

COVID-19 Management Plan

Purpose

In response to the Global COVID-19 Pandemic, countries, companies, communities and individuals have been called upon worldwide to make every effort to minimize to the greatest extent possible the risks associated with the transmission and perpetuation of the coronavirus. This document provides guidance to help mitigate the transmission of the coronavirus and provide safe and healthy working environments.

Scope

This document is designed to give clear, concise, consistent direction to essential critical infrastructure personnel working throughout the State of Alaska. Due to the fluidity of the events surrounding this pandemic, this document is considered a “living document” and will be updated as conditions change, and as relevant information is disseminated by local, state and federal agencies.

Roles and Responsibilities

The Management Team is committed to ensuring the health, safety and protection of personnel continuing to work through this pandemic, to their families and to the communities in which they live and work. The following leadership measures have been taken and shall continue throughout the duration of this pandemic:

Senior Management – Senior Management Teams shall continue to monitor the COVID-19 Pandemic situation and changing dynamics. Senior Management Teams shall remain in contact with all applicable local, state and federal leaders and shall ensure that any new directives given by governing bodies are immediately communicated to and implemented by project teams.

Project Management – Project Management Teams shall ensure that all applicable COVID-19 directives from Senior Management are immediately implemented and that all activities are conducted in accordance with the ALARA principle – to ensure that coronavirus transmission risks are As Low As Reasonably Achievable. Project Management Teams are responsible for ensuring that site specific emergency response plans are in place for each location, and that site specific COVID-19 training has been conducted for all field personnel prior to mobilization.

Field Supervisors – Field Supervisors are responsible for ensuring that the procedures contained in this document are available to and are followed by all project related personnel in the field, including workers, vendors, suppliers, client personnel and community members affiliated with or affected by the project. Field Supervisors are responsible for leading daily safety meetings, which shall include daily reminders of and training for COVID-19 precautions and safety measures. Field Supervisors shall conduct daily health assessments of personnel. If personnel become sick at work the field

supervisor shall immediately isolate the individual and notify the project management team.

Field Personnel – Field personnel are responsible for following the procedures contained in this document; for reporting any unsafe or unsanitary conditions; and for immediately self-reporting and isolating if they have any illness symptoms. Field personnel are responsible for helping to maintain safe, clean and healthy work sites.

COVID-19 General Information

COVID-19

The most recent information regarding the Corona Virus Pandemic provided by the CDC states:

The CDC is responding to a pandemic of respiratory disease spreading from person-to-person caused by a novel (new) coronavirus. The disease has been named “coronavirus disease 2019” (abbreviated “COVID-19”). This situation poses a serious public health risk. The federal government is working closely with state, local, tribal, and territorial partners, as well as public health partners, to respond to this situation. COVID-19 can cause mild to severe illness; most severe illness occurs in older adults.

Symptoms

COVID-19 Symptoms may appear 2-14 days after exposure and have been described by the CDC as but not limited to:

- Fever
- Shortness of breath
- Dry cough
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Emergency Medical Conditions – Severe symptoms described by the CDC as requiring immediate medical attention include but not limited to:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to be roused or to stay awake
- Bluish lips or face

How The Virus Is Transmitted - The virus is thought to be spread primarily from person-to-person transmission inclusive of the following:

- People who are in close proximity, generally less than 6 feet, with other people who are infected

- Respiratory droplets are produced when an infected person speaks, coughs or sneezes and can land in the mouths or noses of people who are nearby or be inhaled
- Touching a surface or object that has COVID-19 on it and then touching one's own mouth, nose, or possibly the eyes
- COVID-19 may be spread by people who are not showing symptoms.

