Physical Distancing

Physical distancing means maintaining a distance of at least six feet from other people.

6'

✔ Follow work practices to maintain safe physical distancing while working.

- Stay behind Plexiglas or other impermeable barriers where physical distancing is not possible.
- Stagger break and lunch times.
- Spread out breakroom chairs or create outdoor break areas with shade structures and physically distanced seating.

✔ Avoid large gatherings. Practice physical distancing during non-work hours.

Report Workplace Health and Safety Complaints

Cal/OSHA investigates workplace accidents and complaints of unsafe or unhealthy working conditions.

Contact Cal/OSHA if you have complaints:

Find your local **Cal/OSHA Enforcement District Office**:

www.dir.ca.gov/dosh/Complaint.htm

Cal/OSHA Guidance

Cal/OSHA Industry Guidance on COVID-19:

www.dir.ca.gov/dosh/coronavirus/
Guidance-by-Industry.html

Please visit **Cal/OSHA's website**:
www.dir.ca.gov/dosh

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©2021 California Department of Industrial Relations

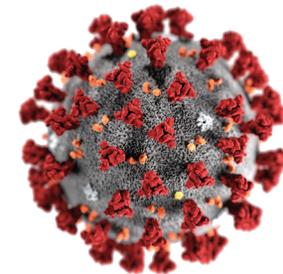## Best Practices for COVID-19 Infection Prevention in *General Industry*

Image: CDC

Cal/OSHA's regulations, title 8 section 3205 and others, require employers to protect workers exposed to COVID-19. This brochure explains the best practices for workers on preventing the spread of COVID-19 in the workplace.

NOTE: Certain employers, such as health care, homeless shelters, and correctional facilities, are required to comply with the Aerosol Transmissible Diseases standard, title 8 section **5199**, which has different requirements.

Written Program

Your employer is required to establish a written workplace-specific COVID-19 prevention program at each facility. These are some of the procedures that must be included:

✔ Use of face coverings.

✔ Training and communication with you about the plan.

✔ Investigation and response to COVID-19 illnesses among workers, including isolating workers and their close contacts.

✔ Informing you if you may have been exposed to COVID-19 at work.

Graphic: CDC

WARNING: Use respirators and other personal protective equipment (PPE), not other face coverings, when needed to protect against exposures to other harmful substances or agents.

NIOSH N95

Training

Your employer must train you on the following:

✔ COVID-19 symptoms and how the disease spreads.

✔ Infected people may spread the disease even when not sick.

✔ Do not come to work if you feel sick.
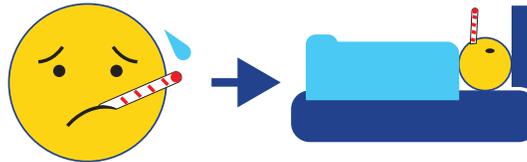
✔ Proper use of hand sanitizer and required alcohol content.

✔ Cough and sneeze into your elbow or a tissue.

✔ Safe use of cleaners and disinfectants.

✔ Physical distancing.

✔ Employer- or government-sponsored leave benefits.

Control Measures and Screening

Your employer must implement the following measures at the workplace:

✔ Provide temperature and symptom screenings at work or instruct you on how to self-screen at home.

✔ Provide appropriate protective equipment.

✔ If serving the public, refuse entry to those who refuse to wear face coverings, unless exempt.
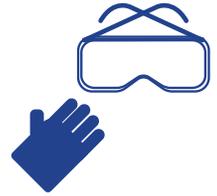
Cleaning and Disinfection

Take the following measures:

✔ Frequently wash your hands.

✔ Perform thorough cleaning in high-traffic areas.

✔ Clean touchable surfaces between shifts or between users, whichever is more frequent.

✔ Frequently clean and disinfect commonly touched surfaces.

✔ Clean delivery vehicles and equipment before and after delivery routes.

✔ Use products that are EPA-approved for use against COVID-19 on List N.

EPA List N