CataMount Consulting

ARCC

COVID 19

Back to Business
Disclaimer

- This situation is rapidly evolving. Information contained in this presentation is subject to change.
- The Center for Disease Control and Prevention as well as other Department of Health and local government webpage information is updating DAILY
- This program is offered to provide guidance based on what you need to prepare for re opening after the pause.
- This program is a guideline based on the requirements as we have been informed. It is not a statement of law

- PLEASE STAY INFORMED!!

Forward.ny.gov
www.cdc.gov
What is COVID-19?

- COVID-19 is an abbreviation. ‘CO’ stands for “corona”, ‘VI’ stands for “virus”, ‘D’ stands for “disease”, and 19 refers to 2019 when it was first identified.

- The virus that causes COVID-19 is referred to as SARS-CoV-2 which stands for “severe acute respiratory syndrome – coronavirus-two.”

- It is in the same family of viruses as SARS-CoV-1, which had an outbreak in the 2000’s with about 8,000 cases.
What Is a Pandemic?


- There are three elements that must exist for a pandemic to be declared:
  - **Novel virus** – virus that has been not previously circulated – no one has immunity
  - **Sustained Community Spread** – virus spreads from person to person – not associated with travelers entering from a source country
  - **Worldwide Distribution**
What and Why?

OSHA General Duty Clause

(a) Each employer –

(1) Shall furnish to each of his employee’s employment and a place of employment which are free from recognized hazards that are causing or are likely to cause death or serious physical harm to his employees.

(2) Shall comply with Occupational Safety and Health standards promulgated under this Act

(b) Each employee shall comply with Occupational Safety and Health standards and all rules, regulations, and orders issued pursuant to this Act which are applicable to his own actions and conduct.
### Regional COVID-19 Metrics: Where Regions Currently Stand

**Report as of May 25, 2020**

- **Capital Region**: 7/7
- **Central New York**: 7/7
- **Finger Lakes**: 7/7
- **Long Island**: 5/7
- **Mid-Hudson**: 7/7
- **Mohawk Valley**: 7/7
- **New York City**: 5/7
- **North Country**: 7/7
- **Southern Tier**: 7/7
- **Western New York**: 7/7

#### Regional Metrics:

<table>
<thead>
<tr>
<th>Region</th>
<th>14-Day Decline in Net Hospitalizations CR Under 15 new (3-day avg)</th>
<th>14-Day Decline in Hospital Deaths CR Fewer than 5 deaths (3-day avg)</th>
<th>New Hospitalizations (Under 2 per 100K residents • 3-day rolling avg)</th>
<th>Share of total beds available (30%)</th>
<th>Share of ICU beds available (threshold of 30%)</th>
<th>30 per 10K residents tested monthly (7-day avg of new tests per day)</th>
<th>Contact tracers 30 per 100K residents or based on infection rate</th>
<th>Metrics Met</th>
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<tbody>
<tr>
<td>Capital Region</td>
<td>6/0</td>
<td>11/1</td>
<td>0.40</td>
<td>✓</td>
<td>✓</td>
<td>2.001 / 1.085</td>
<td>✓</td>
<td>✓/✓</td>
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<tr>
<td>Central New York</td>
<td>5/0</td>
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<td>0.60</td>
<td>✓</td>
<td>✓</td>
<td>2.196 / 775</td>
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<td>✓/✓</td>
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<tr>
<td>Finger Lakes</td>
<td>0/2</td>
<td>11/3</td>
<td>1.00</td>
<td>✓</td>
<td>☒</td>
<td>2.466 / 1.203</td>
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<td>✓/✓</td>
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<tr>
<td>Long Island</td>
<td>44/0</td>
<td>13/10</td>
<td>x</td>
<td>✓</td>
<td>✓</td>
<td>5.537 / 2.839</td>
<td>Expected ★</td>
<td>5/7</td>
</tr>
<tr>
<td>Mid-Hudson</td>
<td>42/0</td>
<td>11/5</td>
<td>1.13</td>
<td>✓</td>
<td>✓</td>
<td>5.231 / 2.322</td>
<td>✓</td>
<td>✓/✓</td>
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<tr>
<td>Mohawk Valley</td>
<td>0/3</td>
<td>11/1</td>
<td>1.17</td>
<td>✓</td>
<td>✓</td>
<td>1.220 / 485</td>
<td>✓</td>
<td>✓/✓</td>
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<tr>
<td>New York City</td>
<td>43/0</td>
<td>37/22</td>
<td>1.46</td>
<td>✓</td>
<td>☒</td>
<td>18.673 / 8,309</td>
<td>Expected ★</td>
<td>5/7</td>
</tr>
<tr>
<td>North Country</td>
<td>32/0</td>
<td>20/0</td>
<td>0.08</td>
<td>✓</td>
<td>✓</td>
<td>950 / 419</td>
<td>✓</td>
<td>✓/✓</td>
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<tr>
<td>Southern Tier</td>
<td>0/1</td>
<td>13/0</td>
<td>0.32</td>
<td>✓</td>
<td>✓</td>
<td>1,520 / 633</td>
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<tr>
<td>Western New York</td>
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<td>13/4</td>
<td>0.72</td>
<td>✓</td>
<td>✓</td>
<td>2.971 / 1.381</td>
<td>✓</td>
<td>✓/✓</td>
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</tbody>
</table>
4 PHASES

