

# Protecting Workers: Guidance on Mitigating and Preventing the Spread of COVID-19 in the Workplace

**Welcome:** G. Scott Earnest, PhD, PE, CSP, Associate Director for Construction, Office of Construction Safety and Health, NIOSH

**Panel:**

- **Amanda Edens**, Deputy Assistant Secretary of Labor for Occupational Safety and Health
- **Christina Dragon**, Health Scientist, OSHA DTSEM
- **Scott Ketcham**, Director, OSHA DOC
- **Timothy Irving**, Deputy Director, OSHA DOC

**Q&A Moderator:** Chris Trahan Cain, CIH, Executive Director, CPWR

**For Technical Difficulties:**



Chat with host, Jessica Bunting



or email [jbunting@cpwr.com](mailto:jbunting@cpwr.com)

If you have trouble hearing through your computer, call in via phone:

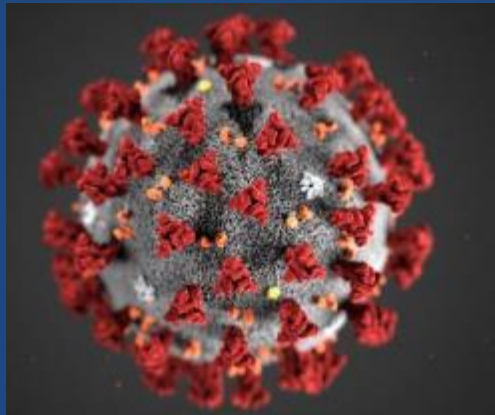


415-655-0003

Access code: 127 146 2440 #



# Construction and COVID-19 Updates



**G. Scott Earnest, Ph.D., P.E.**

**National Institute for Occupational Safety and Health**

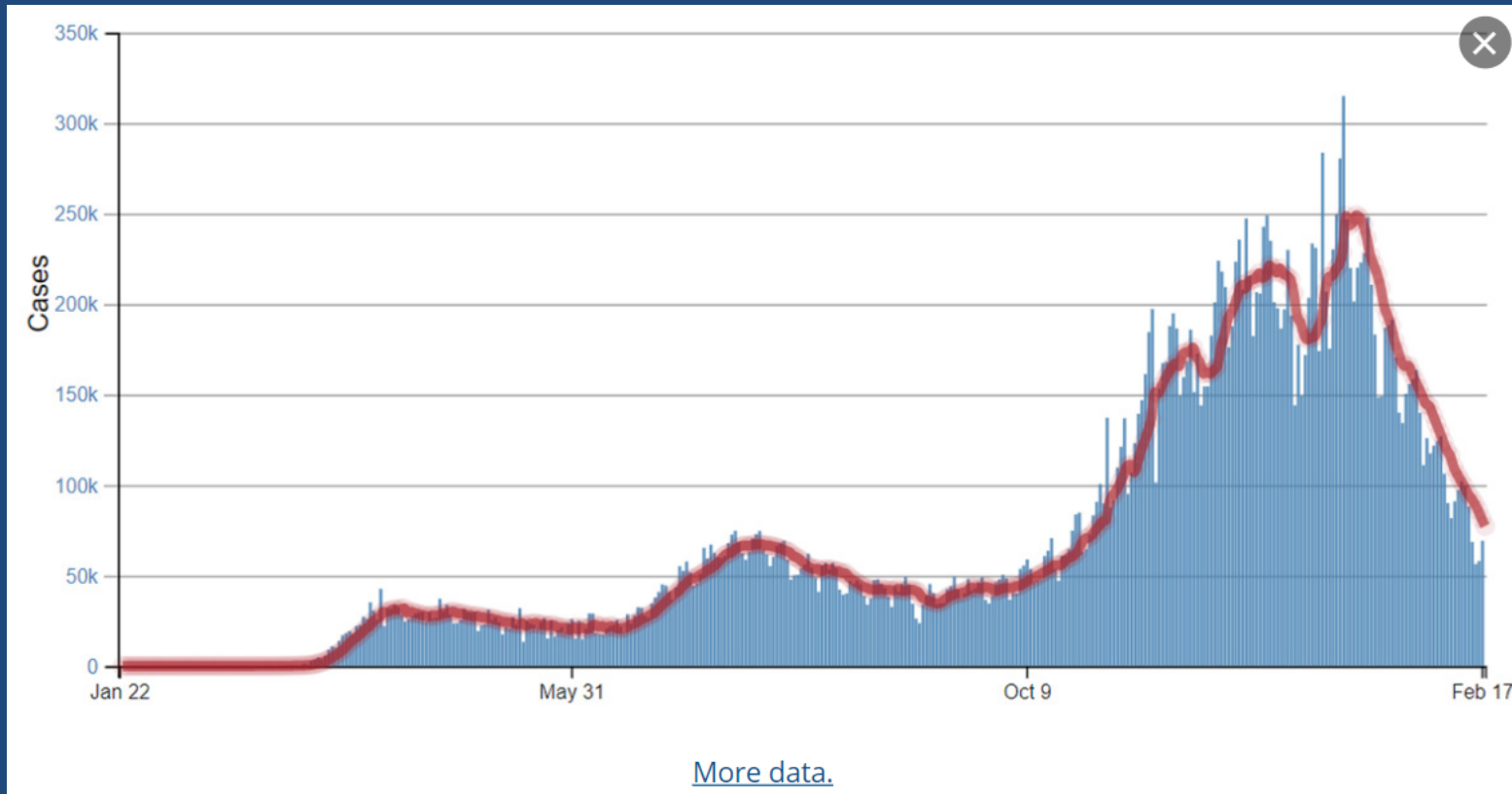
**Centers for Disease Control and Prevention**

