



AMERICAN SOCIETY OF  
SAFETY PROFESSIONALS

# COVID 19 Challenge: Updates and Return to Work Strategies: April 28, 2020

Deborah Roy, M.P.H., R.N. CSP, COHN-S, CIT, FASSP,  
FAAOHN

President, SafeTech Consultants Inc.

President-Elect, ASSP

# Deborah R. Roy, M.P.H., RN, COHN-S, CSP, CIT, FASSP, FAAOHN *President-Elect, ASSP, and President of SafeTech Consultants Inc.*



- **Deborah R. Roy, M.P.H., RN, COHN-S, CSP, CIT, FASSP, FAAOHN**, is president of SafeTech Consultants Inc., providing safety consulting for global clients. Roy has more than 35 years of occupational safety and health experience and is past corporate director of health, safety and wellness at L.L.Bean. She has been involved in pandemic planning at worksites and at the state and federal levels for the last 12 years. Roy wrote “Preparing For a Pandemic: Lessons From H1N1” that was published in ASSP’s Professional Safety journal in 2011. ASSP interviewed Roy about the COVID-19 outbreak and posted an online article titled “The Safety Professionals Role in Planning for a Pandemic” on March 2, 2020.

# Agenda – What we are going to talk about

- What's new?
  - Symptom definition update
  - SARS CoV2 transmission
  - Asymptomatic cases
  - Disinfection guidance for facilities and transport vehicles
  - Critical infrastructure workplaces
  - Temperature and symptom checks
- Q & A on Return to work strategies

# CDC Symptom definition - NEW

These symptoms may appear **2-14 days after exposure to the virus:**

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

# SARS CoV 2 transmission according to CDC

## 1. Person-to-person spread

The virus is thought to spread mainly from person-to-person.

Through respiratory droplets produced when an infected person coughs, sneezes or talks.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

## 2. Spread from contact with contaminated surfaces or objects

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.

- New document that addresses shopping, take out, packages, mail etc.

# Asymptomatic and Pre- Symptomatic Infection

- Several studies have documented SARS-CoV-2 infection in patients who never develop symptoms (asymptomatic) and in patients not yet symptomatic (pre-symptomatic).
- Since asymptomatic persons are not routinely tested, the prevalence of asymptomatic infection and detection of pre-symptomatic infection is not well understood.
  - One study found that as many as 13% of RT-PCR-confirmed cases of SARS-CoV-2 infection in children were asymptomatic.
  - Another study of skilled nursing facility residents infected with SARS-CoV-2 from a healthcare worker demonstrated that 50% were asymptomatic or pre-symptomatic at the time of contact tracing evaluation and testing. Patients may have abnormalities on chest imaging before the onset of symptoms.

# Timing and location of cleaning and disinfection of surfaces

- Close off areas visited by the ill persons. Open outside doors and windows and use ventilating fans to increase air circulation in the area. Wait 24 hours or as long as practical before beginning cleaning and disinfection.
- Cleaning staff should clean and disinfect all areas such as offices, bathrooms, common areas, shared electronic equipment (like tablets, touch screens, keyboards, remote controls, and ATM machines) used by the ill persons, focusing especially on frequently touched surfaces.
- If it has been more than 7 days since the person with suspected/confirmed COVID-19 visited or used the facility, additional cleaning and disinfection is not necessary.
- New document regarding cleaning of vehicles

# Exposed employees in critical infrastructure - NEW

- **Exposed Employees stay at work under the following conditions:**
  - **Pre-Screen:** Employers should measure the employee's temperature and assess symptoms prior to them starting work. Ideally, temperature checks should happen before the individual enters the facility.
  - **Regular Monitoring:** As long as the employee doesn't have a temperature or symptoms, they should self-monitor under the supervision of their employer's occupational health program.
  - **Wear a Mask:** The employee should wear a face mask at all times while in the workplace for 14 days after last exposure. Employers can issue facemasks or can approve employees' supplied cloth face coverings in the event of shortages.
  - **Social Distance:** The employee should maintain 6 feet and practice social distancing as work duties permit in the workplace.
  - **Disinfect and Clean workspaces:** Clean and disinfect all areas such as offices, bathrooms, common areas. shared electronic equipment routinely.
- New document for Meat and Poultry Processing

# General business FAQs (Updated)

- Addresses temperature check process
  - Three different methods
    - **Reliance on Social Distancing**
    - **Reliance on Barrier/Partition Controls**
    - **Reliance on Personal Protective Equipment (PPE)**

# Questions and Answers

Q & A on Return to work strategies  
Questions have been submitted by ASSP  
members and OSH Professionals

- Emphasis is on practical techniques and approaches based on the scientific literature
- Review suggestions and consider for implementation in your workplace
- Important – Does not impact the need to do a risk assessment

# Where to go for info

- CDC Symptoms (NEW)

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

- Meat and Poultry Processing Workers and Employers (NEW)

<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/meat-poultry-processing-workers-employers.html>

- General Business Frequently Asked Questions (Updated)

<https://www.cdc.gov/coronavirus/2019-ncov/community/general-business-faq.html>

- Sample COVID 19 preparedness plan and template (April 23, 2020)

[https://www.dli.mn.gov/sites/default/files/pdf/COVID\\_19\\_business\\_plan\\_template.pdf](https://www.dli.mn.gov/sites/default/files/pdf/COVID_19_business_plan_template.pdf)



# Where to go for info

- CDC Cleaning and disinfection

<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>

- Cleaning and Disinfection for Non-emergency Transport Vehicles

<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/disinfecting-transport-vehicles.html>

- Interim Guidance for Conserving and Extending Filtering Facepiece Respirator Supply in Non-Healthcare Sectors

<https://www.cdc.gov/coronavirus/2019-ncov/community/conserving-respirator-supply.html>



# Where to go for info

- OSHA guidance on recordability

[https://www.osha.gov/SLTC/covid-19/standards.html#temp\\_enforcement\\_guidance](https://www.osha.gov/SLTC/covid-19/standards.html#temp_enforcement_guidance)

- CDC Public Health Recommendations for People in U.S. Communities Exposed to a Person with Known or Suspected COVID-19, other than Health Workers or other Critical Infrastructure Workers

<https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>

- CDC Interim Guidance for Implementing Safety Practices for Critical Infrastructure Workers Who May Have Had Exposure to a Person with Suspected or Confirmed COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/community/critical-workers/implementing-safety-practices.html>

- Running essential errands (addresses surfaces and hand washing)

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html>



# Final Comments and Conclusion

- Final comments from Deb Roy
- Reminder - Information is specific for this moment in time
- Reminder - Deb is giving her perspective based on her experience and this approach might not be applicable to all
- Submit questions via the website

Deborah Roy,  
President, SafeTech Consultants Inc.

[www.stci.com](http://www.stci.com)



**Thank You for Attending!**