Phase 1
- Construction
- Manufacturing
- Wholesale Trade
- Select Retail for Curbside Pickup Only

Agriculture, Forestry, and Fishing

Phase 2
- Professional Services
- Finance and Insurance
- Retail
- Administrative Support

Real Estate, Rental, and Leasing

Phase 3
- Restaurants and Food Services

Phase 4
- Arts, Entertainment, and Recreation
- Education
PHASE 1

- Construction — Building Equipment Contractors; Building Finishing Contractors; Foundation, Structure, & Building Exterior Contractors; Highway, Street & Bridge Construction; Land Subdivision; Nonresidential Building Construction; Residential Building Construction; Utility System Construction
PHASE 1

- Agriculture, Forestry, Fishing and Hunting — Greenhouse, Nursery, & Floriculture Production; Other Animal Production; Other Crop Production; Support Activities for Animal Production; Support Activities for Crop Production; Support Activities for Forestry
PHASE 1

Retail – Delivery & Curbside only

- Clothing Stores; Direct Selling Establishments;
  Electronics & Appliance Stores; Electronic Shopping & Mail-Order Houses;
  Furniture & Home Furnishing Stores; Florists;
  General Merchandise Stores; Health & Personal Care Stores;
  Jewelry, Luggage & Leather Goods Stores; Lawn &Garden Equipment & Supplies Stores;
  Office Supplies, Stationary, & Gift Stores; Used Merchandise Stores;
  Shoe Stores; Sporting Goods, Hobby, Musical Instrument & Book Stores;
  ’ Other Miscellaneous Store Retailers
Manufacturing — Apparel Manufacturing; Computer & Electronic Product Manufacturing; Electric Lighting Equipment Manufacturing; Fabricated Metal Product Manufacturing; Furniture & Related Product Manufacturing; Leather & Allied Product Manufacturing; Machinery Manufacturing; Nonmetallic Mineral Product Manufacturing; Paper Manufacturing; Petroleum & Coal Products Manufacturing; Plastics & Rubber Products Manufacturing; Printing & Related Support Activities; Textile Mills; Textile Product Mills; Wood Product Manufacturing; Other Miscellaneous Manufacturing
PHASE 1

Guidance for Employers on COVID Prevention, Preparedness and Response

- Potentially deadly respiratory disease

- Has an incubation period of 2-14 days

- Spread primarily by close person-to-person contact

- In the U.S., most construction and mining workers face a low to moderate job-site risk
Symptoms and Suspect Cases of COVID

- Fever of at least 100.4 degrees
- Chills
- Muscle Aches
- Dry Cough
Symptoms and Suspect Cases of COVID

- Symptoms may appear 2-14 days after exposure.
- Respiratory illness—cough, shortness of breath, difficulty breathing
- Inability to Smell and Taste
COVID: Transmission

- Spread through airborne droplets released when infected person coughs or sneezes
- Or through contact with body fluids
- Likely to be transmitted in offices, jobsites and on public transportation
How does Coronavirus (COVID-19) spread?

COVID-19 is thought to spread mainly from person-to-person.
• 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.

