



Cochran COVID-19 Response Plan

Version 1

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To All Cochran Personnel -

Since the arrival of COVID-19, we been faced with a new challenge. At Cochran, our safety plans and protocols have been updated to reflect our evolving response to this health threat. This COVID-19 Response Plan encompasses all we have learned to combat the virus and keeping our employees, partners, customers, and families as safe as possible.

This document will change as often as the education surrounding the medical response to the virus. We anticipate the need to vary our approach, depending on the effectiveness we see over time.

We value the health and well-being of every employee and their families and we want to make sure our workplace is safe. Please review the contents of this plan carefully and provide guidance to your team on implementing these Best Practices.

We want to hear your comments and ideas on improving our response to the challenge and to this document. Please reach out to your supervisor or to our Safety Team.

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Overview

Overview of COVID-19

The Coronavirus, or COVID-19, is an upper respiratory illness thought to spread primarily from person to person:

- Within roughly 6 foot radius
- Through respiratory droplets of an infected person (sneezing, coughing, etc.)
- On exposed surfaces through hand-to-face contact

Symptoms may appear 2-14 days after exposure, and can include:

- Fever
- Cough
- Shortness of breath

Please note – this is not a definitive list of symptoms. Symptoms can range in severity, and some carriers may experience little to no symptoms. For a more comprehensive list please visit the CDC website.

High-Risk Population

The CDC has identified the following members of the population who *may* be at a higher risk for severe illness:

- People aged 65 years and older
- People who live in a nursing home or long-term care facility
- Other high-risk conditions could include:
 - People with chronic lung disease or moderate to severe asthma
 - People who have serious heart conditions
 - People who are immunocompromised including cancer treatment
 - People of any age with severe obesity (body mass index [BMI] >40) or certain underlying medical conditions, particularly if not well controlled, such as those with diabetes, renal failure, or liver disease might also be at risk
- People who are pregnant should be monitored since they are known to be at risk with severe viral illness, however, to date data on COVID-19 has not shown increased risk

Risk of Exposure

The following matrix includes information on the various levels of risk for exposure to laboratory confirmed COVID-19.

Risk Category	Interaction	Exposures Through Contact Investigation
High	International Travel	All international travel beginning 3/6/2020
	Direct Close Contact	Living in the same household as, being an intimate partner of, or providing care in a non-healthcare setting to a person with symptomatic laboratory-confirmed COVID-19 without using recommended CDC precautions.
Medium	North American Air Travel	On an aircraft, seating within 6 feet of a traveler with symptoms of COVID-19 <i>this distance correlates approximately within 2 seats each direction.</i>
	Close Contact	Close contact with a person with symptomatic laboratory confirmed COVID-19.
	Direct Close Contact	Living in the same household as, being an intimate partner of, or providing care in a non-healthcare setting to a person with symptomatic laboratory-confirmed COVID-19 without using recommended CDC precautions.
Low	NA	Being in the same indoor environment as a person with symptomatic laboratory confirmed COVID-19 for a prolonged period of time, but not meeting the definition of close contact.
None	NA	Interactions with a person with symptomatic laboratory-confirmed COVID-19 that do not meeting any of the high, medium, or low-risk conditions above, such as walking by the person or being briefly in the same room.

Prevention Protocol

Keeping Yourself Healthy

Wash your hands for at least 20 seconds frequently, especially:

- After being in public
- After using a high-touch tool, piece of equipment, or utilizing a high-touch surface such as a door handle or tabletop
- After coughing/sneezing/blowing your nose

If soap and water are not available, utilize hand sanitizer containing at least 60% alcohol.

Avoiding touching your eyes, mouth, and nose with unwashed hands.

Avoid public places with large gatherings, this includes:

- Breakrooms
- Lunch areas
- Meeting rooms

Keep surfaces clean and disinfected.

If caring for or in proximity with someone experiencing symptoms, work to limit contact by maintaining a 6-foot distance as possible, and wearing a mask if the ill person cannot wear a mask.

Jobsite Prevention

Trade Communication Foreman and Project Managers should communicate with their general contractor as to what steps the general contractor is taking to provide adequate sanitary/handwashing facilities on the project.

