

## CORONAVIRUS (COVID-19)

In December of 2019, an outbreak of COVID-19, caused by the novel coronavirus known as SARS-CoV-2, was first detected. Since then, COVID-19 has rapidly spread across the world reaching a pandemic level.

The viral infection is manifested by symptoms ranging from asymptomatic/mild symptoms to serious respiratory illness such as pneumonia and lung failure, and death. As COVID-19 has triggered enormous human casualties and serious economic loss, strategies must be implemented to contain the virus's spread.

## TRANSMISSION

The SARS-CoV-2 virus is highly contagious. The length of delay between contracting the virus and the onset of symptoms (incubation period), has made isolating affected persons and tracking their contacts insufficient as measures to control the virus' spread.

Applying preventive methods has become a large part of best solutions for controlling the transmission.

The virus that causes COVID-19 can spread through both direct means (droplet and human-to-human contact) and by indirect contact (contaminated objects and airborne contagion).

Respiratory transmission is the dominant mode of transmission. Person-to-person spread occurs mainly via respiratory droplets, when a person coughs, sneezes, or even talks or sings.

The virus remains intact and contagious in droplets, and can be suspended in the air for up to three hours. Therefore, airborne ventilation and appropriate disinfectants may restrict aerosol spread of the virus.

Indirect contact occurs when a person touches a contaminated surface and then touches their eyes, nose or mouth. Thus, sufficient hand washing with soap and water or use of hand sanitizers is recommended.

The SARS-CoV-2 virus is known to spread from asymptomatic individuals and individuals within the incubation period further supporting the need for adequate and consistent preventive measures.

The median incubation period is 5 – 6 days and almost 98% of those who develop symptoms will do so within 11.5 days.

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## RESPONSIBILITIES

Employers, workers, prime contractors, and anyone else at the workplace all have a responsibility to prevent exposure to COVID-19 in the workplace.

### Employers are responsible

- for the health and safety of their workers, and all other workers at their workplace;
- for complying with OHS provisions, the regulations and any applicable orders;
- for establishing a COVID-19 Safety Plan to identify the hazards of COVID-19, control the risks and monitor the effectiveness of the controls; and
- to train and educate everyone at the workplace of the contents of the COVID-19 Safety Plan.

### Prime contractors are responsible

- for coordinating health and safety at a workplace where workers of two or more employers are working at the same time. This includes doing everything that can reasonably be done to establish and maintain a system or process to ensure compliance with WorkSafeBC laws and regulations generally, including ensuring an effective system to control the risks associated with COVID-19.

### Workers are responsible

- to know and understand their workplace health and safety responsibilities;
- for taking reasonable care to protect their own health and safety, and the health and safety of other people at workplace. In the context of COVID-19, this means workers are responsible for their own personal self-care, which includes frequent hand washing and staying home when sick;
- while at work,
  - comply with the protocols put in place by the employer to minimize exposure to COVID-19
  - maintain physical distancing when possible, and
  - wash hands frequently, and/or use hand sanitizer;
- take steps to minimize exposure to COVID-19 while away from work; and
- for reporting unsafe conditions to their employer.

### Resolving concerns about unsafe work

Workers have the right to refuse work if they believe it presents an undue hazard. An undue hazard is an “unwarranted, inappropriate, excessive, or disproportionate” hazard.

For COVID-19, an “undue hazard” would be one where a worker’s job role places them at increased risk of exposure and adequate controls are not in place to protect them from that exposure.

In these circumstances, the worker should follow steps within their workplace to resolve the issue. Start by reporting the undue hazard to the supervisor. The supervisor would then investigate and consider the refusal on a case-by-case basis, depending on the situation.

## RISK ASSESSMENT

In order to identify how the virus may be transmitted at work, the workplaces, procedures and job tasks must be assessed.

This process involves everyone, workers, supervisors and the joint health and safety committee.

Recognizing that workplaces are constantly changing, the assessment is ongoing to ensure risks are identified and managed as quickly as possible.

