



WORKPLACE HYGIENE DURING COVID-19 PANDEMIC

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INTRODUCTION

AKOSH

SARS-CoV-2

Guidelines for Protection in the Office Environment

- Engineering Controls
- Administrative Controls
- Personal Hygiene

Surface Disinfection and PPE

The logo features a central black rounded rectangle with a thin red border. Inside the rectangle, the word "AKOSH" is written in white, bold, sans-serif font. Below it, the full name "ALASKA OCCUPATIONAL SAFETY AND HEALTH" is written in a smaller, red, sans-serif font. On either side of the rectangle, there are stylized circuit board traces in red, with small circles at the end of the lines, extending outwards.

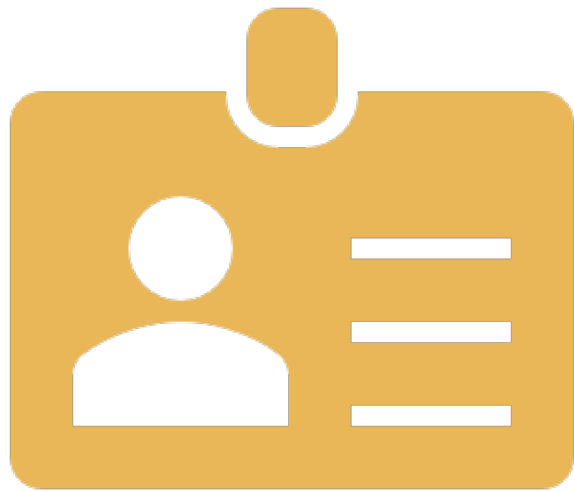
AKOSH

ALASKA OCCUPATIONAL SAFETY AND HEALTH

AKOSH



- Employer Obligations
 - Employers must provide employees with a safe and healthy workplace
 - Must promote/enforce the health and safety policies that are in place



AKOSH

- Employee Obligations
 - Requires workers to participate in the development and implementation of the employers Health and Safety Plans
 - Employees have the right to call AKOSH if they feel unsafe
 - Whistleblower



WHAT IS SARS-COV-2?

- Severe Acute Respiratory Distress Syndrome
- Causes Coronavirus Disease 2019 – COVID-19
- Little, if any, Immunity in Humans

TRANSMISSION



PERSON TO PERSON




DROPLETS/AEROSOLS



FOMITES



POSSIBLY FECAL
MATTER



INCUBATION PERIOD

Time of exposure to onset of symptoms

2 to 14 days

Most contagious when symptomatic

- Some spread it during incubation or carrying it asymptotically



SYMPTOMS

- Most Common
 - Fever
 - Cough
 - Shortness of Breath
 - Sore throat
 - Runny nose
 - Body aches
 - Headache
 - Chills
 - Fatigue

RISK FACTORS FOR SEVERE ILLNESS/DEATH

- Increased Risk

- Heart Disease
- Lung Disease
- Diabetes
- Suppressed Immune System
- Elderly

- Lower Risk

- Children
- Younger Adults
- No Underlying Health Conditions

VIRUS SURVIVAL OUTSIDE OF THE BODY



AEROSOLS – 3 HOURS



COPPER SURFACE – 4
HOURS



CARDBOARD – 24
HOURS




HARD PLASTIC OR
OTHER METAL SURFACES
– 2 TO 3 DAYS

- EPA-Registered Household Disinfectants
 - Comet Disinfecting Bathroom Cleaner
 - Lysol Disinfecting Wipes
 - Clorox Disinfecting Wipes
 - Clorox Multi-surface Cleaner with Bleach
- EPA-Registered Household Disinfectant
 - <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

VIRUS
DEACTIVATION



PROTECTING WORKERS IN AN OFFICE ENVIRONMENT

- Assess and Define Exposure Risks
 - Lower Exposure Risk (Caution)
 - Sanitizing and use PPE as normally required
 - Medium Exposure Risk
 - Increased Engineering Controls
 - Added Administrative Controls
 - Heightened Personal Protective Equipment
- 



MEDIUM EXPOSURE RISK CONTROLS

Engineering Controls

- Install physical barriers
 - Clear plastic sneeze guards

Administrative Controls

- Encourage people who are ill to stay home with no consequence
- Establish Teleworking
- Minimize contact between workers and public
- Discontinue non-essential travel
- Offer face masks to ill employees and customers
 - Reusable face shields

SAFE WORK PRACTICES

- Promote Personal Hygiene
 - Avoid touching eyes, nose, mouth
 - Provide tissues
 - No touch trash cans
 - Hand soap
 - Alcohol-based hand rubs (at least 70%)
 - Frequent use of surface disinfectants
 - Disposable towels
 - Cleaning and sanitizing work surfaces
 - Hand washing station

HAND HYGIENE



Avoid shaking hands!

