



# Weekly Safety Meetings

Safety Training for the Construction Industry

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## Standard Subscription

COMPANY NAME: \_\_\_\_\_

Special Supplement 1 March 17, 2020

## Coronavirus or COVID-19

Coronavirus (or more accurately, COVID-19) is affecting all of us, either directly or indirectly. Although there is no vaccine available yet, there are steps you can take that will reduce the likelihood that you will get the virus. Your actions can also have an impact on the health of your co-workers, your family, and your community.

Just like you need to understand typical jobsite hazards like power tools or heavy equipment, you need to understand how COVID-19 creates a hazard for you. Current research indicates that COVID-19 spreads in two primary ways:

- when you're close to an infected person (within about six feet), and
- when tiny droplets from an infected person's cough or sneeze get into your mouth, nose, or eyes. Keep in mind that these droplets are tiny, often invisible, and you can't feel them.

How can you protect yourself? Here are three actions you can take to reduce the likelihood that you'll get infected:

- 1) Keep your distance.** Try to stay about six feet away from anyone who's sick. If there are cases of COVID-19 spreading in your community, try to stay at least six feet away from most people. When you can, stay home; that will keep you away from people who could be infected even if they don't have any symptoms yet.
- 2) Clean your hands often.** The best way to clean your hands is to wash them with soap and water for 20 seconds. If you can't wash, rub a hand

sanitizer that contains at least 60% alcohol over all the surfaces of your hands until they are dry.

- 3) Avoid touching your eyes, nose, and mouth with unwashed hands.** Be mindful about keeping your hands away from your face.

How can you protect others? Even if you haven't been exposed to the virus, the actions you take to slow its spread can help protect your family, co-workers, friends, and the elderly or vulnerable folks in your community. When we slow the spread, fewer people will become sick at any given time. This delay makes it possible for our healthcare system to take good care of everyone. Here's what you can do:

- 1) Cover coughs and sneezes with a tissue.** Then throw out the tissue and wash your hands. If you don't have a tissue, cough into the inside of your elbow; make sure your mouth and nose are close to your elbow.
- 2) Clean and disinfect.** Use a disinfecting wipe or spray and wipe down door handles, sink and toilet handles, shared tools, phones, etc.
- 3) Stay home if you're sick.** If you think you've been exposed to COVID-19, or if you have symptoms of the virus, call your healthcare provider. He or she will be able to give you specific and up-to-date information on what to do in your community.

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**SAFETY REMINDER**  
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**Social distancing is a good way to stay healthy.**

### NOTES:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

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S.A.F.E. CARDS® PLANNED FOR THIS WEEK:

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REVIEWED SDS #

SUBJECT:

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### MEETING DOCUMENTATION:

JOB NAME:

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MEETING DATE:

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SUPERVISOR:

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ATTENDEES:

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*These instructions do not supersede local, state, or federal regulations.*