People are thought to be most contagious when they are most symptomatic (the sickest).

Some spread might be possible before people show symptoms.
COVID: Potential High Risk Population

- Age 40 or older; especially those over 65
- Have other underlying medical conditions
- Hospital worker or family member of victim
How is Coronavirus different than the “REGULAR FLU?”

<table>
<thead>
<tr>
<th>Flu</th>
<th>Coronavirus (COVID-19)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caused by several different types and strains of influenza viruses</td>
<td>Caused by one virus, the novel 2019 coronavirus</td>
</tr>
<tr>
<td>Flu viruses are spread from person to person when an infected person coughs or sneezes</td>
<td>COVID-19 is thought to spread similarly to the flu</td>
</tr>
<tr>
<td>A vaccine is available</td>
<td>No vaccine is available right now, but it is in progress</td>
</tr>
<tr>
<td>The mortality rate is about .01%</td>
<td>Mortality rate is still unknown but preliminary estimates are 1-2%</td>
</tr>
</tbody>
</table>
Employer Responsibilities

- Develop or adopt an accepted COVID-19 Exposure Action Plan/Policy.
- Appointment of a “Competent Person” COVID 19 Safety Resource Officer (CSRO) or Site Safety Officer.
- Work stations must be modified so that workers are at least 6’ apart in all directions. When not possible, the use of face coverings or physical barriers (e.g. plastic sheeting walls, strip curtains, plexiglass) must be provided & required.
- Review any subs/vendors/contractors etc. plan to ensure approval.
- Offices remain shuttered and remote workers remain in place. For any work occurring indoors, limit workforce to no more than 1 worker per 250 sq. ft., excluding supervisors; unless additional PPE is worn at all times.
- Access to the Workplace, office space etc. will be limited to only those necessary for the work.
Employer Responsibilities

- Tightly confined spaces (e.g. elevators, freezers, vehicles) should be occupied by only 1 person at a time, unless all are wearing face coverings. If occupied by more than 1 person, keep occupancy under 50% of maximum capacity.

- Post social distancing markers using tape or signs that denotes 6 ft. of space in common areas (e.g. clock in/out stations, health screening stations)

- Implement mandatory health screening assessment before employees begin work and for essential visitors. This screening must be documented and kept on file DAILY. If temperatures are taken, they cannot be recorded.
  - Any symptoms in the past 14 days?
  - Have you received a positive COVID 19 test in the past 14 days?
  - Have you been in close contact with a confirmed COVID 19 case in the previous 14 days?

- If you are using on-site screeners, they must be trained and familiar with CDC, DOH, & OSHA protocols & wear appropriate PPE.
Employer Responsibilities

- Have a plan for cleaning, disinfection & contact tracing in the event of a positive case.
- Site Training. Ensure that all employees also read and acknowledge policies and procedures and sign off.
- Stagger Workforce – breaktime, shift change, adjusted hours A and B Teams etc.
- Establish a communication plan for employees, visitors, and clients with a consistent means to provide updated information.
- No one leaves the workplace. Recommended in NY
- Provide hand sanitizer and maintain Safety Data Sheets of all disinfectants used on site.
- Provide protective equipment (PPE) to any employees assigned cleaning/disinfecting tasks. IE Gloves and Masks
Employer Responsibilities

- Maintain a continuous log of every person, including workers & visitors, who may have close contact with other individuals, excluding deliveries that are performed with appropriate PPE or through contactless means.
- Conduct regular cleaning & disinfecting of the site, shared surfaces & other areas using products identified by the EPA as effective against COVID-19.
- Cleaning & disinfecting must be done at least once a day, & more frequently of shared objects (e.g. tools) & high transit areas (e.g. restrooms & common areas).
- Cleaning logs must be kept that adhere to CDC and DOH standards and must document date, time, and scope of cleaning.
Employer Responsibilities

- Assign a competent person to conduct daily COVID-19 Workplace Checklist.
- Employees, contractors, and visitors will be asked to leave the jobsite and return home if they are showing symptoms.
- Conduct safety meetings (Skull Talks) by phone if possible. If not, instruct employees to maintain 6-feet between each other. The foreman/supervisor will track attendance rather than having employees sign an attendance sheet.
- If a worker tests positive for COVID-19, employer must immediately notify state & Local health departments & cooperate with contact tracing. Including notification of potential contacts while maintaining confidentiality required by state and federal law and regulations.
- Management & Supervisors are the front line and should set the example for all employees.
Date_______________________________  Project Name____________________________________