Bump-a-fist, Save-a-life
Take-a-bow, Save-a-life
Nod-your-head, Save-a-life



Require Regular Handwashing

Alcohol based hand-sanitizers



Post Handwashing signs in restrooms



HOW DO WE WASH OUR HANDS?

Wet hands with warm or cold running water

- Warm is best

Lather and scrub hands with soap for 20 seconds

- Hum or sing “Happy Birthday” twice

Rinse hands with clean running water

Dry hands with single-use paper towel or air dryer

Where possible/applicable, after drying hands turn off water with paper towel

WHEN DO WE WASH OUR HANDS



After blowing nose, coughing, sneezing



After using the restroom



After handling customer money/credit cards



Before eating or preparing food



Before and after contact with animals/pets



Before and after caring for another person who needs assistance



After touching frequently touched/hand contact surfaces



FREQUENT SURFACE DISINFECTION



- Focus on Hand-Contact Surfaces
 - Include, but are not limited to doorknobs, faucet handles, light switches, coffee makers, telephones, toilet handles, locks on doors and equipment, pens, clipboards, etc
- Electronics
 - Follow manufacturer guidelines for cleaning/disinfecting
 - If no guidelines, use alcohol-based wipes or sprays containing at least 70% alcohol



HOW TO DISINFECT

- Use EPA-Registered Household Disinfectants as recommended on the manufacturer labels
 - <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>
- Use Personal Protective Equipment



DONNING PERSONAL PROTECTIVE EQUIPMENT

Sequence

1. Mask or Respirator
2. Goggles or Face shield
3. Gloves



DONNING PERSONAL PROTECTIVE EQUIPMENT

Mask/Respirator

- Secure ties or elastic bands at the middle or back of head and/or neck
- Fit to nose bridge
- Fit snug to face and below chin

Goggles/Face shield

- Place over face and eyes and adjust to fit

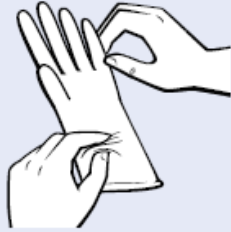
DONNING PERSONAL PROTECTIVE EQUIPMENT

Gloves

1. Remove 1 glove from package and inspect
2. Align fingers and thumb to the fit of the glove
3. Insert five fingers into the cuff and pull cuff over wrist
4. Check for secure fit around fingers, palm, and wrist
5. Repeat for other hand

HOW TO DON GLOVES

1



Remove one glove from the package and inspect it to be sure no pinholes or tears are present.

2



If gloves are ambidextrous, they can be worn on either hand. If not, align the glove's fingers and thumb with the proper hand before donning.

3



Insert five fingers into the cuff and pull the cuff over the wrist.

4



Check for a secure fit around the fingers and palm. The cuff should fit snugly around the wrist.

