

# COVID-19 PREVENTION BEST PRACTICES FOR CONSTRUCTION SITES

To help prevent the spread of COVID-19, here is a list of safe work practices for construction sites and supervisors.

## HYGIENE PRACTICES:

- Clean your hands with soap and water for 20 seconds – before you eat, at the end of the workday, during the workshift whenever possible, and when you get home from work.
- Practice physical distancing of two metres (six feet).
- Do not shake hands; avoid physical contact.
- Do not share food, drinks, cigarettes, and personal hand tools.
- Do not touch your face, eyes, nose, and/or mouth with unwashed hands (i.e., when smoking, drinking water, eating, etc.).
- Follow good respiratory etiquette by covering your mouth and nose with a tissue or the crease of your elbow when you sneeze or cough.
- Regularly clean and disinfect commonly touched surfaces and tools.

## PROJECT ORIENTATIONS:

- Limit the number of persons in the orientation with a chair spacing between workers. This may require hosting the video orientation sessions more often. Where practical, move orientation outdoors and conduct a verbal orientation – reinforce physical distancing.
- Use the [Shared Health Manitoba Screening Tool](#) questions to verify that workers are not feeling sick and so they are aware of what the symptoms are so they can self-monitor.
- Disinfect used pens, tables, chairs, and table after each orientation.
- As part of the verbal orientation, discuss:
  - Physical distancing of two metres (six feet).
  - Hygiene and location of hand washing and hand sanitization stations.
  - What the company is doing at the site to promote a safe workplace and remind them that their health is important to us.
  - Where the safety posters are located.
  - The importance of reporting to their supervisor if they are feeling unwell and leaving the project.

## HEALTH VERIFICATION OF VISITORS PRIOR TO SITE ACCESS:

- Question all site visitors on the current status of their health – use [Shared Health Manitoba Screening Tool](#) to verify health of workers.
- At the start of shifts, the supervisor is to confirm the health status of contractor workers through discussion with the contractor supervisor and notify HSE manager of any issues. Document issues.
- The supervisor, each day, is to ask for updates of workers who have left the site for self-isolation. Document changes.
- At the end of shifts, the supervisor is to confirm the health status of contractor workers through discussion with the contractor supervisor and notify HSE manager of any issues.

## RECEIVE AND REVIEW CONTRACTOR COVID-19 PLAN:

- How is their plan being applied to their subcontractors?

## HOIST/ELEVATOR OPERATIONS:

- Outside the hoist, post signage and remind the workers to maintain physical distancing of two metres (six feet) while they are waiting to enter the hoist/elevator.
- Inside the hoist/elevator, maintain physical distancing (as best as possible) and reduce the number of passengers at any one time.
- Passengers are to face the outside of to avoid being inside each other's breathing zone.
- The operator has the option to wear an N95 mask.
- Provide the operator with disinfectant to routinely disinfect commonly touched items — call buttons, door handles, etc.

## PROJECT RADIOS:

- Disinfect radios at start of shift and regularly throughout the shift.

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## STAIRWELLS:

- Avoid passing each other on the stairs. Wait on the landing until person has exited stairs.

## WHEN WEARING GLOVES:

- Do not touch your face, eyes, or mouth.
- Make sure that hands are washed thoroughly or disinfected with hand sanitizer as soon as possible after gloves are removed.

## MEETINGS AT SITE:

- Limit the number of meetings and the number of participants; ensure physical distancing protocol.
- If possible, hold meetings in open areas or outside.

## PROJECT OFFICES/TRAILERS:

- Restrict access and place contact information (phone number) outside on door.
- Limit the number of workers or restrict who is allowed to enter these offices.
- Maintain physical distancing requirements.
- Do not touch items — “keep your hands to yourself”.
- Do not share keyboard or mouse, pens, clipboards, or documents.
- Disinfect commonly touched items like door handles, chairs, tables, etc.
- Handrails leading up to the trailer or office: do not slide your hand down them and routinely disinfect.

## LUNCHROOM:

- Post signage to remind workers to wash or disinfect their hands before and after eating.
- Stagger coffee/lunch breaks to reduce the number of workers in the lunchroom at the same time.
- Maintain physical distancing by staggering the seating arrangement, or don't eat in the lunchroom.
- Remove garbage often.
- Routinely disinfect the tables and other commonly handled items.
- Ensure sufficient fresh air supply to reduce “recirculating” the air inside the lunchroom. Set-up neg air if required.
- Separate PPE and clothing that is hung up in the lunchroom to avoid touching.
- If you have to take your spare work clothing home, place it in a plastic bag and do not take it out of the plastic bag until it goes into the laundry to be washed — ideally separately.

## WORK LOCATIONS:

- Maintain physical distancing of two metres (six feet) between workers.
- Stagger work crews to reduce the number of people on site, if possible
- Where possible, reduce the number of partner workers. Don't mix workers on crews.

## TOOLS:

- Avoid sharing tools or equipment.
- If you have to share equipment, clean and disinfect points of contact on the equipment. Example: on a shared extended work platform, before use wipe down controls, gate, guardrails, and any other parts touched by hands. Disinfect it when you are done.

## FIRST AID TREATMENT:

- First aid attendants are to wear N95 mask or ½ mask respirator, face shield, and medical gloves when treating workers.
- If conscious and capable of answering, ask the worker the [Shared Health Manitoba Screening Tool](#) questions to verify the current status of their health.