The Risk Level is determined by analyzing how likely or probable and serious or severe the risk is when performing the activity. Risk = Probability x Severity

PROBABILITY OF OCCURRENCE		SEVERITY		
		1 - Low Concern	2 - Moderate Medical aid	3 - Severe Critical illness/Fatality
A	Unlikely	LOW	LOW	MEDIUM
B	Probable	LOW	MEDIUM	HIGH
C	Certain	MEDIUM	HIGH	HIGH
<b>RISK LEVEL – assess each event individually</b>				
		LOW	Continue working, monitor	
		MEDIUM	Report to Supervisor to discuss concerns & implement controls	
		HIGH	Stop work, report to Supervisor to develop a plan	

### MWL Demolition Office

Activity	Hazards	Risk Level	Control Measures
Employees entering office	Transmission of COVID-19 from external contact	B – 2 Medium	<ul style="list-style-type: none"> <li>Conduct a self-assessment daily</li> <li>Maintain locked entry doors</li> <li>Post signs alerting to protocols</li> <li>Sanitize hands immediately upon entry</li> <li>Restrict non-essential trips outside the office</li> </ul>
Close proximity to others	Viral transmission through proximity and touch	B – 2 Medium	<ul style="list-style-type: none"> <li>Practice distancing 2 m or 6.5 ft</li> <li>Limit number of persons in office</li> <li>Wash hands</li> <li>Wear mask in common areas</li> </ul>

High-touch areas	Viral transmission through contact with surfaces	B – 2 Medium	<ul style="list-style-type: none"> <li>• Cleaning procedures for office and frequently for high-touch areas</li> <li>• Wash hands</li> <li>• Do not share supplies, keyboards, etc.</li> </ul>
Kitchen	Viral transmission through contact with surfaces	B – 2 Medium	<ul style="list-style-type: none"> <li>• Clean kitchen area frequently with use</li> <li>• Wash hands</li> <li>• Do not share kitchen utensils, etc.</li> <li>• Each person to put kitchen utensils, cups, etc. in dishwasher</li> </ul>
Delivery of supplies	Exposure through contact with outside people	B – 2 Medium	<ul style="list-style-type: none"> <li>• Post signs at entry with delivery instructions</li> <li>• No delivery persons allowed inside – parcels left at door</li> </ul>
Office visitors	Exposure through contact with outside people	B – 2 Medium	<ul style="list-style-type: none"> <li>• Only essential visitors allowed</li> <li>• Visitor must wear mask at all times</li> <li>• Visitor must sanitize hands upon entry</li> <li>• Restrict the area and time visitor allowed</li> <li>• When the visitor leaves, sanitize the area</li> </ul>
Working from home	Environment (e.g., asbestos, mould, tobacco smoke) Ergonomics Slips, trips and falls Violence, stress Working alone	B – 2 Medium	<ul style="list-style-type: none"> <li>• Set up a safe, organized and comfortable work environment</li> <li>• Schedule regular check-ins with the office manager</li> <li>• Do not work from home if it is too stressful, there is violence, or any other circumstance that puts you at risk of mental or physical harm</li> </ul>

### Work Sites & Shop / Yard

Activity	Hazards	Risk Level	Control Measures
Accessing the site	Transmission of COVID-19 from external contact	B – 2 Medium	<ul style="list-style-type: none"> <li>• Conduct a health self-assessment daily</li> <li>• Sanitize hands immediately upon entry</li> <li>• Allow only workers on site</li> <li>• Post signs alerting to site entry protocols</li> </ul>
Personal protective equipment (PPE)	Viral transmission through proximity and touch	B – 2 Medium	<ul style="list-style-type: none"> <li>• Sanitize/wash hands and wear gloves</li> <li>• Respirator – only use your own, inspect and clean before and after each use</li> <li>• Face masks – only use your own, inspect and clean daily</li> <li>• Clean high-touch areas such as traffic control sign handle</li> <li>• Do not share PPE</li> </ul>

