



Arkay Contracting Ltd. Exposure Control Plan COVID-19 (SARS-COV-2)

The following document is to be used in conjunction with safety measures in place on Arkay client sites. Arkay workers are required to follow COVID-19 safety measures implemented by Arkay client sites. This includes, but is not limited to, measures outlined in safety orientations, COVID-19 safety signage, physical distancing requirements, and other preventative directives for specific job processes.

What is Coronavirus?

Coronavirus or COVID-19 is a zoonotic virus that is transmissible between animals and humans. SARS-CoV-2 causes the respiratory illness COVID-19 which has been declared a global pandemic by the WHO. Due to the lack of immunity in the general population, the risk of severe illness is higher than with seasonal influenza. Seniors and people with underlying health issues such as heart disease, diabetes, or lung disease (immune compromised) are at particularly high risk of developing severe or fatal infections.

Symptoms Include fever, cough, runny nose, sore throat, headache, loss of smell and/or taste, and difficulty breathing.

Transmission

COVID 19 is an infectious disease that spreads through direct contact with an infected person and their respiratory droplets, and can be transmitted by:

- Inhaling airborne infected droplets after an infected person coughs or sneezes,
- Close contact with an infected person (hugging, shaking hands), and
- Touching contaminated surfaces, then touching the face, mouth, eyes, or food.

Purpose

To identify the transmission risks and health impacts of COVID-19 to Arkay workers and to ensure all appropriate measures are in place on Arkay client sites to reduce exposure risks to workers. All workers are required to follow Arkay procedures as well as Arkay client site COVID-19 safety measures. This includes, but is not limited to, safety orientations, COVID-19 safety signage, physical distancing requirements, and other COVID-19 safety directives.

Responsibilities

--Employer (Arkay client site=controls scope of work)

- Ensure materials (alcohol-based sanitizer, handwashing stations) and resources (worker training materials) required to implement the COVID-19 exposure control plan are accessible when and where needed.
- Ensure workers maintain physical distancing (2 meters apart) when possible while completing their work safely.
- Select, implement, and document the appropriate site-specific control-measures.
- Ensure workers use appropriate personal protective equipment (PPE) such as gloves, eye protection, and respirators.
- Maintain records of training and inspections.

--Supervisor Responsibilities

- Ensure workers are adequately instructed on the controls for the hazards at the location.
- Ensure physical distancing is maintained.
- Direct work in a manner that eliminates or minimizes the risk to workers.

--Worker Responsibilities

- Maintain physical distancing.
- Know the hazards of the workplace.
- Follow established work procedures as directed by the employer or supervisor.
- Use any required PPE as instructed.
- Report any unsafe conditions or acts to the supervisor.
- Know how and when to report exposure incidents.

Risk Identification Primary routes of SARS-CoV-2 transmission with required control measures are identified as **contact, droplet,** and **airborne** transmission.

Inhalation of Droplets

As per the BCCDC, SARS-CoV-2 is not transmitted through the air. However, if an infected person coughs or sneezes, droplets are generated that do not immediately fall to the ground. Generally, droplets fall to the ground within 1-2 meters. Anyone in proximity is at risk of inhalation of infected droplets. Physical distancing or maintaining 2 meters/6 ft will reduce the exposure risk.

(Voluntary use of a non-medical grade mask to contain droplets further reduces the risk.)

Close Contact

Close contact is defined as close physical contact with another person such as shaking hands or hugging. Carriers of SARS-CoV-2 may deposit the virus on their skin, clothes or hands and then transfer the virus to others through close contact. Physical distancing and adequate hand hygiene reduce the transmission risk.

(Voluntary use of a non-medical grade mask further reduces the transmission risk.)

Surface Contact

Surface contact occurs when a person touches a surface that has been contaminated such as a tool, doorknob, or stair rail, and then touches their eyes, mouth, nose or food with unwashed hands. Surfaces can become contaminated when an infected person coughs or sneezes in the area or if an infected person touches the surface with unwashed hands. SARS-CoV-2 has been shown to persist on surfaces for many days creating a prolonged risk of exposure. Sanitizing surfaces regularly (including tools) and practicing hand hygiene reduces the risk of transmission.

(Voluntary use of a non-medical grade mask further reduces the transmission risk.)

Risk Assessment Table

The following risk assessment table outlines low and moderate level exposure events and corresponding controls. Transmission risks to workers are low when physical distancing is maintained.

