

# COVID19 Hygiene and Cleaning Best Practices

## Personal Hygiene

- It is recommended that employees do not stop between home and worksite.
- Cover your mouth and nose with a tissue or your elbow when coughing or sneezing. It may prevent those around you from getting sick. The Centers for Disease Control and Prevention (CDC) does not recommend the routine use of face masks and respirators in the community. Most often, the spread of germs from person-to-person happens among close contacts (within 6 feet).
- Avoid touching your face with unwashed hands. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth
- Upon arrival at the worksite and prior to departing, clean hands.
- Instruct employees to clean their hands often with an alcohol-based hand sanitizer that contains at least 60-95% alcohol or wash their hands with soap and water for at least 20 seconds. Soap and water should be used preferentially if hands are visibly dirty.
- Provide soap and water and alcohol-based hand rubs in the workplace. Ensure that adequate supplies are maintained. Place hand rubs in multiple locations or in conference rooms to encourage hand hygiene.
- Do not congregate in lunch areas or in groups more than 10 and maintain a minimum 6 feet of social distancing.
- Do not share tools if possible. Use proper cleaning methods between users if they are shared.
- Do not share personal protection equipment (PPE).
- Sanitize reusable PPE per manufacturer's recommendation prior to each use.
- Ensure used PPE is disposed of properly.
- Utilize disposable gloves where appropriate; instruct workers to wash hands after removing gloves.
- Disinfect reusable supplies and equipment
- Identify specific locations and practices for daily trash such as: paper, hand towels, food containers, etc. Instruct workers responsible for trash removal in proper PPE/hand washing practices.
- Provide routine environmental cleaning (doorknobs, keyboards, counters, and other surfaces).

- Do not use a common water cooler. Provide individual water bottles or instruct workers to bring their own.
- Instruct workers to change work clothes prior to arriving home; and to wash clothes in hot water with laundry sanitizer.
- Don't stack trades if possible. *(The stacking of trades describes project conditions where multiple tradespeople are working simultaneously in a single work area. Stacking creates congestion and crew interference and can also negatively affect productivity.)*
- Utilize disposable hand towels and no-touch trash receptacles.
- Request additional/increased sanitation (disinfecting) of portable toilets.
- Avoid cleaning techniques, such as using pressurized air or water sprays that may result in the generation of bioaerosols.

## Project Site Cleaning

- Clean and disinfect shared workspaces and surfaces often. Routinely clean all frequently touched surfaces in the workplace, such as tools, workstations, countertops, doors, and doorknobs.
- Below is a list of a few common cleaners that the EPA has determined are strong enough to ward off COVID-19
  - Clorox Multi Surface Cleaner + Bleach
  - Clorox Disinfecting Wipes
  - Clorox Commercial Solutions® Clorox® Disinfecting Spray
  - Lysol brand Heavy-Duty Cleaner Disinfectant Concentrate
  - Lysol Disinfectant Max Cover Mist
  - Lysol brand Clean & Fresh Multi-Surface Cleaner
  - Purell Professional Surface Disinfectant Wipes
  - Sani-Prime Germicidal Spray
- If disinfecting wipes are not available a bleach water mixture can be sprayed and wiped down to clean all flat surfaces
- The CDC recommends preparing a bleach solution by mixing (use appropriate PPE):
  - 5 tablespoons (1/3rd cup) bleach per gallon of water or
  - 4 teaspoons bleach per quart of water
  - 1 cup bleach per 3 gallons of water
- Cleaning supplies / disinfectants / personal protective equipment are all available and have been provided to jobsites – These need to be used accordingly to minimize exposure!

## Disinfecting Procedures for Common Items

Surface/Object	Procedure	Special Consideration	Frequency	Cleaner Type
Horizontal Surfaces	<ol style="list-style-type: none"> <li>1. Clean surfaces touched by hands at least daily</li> <li>2. Clean when soiled</li> </ol>	Use soap and water or a detergent/ disinfectant depending on the nature of the surface and the type and degree of contamination	At least twice a day and when known to be contaminated.	Surface Disinfectant Spray or Hard Surface wipes
Wall, Blinds, Curtains	Should be cleaned regularly with a detergent especially when visibly soiled.		Clean when visibly soiled.	Surface Disinfectant Spray
Floors	<ol style="list-style-type: none"> <li>1. Thorough regular cleaning</li> <li>2. Clean when soiled</li> </ol>	Use double bucket moping method (e.g. one bucket clean and one to rinse)	Clean daily	Hot Water with 50:1 Bleach mixture
Carpets/ Upholstery	Should be vacuumed regularly and shampooed as necessary		Vacuum daily	Regular filtered vacuum sweeper
Tools	Should be regularly cleaned, disinfected with low level disinfectant, thoroughly rinsed and dried	Consider implementation of limited tool sharing.	Clean after every use	Surface Disinfectant Spray or Hard Surface wipes
Toilets	<ol style="list-style-type: none"> <li>1. Thorough regular cleaning</li> <li>2. Clean when soiled</li> </ol>	Special cleaning procedures are not necessary.	Clean daily	Surface Disinfectant Spray
Vehicles / Equipment	Clean after each use of a vehicle. Concentrate on steering wheel, hand brake, gear shift lever, door handles etc.	Air conditioner/ heater should be turned off during cleaning.	Clean daily or each time someone new uses vehicle	Surface Disinfectant Spray or Hard Surface wipes
Electronic Devices	Thoroughly wipe all surfaces paying particular attention to knobs, buttons, microphones and surfaces that are touched frequently	Consider implementation procedure to limit sharing of radios and other electronic devices.	Clean after each use or between use if passed between employees	Hard Surface wipes