Other Notes – The following should be considered:

- A person may NOT have a fever and yet still be a carrier of the virus
- People are most contagious when they are symptomatic, for example, experiencing fever, cough, and/or shortness of breath
- Asymptomatic, pre-symptomatic and mildly symptomatic individuals can and also spread COVID-19
- A person without an elevated temperature does not mean he/she has a clean bill of health
- There have been numerous reports of inaccurate temperature readings from the forehead scan type thermometer
- Temperature testing does NOT ensure there is no communicable disease in the workplace and does not prevent the spread of disease
- Many cases are referred to as pre-symptomatic or asymptomatic, which means that some individuals report no symptoms at all, but can still be carriers of the virus and can infect others

Screening – Management Teams shall maintain contact with local, state and federal agencies regarding the rapidly changing COVID-19 screening protocols and COVID-19 testing locations. The following are mandates that are currently in place in the State of Alaska:

Requirements for Workers: All workers arriving in Alaska from outside the state must self-quarantine for 14 days and shall not leave their quarantine location during their quarantine period with the exception of going to their place of employment, unless the worker falls under one of the following four categories (A, B, or C below):

A. Pre-travel molecular-based test for SARS-CoV2:

1. The worker produces a **molecular-based test for SARS-CoV2** result showing that the worker tested negative for COVID-19 within **72 hours** before departure to Alaska; OR
2. The worker produces a **molecular-based test for SARS-CoV2** result showing that the worker tested negative for COVID-19 within **five days** before departure to Alaska **and** the worker obtains a second **molecular-based test for SARS-CoV2** upon arrival in Alaska, and minimize interactions until the second test result is received and that test is also negative;

3. All workers with negative results from a pre-travel test will need to minimize interactions until (1) they receive negative results from the second test for COVID-19; (2) for 14 days after arrival; or (3) they leave Alaska, whichever is soonest.

B. Molecular-based Test for SARS-CoV2 upon arrival:

1. The worker obtains a **molecular-based test for SARS-CoV2** upon arrival in Alaska that shows the worker is negative for COVID-19. The worker must self-quarantine, while waiting for the test results. The worker shall take a second test that must occur within **7-14 days** after arrival, and should minimize interactions until the result from the second test shows the worker is negative for COVID-19.
2. If the **molecular-based test for SARS-CoV2** comes up positive, the worker must isolate, and will not be able to travel unless cleared by public health.

C. Prior confirmed positive results:

1. No molecular-based test for SARS-CoV2 is required for either immediately before travel or upon arrival, if all three (3) of the following conditions are met:
 1. The worker shows evidence of previously positive results of a molecular-based test for SARS-CoV2 that occurred at least three weeks prior to arrival in Alaska; and
 2. The worker is currently asymptomatic; and
 3. The worker can show a medical provider's note of recovery.
- Prior to being deployed to remote job sites, personnel shall be screened per CDC and state guidelines. (See Wellness Screening Form, Appendix A.) Screening of individuals shall consist of:
 - Screening questions focusing on recent travel locations, known contact with persons known or suspected to have COVID-19, and current symptoms (i.e. fever, dry cough, difficulty in breathing, and/or fatigue)
 - Temperature screen for 100.4 F or greater to be taken on the same day of travel
 - Personnel who do not pass the screening criteria shall not be allowed to mobilize to the jobsite and shall remain in quarantine until the employee is clear from any symptoms and/or has been deemed safe to return to work by a medical professional or qualified member of the Management Team
 - Site Supervisors shall remain diligence in making sure that personnel are healthy and fit for work and shall remove, isolate and report any employee who exhibits the above symptoms.

Emergency Response

Management Teams shall ensure that Emergency Response Plans are in place prior to mobilizing crews to new locations or allowing crews to continue working in existing locations. The Emergency response plans shall be site specific for each project location and shall include the following at a minimum:

- Project name and physical location of the work sites
- Emergency contact list of all project personnel, up to the executive management level responsible for the project
- Quarantine plans and locations for taking care of sick personnel in isolation
- Emergency and non-emergency transport plans to remove sick personnel from jobsites
- Locations of emergency medical supplies and PPE for the project
- Reporting matrix with contact information to report infected personnel
- Names, phone numbers and physical addresses of Designated Site Supervisors responsible for monitoring conditions and activating emergency response
- Names, addresses and phone numbers of the following entities:
 - Hospitals
 - Medical clinics
 - Emergency response shelters
 - Police
 - Fire
 - Ambulance
 - Airlines for evacuation if remote
 - Local supply companies (if any)

Social Distancing

In accordance with CDC, WHO and other local, state and federal guidelines and recommendations, Management Teams shall implement Social Distancing procedures to help limit or minimize contact between personnel and other people to help stop the transmission of the coronavirus. Social Distancing procedures shall include the following at a minimum and shall be updated as conditions, guidelines and recommendations change:

- Avoid physical contact and practice social distancing, including keeping at least 6 feet of separation from others when possible
- Encourage and facilitate the use of face coverings when maintaining adequate separation between workers is not practicable
 - Face coverings reduce the spread of the virus by decreasing the volume and dispersion of bioaerosols generated by pre-symptomatic and asymptomatic members of the workforce when they speak, cough or sneeze

- Face coverings are NOT Personal Protective Equipment (PPE) and are not appropriate substitutes for PPE or respiratory protective devices where those types of PPE are required
- Face coverings should NOT be used when they interfere with required PPE, create an unsafe condition or the wearer experiences difficulty breathing, is unconscious, incapacitated or is otherwise unable to remove the face covering without assistance
- Avoid gatherings of any size both internal and external to operations
- Perform meetings online or via conference call whenever possible
- Discontinue contact greetings such as hugs and handshakes
- Discontinue collection of handwritten or iPad signatures for safety meetings and instead have the on-site supervisor document meetings and attendance
- Do not congregate in lunch or break room areas
- Have staggered break and lunch times when possible to prevent multiple personnel from being in the same location at the same time
- Limit the number of personnel in a single vehicle to avoid physical contact
- Provide single status rooms
- Allow only essential critical infrastructure personnel and stake holders on locations
- Require all non-essential personnel to work from home when feasible
- Limit face-to-face interactions as much as possible
- Limit trips to populated areas to essential travel for necessities only

Prior To Mobilization

Project Management Teams shall assist with minimizing impacts to communities and limiting interactions with others to the extent possible throughout the duration of all projects. Prior to mobilization, project teams shall ensure that every practical effort has been made to provide for the following:

- That personnel are healthy and ready for work
- All necessary housing and transportation have been arranged
- Availability and/or delivery of Food (or food service)
- Project materials and supplies have been obtained or located
- Acquisition of all required PPE, First-Aid response kits and consumables

Crews shall not mobilize to remote locations until all supplies necessary to safely execute the project have been located, and adequate housing and transportation to provide safe working and living conditions have been obtained.

Project Management Teams shall coordinate with local community leaders and governing entities prior to mobilization. Discuss site-specific plans, and any local/community considerations.

Mobilization/Transportation

Understanding that many remote locations require multiple transportation methods, the following precautions shall be taken to help minimize COVID-19 transmission risks during mobilization and transportation:

- Personnel must pass the health screening process prior to mobilization
- Modes of transportation must be approved by the Project Management Team
- All transportation vehicles, including marine vessels and aircraft shall be cleaned and sanitized in accordance with CDC guidelines prior to each transport
- Transportation methods shall allow adequate space between personnel and overcrowding of transportation methods shall be prohibited
- All vehicles, vessels and aircraft shall contain first-aid kits and PPE to assist if an employee becomes ill during transit

Disinfecting/Housekeeping

The CDC recommends the following cleaning and disinfecting measures in the workplace and at home:

- Cleaning refers to the removal of germs, dirt, and impurities from surfaces. Cleaning does not kill germs, but by removing them, it lowers their numbers and the risk of spreading infection. Clean soiled surfaces before disinfecting.
- Disinfecting refers to using chemicals to kill germs on surfaces. This process does not necessarily clean dirty surfaces or remove germs, but by killing germs on a surface *after* cleaning, it can further lower the risk of spreading infection.
 - A simple disinfecting solution of 1/3 cup of 5%-6% chlorine bleach to one gallon of cool water will kill the coronavirus and is effective for 24 hours
 - Alcohol solutions of 70% or greater will kill the coronavirus
 - Other household disinfectants registered with the EPA (List N) are also effective
- Ensure that all surfaces and common shared surfaces are cleaned and disinfected periodically as well as at the beginning and end of every shift, including cell phones, computers, table-tops, desktops, doorknobs, copy machine buttons, touch screens, phone receivers, key boards, light switches, faucets handles, hand and power tools, construction equipment, vehicles, break rooms, restrooms, living quarters and all other work and residential areas.
- Ensure that clothing and bedding are laundered in the hottest water possible.
- Empty trash daily and have a separate closed trash receptacle for disposal of potentially contaminated waste, such as PPE, tissues, food waste, paper towels, disposable plates, cups and utensils
- Clean and disinfect trash cans