Table 1.0 Risk Assessment COVID-19

ACTIVITY or TASK	HAZARD	RISK RATING (low or moderate)	CONTROLS
Workers entering site	Risk of transmission through contact with others	Moderate With controls, the risk to workers is low	<ul style="list-style-type: none"> - Use identified entry/exit points - Maintain physical distancing (6ft) from others - Wash hands
Proximity to others	COVID-exposure risk through touch and distance	Moderate With controls, the risk to workers is low	<ul style="list-style-type: none"> - Maintain physical distancing - Pre-plan work to avoid working in proximity - Wash hands - Be flexible; if physical distancing cannot temporarily be observed, efforts to complete other tasks should be made
Carpooling to work	Exposure to COVID-19 through contact with people	Moderate With controls, the risk to workers is low	<ul style="list-style-type: none"> - Find alternative transportation options that maintain 6ft physical distancing
Hand and power tools	Exposure to COVID-19 through surface contact	Moderate With controls, the risk to workers is low	<ul style="list-style-type: none"> - Do not share hand tools - Wear gloves/sanitize handles and "touch areas" if tools must be shared - Wash hands
PPE	COVID-19 exposure on the exterior of PPE	Moderate With controls, the risk to workers is low	<ul style="list-style-type: none"> - Change gloves often, with handwashing or sanitizing - Wash or replace masks or face coverings daily or as needed - Clean and inspect respirators before and after use - Do not share PPE - Dispose of PPE only in garbage disposal areas
Break time or break rooms	COVID-19 exposure through proximity and surface contact	Moderate With controls, the risk to workers is low	<ul style="list-style-type: none"> - Avoid gathering with others in indoor/outdoor areas - Maintain physical distancing - Wipe down surfaces - Wash hands before and after breaks

Risk Control

Infectious disease controls are applied in order of preference

1. Engineering Controls
2. Administrative controls
3. Personal protective equipment

Engineering controls such as physical barriers or advanced HEPA filtration are not practicable due to the constant physical changes to site layouts that occur within a construction project. As such the risk of exposure must be controlled using administrative controls (physical distancing, handwashing, surface cleaning) and PPE (respirators, non-medical grade masks, safety glasses or goggles).

Handwashing

- Handwashing is an effective way to reduce the risk of infection. Adequate handwashing helps prevent transmission of infectious material from the hands to transmissible areas of the body (mouth, nose, eyes) or to surfaces that are touched.

Wash hands immediately

- Before leaving a work area,
- After handling materials or surfaces that may be contaminated, and
- Before eating, drinking, smoking, handling contact lenses.

Handwashing procedures, as outlined when handwashing is necessary:

- Workers should wash hands with soap and water for 20 seconds. If a handwashing station is not readily available, using a hand sanitizing product with 70% alcohol is sufficient to reduce transmission risks. Handwashing stations and alcohol sanitizer dispensers are marked with safety signage around washrooms and site access points. Additionally, Arkay workers are encouraged to carry personal sanitizing products, when possible, to facilitate immediate cleanliness as needed.

Cough/Sneeze mitigation

Sneezing or coughing correctly with good hygiene practices reduces the transmission of disease through contact, droplet, and airborne transmission routes. Arkay workers are expected to follow best practices with regards to coughing or sneezing as outlined:

- Practice proper handwashing or sanitizing immediately after coughing or sneezing.

- Cough or sneeze into thick tissue or the crease of the elbow. DO NOT SNEEZE INTO YOUR HANDS. Dispose of all used tissues only in garbage disposal bins.
- Wear a surgical or fabric mask if you are coughing due to environmental impacts such as asthma, dust, or allergies.
- Distance yourself from others while coughing or sneezing.

If COVID-19 symptoms develop

Stay home if you are sick!

Workers who feel ill with COVID-19 symptoms are required to follow reporting procedures (by phone) and stay home or leave site to self-isolate immediately.

Workers may only return to site once COVID-19 symptoms have completely resolved after 14 days or if symptoms have resolved with a negative COVID-19 test result.

- **All absences due to COVID-19 or similar illness must be reported to Arkay immediately at arkay@telus.net.**
- **Questions about testing or social distancing should be referred to the Arkay Safety Coordinator at [778-710-7019](tel:778-710-7019).**

In addition to the preventative measures outlined throughout this document, Arkay Contracting fully supports and encourages workers to wear face coverings as it has been shown to effectively reduce transmission between people.

**Be kind, Be safe
We are all in this together**