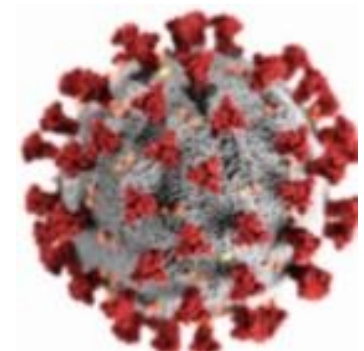


# MEDIUM EXPOSURE RISK LEVEL TRAINING INFECTIOUS DISEASE PREVENTION OF THE SARS- COV-2 VIRUS THAT CAUSES COVID-19 16VAC25-220

Virginia Department of Labor and Industry  
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[www.doli.virginia.gov](http://www.doli.virginia.gov)



# EXPOSURE RISK LEVELS

Our workplace contains job tasks that are  
Medium Exposure Risk Levels



*The four exposure risk levels represent probable distribution of risk.*

# EXPOSURE RISK LEVELS

## LOWER RISK

- Typically does not require contact inside six feet
- Minimal occupational contact
- Or - can achieve minimal occupational contact

i.e Office personnel with limited required interaction with public, clients, or generally able to maintain physical distance from work colleagues, vendors or contractors.

# EXPOSURE RISK LEVELS

## MEDIUM RISK

- Require more than minimal occupational contact inside six feet

i.e. personnel with regular required interaction with public, clients, or work colleagues, vendors or contractors all without known or suspected sources of COVID-19.

# EXPOSURE RISK LEVELS

## HIGH RISK

- High potential for employee exposure inside six feet

These are going to be personnel with regular required interaction with clients, patients or others all with unknown or suspected sources of COVID-19. (e.g., First Responders, Medical Transport providers, non-medical support staff, Home Healthcare/Group Homes where direct client or patient contact occurs, correctional facilities).

# EXPOSURE RISK LEVELS

## VERY HIGH RISK

- High potential for employee exposure inside six feet

i.e performing specific medical procedures (e.g., aerosol generating procedures such as Paramedics (both EMS and Fire)

# DETERMINING EXPOSURE RISK LEVELS

We evaluated the following;

- Tasks
- Work Environment
- Presence of the Virus
- Number of employees and size of work area
- Working distances
- Duration/Frequency of exposure
- Hazards encountered



# STANDARD REQUIREMENTS

## VERY HIGH, HIGH and MEDIUM RISK

- Training
  - Requirements of this Standard
  - Characteristics and methods of the spread of the disease
  - Risk Factors
  - Awareness and Training
  - Safe and Healthy Work Practices
- PPE
- Anti-Discrimination
- Infectious Disease Preparedness and Response Plan (To be briefed/trained)



# STANDARD REQUIREMENTS, CONTINUED

## LOWER RISK

- General awareness training for all affected.
  - Some employees identified to be in Lower Risk categories may also work occasionally in a Medium Risk category. Therefore requiring this training.

# THE CHARACTERISTICS AND METHODS OF TRANSMISSION OF THE SARS-COV-2 VIRUS

Coronaviruses are named for the crown-like spikes on their surface. SARS-CoV-2" is a betacoronavirus, like MERS-CoV and SARS-CoV. The Coronavirus SARS-CoV-2 causes the Coronavirus Disease 2019 (COVID-19). Coronavirus Disease 2019 (COVID-19) is a respiratory disease caused by the SARS-CoV-2 virus. It is spread mainly through close contact from person-to-person (inside 6 feet), by way of airborne transmission of respiratory droplets produced when an infected person coughs, sneezes, or talks.

# THE SIGNS AND SYMPTOMS OF THE COVID-19 DISEASE

COVID-19 can affect each person differently, with symptoms ranging from mild to severe. COVID-19 symptoms may appear 2-14 days after exposure to the virus. Employers and employees need to be able to recognize the most common COVID-19 signs and symptoms. Stay home if you are sick or experiencing any of these:

- Signs of COVID-19 include trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, bluish lips or face.
- Common symptoms include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.

# COVID-19 CAN BE DEADLY

People of any age with the following conditions are at increased risk of severe illness from COVID-19: chronic kidney disease; COPD (chronic obstructive pulmonary disease); immunocompromised state (weakened immune system) from solid organ transplant; obesity (body mass index [BMI] of 40 or higher); serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies; sickle cell disease; type 2 diabetes mellitus).

