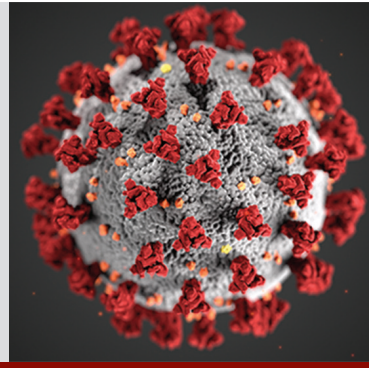


Coronavirus (COVID-19) Prevention:

Firefighting Industry Workplace Requirements and Suggestions



The Department of Labor & Industries (L&I) requires employers to provide a safe and healthy workplace and to implement Gov. Jay Inslee's proclamation to ensure coronavirus prevention.

This guideline is intended to assist fire departments and districts with developing COVID-19 response and action plans tailored to their own operation. You are encouraged to copy, expand, modify, and change this template as necessary to accomplish this. This fact sheet was updated on Oct. 27, 2020. As conditions change, please check for updates at www.Lni.wa.gov/CovidSafety.

Social Distancing, Masking and Other Controls

Employers must ensure all workers keep at least six feet away from coworkers and the public when at all possible. When strict social distancing is not feasible for a specific task, other prevention measures are required, such as the use of barriers to block sneezes and coughs, and negative-pressure ventilation.

Suggestions for social distancing

- Arrange seating, tables and chairs, and workout equipment at least six feet apart in meeting rooms, kitchens, and all common areas of living quarters. When necessary, use appropriate physical barriers and open windows to force continuous airflow and ventilation.
- Ensure all workout rooms, including those in separate facilities, are assigned a COVID-19 supervisor and monitor. The designated staff person is responsible for ensuring compliance

with Phase 2 and 3 Indoor Fitness and Training requirements. (See Resources.)

- Beds in shared sleeping quarters (rooms or open bays) must be:
 - Spaced so that frames are at least six feet apart in all directions and oriented so that occupants sleep head to toe; **OR**
 - Separated by installing temporary non-permeable barriers (Plexiglas, plastic sheeting, etc.). Barriers must be perpendicular to the wall to create an aisle that is 36 inches or wider between the bed and the temporary barrier. The barrier must extend the entire length of the bed and the height from the floor to near the ceiling. Occupants must sleep with head toward wall. **Bunk beds or stacked beds are not permitted.**
- In vehicles with more than one occupant, roll down windows or use the vehicle's climate control system (set to draw in outside air, not recirculate air) to force continuous airflow and ventilation. Where social distancing is not achievable, use appropriate physical barriers. Cloth face coverings are generally required. Cloth face coverings can be removed for the donning of other Personal Protective Equipment (PPE) before exiting the vehicle. (For more examples, see the Common Questions under Resource.)
- Stagger workout sessions, eating times, and meetings to avoid overcrowding and allow for adequate physical separation in areas where employees congregate.



Division of Occupational Safety and Health



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Labor & Industries

- Perform vigorous or high-intensity exercise outdoors or in an isolated area and instruct everyone to stay at least six feet away from others.
- Limit in-person meetings or gatherings to 10 or fewer people and offer remote meeting options when practical.
- Use available physical barriers, move outdoors, or meet in larger spaces/rooms for meetings or interactions with the public.

Suggestions for face coverings and masks

- When performing station maintenance or vehicle inspections, and in all other non-emergency response situations, use at least cloth or medical procedure masks when not working alone or use a mask appropriate for the level of COVID-19 transmission risk (See *Which Mask for Which Task?* under Resources below).
- In emergency response situations, workers must follow established guidelines set forth by the medical program director or district policy based on the type of incident and hazard environment.
- Move exercise equipment to an isolated area if a worker wishes to remove his or her mask during exercise.

Frequent and Thorough Hand Washing

Employers must ensure all workers know the importance of washing hands properly and frequently. There should be an adequate amount of hand washing supplies that are frequently restocked.

Suggestions to achieve frequent and thorough hand washing

- Wash hands frequently throughout shifts, including after performing station maintenance and vehicle inspections, after emergency response calls, after decontaminating vehicles, before and after going to the bathroom, before and after eating, and after coughing, sneezing, adjusting their face covering, or blowing their nose.
- Ensure hand sanitizer (greater than 60% ethanol or 70% isopropanol) is available at entry points and in high-traffic areas throughout all facilities and in vehicles.
- Provide disposable gloves for use where necessary. Ensure gloves are changed and disposed of frequently. When disposable gloves are used, avoid touching the face.

Cleaning and Sanitizing of Common-Touch Surfaces

Employers must establish a housekeeping schedule for regular, frequent, and periodic cleaning.

Suggestions for cleaning and sanitizing of common-touch surfaces

- Sanitize all shared items (condiments, utensils, remote controls, etc.) and shared equipment (workout stations, tables, chairs, vehicles, etc.) between users.
- Clean and sanitize all single-room and shared sleeping quarters between users, shifts, or rotations of workers.
- Do not share items that cannot be cleaned, sanitized, or disinfected between use, such as resistance bands and weightlifting belts.
- Frequently sanitize all high-touch areas at facilities, including restrooms, doors, and all commonly touched surfaces.
- Decontaminate patient compartments of vehicles between each patient transport.
- Sanitize all high-touch areas in vehicles at the beginning of each shift and following response to incidents that are at high risk for exposure to the coronavirus.