DOFFING PERSONAL PROTECTIVE EQUIPMENT

Gloves

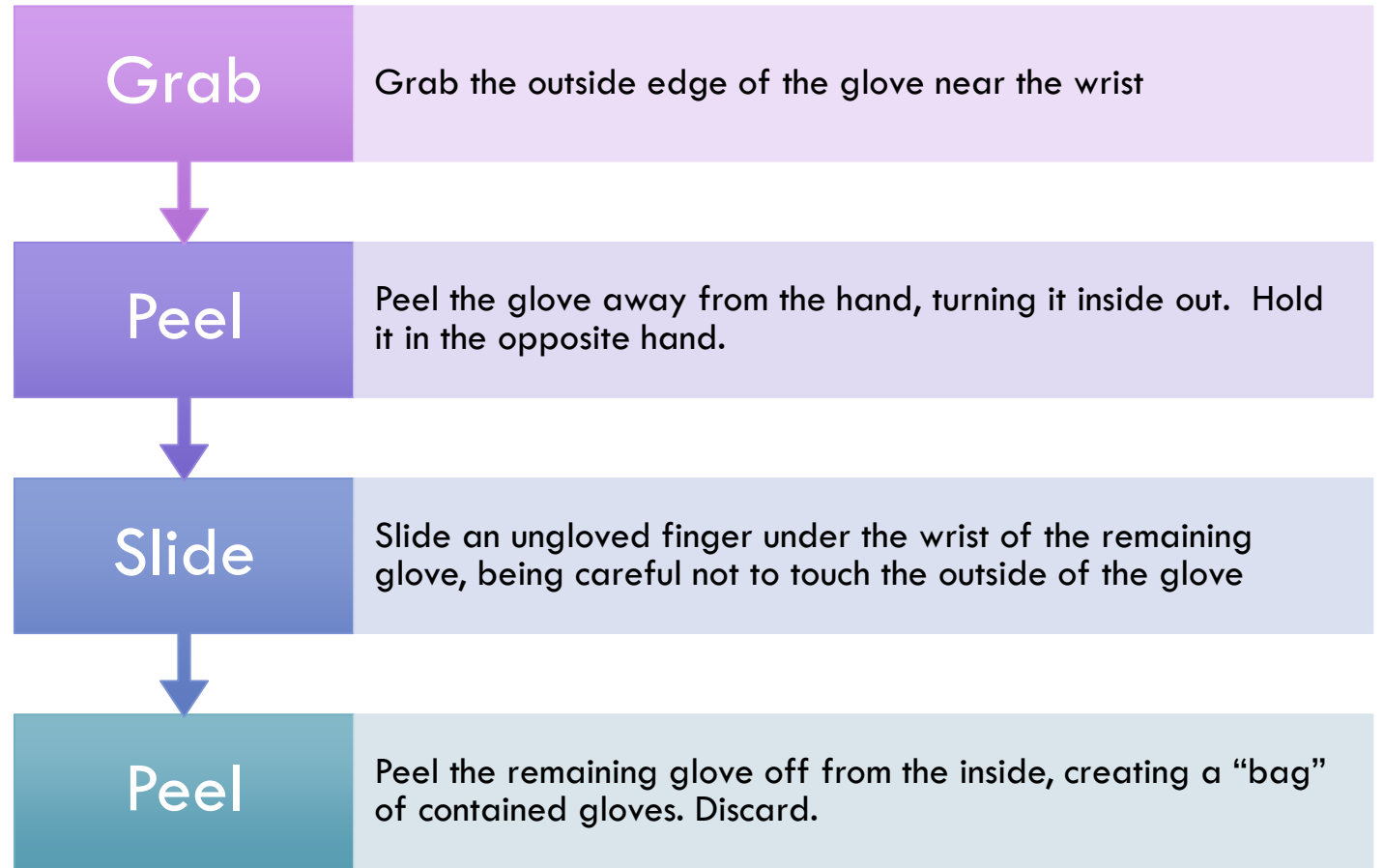
Goggles or Face shield

Mask or Respirator

Immediately Wash hands

- Or use alcohol-based hand sanitizer

DOFFING DISPOSABLE GLOVES

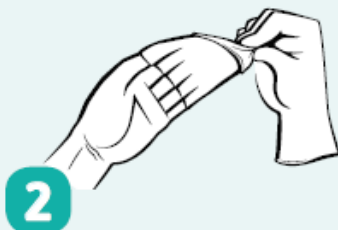


HOW TO DOFF GLOVES



1

Grasp the outside edge of the glove near the wrist.



2

Peel the glove away from the hand, turning it inside out. Hold it in the opposite gloved hand.



3

Slide an ungloved finger under the wrist of the remaining glove, being careful not to touch the outside of the glove.



4

Peel the remaining glove off from the inside, creating a "bag" containing both gloves. Discard.

SUMMARY

AKOSH

SARS-CoV-2

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Protection in the
Office
Environment

Engineering Controls

Administrative Controls

Personal Hygiene

Surface Disinfection
and PPE

Please call AKOSH Consultation and Training if you need any assistance:

Anchorage: (907) 269-4955

Toll Free: (800)656-4972

REFERENCES

- OSHA
 - <https://www.osha.gov/Publications/OSHA3990.pdf>
- EPA
 - <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>
- National Institute of Environmental Health Sciences
 - https://tools.niehs.nih.gov/wetp/public/hasl_get_blob.cfm?ID=11781
- Ansell
 - https://www.ansell.com/-/media/projects/ansell/website/pdf/life-science/laboratory/ansell_donningdoffingtechnicalrelease_en.ashx