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Associated General Contractors

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Leading the Construction Industry Forward

COVID-19

SAFETY STAND-DOWN WEEK | APRIL 6-10, 2020

Join your fellow Wisconsin contractors for a Safety Stand-Down during the week of April 6-10, 2020 to educate employees on preventing the spread COVID-19 on the job site.

PURPOSE

A Safety Stand-Down is a voluntary event for employers to talk directly to employees about safety. Any workplace can hold a stand-down by taking a break to focus on COVID-19 and reinforcing the importance of the CDC's guidelines.

PARTICIPATION

Assemble the workforce together for 10-15 minutes keeping in mind the CDC's guideline on "social distancing" (min. 6 ft separation). Review the topic agenda and provide time for questions and discussion. To ensure proper "social distancing", you may break up the workforce into multiple groups smaller than 10.

PROMOTION

We encourange you to share your Safety Stand-Down! Please take photos and record participation numbers. Send your email to jeff.roach@agcwi.org. Also share your Stand-Down story on social media, with the hashtag: #StandDown4Safety.

Protect Yourself & Others!

An agenda and facilitating support materials have been provided to help guide your Stand-Down Program. Contact Brent Miller (brent.miller@agcwi.org) or Jim Falbo (jim.falbo@agcwi.org) with any questions.

VISIT WWW.AGCWI.ORG/COVID-19 FOR MORE DETAILS ON THE IMPACT OF COVID-19

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COVID–19 Stand-Down Week | April 6-10, 2020

COVID–19 Stand-Down Toolbox Talk #5

Stress and Coping with COVID–19

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

Things you can do to support yourself

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs
- Make time to unwind. Try to do some other activities you enjoy
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call:

- 911
- Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)

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COVID–19 Stand-Down Week | April 6-10, 2020

COVID–19 Stand-Down Toolbox Talk #4

Mental Health Concerns Related to COVID-19

Why is this such a stressful event?

It is human nature to like to have some control over our lives, and some sense of predictability. Right now, we may feel like we don't have either. It is okay to feel stress, anxiety, even worry and fear during a time of such unknowns.

I'm still working, so why am I still so worried?

COVID-19 is a crisis like no other most of us have ever lived through. It is true that most construction sites are still active. But with the daily changes, plus overall economic uncertainty, it's normal to have concern. Talk to your employer and ask them what they are projecting over the coming weeks and months. Equip yourself with facts, not hearsay.

Are things different and challenging at home right now?

Even though you are still working, your spouse or other family members or roommates may not be, or may be working from home. In addition, most kids are out of school and at home as well, possibly even needing help with online or home-based learning. You may even have college aged children that have unexpectedly moved home. All of this can be very disruptive to routines and normal household activities. Try to be supportive of everyone who is experiencing these changes and disruptions as well, and work to set up boundaries and new routines to help everyone cope as best as possible.

What can I do to cope better/manage my stress?

Acknowledging that you feel stressed, anxious or even depressed is an important first step and you should not think badly of yourself or that you are weak for feeling these things. To help manage these feelings and keep them from getting worse:

- Take a break from the news/social media. Set limits on how much time you spend consuming information, and only choose to listen to credible sources.
- Get some exercise/physical activity - it will help your mood and help you stay physically well
- Eat properly - don't use this as an excuse to overeat or eat poorly. Fresh food is still readily available in most places.
- Maintain a good sleep schedule - being well rested helps both emotional and physical strength.
- Avoid using alcohol or other substances - self medicating can quickly lead to other issues.
- Volunteer or help someone in need - doing good is a great mood-booster.
- Stay in touch with family, friends and other support systems. Follow "physical distancing with social connection" - use electronic communications to stay in touch.

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If your feelings of anxiety or depression are worsening, you may need to seek professional help.

You should not feel ashamed of this. There are many places to get help:

- Your employer's EAP
- A counselor/behavioral health specialist through your group health benefits, these may be available via tele-health applications
- Community based mental health organizations. Visit **NAMI.org** for help finding one
- Your church may be able to provide help or refer you somewhere that can help If you are having thoughts of suicide, or if your feelings are becoming too much to handle, please call the Suicide Prevention Lifeline at **800-273-8255** or Text the Crisis Text Line 741741.

COVID–19 Stand-Down Week | April 6-10, 2020

COVID-19 Stand-Down Toolbox Talk #3
The Basics

Reason Coronavirus is a highly contagious disease that can have severe effects on people, especially those who are vulnerable. The virus is likely to pass from person to person in communal areas and where it is not possible to maintain safe distances between persons. If a person is infected while working it can be passed on through families and other contacts. You can spread the virus even if you don't have symptoms. This talk covers the ways to maintain your health while working on construction sites.

Getting to work

1. Wherever possible travel to site alone, using your own transport (for example, a car or bicycle).
2. Avoid public transport.