Job tasks	Viral transmission through proximity and touch	B – 2 Medium	<ul style="list-style-type: none"> <li>Physical distance where possible - stagger tasks</li> <li>Wear masks, sanitize hands and wear gloves</li> <li>Do not share tools</li> <li>Sanitize tools, machines, equipment</li> </ul>
Hand & power tools	Viral transmission through touch	B – 2 Medium	<ul style="list-style-type: none"> <li>Sanitize hands and wear gloves</li> <li>Clean high touch areas after each use – handles, electrical plugs, etc.</li> <li>If possible, do not share tools</li> </ul>
Vehicles & equipment	Viral transmission through touch	B – 2 Medium	<ul style="list-style-type: none"> <li>Clean high touch areas daily – door handles, seatbelt connectors, gear shift, steering wheel, etc.</li> <li>Wash or sanitize hands</li> </ul>
Disposal trucks	Viral transmission through proximity and touch	B – 2 Medium	<ul style="list-style-type: none"> <li>Drivers to remain in trucks except as required for work or to use the washroom</li> <li>Physical distance from other workers</li> <li>Wear a mask when out of truck</li> </ul>
Site visitors	Viral transmission through proximity and touch	B – 2 Medium	<ul style="list-style-type: none"> <li>Only essential visitors allowed</li> <li>May have contact only with Site Supervisor</li> <li>Visitor must wear mask at all times</li> <li>Visitor must sanitize hands upon entry</li> <li>Restrict the area and time visitor allowed</li> </ul>
Providing first aid	Viral transmission through proximity and touch	B – 2 Medium	<ul style="list-style-type: none"> <li>Use respirator if need close contact within 2 m or 6.5 ft distance</li> <li>Wash hands and wear disposable gloves</li> <li>Sanitize or, if not possible, replace all equipment used</li> <li>Reference Schedule 3-A and specific guidelines for requirements and procedures</li> </ul>
Carpooling	Viral transmission through proximity and touch	B – 2 Medium	<ul style="list-style-type: none"> <li>If possible, find alternate means of transportation to work to maintain 2 m (6.5 ft)</li> <li>Wear masks</li> <li>Wipe down shared touch areas</li> </ul>

## Assessing Risk & Applying Appropriate Controls

The goal of applying the appropriate control measures is essentially to reduce the level of risk to as close as possible to zero, thereby safeguarding everyone's health and safety.

The hierarchy of controls will be followed as an effective approach to applying measures for managing risk in the workplaces. The hierarchy involves eliminating or reducing risks through controls ranked from the most effective and highest level of protection to lesser levels of protection.

Most often, more than one type of control will be implemented to ensure adequate protection.

### 1. Elimination

The first and most important step to reduce the risk of COVID-19 transmission at any workplace is to ensure that those who are sick are not entering in the workplace.

### 2. Physical Distancing

The next level of control is to ensure that workers are kept at least 2 metres apart from other workers and members of the public. This can be done by establishing occupancy limits, rescheduling work tasks, rearranging work spaces and movement of people, or other means.

### 3. Respiratory Protection - Masks

Where physical distancing is not possible or cannot be consistently applied, the next level of control is masks. Masks are required by workers for work processes and circumstances where those workers are interacting in close proximity to other workers or members of the public.

### 4. Hygiene and Cleaning

All of these measures must be supported by effective hygiene and cleaning / sanitizing practices, including handwashing, cough/sneeze hygiene, and cleaning and disinfecting.

## Measures to Reduce the Risk

### 1. Elimination

- Every employee must perform a daily health check before entering the workplace. Guidelines for the self-assessment are provided and workers must confirm that they have reviewed the complete list of entry requirements and that none of the prohibited criteria apply to them.
- Implement work-from-home for employees whenever there is a possible risk of exposure until the risk is cleared through testing.
- Prohibit non-essential visitors at workplaces.

### 2. Maintaining Physical Distance

- Determine occupancy limits to ensure adequate .
- Create an individual work space for each employee providing enough area for safe distancing.

- In common areas, limit the number of workers at one time so distancing can be maintained.
- Maintain distancing between workers and the public.
- Implement measures to ensure workers can maintain a distance of 2 metres such as staggering work tasks.