Disinfecting and Cleaning

- Handrails in stairways and walkways
- Gang box handles
- Entry gates
- Doors
- Handles
- Interior and exterior doorknobs
- Locks
- Lunch areas
- Conference rooms
- Tables/chairs (including backs and arms)
- Call boxes for elevators/personnel hoists
- Light switches
- Plan tables
- Shared hand/power tools, battering charging stations, etc.
- Restrooms – including handles, seats, locks, hand-wash stations, and soap dispensers
- Any shared/common areas

Cleaning and Disinfection of Tools and Equipment

The following information is subject to the recommendations of the CDC, OSHA, and State and Local health departments:

- Wash hands or properly sanitize before and after use of tools and equipment
- Wear disposable gloves when cleaning and disinfecting surfaces. Gloves should be discarded after each cleaning. *If reusable gloves must be used, they must be dedicated solely to cleaning/disinfecting. Clean hands immediately after removing gloves.*
- If surfaces are dirty, they should be cleaned using detergent or soap and water prior to disinfection.
- Option 1 - Mild Soap and Rest
 - clean with a mild soap and damp cloth to remove fluids and then left to rest for three days, following CDC advisement that the COVID-19 virus may live on plastic surfaces for up to 72 hours. After rest period, clean the tool/equipment before using. This is recommended for batteries.
- Option 2 - Mild Soap and Diluted Bleach Solution
 - Clean with a mild soap and damp cloth to remove dirty and grease and then decontaminate with a diluted bleach solution, which is consistent with CDC advice. This is not recommended for batteries.
- For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-register household disinfectants should be effective.

A properly diluted bleach solution can be made by mixing

- 5 tablespoons (1/3rd cup) bleach per gallon of water; or
- 4 teaspoons bleach per quart of water

Personal Protective Equipment (PPE)

- Gloves - should be worn at all times while on site. The type of glove worn should be appropriate to the task.
- Eye protection - should be worn at all times while on site.
- Face Masks – the CDC is currently not recommending healthy people wear facemasks. On March 17, 2020, the government asked all construction companies to donate N95 face masks to local hospitals and forego future orders for the time being. Contractors should continue to provide and direct employees to wear facemasks if required by the work. Cochran will provide N95 or half faced respirators if there is work that requires respiratory protection. Respiratory protection will be worn and used in accordance with the Cochran respiratory protection plan.

Jobsite Visitors

- Restrict the number of visitors to the job site, including the trailer or office.
- All visitors should be screened in advance. If the visitor can answer "yes" to any of the following questions (without identifying which question applies), the visitor will not be permitted to access the facility:
 - Have you been asked to self-quarantine since December 2019?
 - Have you been in close contact with any person(s) who has been asked to self-quarantine since December 2019?
 - Have you experienced a recent onset of any illness-related symptoms, such as fever, cough, or shortness of breath?
 - Have you traveled outside of North America in the past 14 days?
 - Have you been in close contact with any person(s) who have traveled outside of North America in the last 14 days?
 - Have you been in close contact with any person(s) who has been diagnosed with COVID-19?

Social Distancing

- A Social Distancing officer will be named for each jobsite. It is the duty of the Social Distancing Officer to enforce the contents of this document, and communicate any discrepancies/issues on the jobsite.
- Keep space between trades as much as possible.
- If stretch and flex cannot be performed with the recommended 6-foot minimum distance between each participant, practice must be suspended.

Exposure Protocol

If an employee is well but has a family member at home with COVID-19, they should notify their supervisor. If an employee is confirmed to have COVID-19, inform fellow employees of possible exposure in the workplace, but maintain confidentiality as required by the ADA. Ask the affected employee to identify those other employees whom he/she came into contact with before the employee departs the jobsite. Employees who worked within close proximity (6 feet or less) at a prolonged period of time to the coworker with confirmed COVID-19 should also be sent home and referred to appropriate risk assessment.

Jobsite Exposure Guide – Potentially Infected Person(s)

Ask	
Was this a singular visit or multiple visits to the site?	
What was the date of the last visit to the site?	
How long was this person on site?	
When did the person become symptomatic?	
Did the person self-report, or did others report that the potentially infected person was displaying or complaining of commonly associated COVID-19 symptoms?	
Do we know when the person may have been infected?	
Did this person work in a specific area/trade of the project?	
Did this person use PPE? Was the PPE project supplied or personal? If project supplied, where is the PPE now?	
Did this person touch specific tools and/or equipment?	
What high-touch areas was this person in contact with?	
Act	
Potentially infected person(s) will be contacted with steps he/she should take.	

Jobsite Exposure Guide – Identifying Close Contact Personnel to Infected Person(s)

Ask	
Identify the following: <ul style="list-style-type: none"> • Contact with Cochran team members • Contact with partner trades • Contact with general contractors, owners, and clients • Contact with third-party (suppliers, utility workers, consultants, etc.) 	
Did the infected person(s) arrive and/or leave to the jobsite alone?	
Act	
Close Contact <i>send home for quarantine</i> : <ul style="list-style-type: none"> • Identify that exposure may have occurred without disclosing individual information • Provide details on potentially infected zones and time frames to crews • Suggest seeking guidance from a medical professional • Provide links to Cochran information and support • Advise steps for returning to work – individuals will not be permitted to return until cleared by a medical professional through a negative COVID-19 test or after the 14-day quarantine period with no symptoms 	
Project Executive/Project Manager/Project Superintendent communication with trades and stakeholders: <ul style="list-style-type: none"> • Project site employees, including all trades, clients, partners, etc. should be notified with the information below 	

Jobsite Exposure Guide – Potentially Impacted Areas

Ask	
Where are the locations on site where the individual(s) spent time? <ul style="list-style-type: none"> • Utilize project site plans and daily task plans to identify path of travel and activity, 	
What are the tools, equipment, and PPE that the individual(s) utilized?	
What are the materials that the individual(s) came into contact with?	
Act	
Clean and Disinfect all affected areas and tools/equipment and materials	
Isolate identified high-risk exposure areas following CDC recommendations	
Project Executive/Project Manager/Project Superintendent communication on cleaning/disinfecting plan with project site employees, other trades, and stakeholders.	