- Clean and disinfect surfaces of service and fleet vehicles prior to and after use, including steering wheels, gear shifters, instrument panels, door handles, control knobs and switches and use aerosol disinfectants inside of closed cabs

Personal Hygiene

Personal Hygiene is crucial to stopping the spread of COVID-19. (See Appendix B) In order to help stop the spread of germs at work it is critical that personnel practice the following:

- Frequent hand washing for 20 seconds with soap and water, or utilizing hand sanitizer with at least 60% ethyl alcohol or 70% isopropyl alcohol (See Appendix C)
- Cover nose and mouth when coughing or sneezing with arm or tissue, dispose of tissue after use and wash hands after coughing or sneezing
- If possible, do not share tools. Disinfect tools between use by separate employees
- Do not share personal protection equipment (PPE)
- Disinfect reusable PPE per manufacturer's recommendation prior to each use
- Ensure used PPE is disposed of properly and ensure that proper decontamination and disinfection methods are used when in contact with known COVID-19 contaminated areas
- Utilize disposable gloves where appropriate and wash hands after removing gloves
- Disinfect reusable supplies and equipment
- Utilize disposable hand towels and no-touch trash receptacles
- Request frequent cleaning and disinfection of portable toilets
- Avoid cleaning techniques, such as using pressurized air or water sprays, that may result in the generation of bio-aerosols
- Ensure that cleaning and disinfecting supplies are available to employees so that they may clean their work surfaces in their workspaces daily
- Provide reminders and time to the employees to clean and disinfect their workspaces
- Avoid touching face, especially eyes, nose and mouth

Isolate If Sick

It is critical that individuals NOT report to work while they are experiencing illness symptoms such as fever, cough, shortness of breath, sore throat, runny/stuffy nose, body aches, chills, or fatigue – Personnel shall inform their supervisor immediately, isolate, stay isolated from others and should seek medical attention if they develop these symptoms!

If an employee becomes sick at work the Site Supervisor shall:

- Isolate and return infected personnel home as quickly as possible
- Notify the Project Management Team immediately upon discovering symptoms
- Limit interaction to one person for taking care of personnel who are isolated
- Follow CDC guidelines and seek medical help to care for individuals in isolation

OSHA Guidance

Current OSHA guidance can be found here: <https://www.osha.gov/SLTC/covid-19/>

See Appendix D for OSHA Alert Poster.

Appendix A – Wellness Screening Form

Wellness Screening for Remote Work Location Deployment

In addition to the screening measures listed in the form below, the Management Team will closely monitor Center for Disease Control (CDC) guidance on the best practices for prevention and response during this rapidly changing pandemic situation.

Conducting temperature checks on employees prior to deployment to a jobsite is a decision that we does not take lightly. During this pandemic, because of concerns for the health and safety of our workers and the public, it will be our policy to conduct such screenings.

Fairbanks Memorial Hospital
Coronavirus Hotline
(907) 458-2888

Employee Name: _____

Date/Time of screen: _____

1. Have you traveled within the previous 14 days? NO YES

○ If yes, where? _____

2. Temperature recorded (°F): _____ (if ≥ 100.4 , verify temp. with second screen)

3. Do you have or have you recently had any of the following symptoms (circle):

- Fever
- Dry cough
- Difficulty in breathing
- Fatigue

** Symptoms may appear 2-14 days after exposure.

Employees who meet any one of the following criteria will not be mobilized to the jobsite without a medical examination and clearance:

- Traveled to countries labeled by CDC as Level 3 Travel Health Notice
- Known contact with a person known or suspected to have COVID 19
- Screening temperature of 100.4 or higher
- Visible or self-reported symptoms of COVID-19

Although these screenings are being conducted in good faith over concerns for employee and public health related to remote job sites, each employee should know the following:

1. A person may NOT have a fever and yet still be a carrier of the virus.
2. A person without an elevated temperature does not mean he/she has a clean bill of health.
3. Temperature testing does NOT ensure there is no communicable disease in the workplace. It does not prevent the spread of disease. It is simply one precautionary screen that can help inform whether or not an employee should deploy to remote site work.