**U.S. Department of Health and Human Services**

**25 February 2021**

# CDC COVID Data Tracker

## COVID Cases



69,165  
New Cases Reported

77,385  
Current 7-Day Average

27,669,556  
Total Cases Reported

102,531  
Prior 7-Day Average

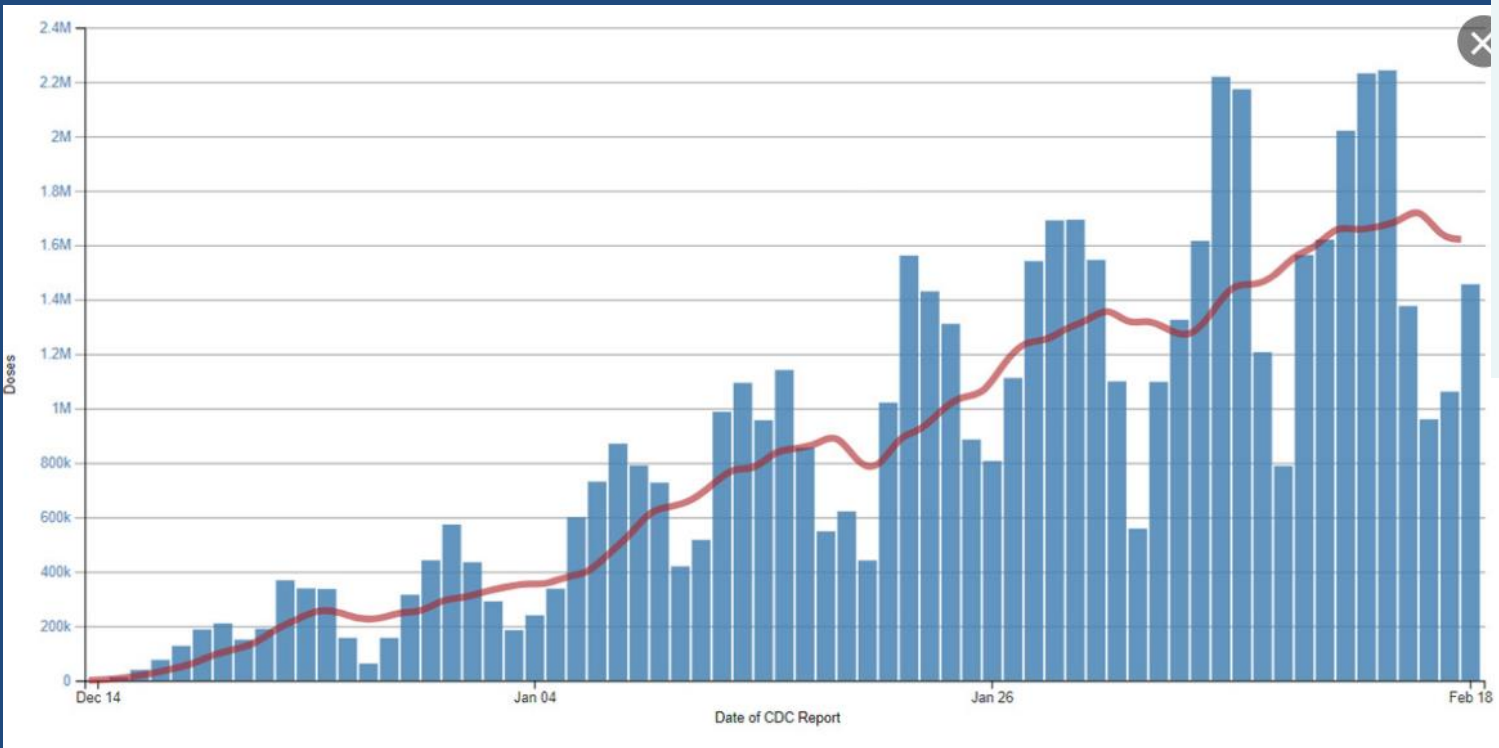
314,972  
Peak\*

-24.5%  
Change in 7-Day  
Average

\*Highest peak for new cases in a single day (Jan. 8, 2021).

