Hazard Assessment

- Conduct hazard assessment including practices to determine when, where, how, and to what sources of COVID-19 workers are likely to be exposed in the course of their job duties.

- Utilize the COVID-19 exposure control planning tool.
  - Check where your employees could be exposed to COVID-19 and the control measures that will be used to protect them and prevent exposure.
  - Check appropriate procedures for screening employees and dealing with sick or exposed workers.

Controlling and Prevention

- Implement the appropriate hierarchy of controls, including elimination, substitution, engineering and administrative controls, and personal protective equipment (PPE) selected as a result of an employer’s hazard assessment.
  - Engineering controls wherever possible (e.g., physical barriers/shields to separate workers, enhanced ventilation).
  - Administrative controls wherever possible (e.g., staggering work shifts, limiting breakroom capacity, practicing social distancing, ensuring workers wear face masks).
  - Appropriate PPE, identified through hazard assessments and in accordance with OSHA’s standards at 29 CFR 1910, Subpart I, and OSHA and CDC guidance on use of PPE. (Note: face masks are not PPE, because they protect other people from the wearer’s respiratory secretions, rather than protecting the wearer).

- Ask workers who have had close contact (less than six feet for greater than 15 minutes per interaction with other individuals) to a person with COVID-19 case to stay home until 14 days after last exposure. Follow CDC and state/local guidance on what to do when someone has known exposure.

Cleaning, Disinfection, and Sanitation

- Implement cleaning and disinfecting protocols, including practices for hand hygiene, respiratory hygiene/cough etiquette, and cleaning and disinfection.
  - Provide soap, water, and paper towels for workers, and visitors to wash their hands, and encourage frequent and proper (for at least 20 seconds) handwashing.
  - Provide hand sanitizer with at least 60% alcohol and encourage workers to use it frequently when they cannot readily wash their hands.
  - Identify high-traffic areas, as well as surfaces or items that are shared or frequently touched, that could become contaminated. Target them for enhanced cleaning and disinfection using EPA-registered disinfectants.
Return to Work after Worker Exposure to COVID-19

- Employees should be advised about the **returning to work** procedures.
  - Avoid sharing objects and equipment with other employees, including phones, desks, or other workbenches, work 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. To disinfect, use these [EPA-registered disinfectants](https://www.epa.gov/pesticide-registration/directory-registered-disinfectants).
  - Follow CDC guidance for **discontinuing self-isolation** and returning to work after illness or **discontinuing self-quarantine** and monitoring after exposure, as appropriate for the workplace.
  - Ensure workers who have been exposed to someone with COVID-19 routinely monitor themselves or receive monitoring, including for signs and/or symptoms of potential illness, at work, in accordance with [CDC guidance](https://www.cdc.gov/coronavirus/2019-ncov/worksafe/sick-leave-workplace.html).

Promoting Social Distancing and Face Masks

- Implement [social distancing guidelines](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html) and face masking guidelines and at least six feet distance between workers wherever possible.
  - Post signage reminding personnel to maintain at least six feet between one another.

Managing Sick Workers

- **Identify and isolate sick employees**, including practices for worker self-monitoring or screening, and isolating and excluding from the workplace any employees with signs or symptoms of COVID-19.
- Be familiar with [local COVID-19 testing sites](https://www.cdc.gov/coronavirus/2019-ncov/testing/testing-sites.html) in the event your employee(s) develops symptoms. These may include sites with free testing available.

Provide Education, Training, and Communication

- Inform workplace flexibilities, including those concerning remote work and sick leave.
  - Evaluate existing policies and, if needed, consider new ones that facilitate appropriate use of remote work, [sick or other types of leave](https://www.cdc.gov/coronavirus/2019-ncov/prepare/sick-leave.html), and other options that help minimize workers’ exposure risks.
  - Communicate about workplace flexibilities, and ensure workers understand how to make use of available options (e.g., [fatigue management](https://www.cdc.gov/NIOSH.html)).
- Provide education and training to your workers on the signs, symptoms, and risk factors associated with COVID-19; where and how employees might be exposed in the workplace; and how to prevent the spread of COVID-19 at work.
Talk about the **tips to build resilience and manage job stress**, including:

- Talk openly with employees and/or unions about how the pandemic is affecting work. Expectations should be communicated clearly by everyone.
- Anticipate behavior changes in your employees. Watch for changes like excessive irritation or anger, excessive worry or sadness, unhealthy eating or sleeping habits, and difficulty concentrating, which may be signs of your employee struggling with **stress and anxiety**.
- Ensure that your company has a system in place to identify and provide mental health services to employees in need of support.