Yes/ NO

___ ___ Are All workers discussing COVID-19 safety measures before each shift

___ ___ Are COVID-19 Safety Posters and Exposure Protocols posted at the work sites

___ ___ Does the Pre-Hazard Assessment address COVID-19 issues

___ ___ Have any workers exhibited COVID-19 symptoms?  ___ Fever ___ Shortness of Breath

      ___ Cough ___ Loss of sense of smell/taste

___ ___ If a worker Exhibited Symptoms was there supervisor and management notified

___ ___ Are workers complying with the 6 foot social distancing separation

___ ___ If maintaining social distancing is not always possible, are all PPE requirements being followed and face coverings being worn?

___ ___ Are crew sizes limited to the minimum required to accomplish the task

___ ___ Are crews segregated from each other to reduce cross-exposure

___ ___ Are tools being shared?  If yes, are tools being disinfected between uses?  ___ ___

___ ___ Is appropriate PPE being enforced

___ ___ Are the appropriate sanitation and personal hygiene facilities on site sufficient

___ ___ Are contact surfaces disinfected regularly ie: Trucks, tools, phones, doorknobs

Foremen’s Signature__________________________________________________________
VISITOR ALERT

- The number of visitors to the jobsite, including the trailer office, will be limited to only those necessary for the work.

- All visitors will be screened in advance of arriving on the jobsite. If the visitor answers “yes” to any of the following questions, he/she should not be permitted to access the jobsite.
  - Have you been confirmed positive for COVID-19?
  - Are you currently experiencing, or recently experienced, any acute respiratory illness symptoms such as fever, cough, or shortness of breath?
  - Have you been in close contact with any persons who have been confirmed positive for COVID-19?
  - Have you been in close contact with any persons who has traveled and are also exhibiting acute respiratory illness symptoms?

- Site deliveries will be permitted but should be properly coordinated in line with the employers minimal contact and cleaning protocols. Delivery personnel should remain in their vehicles if at all possible.
Using Cloth Face Coverings to Help Slow the Spread of COVID-19. If you need to leave your home and will be within 6 feet of other people, wear a cloth face covering. The Health Department and CDC recommends that everyone wear cloth face coverings when outside of the home to help slow the spread of COVID-19. This advice is based on new data about how COVID-19 can spread before a person has any symptoms. A mask helps protect others around you if you are infected and don’t know it.

A face covering is one more precaution we can take to help slow the spread of COVID-19 – and is not a substitute for physical distancing and other prevention measures. You still need to stay at least 6 feet away from people, even when wearing a face covering.

The cloth face coverings recommended are not surgical masks or N-95 respirators. These types of masks are critical supplies that must be reserved for our health care workers and first responders.
# When to Wear a Mask

## Examples of When to Wear a Face Covering

- Trips to Grocery Store, Pharmacy, Doctor or Hospital.
- Essential workers at grocery store, pharmacy, or other business settings where they cannot maintain 6 feet of separation.
- If you are sick and are around others.
- Home care workers.
- Riding the bus, taxi or ride share.
- Walking on a busy and crowded street.

## Examples of When You Don't Need to Wear a Face Covering

- Going for a walk in the woods or neighborhood. (bring one in case you encounter others)
- At home, if everyone is well.
- Going for a run on the bike path if it's not crowded.
- Who should never wear a mask: 
  - Children under 2 yrs old
  - Anyone with trouble breathing
  - Anyone unable to remove their own masks
Face Covering Maintenance

• Clean cloth face covering daily by hand or machine using detergent
• Do not touch your eyes, nose and mouth when removing it
• Immediately wash your hands after removing
• Don’t put it where others can touch it or on counters or tables
Face Coverings and Hand Sanitizer found at Catamount’s Website – Order your own Design!!
Health Best Practices

Actions you should take

• All Workers should use good hygiene practices including frequent hand washing.

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

• If soap/water is unavailable, use an alcohol-based hand sanitizer with at least 60% alcohol.

