



CONSTRUCTION COVID-19 SAFETY CHECKLIST

FOR EMPLOYEES

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/construction-worker-checklists.html>

CDC offers the following checklist to share ways construction workers can protect themselves, staff, and communities, and slow the spread of COVID-19. This tool aligns with [What Construction Workers Need to Know about COVID-19](#).

MONITORING	
	Watch for symptoms of coronavirus 2019 (COVID-19) such as cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, or new loss of taste or smell.
	Do not go to work if you have any of the above symptoms.
	If you are sick with COVID-19 or think you have COVID-19 , you should isolate (separate yourself from others in a separate room) and follow CDC-recommended steps to help prevent the spread of COVID-19. Isolation keeps someone who is infected with SARS-CoV-2, the virus that causes COVID-19, away from others, even in their home.
	<ul style="list-style-type: none">• If you have had close contact to a person with COVID-19 (within six feet for a cumulative total of 15 minutes or more over a 24-hour period), you should quarantine* for 14 days after last exposure. (Although CDC continues to recommend a 14-day quarantine, options are provided to shorten the quarantine period to after Day 7 or after Day 10 based on certain conditions, including test results.) Quarantine keeps someone who <i>might have been exposed</i> to the virus away from others:• Stay home for 14 days (see above) after last contact with the confirmed COVID-19 case.• Maintain social distance (at least six feet from other people).• Self-monitor for symptoms (check temperature twice a day, watch for fever (feeling feverish or a measured temperature of 100.4°F or higher), cough, or shortness of breath).• Avoid contact with people at increased risk for severe illness from COVID-19 such as older adults and people with medical conditions.• <i>Contact your human resource and/or worker health unit coordinator.</i>
Name of human resource and/or worker health unit point person(s):	
E-mail:	Phone:
CLEANING, DISINFECTION, AND SANITATION	
	Practice hand hygiene , respiratory hygiene/cough etiquette , and cleaning and disinfection . <ul style="list-style-type: none">• Use soap, water, and paper towels for frequently washing your hands (at least 20 seconds).• Use hand sanitizer that contains at least 60% alcohol when handwashing is not readily available.• Cover your mouth and nose with a tissue or your upper sleeves when you cough or sneeze.• Clean high touch surfaces and objects, like shared tools, machines, vehicles and other equipment, handrails, ladders, doorknobs, and portable toilets. Clean other surfaces in your facility when they are visibly dirty or as needed. Disinfect if certain conditions apply.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

SOCIAL DISTANCING AND FACE MASKS

Utilize [social distancing guidelines](#) and [face masks guidelines](#):

- Maintain at least six feet distance (about 2 arms' length) between workers, wherever possible.
- Maintain [social distancing](#) during breaks and when eating.
- Avoid enclosed areas like trailers and tight/confined spaces.
- Wear face [masks](#) in worksites, especially when social distancing is difficult to maintain.
- Wear a mask that covers your nose and mouth for maximum protection (Don't put the mask around your neck or up on your forehead).
- Don't touch the outside of the mask when wearing it, and, if you do, wash your hands or use [hand sanitizer](#) with at least 60% alcohol to disinfect.
- Be careful not to touch your eyes, nose, and mouth when removing your mask and wash hands immediately after removing unless hands have been recently washed.
- *Face masks are not replacements for respiratory protection when respirators are required.*

MENTAL HEALTH

Recognize factors that can add work- or home-related stress. [Common factors that can add to stress](#) during a pandemic:

- Concern about the risk of being exposed to the virus at work.
- Lack of access to the tools and equipment needed to perform your job.
- Conflict at home
- Failure to take time to relax
- Feelings that you are not contributing enough to work or guilt about not being on the frontline.
- Uncertainty about the future of your workplace and/or employment.
- Adapting to a different workspace and/or work schedule.

Some ways to address stress and build resilience include:

- Keep a regular [sleep schedule](#).
- Take breaks from work to stretch, exercise, or check in with supportive colleagues, coworkers, family, and friends.
- Spend time outdoors, either being physically active or relaxing.
- Practice [mindfulness techniques](#).
- Know [the facts](#) about COVID-19. Be informed about how to [protect yourself and others](#). Understanding the risk and sharing accurate information with people you care about can reduce stress and help you make a connection with others.
- Connect with others. Talk with people you trust about your concerns, how you are feeling, or how the COVID-19 pandemic is affecting you. Also considering using employee assistance programs or other resources that may be available to you.

Name of employee assistance program point person(s):

E-mail:

Phone:

Resources:

- National Suicide Prevention Lifeline Toll-free number 1-800-273-TALK (1-800-273-8255)
- National Domestic Violence Hotline Call 1-800-799-7233 and TTY 1-800-787-3224
- Disaster Distress Helpline Call 1-800-985-5990 or text TalkWithUs to 66746
- SAMHSA's National Helpline Call 1-800-662-HELP (4357)

* Note: Quarantine keeps someone who might have been exposed to the virus away from others. Isolation keeps someone who is infected with the virus away from others, even in their home.