Where physical distance cannot be maintained

- Masks must be worn, understanding that these have limitations.
- High-touch surfaces must be disinfected at least daily.

### 3. Personal Protective Equipment (PPE) – masks, gloves, coveralls

- The use of masks is an additional control to supplement other measures and to ensure the risk is reduced as workers move around a dynamic and changing workplace.

For example, where physical distancing is not possible or cannot be consistently applied, masks are required to be worn for work processes and circumstances where those workers are interacting in close proximity to other workers or members of the public.

- Where members of the public will come into proximity, workers are required to wear masks. This is applicable for example, when performing traffic control duties.
- The masks must be effective and used correctly however, it is understood that they have limitations.
- The use of masks does not mean that other protections, such as physical distancing, are no longer necessary.
- Use disposable gloves in touch risk areas and when cleaning/sanitizing.
- If there is risk of viral transfer from objects, disposable coveralls provide full body protection.

### 4. Hygiene and Cleaning / Sanitizing

Hygiene Practices

- Hand washing with soap and water for 20 seconds – before and after eating, after using the washroom, during the shift whenever possible, before and after handling tools, at the end of the shift, and when you arrive home.
- Use sanitizer if hand washing is not available.
- Avoid touching your face especially when smoking, drinking and eating.
- Do not shake hands; avoid physical contact.
- When coughing or sneezing, cover your mouth with a tissue or into your arm.
- Do not share kitchen utensils, cups, dishes or cutlery.

#### Cleaning / Sanitizing

- Office cleaning – in depth cleaning/sanitizing once a week with daily sanitizing of all common areas and surfaces, including washrooms, equipment, tools, common tables, desks, light switches, and door handles. Ensure those engaged in cleaning have adequate training and materials.
- Clean / sanitize all washroom facilities at least daily.
- Clean all tools and equipment before and after use.
- As much as possible, do not share tools & equipment on job sites.

## COVID-19 POLICIES

The following policies are implemented to manage the exposure to COVID-19 at workplaces.

### Accessing Workplaces

Entry to workplaces is prohibited to anyone who:

- Has travelled outside of Canada within the last 14 days
- Has been identified by Public Health as a close contact of someone with COVID-19
- Has been told to isolate by Public Health
- Is displaying new or worsening symptoms of COVID-19 such as
  - Fever or chills
  - Cough
  - Loss of sense of smell or taste
  - Difficulty breathing
  - Sore throat
  - Loss of appetite
  - Extreme fatigue or tiredness
  - Headaches
  - Body aches
  - Nausea or vomiting
  - Diarrhea

### Prohibit or limit visitors

- Non-essential visitors are not allowed at workplaces.
- Visitors will be restricted to
  - who they may have contact with
  - a limited area
  - remain only as long as necessary.
- Must sanitize their hands upon entering.
- Maintain physical distancing and wear a mask at all times.
- Delivered materials/parcels are to be left outside the door, at the entry gate or other convenient location. Physical distancing and no touch contact must be maintained.

#### Truck drivers

- Remain in the truck except as required for work or to use the washroom.
- Physical distance from others on site and wear a mask whenever out of the truck.

#### Worker Health Checks

Anyone who has symptoms of COVID-19 or who has had a potential exposure is prohibited from entering an MWL Demolition workplace.

Every employee must perform a daily health check before entering the workplace. Health checks are mandatory self-assessments that include potential exposure questions and a list of the most common COVID-19 symptoms. A confirmation that none of the prohibited criteria apply must be noted using the health check method at your workplace.

If you have any of the symptoms or potential exposures listed on the health check, do not enter the workplace.

#### Physical Distancing & Use of Masks

##### Physical distancing

- Workers must keep a physical distance of at least 2 metres or 6.5 feet from each other and the public.
- If physical distancing is not possible due to a work-related activity, a mask must be worn.
- Whenever driving together, everyone must wear a mask.
- Physical distancing must be maintained during lunch and breaks.
- Visitors to workplaces must maintain physical distancing.