• Wear face covers when working within 6’ of each other.
Health Best Practices

Actions you should take

• Cover your cough or sneeze with a tissue or the crook of your arm.

• Avoid touching your eyes, nose, and mouth with unwashed hands.

• Clean and disinfect frequently touched objects and surfaces.

• Wear gloves when possible
Avoid close contact with people who are sick.

Stay home when you are sick, except for an emergency.

Avoid touching others, such as hugs or handshakes.

Social distancing: remain at least six feet apart from others. You are still able to enjoy nature or walking outdoors or use technology to connect with loved ones.

Stay home and stay safe. Avoid casually visiting public places such as grocery stores unless necessary.
Where to go for updates, questions and resources

• If you’re feeling sick, contact your regular medical provider.

• Department of Health Website – www.health.ny.gov

• New York Forward – www.forward.ny.gov

• Adirondack Regional Chamber of Commerce - www.adirondackchamber.org

• Center for Disease Control (CDC) Website – cdc.gov

• Catamount Consulting’s Website – Face Coverings, Hand Sanitizer, COVID 19 Questionnaires and all your training needs – CatamountConsultingLLC.com
NOTICE Due to concerns of COVID-19 and other guidance of the CDC, all persons must complete this questionnaire DAILY. PRIOR TO REPORTING TO WORK. You must answer the questions truthfully and acknowledge this fact. After you submit your daily response you will receive an email notifying you if you are CLEARED or REJECTED from reporting to work. ANYONE meaning a "REJECTED" must STAY HOME according to CDC guidance and NOT REPORT TO WORK. Regardless of the reason you are rejected; if you experience any COVID-19 symptoms or feel sick you must STAY HOME or GO HOME. If you have already reported to work and you become aware of someone who is experiencing COVID-19 symptoms or sickness you must REPORT THEM TO MANAGEMENT.

**Select Language / Selección de idioma**
- English
- Spanish

**Name**
- First
- Last

**Company you work for**
- COMPANYABC
- Other (sub-contractor, vendor, etc.)

**Have you tested positive for COVID-19?**
- Yes
- No

**In the last 14 days have you experienced ANY of the following?**
- Yes
- No

- Cough
- Shortness of breath or difficulty breathing
- Fever above 100.5 degrees
- Chills
- Muscle pain
- Sore throat
- Recent loss of taste or smell

**During the last 14 days, which of the following are true? (check all that apply)**
- Lived with someone diagnosed with COVID-19
- Worked with someone diagnosed with COVID-19
- Worked with someone diagnosed with COVID-19

**Have you traveled outside of the United States in the last 14 days?**
- Yes
- No

**CAUTION:** This questionnaire does not in any way provide medical advice. The information you provide is solely your response based on your interpretation of the questions being asked and is considered truthful. Submitting the daily questionnaire does not in any way substitute or replace anything you need to do to maintain your health nor anything related to you and your health provider. By using this questionnaire you agree to hold harmless, and indemnify COMPANY ABC, TIMIT SOLUTIONS, LLC, or any company assisting you to complete this questionnaire, or any of their officers, directors, employees, representatives or partners from any and all responsibility and liability of any kind related to or arising out of any purpose or use of the information you provide. *

**I Agree**

**Submit**

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**RESOURCES**

http://www.springbrookhollow.com/

Digital COVID Health Screen Option
Exposure Prevention, Preparedness, and Response

KEY POINTS

▪ Operations and work continuance should be gradually re-commenced in accordance with outlined segments’ and relative exposure probability.

▪ Upper management teams have embraced the importance of COVID-19 and are dedicated to the education and safety of their employees.

▪ Continued, constant and updated education are key to the success and safety of this return-to-work outline, to include redundant signage across the entire operation.

▪ Mandatory COVID-19 trainings will be incorporated into this return-to-work outline for all returning and new employees.
Key Points

- Partitioning of healthy employees from affected and/or exposed individuals is an extreme focus.

- Constant personal hygiene, sanitization and the provision of supplies is an extreme focus.

- Social distancing guidelines and practices are to be strictly enforced, to include 6’ distancing.

- Increased provision of and encouragement of additional PPE, including mandatory facial coverings.

- Strict protocols for those affected by COVID-19 as mandated by the CDC shall be followed.
COCID 19
Back to Business