and water for at least 20 seconds and use disposable towels to dry your hands.
- 5. Avoid touching your face** – The average person touches their face over 20 times an hour. Touching your eyes, nose, and mouth with unclean hands creates entry routes for the spread of viruses.
- 6. Use hand sanitizer when possible** – Hand sanitizer should be alcohol-based and contain at least 60-95% alcohol.
- 7. Practice Social Distancing** – Do not gather in groups over 10 people and keep a minimum of 6 feet distance between other persons. Do not eat lunch or take breaks indoors with other people – try to remain outdoors and practice social distancing outside of work as well.
- 8. Cover your cough and sneeze** – Use something to capture your cough and sneeze and use the inside of your elbow if necessary.
- 9. Keep yourself and the Jobsite clean** – Ensure you are properly using PPE when cleaning. Wipe down common areas including commonly used stairs, railings, and handles. Sanitize all tools, equipment and reusable PPE. When you leave the jobsite, be mindful of tracking pathogens into the home on your shoes and clothing. Do not shake out clothes and wash them separately in warm water with a sanitizing detergent.
- 10. DO NOT SHARE** – Try to avoid sharing tools, water coolers, water bottles, food/lunches and PPE.

YOUR HEALTH AND SAFETY IS OF THE UTMOST IMPORTANCE TO US. NOTHING IS WORTH DOING, THAT WE CAN'T DO SAFELY. LET'S KEEP EACH OTHER SAFE AND HEALTHY!