

**MARCH 31, 2020**

## **COVID-19 | WHAT TO DO WHEN PHYSICAL DISTANCING IS NOT POSSIBLE?**

**Physical distancing is working in proximity of 2 metres (6.5 feet) to other workers.**

**If physical distancing is not possible while doing work tasks, you must control the potential exposure to COVID-19, by doing the following:**

First, consider whether or not the task is truly essential at this time:

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

**If the task is considered essential and cannot be delayed, then use the following procedures:**

### **Workers:**

This work should not be completed by workers who are at higher risk of complications due to COVID-19. This includes:

- Workers who are over the age of 60.
- Workers with chronic health conditions including diabetes, heart disease and lung disease.
- Workers who are immunocompromised.

Only workers who are considered to be at a lower risk of transmitting COVID-19 should complete this work. Use the BCCSA Health Screening Tool before allowing access to the worksite. **Do not permit workers on to a worksite if they meet the following criteria:**

- 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.

### **Personal Protective Equipment (PPE)**

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

- N95 or half-face respirator with P95 or P100 filters.
  - Where possible half-face respirators with P95 or P100 are preferred since
    - 1) they are more protective and;
    - 2) N95 are used by health care workers and are in short supply.
- Disposable nitrile gloves.
- Safety glasses.
- Fabric coveralls (optional). Do not use Tyvek, as these are needed for healthcare workers.

## Guidance on using Personal Protective Equipment (PPE)

- Workers must be trained on how to properly don (put on), use, and doff (take off) PPE; how to properly dispose of or disinfect, inspect for damage, maintain PPE, and the limitations of PPE.
- Fit testing must be completed for workers wearing half mask respirator and/or N95 masks.
- Workers must be clean-shaven when using respirators/masks.
- For further information on respirator use, see CSA Standard CAN/CSA-Z94.4-18, Selection, use, and care of respirators.
- 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.
- Dispose of N95 masks and Nitrile gloves after use in the disposal bag.
- Sanitize glasses and half mask respirators using disposable wipes. Dispose of disposable wipes in the disposal bag.
- When complete store reusable PPE and coveralls (if used) in a storage room. Ensure no cross contamination between PPE belonging to different workers.
- If used, do not wear fabric coveralls home. Wash coveralls regularly.
- If fabric coveralls are not used, change clothing before going home. Bring work clothing home in a plastic bag and wash work clothing daily.

## Handwashing

- Provide a handwashing or hand sanitizing station that is easily accessible for the affected workers.
- Wash hands thoroughly when gloves are removed and at the end of the task for which less than 2 meters of distance is required.
- 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.

## Cleaning/Disinfecting

- When task is completed ensure the tools that were used are cleaned and disinfected ([see BCCSA document on Enhanced Surface Cleaning and Disinfection](#)).
- Clean and disinfect all high-touch surfaces in the area.