

# What To Do When Physical Distancing is not Possible?

## WHAT IS PHYSICAL DISTANCING?

Physical distancing means maintaining at least 2 metres (6.5 feet) of distance between individuals.

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

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:**

## HEALTH SCREENING

Do not permit workers, sub-contractors, etc., on to a worksite if they meet the provincial self-isolation requirements, below. The employer may consider utilizing a site access pre-screening questionnaire.

### Self-Isolation Requirements:

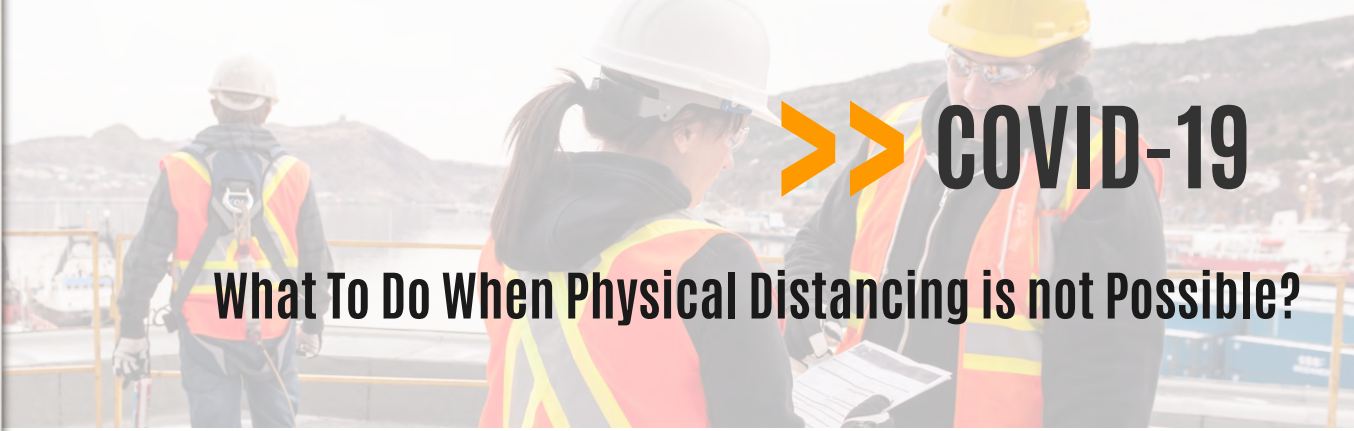
- If you have been diagnosed with COVID-19;
- If you are a close contact of someone diagnosed with COVID-19;
- If you have been assessed by Public Health for COVID-19 and/or are waiting to hear the results of a laboratory test for COVID-19;
- If you have traveled anywhere outside of Newfoundland and Labrador, for 14 days upon return to the province; or
- If you have been advised to self-isolate for any other reason by Public Health.

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



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### PERSONAL PROTECTIVE EQUIPMENT (PPE)

- All workers who cannot maintain physical distance requirements must utilize PPE, including the following:

- Respiratory Protection:

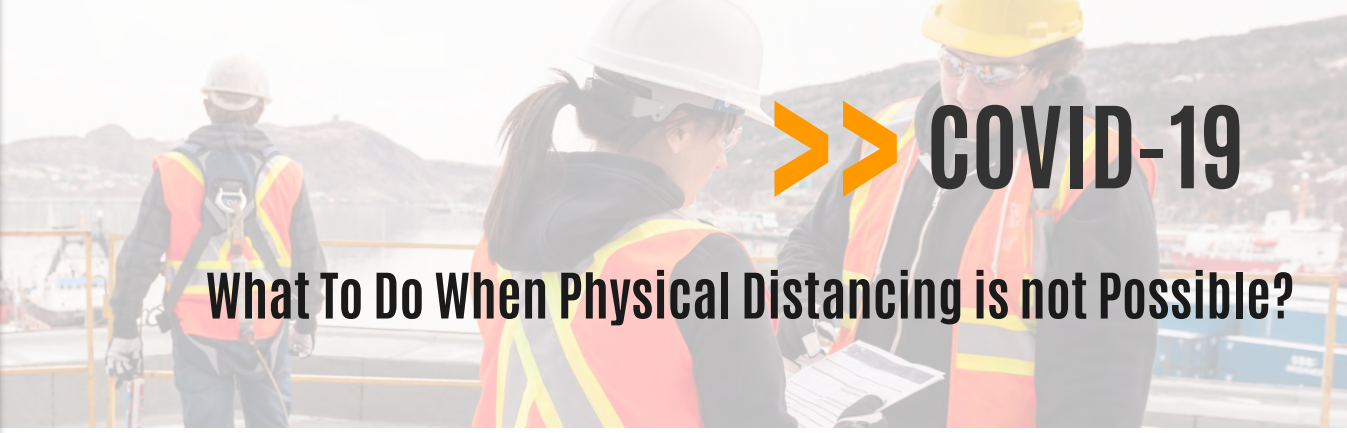
i. NIOSH approved white N95/N100 P95/P100 Respirators; or