COVID-19 Specific Jobsite Communication

Project:
Date:

Questions	Answers
How are you limiting groups to fewer than 10 people?	
How do you plan on minimizing the amount of people in one area?	
How are you going to maintain the 6ft distance during work and social activities?	
Are there any other items that need addressed to maintain a safe workspace?	

To Review Each Day

Personal Hygiene

- Wash your hands with soap and water for at least 20 seconds or use hand sanitizer often at least 60% alcohol
- Cover your mouth and nose with a tissue or sneeze into our elbow when you cough or sneeze
- Don't touch your face, eyes, nose or mouth
- Clean and disinfect frequently touched surfaces
- If you are not feeling well, do not come to work. If not feeling well at work, you need to go home. If you have symptoms possibly related to COVID-19 please contact your personal medical provider and let your supervisor know you are staying home for self-quarantine.

Requirements

- Maintain 6ft of separation between yourself and others.
- This includes during work, walking into or around the jobsite, walking in occupied offices or buildings and during social activities.
- If you travel out of the United States, you will be required to quarantine yourself for 14 days before being able to return to site.
- If you have or had symptoms do not return to work unless you have been fever free without the use of medications for at least 72 hours and 7 days have passed since your first symptoms.

Cleaning and Disinfecting Options

- Review cleaning and disinfecting protocol

Resources

The following is a list of resources of trusted information and tips on COVID-19.

CDC

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

WHO

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

OSHA

<https://www.osha.gov/SLTC/covid-19/standards.html>

Example

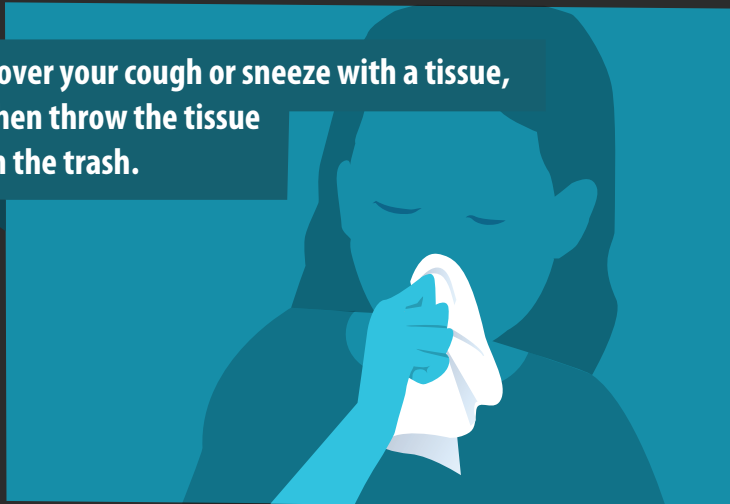
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

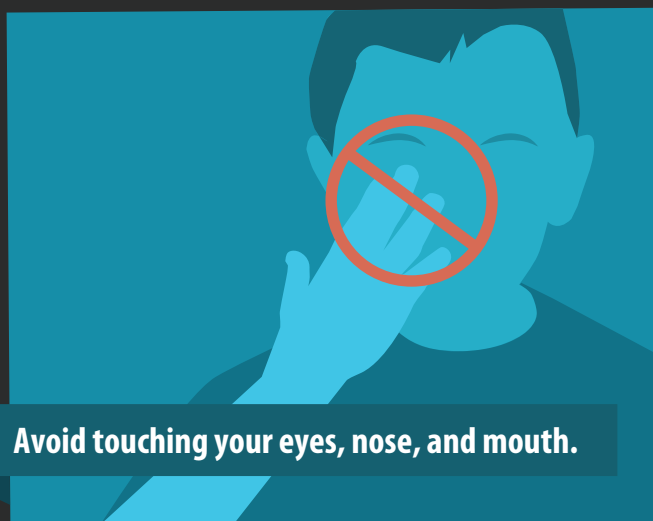
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



cdc.gov/COVID19

SHARE FACTS ABOUT COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT
1

Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT
2

For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

FACT
3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT
4

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

FACT
5

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.



SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

FEVER



COUGH



*Symptoms may appear 2-14 days after exposure.

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

SHORTNESS OF BREATH



cdc.gov/COVID19-symptoms