Procedures to Address Sick-Worker Health Screening

Employers must have practices in place that ensure sick workers stay home, remain isolated in housing, or go home if they feel or look ill. Note: The main symptoms of coronavirus include fever (100.4 or higher), cough, shortness of breath, and loss of smell or taste. Other symptoms may include body aches, fatigue, and diarrhea.

Suggestions for ensuring that sick workers are not at work

- Screen all workers for signs/symptoms of COVID-19 at the start of shift.
- Document worker health screening in a records management system.
- Ensure that workers who exhibit COVID-19 symptoms are supported for quarantine, testing and treatment.
 - Contact tracing for the workplace will be immediately initiated and affected workers self-quarantined pending results.

- Sick workers are not allowed to return to work until they meet the Centers for Disease Control and Prevention (CDC) and Washington Department of Health (DOH) guidelines for symptomatic health care workers.
- Immediately clean and sanitize, following CDC guidelines, any area where a sick employee worked.

Employee Training

- Provide training to all workers about how to prevent transmission of COVID-19 and about all procedures in this plan before they start work.
- Ensure safety information, hygienic practices, and policies are posted at every station entry point, on station safety boards, and available on the district's computer network.
- Provide workers information regarding their rights under Stay Home, Stay Healthy Proclamation 20–46, high-risk worker rights, and Families First Coronavirus Response Act. Workers should also be informed about the use of unemployment benefits and other paid time off resources. The employer must ensure that this information is posted on the workers' rights boards.
- Follow industry-specific workforce training practices and requirements (see Workforce Training information under Resources).

Personal Protective Equipment (PPE)

All workers will be provided, at no cost to them, PPE appropriate for their job function or the activity being performed. PPE includes gloves, protective eyewear, cloth and surgical face masks, N95 respirators, self-contained breathing apparatus, and protective outer clothing.

Customer Traffic Management

- Restrict guest occupancy in the living quarters of fire stations to people performing maintenance/repair and to essential workers.
- Designate that all workers and visitors enter the station at controlled locations for medical screening.
- When the fire station's customer service counter reopens to the public (Phase 3), restrict customers to the lobby, require customers to wear face coverings, and follow occupancy limits to maintain social distancing.

Employee and Customer Log

- Keep and maintain a daily log of all workers, visitors, and customers for at least four weeks.
- Ensure the log includes names and phone numbers of all visitors.
- Maintain shift logs of employees at work through the department records management system and make sure they are maintained on a records retention schedule as determined by industry standards.

Plan Monitoring

- This plan will be monitored for compliance with industry standards by management.
- Compliance with the plan by workers will be monitored by the on-site supervisor at each facility.

Workplace Discrimination

It is against the law for employers to fire, demote, retaliate, or discriminate against employees for exercising their safety and health rights. Those include the right to:

- Raise safety and health concerns with employers.
- Participate in union activities related to safety and health.
- File safety and health complaints.
- Participate in Division of Occupational Safety and Health (DOSH) investigations.

Workers can file retaliation complaints with DOSH and/or with the federal Occupational Safety and Health Administration (OSHA) within 30 days of the alleged incident.

Learn more: www.Lni.wa.gov/WorkplaceDiscrimination

Resources

Governor Inslee's *Stay Home, Stay Healthy* Proclamation
www.governor.wa.gov/news-media/inslee-announces-stay-home-stay-healthy%C2%A0order

Labor & Industries (L&I) Coronavirus (COVID-19) Safety and Health Workplace Information
www.Lni.wa.gov/CovidSafety

L&I Coronavirus (COVID-19) Common Questions Regarding Face Covering and Mask Requirements
www.Lni.wa.gov/Covid19MaskFAQ

L&I *Which Mask for Which Task?*

www.Lni.wa.gov/go/F414-168-000

L&I Free Safety and Health Assistance for Employers Through L&I's Consultation Program

www.Lni.wa.gov/DOSHConsultation

L&I Discrimination in the Workplace

www.Lni.wa.gov/WorkplaceDiscrimination

Washington State Department of Health (DOH) Workplace and Employer Resources

www.doh.wa.gov/Coronavirus/Workplace

DOH First Responder Resources and Recommendations

www.doh.wa.gov/Emergencies/NovelCoronavirusOutbreak2020COVID19/HealthcareProviders/FirstResponders

Centers for Disease Control and Prevention (CDC) First Responders, Law Enforcement and Public Services

www.cdc.gov/coronavirus/2019-ncov/community/first-responders.html

CDC Using Gyms and Fitness Centers

www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/personal-social-activities.html#gyms

Governor's Guidance for Phase 2 and 3

Indoor Fitness and Training (COVID-19 Reopening Requirements – Update)

www.governor.wa.gov/sites/default/files/COVID19Phase2FitnessGuidelines.pdf

Phase 1 Higher Education and Critical Infrastructure Workforce Training COVID-19 Requirements

www.governor.wa.gov/sites/default/files/Phase1HigherEducationWorkforceTrainingCOVID-19SafetyRequirements5_30_20.pdf

Phase 2 Higher Education and Workforce Training COVID-19 Requirements

www.governor.wa.gov/sites/default/files/Phase2HigherEducationWorkforceTrainingCOVID-19SafetyRequirements5-30-20.pdf

Upon request, foreign language support and formats for persons with disabilities are available. Call 1-800-547-8367. TDD users, call 711. L&I is an equal opportunity employer.

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