# CDC COVID Data Tracker

## Vaccinations



**57,737,767**  
Vaccines  
Administered

**41,021,049**  
People who received 1  
or more doses

**16,162,358**  
People who received 2  
doses

# Maximizing Fit for Cloth and Medical Procedure Masks to Improve Performance and Reduce SARS-CoV-2 Transmission and Exposure, 2021

Weekly / February 19, 2021 / 70(7);254-257

On February 10, 2021, this report was posted online as an MMWR Early Release.

**Please note:** This report has been corrected.

John T. Brooks, MD<sup>1</sup>; Donald H. Beezhold, PhD<sup>2</sup>; John D. Noti, PhD<sup>2</sup>; Jayme P. Coyle, PhD<sup>2</sup>; Raymond C. Derk, MS<sup>2</sup>; Francoise M. Blachere, MS<sup>2</sup>; William G. Lindsley, PhD<sup>2</sup>  
([View author affiliations](#))

[View suggested citation](#)

**Wearing a mask that fits tightly to your face can help limit spread of the virus that causes COVID-19**

In lab tests with dummies, exposure to potentially infectious aerosols decreased by **about 95%** when they both wore tightly fitted masks



Cloth mask over medical procedure mask



Medical procedure mask with knotted ear loops and tucked-in sides



Mask fitter



Nylon covering over mask

Other effective options to improve fit include:



**APRIL 26, 2021**  
**STOP TALK ACT** | **NATIONAL STAND-DOWN**  
TO PREVENT  
STRUCK-BY INCIDENTS  
*IN WORK AND LIFT ZONES*



[www.cpwr.com/research/work-zone-safety](http://www.cpwr.com/research/work-zone-safety)

[https://www.cdc.gov/mmwr/volumes/69/wr/mm6927e2.htm?s\\_cid=mm6927e2\\_w](https://www.cdc.gov/mmwr/volumes/69/wr/mm6927e2.htm?s_cid=mm6927e2_w)



# National Safety Stand-Down

To Prevent Falls in Construction

May 3-7, 2021



**PLAN . PROVIDE . TRAIN .**

*Three simple steps to preventing falls.*

<https://www.cdc.gov/niosh/construction/stopfallscampaign.html>

# For More Information



- CPWR COVID-19 Clearinghouse <http://covid.elcosh.org/>
- CDC COVID-19 Construction: <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/construction-workers.html>
- CDC Interim Guidance for Businesses and Employers to Plan and Respond to Coronavirus Disease 2019 website: [www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html](http://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html)
- CDC Prepare your Small Business and Workers for the Effects of COVID-19 website: [www.cdc.gov/coronavirus/2019-ncov/community/guidance-small-business.html](http://www.cdc.gov/coronavirus/2019-ncov/community/guidance-small-business.html)
- NIOSH Directory of Construction Resources <https://www.cdc.gov/niosh/construction/default.html>
- OSHA COVID-19 Construction: <https://www.osha.gov/SLTC/covid-19/construction.html>
- CDCINFO: 1-800-CDC-INFO (1-800-232-4636) | TTY: 1-888-232-6348 | website: [www.cdc.gov/info](http://www.cdc.gov/info)



# **Protecting Workers: Guidance on Mitigating and Preventing the Spread of COVID-19 in the Workplace**

**Christina N. Dragon, MSPH, CHES  
Directorate of Technical Support and Emergency  
Management, OSHA**

# Increased Protections for Workers

## Executive Order on Protecting Worker Health and Safety

- Issue Revised Guidance
- Consider ETS
- Evaluate enforcement efforts / develop NEP
- Multilingual outreach campaign
  - Emphasis on most vulnerable/impacted workers

# Revised Guidance

- Implement COVID-19 Prevention Programs tailored to each workplace.
- Engage workers and their representatives in program development.
- Programs should include:
  - a hazard assessment;
  - a combination of measures to limit the spread of COVID-19 in the workplace;
  - measures to ensure infected or potentially infected workers are excluded from the workplace;
  - protections from retaliation for workers who raise COVID-related concerns; and
  - educating and training workers of COVID-19 policies and procedures **in a language they understand.**

# Revised Guidance

- Guidance provides additional details on:
  - separating and sending home infected or potentially infected people from the workplace;
  - implementing physical distancing;
  - suppressing the spread by using surgical masks or cloth face coverings; and
  - use of personal protective equipment.
- Guidance will be updated as needed to reflect latest developments in science, best practices, and standards.
  - Changes will be tracked to ensure transparency.

