

CONSTRUCTION COVID-19 SAFETY CHECKLIST

FOR EMPLOYEES

Monitoring		
<input type="checkbox"/>	Check your temperature before you enter the worksite or, if possible, before you board shared transportation.	<i>Name of human resource and/or worker health unit point person(s):</i> <i>Contact information:</i>
<input type="checkbox"/>	Do not enter the workplace if you have a fever of 100.4°F or greater. <i>Contact your human resource and/or worker health unit coordinator.</i>	
<input type="checkbox"/>	If you have had close contact (less than six feet for greater than 15 minutes per interaction) to a person with COVID-19: <ul style="list-style-type: none">• Stay home until 14 days after last exposure and maintain social distance (at least six feet from other people).• Self-monitor for symptoms (check temperature twice a day, watch for fever, cough, or shortness of breath).• Avoid contact with people at higher risk for severe illness from COVID-19.• <i>Contact your human resource and/or worker health unit coordinator.</i>	
Cleaning, Disinfection, and Sanitation		
<input type="checkbox"/>	Practice hand hygiene, respiratory hygiene/cough etiquette, and cleaning and disinfection. <ul style="list-style-type: none">• Use soap, water, and paper towels for frequently washing your hands (at least 20 seconds).• Use hand sanitizer with at least 60% alcohol frequently, when handwashing is not readily available.• Cover your mouth and nose with a tissue or your upper sleeves when you cough or sneeze.• Avoid sharing objects and equipment with other employees, including phones, desks, or other workbenches, tools and equipment, when possible.• Clean and disinfect frequently touched objects and surfaces, like workstations, keyboards, telephones, handrails, and doorknobs. Dirty surfaces can be cleaned with soap and water before disinfection.	

Social Distancing and Face Masks

- Utilize [social distancing guidelines](#) and [face masking guidelines](#):
- Maintain at least six feet distance between workers, wherever possible.
 - Maintain social distancing during breaks and when eating.
 - Avoid enclosed areas like trailers and tight/confined spaces.
 - Wear face masks in worksites especially when other social distancing measuring are difficult to maintain.
 - Wear a mask that covers your nose and mouth for maximum protection (Don't put the mask around your neck or up on your forehead).
 - Don't touch the mask, and, if you do, wash your hands or use hand sanitizer to disinfect.
 - Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing.
 - *Note: Face masks are effective for COVID-19, but they do not protect you from other hazards on the jobsite.*

Mental Health

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| <p><input type="checkbox"/> Talk about common work-related factors that can add to stress during a pandemic:</p> <ul style="list-style-type: none"> • Concern about the risk of being exposed to the virus at work. • Lack of access to the tools and equipment needed to perform your job. • Feelings that you are not contributing enough to work or guilt about not being on the frontline. • Uncertainty about the future of your workplace and/or employment. • Adapting to a different workspace and/or work schedule. • Keep a regular sleep schedule. • Take breaks from work to stretch, exercise, or check in with supportive colleagues, coworkers, family, and friends. • Spend time outdoors, either being physically active or relaxing. • Practice mindfulness techniques. • Know the facts about COVID-19. Be informed about how to protect yourself and others. Understanding the risk and sharing accurate information with people you care about can reduce stress and help you make a connection with others. • Connect with others. Talk with people you trust about your concerns, how you are feeling, or how the COVID-19 pandemic is affecting you. | <p><i>Name of employee assistance program point person(s):</i></p> <p><i>Contact information:</i></p> <p><i>Resources:</i></p> <ul style="list-style-type: none"> • <i>National Suicide Prevention Lifeline Toll-free number 1-800-273-TALK (1-800-273-8255)</i> • <i>National Domestic Violence Hotline Call 1-800-799-7233 and TTY 1-800-787-3224</i> • <i>Disaster Distress Helpline Call 1-800-985-5990 or text TalkWithUs to 66746</i> |
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