

COVID-19: Working When Physical Distancing is Not Possible



Do Workers Show Any of these Symptoms?

Do any workers:

- Have or had symptoms of COVID-19 in the past 10 days (cough, sneeze, sore throat, fever, difficulty breathing)?
- Have travelled outside of Canada within the previous 14 days?
- Have been exposed to someone with COVID-19?
- Share a home with someone who has been exposed to COVID-19?

If any workers answer yes to any of these questions, they should not be permitted on site.

What does Physical Distancing Mean?

Whenever possible, workers should work 2 metres or 6.5 feet from other workers---this is using physical distancing safe work practices. **But when physical distancing is not possible, ask and consider if the task must happen:**

- Can the task be delayed?
- Can it be safely done in another way?
- Can the number of workers involved be reduced?

Essential Work that Can't Be Delayed

If essential work must take place, **allow only workers who are considered to be at a lower risk of transmitting COVID-19** to complete the work, **only when they don appropriate personal protective equipment.**

COVID-19 PPE & Safe Work Practices

Any workers who cannot maintain physical distance (2 meters, 6.5 ft.) should use PPE including:

- Half-face respirator with P95 or P100 filters
- Disposable nitrile gloves
- Coveralls
- Safety glasses

Note: Half-face respirators with P95 or P100 are preferred because they are more protective and N95 masks are used by health care workers and are in short supply.

Using PPE

Workers must be trained on how to properly put on, use, and take off PPE, how to properly dispose of or disinfect, inspect for damage, maintain PPE, and the limitations of PPE.

Respirators must be Fit Tested

Fit testing must be completed for workers wearing half mask respirator and/or N95 masks. Workers must be clean-shaven when using respirators/masks.

Disposal Practices for Consumable PPE

Provide a plastic disposal bag for disposal of consumables (N95 masks, nitrile gloves, cleaning wipes). Seal the disposal bag and store it with other garbage.

Maintaining and Storing Reusable PPE

Sanitize glasses and half mask respirators using disposable wipes. Dispose of disposable wipes in a disposal bag. Store reusable PPE and coveralls in a storage room. Ensure no cross contamination between PPE belonging to different workers.

Remove coveralls at end of the work shift and do not wear coveralls home. Wash coveralls daily, if possible.

Hand Washing Practices

Provide a hand washing or hand sanitizing station that is easily accessible for the affected workers.

Wash hands with soap and water for at least 20 seconds. When soap and running water are unavailable, use an alcohol-based hand rub with at least 60% alcohol. Always wash hands that are visibly soiled.

Avoid touching your eyes, nose, or mouth with bare or gloved hands.

If using gloves, wash hands thoroughly when gloves are removed.

Resources



- **BC Centre for Disease Control – BC Ministry of Health - Hand Washing Hygiene Poster**
http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_Handwashing%20Poster_MD%20offices.pdf
- **BCCSA COVID-19 Resources – Website and Poster**
https://www.bccsa.ca/_customelements/uploadedResources/BCCSA2020COVIDposter11x17v1Apr3.pdf
<https://www.bccsa.ca/index.php?id=451>
https://www.bccsa.ca/_customelements/uploadedResources/BCCSA2020COVIDposter11x17v1Apr3.pdf
- **WorkSafeBC COVID-19 Resources - Website**
<https://www.worksafebc.com/en/about-us/news-events/announcements/2020/March/covid-19-and-the-workplace>

Thanks to BC Construction Safety Alliance for their content. For detailed safe work practices for workers, please visit [WorkSafeBC](#), [BCCSA](#), [COCA](#), [Canadian Construction Association](#)

End of Safe Work Practice