# OSHA COVID-19 Resources



The screenshot shows the OSHA website's COVID-19 resources page. The header includes the United States Department of Labor logo and navigation links for CONTACT US, FAQ, A TO Z INDEX, ENGLISH, and ESPAÑOL. The main content area features a large image of healthcare workers and a text overlay that reads: "Workers and employers are seeking new ways to provide service while keeping their workforce and others safe. Get information for implementing COVID-19 procedures to prevent exposure, infection, and spreading." Below the image are three columns of links: OSHA Requirements (Regulations, Enforcement Memoranda, Recording and Reporting, Reporting and Recording Enforcement Memoranda, Reporting and Recording FAQ, Workers' Rights), Guidance (For Everyone, Mitigating and Preventing the Spread of COVID-19 in the Workplace, Highlights (Spanish), Hazard Recognition, Control and Prevention, Preparing Workplaces (Spanish), Returning to Work (Spanish), By Industry, By Topic, Frequently Asked Questions (FAQs)), and Highlights and Tools (What's New, Additional Resources, CDC Coronavirus (COVID-19) Page, CDC Workplaces and Businesses Page, News and Updates, News Releases, Daily Enforcement Data, Daily Whistleblower Data).

- [OSHA.gov/coronavirus](https://www.osha-slc.gov/coronavirus) includes latest information and resources on protecting workers from exposure to COVID-19.

# Common Questions on Transmission

- Asymptomatic: A person may be infected with SARS-CoV-2, and contagious, but not showing any signs or symptoms.
- Pre-symptomatic: A person infected with SARS-CoV-2, who has not exhibited symptoms at the time of testing, but who later exhibits symptoms during the course of the infection.
- Temperature or symptom screenings will not identify those who may be able to transmit the virus without knowing they have it. Wearing an adequate face covering or mask will prevent asymptomatic/pre-symptomatic transmission.

# Common Questions Face Coverings and Masks

- Wear a CDC recommended face covering.
- If work requires a higher level respirator, wear that instead.

## DO choose masks that



Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



Fit snugly against the sides of your face and don't have gaps



Have a nose wire to prevent air from leaking out of the top of the mask

## DO NOT choose masks that



Are made of fabric that makes it hard to breathe, for example, vinyl



Have exhalation valves or vents which allow virus particles to escape



Are intended for healthcare workers, including N95 respirators

# Gaiters and Face Shields

## Gaiters & face shields



Wear a gaiter with two layers, or fold it to make two layers



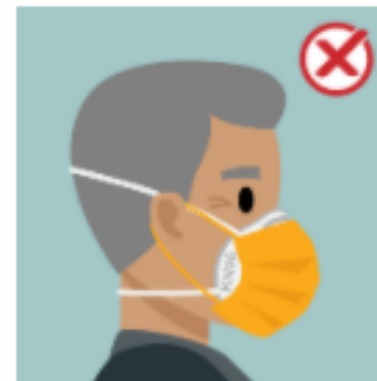
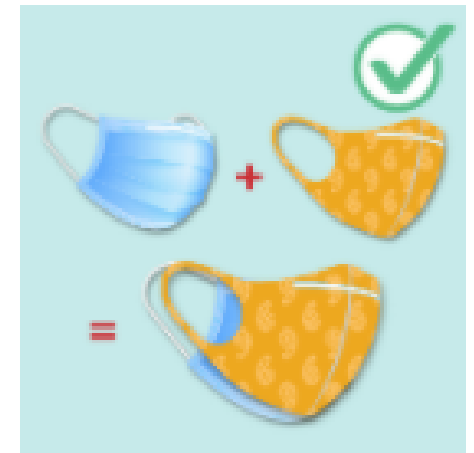
Not recommended: Evaluation of face shields is ongoing, but effectiveness is unknown at this time.

- Bandanas, scarfs, and single layer, loosely woven, gaiters are not adequate for source control or protection.
- Face shields are not recommended.



# Double Masking and Mask Health

- One way you can improve your face covering performance, in addition to wearing it properly over the nose and mouth, is by layering, or double masking.
- Do not combine two disposable masks.
- Do not combine a KN95 mask with any other types of face coverings.



# Additional Resources

- [COVID-19 Guidance on the Use of Cloth Face Coverings while Working Outdoors in Hot and Humid Conditions](#) (OSHA)
- [COVID-19 Guidance on the Use of Cloth Face Coverings while Working Indoors in Hot and Humid Conditions](#) (OSHA)
- [Your Guide to Masks](#) (CDC)
- [Improve How Your Mask Protects You](#) (CDC)
- [When Can I Be Around Others after COVID-19?](#) (CDC)



[www.osha.gov](http://www.osha.gov)

1-800-321-OSHA (6742)