##### Masks are required

- In all shared areas of workplaces.
- Any areas where physical distancing cannot be maintained.
- In areas where there may be contact with members of the public for example, traffic control personnel.
- Visitors must wear masks at all times except when use of a respirator supersedes.

The use of masks does not mean that other protective measures, such as limiting access to the workplace or physical distancing, are no longer necessary.

### If You Feel Ill at Work

If you start to feel ill while at work, take the following steps:

- Separate anything you have been touching such as tools or equipment and let your coworkers know not to touch them.
- Ensure you are wearing your mask.
- Let your supervisor and first aid attendant know that you are feeling ill.
- The severity of your symptoms will determine the next steps including who to notify and how you travel home.
- The work area including tools and equipment must be cleaned / sanitized immediately.

### When you get home,

- If you have symptoms, stay home and self-isolate as soon as possible.
- Call a health care professional or 8-1-1, HealthLinkBC.
- Alert everyone you may have had contact with.
- Practice good hygiene – washing hands often, coughing/sneezing into a tissue or your elbow, and clean / sanitize your surroundings.

## WORKPLACE PROTOCOLS

### COVID-19 Safety Protocols – The Office

#### Accessing the office

- MWL employees must complete a daily COVID-19 health self-assessment and confirmation prior to entering the work site.
- Do not enter the office if you:
  - Are experiencing any new or worsening flu-like or COVID-19-type symptoms
  - Have had close contact with someone who tested positive within 7 days
  - Have been told to isolate by Public Health
  - Have travelled outside of Canada within the last 14 days
- Restrict non-essential trips outside the office.
- Deliveries are to be left outside door.
- Only essential visitors are allowed
- Visitors must wear a mask at all times
- Visitors must sanitize their hands upon entry
- Restrict the area and time the visitor is allowed to work-related activities only
- Sanitize the area and everything that was touched when they leave.

#### Physical distancing & wearing masks

- Employees must keep a physical distance of at least 6 feet from each other.
- Masks are required in all shared work areas and areas where physical distancing cannot be maintained.
- Whenever driving together, everyone must wear a mask.

#### Hygiene & cleaning

- Sanitize your hands each time you enter the office.
- Avoid touching your nose, mouth and eyes.
- Cough/sneeze using a tissue, dispose of it immediately.
- Follow hand washing protocols – soap and water for 20 seconds.
- High-touch places in the office such as door handles and washroom facilities are to be sanitized daily.

## COVID-19 Safety Protocols – Job Sites

### Accessing the Job Site

- MWL employees must complete a daily COVID-19 health self-assessment and confirmation prior to entering the work site.
- Everyone must sanitize their hands each time they enter the site.
- Do not enter the work site if you:
  - Are experiencing any new or worsening flu-like or COVID-19-type symptoms
  - Have had close contact with someone who tested positive within 7 days
  - Have been told to isolate by Public Health
  - Have travelled outside of Canada within the last 14 days
- For Subcontractor workers, the Site Supervisor must complete the COVID-19 screening questionnaire in the MWL App each day prior to them entering the work site.

### Physical distancing & wearing masks

- If possible, toolbox meetings will be held in areas to allow for physical distancing.
- Limit site meetings to necessary persons only.
- Workers must keep a physical distance of at least 6 feet from each other.
- If physical distancing is not possible due to a work-related activity, a mask must be worn.
- Whenever driving together, everyone must wear a mask.
- Maintain physical distancing during lunch and breaks.
- Traffic Control Personnel must wear a mask.

### Hygiene & cleaning

- Sanitize your hands as soon as you enter the job site.
- Avoid touching your face.
- Follow hand washing protocols – soap and water for 20 seconds.
- Clean/sanitize tools and equipment after each use.
- Clean/sanitize washroom facilities daily.

### Truck drivers

- Remain in the truck except as required for work or to use the washroom.
- Physical distance from others on site and wear a mask when outside the truck.