Temperature Screener Signature: _____

Appendix B – Personal Hygiene Poster

STOP THE SPREAD OF GERMS AT WORK



● COVER YOUR MOUTH AND NOSE WHEN YOU SNEEZE OR COUGH.

Cough or sneeze into a tissue and then throw it away; use your arm or sleeve to cover if you do not have a tissue.

● CLEAN YOUR HANDS OFTEN.

Wash your hands with soap and water, vigorously rubbing together front and back for 20 seconds. Or use alcohol-based hand sanitizers, rubbing hands until they are dry.



● CLEAN SHARED SURFACES AND EQUIPMENT OFTEN.

Use disinfectants to clean commonly touched items such as doorknobs, faucet handles, copy machines, coffee pot handles, desktops, handrails, microwave buttons, keyboards, and elevator buttons. Germs travel fast with multiple hands touching shared surfaces.

● AVOID TOUCHING YOUR EYES, NOSE OR MOUTH.

Germs need an entry point, and the average adult touches his or her face once every three or four minutes. Keep hand sanitizer at your desk to use after meetings or before grabbing one of those doughnuts from the breakroom.



● STAY HOME WHEN YOU ARE SICK AND CHECK WITH A HEALTH CARE PROVIDER WHEN NEEDED.

When you are sick or have flu symptoms, stay home, get plenty of rest and check with a health care provider as needed.

Appendix C – Hand Washing Poster



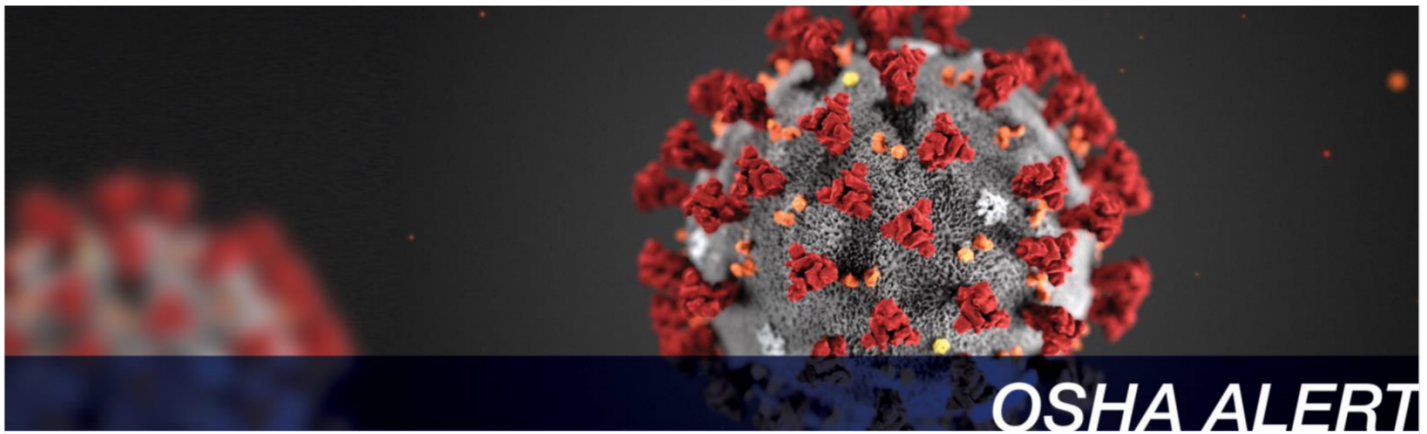
KEEP
CALM
AND
WASH
YOUR
HANDS



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

CS243041B

Appendix D – OSHA Alert Poster



Prevent Worker Exposure to Coronavirus (COVID-19)

The novel coronavirus (officially called COVID-19) is believed to spread from person-to-person, primarily through respiratory droplets produced when an infected person coughs or sneezes. The virus is also believed to spread by people touching a surface or object and then touching one's mouth, nose, or possibly the eyes.

Employers and workers should follow these general practices to help prevent exposure to coronavirus:

- Frequently wash your hands with soap and water for at least 20 seconds.
- If soap and running water are not available, use an alcohol-based hand rub that contains at least 60% alcohol.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid close contact with people who are sick.