ii. NIOSH approved half/full face respirator with approved cartridges N95/N100/P95/P100.

**Where neither i or ii are available for commercial purchase, the organization may substitute:**

iii. KN-90 mask.

- Clean nitrile gloves.
- Tyvek suits or coveralls.
- CSA approved safety glasses or goggles (where a full face respirator is not being utilized).
- Fit testing must be completed for workers wearing half mask respirator and/or N95 masks.
- 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.
- Workers must be clean-shaven when using respirators/masks.
- 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 in a storage room. Ensure no cross contamination between PPE belonging to different workers.
- Do not wear coveralls home. Wash coveralls daily if possible.



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	<b>Work Method Step</b> Describe the task, step by step	<b>Hazard/Risk</b> What are the hazards of each step?	<b>Control Methods &amp; Monitoring</b> What hazard safe guards will be used? How will the effectiveness of the controls be determined? (Inspection & ongoing
1.	Confirm work to be completed requires workers to encroach on the 6-foot physical distancing requirement.	<ul style="list-style-type: none"> <li>Specialized PPE unavailable.</li> <li>Workers are unfamiliar with procedure and Exposure Control Plan.</li> <li>Miscommunication.</li> </ul>	<ul style="list-style-type: none"> <li>Workers will review this procedure and the COVID-19 Exposure control plan (Attached) before completing this work.</li> <li>FLRA to be completed before task with additional PPE noted and reason for breaking social distancing rules.</li> <li>Workers will wear an N95 mask, nitrile gloves, and safety glasses when encroaching on the 6ft social distancing rule.</li> <li>Workers will decontaminate tools/equipment/PPE at the beginning of each day by wiping down or spraying down with disinfectant.</li> <li>Workers will be clean shaven for N95 mask use as per manufactures recommendations.</li> <li>If PPE not available these tasks will be postponed until, PPE is available.</li> </ul>
2.	Complete various construction related tasks while within 6-feet of co-workers.	<ul style="list-style-type: none"> <li>Potential overlapping within work area with other trades.</li> <li>Co- Activity.</li> <li>Workers not following procedure.</li> <li>Workers displaying signs or symptoms of COVID-19.</li> <li>Transmission of COVID-19.</li> </ul>	<ul style="list-style-type: none"> <li>Workers will ensure additional PPE is being worn at all times.</li> <li>Before eating, drinking or smoking, workers will wash their hands to the WHO standard.</li> <li>Shared tools will be decontaminated when switching users by using disinfectant wipes or spray.</li> <li>Supervision will regularly review ongoing task to ensure compliance with this SWP.</li> <li>Workers are to report anyone with signs or symptoms of COVID-19 to their supervision immediately.</li> </ul>
3.	End of task/end of shift	<ul style="list-style-type: none"> <li>Miscommunication</li> </ul>	<ul style="list-style-type: none"> <li>Report any developing symptoms of COVID-19 to supervisor immediately.</li> <li>Report any workers displaying signs or symptoms of COVID-</li> </ul>

This document has been adapted from the document "COVID-19 What To Do When Physical Distancing is Not Possible, published by the British Columbia Construction Safety Association.