#### Visitors

- Non-essential visitors are not allowed on site.
- May have contact only with the Site Supervisor.
- Are restricted to a limited area as determined by the Supervisor, and will remain on site only as long as necessary.
- Must sanitize their hands upon entering the site and wear a mask at all times

## COVID-19 Safety Protocols – Shop & Yard

### Accessing the Shop/Yard

- MWL employees must complete a daily COVID-19 health self-assessment and confirmation prior to entering the Shop/Yard.
- Do not enter the work site if you:
  - Are experiencing any new or worsening flu-like or COVID-19-type symptoms
  - Have had close contact with someone who tested positive within 7 days
  - Have been told to isolate by Public Health
  - Have travelled outside of Canada within the last 14 days

### Physical distancing & wearing masks

- Workers must keep a physical distance of at least 6 feet from each other.
- If physical distancing is not possible due to a work-related activity, a mask must be worn.
- Whenever driving together, everyone must wear a mask.
- Maintain physical distancing during lunch and breaks.

### Hygiene & cleaning

- Sanitize your hands as soon as you enter the job site.
- Avoid touching your face.
- Follow hand washing protocols – soap and water for 20 seconds.
- Clean/sanitize tools and equipment after each use.
- Clean/sanitize washroom facilities daily.

### Truck drivers

- MWL employees must complete a daily COVID-19 health self-assessment and confirmation prior to entering the Shop/Yard.
- Wash or sanitize your hands.
- Physical distance from others at least 6 feet. If this is not possible, wear a mask.

### Visitors

- Non-essential visitors are not allowed at the Shop & Yard.
- Visitors are required to wear a mask at all times.
- Restrict the area delivery persons and visitors are allowed in and the time they are on the premises to work-related activities only.

## FIRST AID

Occupational first aid attendants will continue to provide treatment to workers. However, because of the highly contagious nature of the virus, standard first aid treatment procedures will be modified to reduce the potential for transmission. The modifications are additional precautions to be taken along with the other protective measures such as physical distancing, wearing a mask, hygiene and cleaning.

### First Aid

- When you receive a call for first aid, gather the following information:
- The circumstances around the call.
- Are critical interventions required? If so, call 911 or arrange for immediate transportation.
- Are there obvious signs or symptoms of COVID-19?
- If the worker is stable, has mild symptoms, or is not in distress, instruct the patient to go for testing.
- If the worker is having difficulty breathing, arrange for transport to a hospital (and call ahead).

### Injury but No Critical Interventions

- When you arrive at the patient's location, assess the situation. If the patient has a minor injury that they can self-treat while you give supplies and direction:
- If possible and appropriate, interview the patient from at least 2 m (6.5 ft.):
  - Review the potential exposure questions and symptoms of COVID-19 with the patient.
  - Ask if they are able to administer first aid to themselves if I tell you them what to do and how to do it?
- Visually assess the patient and the wound and ask about underlying conditions relating to the injury.
- Direct the patient to self-treat per your OFA treatment protocols.
- Place the required first aid supplies on a surface 2 m from the patient.
- Step back and direct the patient how to apply the supplies.
- The first aid attendance then verbally conducts a modified secondary survey and documents the findings.

### Direct Patient Care

- If you need to provide direct patient care (within 2 m), don the appropriate level of personal protective equipment (PPE) for the situation. The PPE may include:
  - Surgical mask
  - Face shield or safety eyewear (glasses or goggles)
  - Pocket mask with a one-way valve and filter

- Disposable gloves
- Disposable coveralls
- If possible, the patient should wear a surgical mask or pocket mask, or clear face shield.

Remove and wash any PPE that is not disposable by following the BC Centre for Disease Control's directives for cleaning and disinfecting eye and facial protection:

- Don a new pair of gloves
- Using a clean cloth, wipe with soap and water, cleaning from the inside to the outside.
- Rinse with water and remove excess water.
- Using one disinfectant wipe at a time, and first squeezing excess disinfectant into a sink to prevent splashing your face, thoroughly wipe the interior then the exterior of the facial protection.
- Ensure all surfaces remain wet with disinfectant for at least one minute (or applicable disinfectant wipe contact time).
- Equipment may be rinsed with tap water if visibility is compromised by residual disinfectant.
- Allow to dry (air dry or use a clean absorbent towel).
- Remove gloves and perform hand hygiene.
- Store in a designated clean area.