On site

1. Wash your hands when you arrive on site, regularly throughout the day (especially if you sneeze or cough and after eating or handling food) and again when you leave site.
2. Always keep at least 6 feet away from other workers. This includes while you are working and during breaks and mealtimes – staggered breaks will help achieve this.
3. Stay on site for your breaks. Do not use local shops. Bring your own meals and refillable drinking bottles. Do not share items (for example, cups).
4. Only hold meetings that are absolutely necessary. Ideally, these should take place outdoors, with the minimum number of people and those people should be kept at least 6 feet apart.

Close work close working should be avoided.

1. Non-essential physical work that requires close contact between workers should not be carried out.
2. Work requiring skin-to-skin contact should not be carried out.
3. All other work should be planned to minimize contact between workers.
4. Re-usable PPE should be thoroughly cleaned after use and not shared between workers.
5. Single use PPE should be disposed of so that it cannot be reused.
6. Stairs should be used in preference to lifts or hoists.

Extra cleaning should be carried out on site, particularly in the following areas.

1. Taps and washing facilities.
2. Toilet flush and seats.
3. Door handles and push plates.
4. Handrails on staircases and corridors.
5. Lift and hoist controls.
6. Machinery and equipment controls.
7. Food preparation and eating surfaces.
8. Telephone equipment.
9. Keyboards, photocopiers and other office equipment.

What to do if you think you are ill

If you develop a high temperature or a persistent cough while at work, you should:

1. Report this to your supervisor.
2. Avoid touching anything.
3. Cough or sneeze into a tissue and put it in a bin or, if you do not have tissues, cough and sneeze into the crook of your elbow.
4. Return home immediately.
5. You must then follow the guidance on self-isolation and not return to work until your period of self-isolation has been completed.

Follow the 6 foot rule at all times.

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COVID–19 Stand-Down Week | April 6-10, 2020

COVID-19 Stand-Down Toolbox Talk #2
Protect Yourself

Clean Your Hands Often

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. • Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid Close Contact

- Avoid close contact with people who are sick
- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

Take Steps to Protect Others

- Stay home if you are sick, except to get medical care.

Cover Coughs and Sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Wear a Facemask If You Are Sick

- If you are sick: Do Not Go to Work, Stay Home! You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and seek medical care. You should wear a facemask before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room.
- **If you are not sick**: You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

Clean and Disinfect

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them: Clean dirty surfaces with detergent or soap and water prior to disinfection.

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COVID–19 Stand-Down Week | April 6-10, 2020

The AGC of Wisconsin and AGC of Greater Milwaukee have partnered together to declare April 6-10 as "COVID-19 Safety Stand-Down Week".

Contractors are encouraged to hold a daily (5-10 minute) Safety Stand-Down to educate and inform their workers on preventing the spread of COVID-19 on the job site. Tool Box Talks and other material for your daily Safety Stand-Down Meetings will be provided.

COVID – 19 Stand-Down Toolbox Talk #1
What is COVID – 19 and How Do I Protect Myself

What is a Coronavirus and how is the Novel Coronavirus, COVID-19 Different from Other Coronaviruses?

Just like there are different types of related viruses that cause smallpox, chickenpox, and monkeypox, different coronaviruses cause different diseases in people. The Severe Acute Respiratory Syndrome (SARS) coronavirus causes SARS and the Middle East Respiratory Syndrome (MERS) coronavirus causes MERS. The novel coronavirus, COVID-19 is one of seven types of known human coronaviruses. COVID-19, like the MERS and SARS coronaviruses, likely evolved from a virus previously found in animals. The remaining known coronaviruses cause a significant percentage of colds in adults and children, and these are not a serious threat for otherwise healthy adults.

How does COVID-19 spread?

The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- Fever
- New or worsening cough
- New or worsening shortness of breath
- Sore Throat
- Severe muscle pain without reason

These symptoms may appear 2-14 days after exposure.
CDC symptoms of Coronavirus

Even individuals with mild signs and symptoms have the ability to transmit the virus. New information indicates the level of infectiousness or ability to spread the virus may be higher right before the symptoms actually occur (pre-symptomatic phase).
Do not come to work if you are sick.

How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe. Diluted bleach solution may also be used 1/3 cup bleach to 1 gallon of water. These surfaces include job trailer doors, stair rails, door handles, table tops, portable toilets and the door handles, hand wash station, water faucets and soap dispensers.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Utilize disposable hand towels and no-touch trash receptacles.
- Do not share tools or other items (cell phones, pens, pencils) with other employees including personal protective equipment.
- Clean surfaces of service/fleet vehicles, steering wheel, gear shift, instrument panels.
- Utilize disposable gloves where appropriate; instruct workers to wash hands after removing gloves. Do not touch eyes, nose, and mouth with your gloved hand.
- Employees need to keep a 6 foot distance between other employees at all times, this includes jobsite meetings, lunch and work breaks. Discourage hand-shaking and other contact greetings along with carpooling.
- Do not use a common water cooler.
- **Stay home if you are sick**.

To stop the community spread of the virus, all of the personal hygiene practices we are practicing here on the jobsite need to also be practiced when you are at home. This will help slow the spread of the virus and protect your family.

Please wash your hands frequently and practice social distancing all the time.

For more information on how to protect yourself from COVID – 19 please visit the CDC website.