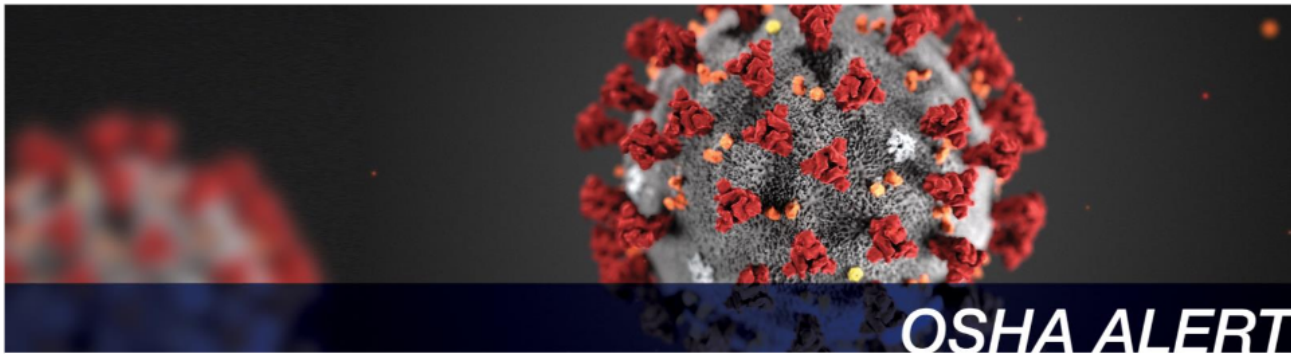
Employers of workers with potential occupational exposures to coronavirus should follow these practices:

- Assess the hazards to which workers may be exposed.
- Evaluate the risk of exposure.
- Select, implement, and ensure workers use controls to prevent exposure, including physical barriers to control the spread of the virus; social distancing; and appropriate personal protective equipment, hygiene, and cleaning supplies.

For the latest information on the symptoms, prevention, and treatment of coronavirus, visit the [Centers for Disease Control and Prevention coronavirus webpage](#).

For interim guidance and other resources on protecting workers from coronavirus, visit OSHA's [COVID-19 webpage](#).

*OSHA issues alerts to draw attention to
worker safety and health issues and solutions.*



COVID-19 Guidance for the Construction Workforce

OSHA is committed to protecting the health and safety of America's workers and workplaces during these unprecedented times. The agency will be issuing a series of industry-specific alerts designed to keep workers safe.

When working in the construction industry, the following tips can help reduce the risk of exposure to the coronavirus:

- Encourage workers to stay home if they are sick.
- Allow workers to wear masks over their nose and mouth to prevent them from spreading the virus.
- Continue to use other normal control measures, including personal protective equipment (PPE), necessary to protect workers from other job hazards associated with construction activities.
- Advise workers to avoid physical contact with others and direct employees/contractors/visitors to increase personal space to at least six feet, where possible. Where work trailers are used, all workers should maintain social distancing while inside the trailers.
- Train workers how to properly put on, use/wear, and take off protective clothing and equipment.
- Encourage respiratory etiquette, including covering coughs and sneezes.
- Promote personal hygiene. If workers do not have immediate access to soap and water for handwashing, provide alcohol-based hand rubs containing at least 60 percent alcohol.
- Use Environmental Protection Agency-approved cleaning chemicals from [List N](#) or that have label claims against the coronavirus.
- To the extent tools or equipment must be shared, provide and instruct workers to use alcohol-based wipes to clean tools before and after use. When cleaning tools and equipment, workers should consult manufacturer recommendations for proper cleaning techniques and restrictions.
- Keep in-person meetings (including toolbox talks and safety meetings) as short as possible, limit the number of workers in attendance, and use social distancing practices.
- Clean and disinfect portable jobsite toilets regularly. Hand sanitizer dispensers should be filled regularly. Frequently-touched items (i.e., door pulls and toilet seats) should be disinfected.
- Encourage workers to report any safety and health concerns.

For more information, visit www.osha.gov/coronavirus or call 1-800-321-OSHA (6742).

*OSHA issues alerts to draw attention to
worker safety and health issues and solutions.*



• [osha.gov/coronavirus](https://www.osha.gov/coronavirus) • 1-800-321-OSHA (6742) • @OSHA_DOL

OSHA 4000-04 2020