### Providing Critical Interventions

If critical interventions are required and there is no way of determining background information, anyone providing close assistance (2 m or closer) should don appropriate PPE.

Limit access to the patient to only those who are required to deal with the critical intervention. It is important to limit exposure to others.

#### *Scenario: OFA Level 1 and Level 2 with an intervention*

- A first aid attendant receives a call about a worker who has been struck in the head and is unresponsive. The attendant immediately ensures that 911 is called.
- On approaching the scene, the FA attendance conducts a scene assessment and dons appropriate PPE. Once PPE is on, the attendant approaches the patient and places appropriate PPE on the patient prior to continuing.
- Conduct the primary survey and perform any critical interventions that are required.
- Place the patient in the three-quarter-prone position to ensure the airway is open and clear and no further interventions are needed.
- Only one person (the attendant) needs to be in contact with the patient; all others stay 2 m away. The attendant monitors the patient until the ambulance arrives.

### *CPR protocols*

OFA's should perform compression-only CPR during the COVID-19 pandemic. If there is more than one trained rescuer with the required PPE, change places for performing compressions approximately every minute, as performing continuous compressions at a rate of 100 per minutes will be fatiguing with full PPE on.

### *CPR with OFA Level 1 and Level 2*

Upon approaching the scene, the OFA conducts the scene assessment and dons appropriate PPE. Once PPE is on, the OFA approaches the patient and applies the appropriate PPE, e.g. clear face shield, and ensures an open airway. If no air movement is felt, the OFA is to start continuous chest compressions at a rate of 100 per minute.

Ensure any trained helper(s) don appropriate PPE prior to assisting.

## COMMUNICATION & TRAINING

Everyone entering the workplace will be provided with the information on the protocols and procedures for how to keep themselves and others safe while at work.

### Communication

- Signs will be posted at the entry to work site with the requirements.
- Signs will be posted at entry doors at the office including occupancy limits, instructions for delivery persons, and restricting visitors and anyone with symptoms.
- The health check self-assessment is sent daily to all workers with dispatch.
- Protocols and information are posted at the office entrances and are available on all worksites.

### Training

Employers need to stay vigilant and ensure their COVID-19 Safety Plans are understood and being followed through effective training and supervision.

Our workers will be provided training and access to information on the following:

- The risk of exposure, signs and symptoms of the disease.
- The daily health check/ self-assessment to be conducted.
- The policies and protocols that are in place to safeguard the health of everyone including the requirements for entry to workplaces, physical distancing, use of PPE including masks, and hygiene/cleaning.
- Changes to first aid procedures.
- The measures you have put in place and the policies around staying home when sick.
- Supervisors are knowledgeable on monitoring workers and workplace to ensure policies and procedures are being followed.

## MONITORING

Our workplace may need to review and revise the policies and protocols for operations:

- As the status of the pandemic changes and regulations are modified to adapt.
- As new areas of concern are identified or if something isn't working.

Workers are encouraged to raise safety concerns directly to their supervisor, the joint health and safety committee, or the Health & Safety Manager.

## RESOURCES

For the latest guidance and information about the COVID-19 situation, including public health alerts and FAQs, please see the COVID-19 pages on the following websites:

- HealthLinkBC
- BC Centre for Disease Control
- the latest news from the government of British Columbia
- the latest orders from the Office of the provincial health officer
- Public Health Agency of Canada

The WorkSafeBC website is also a resource for current recommendations in workplaces.

### Canadian Centre for Occupational Health and Safety

To help support workplaces during the COVID-19 pandemic, the CCOHS has made a number of online products and resources available on its website.

### Phone resources

1.888.COVID19 (1.888.268.4319): For non-medical information about COVID-19. Available 7:30 a.m.-8 p.m., 7 days a week.

8-1-1 (HealthLink BC): To talk to a nurse if you need advice about how you are feeling and what to do next.

## RECORDS

MWL Demolition will keep records pertaining to COVID-19 exposure, first aid and other relevant documents.