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Parsons Health and Safety Plan Amendment for COVID-19 Rev 1  
March 20, 2020

## Attachment A

### Parsons Health and Safety Plan Amendment for COVID-19 Rev 1



## Coronavirus Disease 2019 (COVID-19)

March 20, 2020 – Rev 1

The purpose of this amendment is to address the health and safety risks associated with the COVID-19 (coronavirus). This amendment is intended to provide the Parsons Exide team's personnel with guidance to mitigate the risks associated with the coronavirus. The ongoing situation will be continually monitored, and this amendment will be modified as needed to reflect the Federal, State and Local guidelines. This document is an amendment to Parsons Health and Safety Plan, approved by DTSC on December 10, 2018 and recently updated by Parsons on December 7, 2019.

### What is Coronavirus disease 2019?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

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### Can I get COVID-19?

Yes. COVID-19 is spreading from person to person in many parts of the world. Risk of infection from the virus that causes COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19.

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### How does COVID-19 spread?

The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also 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, but this is not thought to be the main way the virus spreads.

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### What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of:

- fever
- cough
- other severe complications
- shortness of breath
- pneumonia in both lungs and

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## People can help protect themselves from respiratory illness with everyday preventive actions.

1. Frequently wash your hands with soap and water for at least 20 seconds and always before/after eating and arriving/departing the site.
2. If soap and running water are not available, use an alcohol-based hand rub that contains at least 60% alcohol. Have hand sanitizer available at common areas for employee use.
3. Report any unsanitary port o Johns to your supervisor.
4. Avoid touching your eyes, nose, or mouth with unwashed hand.
5. Use respiratory etiquette, including covering coughs and sneezes. Wash hands or use hand sanitizer after each time you cough or sneeze.
6. Practice social distancing –stay 6’ away from other people. Avoid handshakes.
7. Minimize contact with others by replacing face-to-face meetings with phone calls (DTSC PPU should be the primary point of contact with property owners and residents). Please contact your supervisor for additional information). Field staff should direct property owner or residents to DTSC.
8. Utilize disinfectants from the EPA list (<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>) by wiping down surfaces you touch prior to starting work and routinely throughout the day, including shared vehicles as appropriate.
9. Clean and disinfect all supplies (pens, clipboards, etc.), tablets, cellphones, reusable equipment (meters, pumps, etc.), and non-disposable PPE (hardhats, safety glasses, earmuffs) at the end of each day. Avoid using other employee’s phones and personal work items, when possible.
10. Designate a responsible person(s) for cleaning all common areas within an office and equipment trailer. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, equipment, tools, etc.
11. Provide disposable disinfecting wipes for staff to use on commonly used surfaces (for example, keyboards, desks, equipment, work trailers, etc.), which can be wiped down by staff at their own workstations. Throw disinfecting wipes away after one use.
12. Increased use of disposable nitrile gloves.
13. Discourage workers from using other workers phones and personal work tools, when possible.
14. Post handwashing signs next to sink, when possible.

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## If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
  - Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
  - Clean and disinfect frequently touched objects and surfaces.
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## Symptoms and other practices

In addition, the following table presents the symptoms of coronavirus and other practices to avoid contracting it.

When/If	Employee Action	Report to Manager?	Return to Work
You become symptomatic.  <i>Symptoms can include fever, cough, or shortness of breath.</i>	Stay home	Yes	You may return to work when you are free of fever (100.4° F [37.8° C] or greater using an oral thermometer), signs of a fever, and any other symptoms for at least 24 hours, without the use of fever-reducing or other symptom-altering medicines (e.g. cough suppressants).
You have been in close proximity to someone who has <u>contracted</u> the virus.	Stay home	Yes	You may return to work after 14 days at home (quarantine), provided you are free of fever (100.4° F [37.8° C] or greater using an oral thermometer), signs of a fever, and any other symptoms related to the virus.
You have recently traveled, for any reason, to a Level 3 country(ies)* or via cruise ship.	Stay Home	Yes	You may return to work after 14 days at home (quarantine), provided you are free of fever (100.4° F [37.8° C] or greater using an oral thermometer), signs of a fever, and any other symptoms related to the virus.
You are in regular proximity to persons who have recently traveled to Level 3 country(ies)* or on cruise ships.	Use discretion and caution	No	Provided you are not symptomatic and the persons you are in proximity to have not contracted the virus, no restrictions at this time
You have traveled, for any reason, to a Level 1 or 2 country(ies)*.	Use discretion and caution	No	Provided you are not symptomatic, no restrictions at this time.

### TAKE NOTE:

- Employees should consider contacting their doctor for advice if they exhibit some but not all COVID-19 symptoms and are concerned.
- When in doubt, please contact your immediate supervisor.
- Based on OSHA 2020 Guidance on Preparing Workplaces for COVID-19 (<https://www.osha.gov/Publications/OSHA3990.pdf>), work under this scope of work is considered to be classified as lower exposure risk work.

## Are there additional resources to learn more about COVID-19?

- Centers for Disease Control - Interim Guidance for Businesses and Employers (<https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html>).
- For hygiene and hand washing best practices, Centers for Disease Control COVID—19 How to Protect Yourself. (<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>).

- World Health Organization Hand Rubbing poster ([https://www.who.int/gpsc/5may/How\\_To\\_HandRub\\_Poster.pdf](https://www.who.int/gpsc/5may/How_To_HandRub_Poster.pdf))
  - EPA disinfectants (<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>)
  - California Department of Public Health (<https://www.cdph.ca.gov/>)
  - California Governor's Office of Emergency Services (<https://www.caloes.ca.gov/>)
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