# ABILITY OF PRE-SYMPTOMATIC AND ASYMPTOMATIC COVID-19 PERSONS TO TRANSMIT THE SARS-COV-2 VIRUS

Some infected people may not exhibit signs or symptoms of COVID-19. There is evidence that pre-symptomatic (SARS-CoV-2 detected before symptom onset) and asymptomatic people (SARS-CoV-2 detected but symptoms never develop) can unknowingly spread COVID 19 to others.

# IMPLEMENT WORK PRACTICES AND CONTROL MEASURES

Employees are required to self-report symptoms and conduct a pre-shift screening for signs and symptoms of COVID-19.

Employees or other persons known or suspected to be infected with SARS-CoV-2 virus are prohibited from reporting to or remaining at the work site or engaging in work at a customer or client location until cleared for return to work

Avoid physical contact with others (maintaining a distance of at least 6 feet from employees, customers and other individuals);

Utilize face coverings or appropriate PPE (surgical/medical masks or N95 respirator) whenever 6 feet distancing cannot be achieved and/or maintained on work-sites; to include vehicles.

# OTHER CONTROL MEASURES

Wash hands frequently with soap and water for at least 20 seconds, if soap and water are not immediately available, use alcohol-based hand sanitizer that contains at least 60 % alcohol and rub hands until they are completely dry.

Ensure appropriate respiratory etiquette, cover coughs and sneezes.

Avoid touching your eyes , nose , or mouth (face in general) with unwashed hands.

# SANITATION/DISINFECTION

Ensure that frequently touched work tools, equipment, vehicles, and contracted equipment is routinely cleaned and disinfected. Cleaning can be achieved utilizing soap and water. Disinfecting can be achieved utilizing substances approved by OSHS and sourced from the EPA's "N" List (or equivalent), or bleach intended for disinfection and has a sodium hypochlorite concentration of 5%--6%.

<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19>



# SOCIAL / PHYSICAL DISTANCING

We have posted signage, visual cues and made

Decreased worksite density

Controlled Access



# COMMON AREAS - PHYSICAL DISTANCING

## Entrance Posting

- Occupancy of the space
- Physical distancing
- Washing/Hand sanitizing
- Cleaning and Disinfecting shared surfaces



# WEAR PPE

Wear a face covering, clinical mask, or respirator if indicated.

- Dependent on hazard exposure level



# INFECTIOUS DISEASE PREPAREDNESS & RESPONSE PLAN

Required for:

Very High

High

Medium with 11+ employees

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# INFECTIOUS DISEASE PREPAREDNESS & RESPONSE PLAN

The Plan contains;

- The name(s) and title(s) if the person(s) responsible for administering the Plan
- Provide for employee involvement
- Define and illustrate Exposure Risk Levels
- Where, how, and what sources might be
- Engineering Controls, Administrative Controls, Work Practices, and PPE
- Contingency plans for outbreaks

# INFECTIOUS DISEASE PREPAREDNESS & RESPONSE PLAN, CONTINUED

The Plan contains;

- Infection prevention and control
  - Hand Washing
  - Housekeeping/Cleaning
  - Workforce and Visitor education
- Identification and isolation
- Employees reporting symptoms of COVID-19
- Contractors, Subcontractors, Vendors, etc
- CDC guidelines or Commonwealth of Virginia guidance documents
- Mandatory Virginia Executive Orders

# ANTI-DISCRIMINATION PROVISION UNDER THE STANDARD;

No person shall discharge or in any way discriminate against an employee because the employee has:

- Exercised rights under the safety and health provisions of this standard Title 40.1 of the Code of Virginia, and implementing regulations under 16VAC25-60-110 for themselves or others.
- Voluntarily provided and wears their own personal protective equipment, provided that the PPE does not create a greater hazard to the employee, or create a serious hazard for other employees.
- Raised a reasonable concern about infection control related to the SARS-CoV-2 virus and COVID-19 disease to the employer, other employees, or a government agency, or to the public such as through print, online, social, or any other media.

# EMPLOYEES' RIGHT TO REFUSE UNSAFE WORK.

See §16VAC25-60-110 for requirements concerning discharge or discipline of an employee who has refused to complete an assigned task because of a reasonable fear of injury or death.