Tools For Life – Weekly Health & Safety Meeting



Home Healthy - Home Safe

February 2021

Hierarchy of Controls with COVID

Every day, we make decisions based on split second 'hazard assessments' that happen whether we actively think about them or not. Blame biology! We are hardwired to survive. To accomplish this, it is important to identify hazards and do something to mitigate them before they cause harm. Up until March of 2020, it was as simple as looking both ways before you crossed the street or thoroughly planning your work for the day. But for almost a year we have been battling a hazard we can't see. The COVID-19 virus.

The hierarchy of controls is intended to identify and control hazards before they cause harm. 'Controlling a hazard' is safety talk for either removing or reducing a hazard's ability to cause harm. In a perfect world we'd remove the hazard forever. In everyday language, "controlling a hazard" is a way to make the workplace safer. So how do we control a hazard we can't see?? Below are some examples of how we can reduce the hazard that is the COVID-19 virus.

Elimination

Isolation

- Total Isolation to prevent the spread
- Eliminating visitors to jobsite
- Work from home
- Eliminate carpooling
- Voluntary standby layoff
- Lunch & Break outside or in your car
- Encourage sick workers to stay home
- Limiting personnel in lunchrooms
- Minimize the size of meetings
- Closed lunchrooms
- GoTo/Zoom Meetings

Most effective at preventing the spread

Substitution

Social Distancing

- Safety Meeting, Stretch & Flex,
 Pre-Task morning huddles by each
 Supervisor; Not Job Wide.
- Not sharing tools
- Only allowing one contractor onsite at a time
- Limit gatherings
- Limiting personnel in lunchrooms
- Minimize size of meetings

Engineering

Physical Barriers & Forced Ventilation

- Install glass or plastic barriers
- Use HEPA filtration
- Establish separate entrances and exits
- Tape over light switches. (Leave lights on, DO NOT turn on/off)
- Remove trash lids

Proper Hand Washing and Contact Tracing

- Administrative
- Install COVID Signage
- Follow return to work procedure
- No sharing of writing utensils
- Contact Tracing
- Site Specific COVID-19 plan
- Adjusting work schedules

- Assigned Social Distancing Officer
- Daily attendance log
- Symptom Monitoring
- Sanitizing work area 2-3 times daily
- COVID training
- Specialized PTP and task breakout

Apollo

PPE

Face Mask, Gloves and Eye Protection

- Requiring face mask, gloves, and eye protection for all personnel
- Face shield, Tyvek, PAPR
- Supplying hand washing and sanitizer stations

Least
effective at
preventing
the spread
when used
by itself

Discussion points: What additional controls can you use to mitigate the COVID-19 hazard in your workplace?

HEALTHY REMINDERS: Vitamin D is as important as calcium in determining bone health. Vit D may be obtained by sun exposure, food and/or supplements. Drinking at least 5 glasses of water a day can reduce your chances of having a heart attack by 40%.