



## Trainer's Instructions - Special Tailgate Session COVID-19<sup>1</sup>

### **Suggested training objective**

At the end of this session, the employee should understand the risks associated with COVID-19, how the virus is transmitted, and ways to reduce the risk of transmitting this disease, both on and off the job.

### **Job steps affected by today's topic**

Any activity that brings employees in close contact with other employees or people.

### **What is a *Coronavirus*?**

A coronavirus is a class of viruses grouped together because they share certain traits.

A *novel coronavirus* is a virus that has not been previously identified. SARS-CoV-2, the official name of the virus causing COVID-19, is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold.

### **Important facts about SARS-CoV-2 in the U.S.**

Person-to-person spread, or what is called “community spread” is likely to continue to occur under current pandemic conditions.

Although the pandemic possibly originated from humans exposed to infected animals, SARS-CoV-2—like other coronaviruses—spreads between people to cause COVID-19. The Centers for Disease Control and Prevention (CDC), acknowledges that at this time, there is no evidence that pets can spread COVID-19 to people or that they might be a source of infection.

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<sup>1</sup> TCIA's Tailgate Safety Program contains 100 illustrated lessons covering the hazards found in tree care operations. For more information on this program, please go to [www.tcia.org](http://www.tcia.org) or call 800-733-2622. Information in this lesson was adapted from guidance issued by the Centers for Disease Control & Prevention as well as the Occupational Safety & Health Administration effective May 1, 2020.

Because it is new, the scientific community does not fully understand how COVID-19 acts in the environment, and they do not know if having had COVID-19 gives you immunity. At the time this lesson was created, the medical profession did not yet have a vaccine for COVID-19 or even a successful therapy that would work in most cases. All the safety measures we are taking are about slowing the spread until the scientific and medical communities can catch up.

### **Potential hazards/risks**

Coronavirus exposure can lead to illness, and just as important make the infected person an “asymptomatic” carrier of the disease, potentially transmitting it to a person who is more susceptible to illness.

According to the CDC, person-to-person transmission occurs during close (within 6 feet) contact with a person with COVID-19, primarily from respiratory droplets produced when an infected person coughs or sneezes. These droplets, particularly when aerosolized, can be deposited in the mouth, nose, or eyes of nearby people or be inhaled into the lungs. Airborne transmission from person-to-person over long distances is believed to be unlikely.

People can also become infected with SARS-CoV-2 by touching surfaces or objects contaminated with the virus, and then touching their mouths, noses, or eyes. Current evidence suggests this novel coronavirus may remain viable for hours to days on a variety of surfaces.

### **Safe work practices to avoid exposure**

It is just as important for you to follow these safety procedures in your personal life as it is to use them on the job. Get your friends and family members to follow them too. You may be one of the lucky ones to get only mild symptoms with COVID-19 or even be asymptomatic, but others you are close to may not be as fortunate.

#### Personal & work habits

- Stay home if you feel sick, especially with flu-like symptoms.
- Practice respiratory etiquette, including coughing and sneezing into your elbow, and wearing a cloth face cover over your mouth and nose when physical distance cannot be maintained. The purpose of the face cover is to protect others from you.
- Do not use other workers' phones and avoid sharing work tools and equipment.
- Report any safety and health concerns to a crew leader or supervisor.
- When you do your job briefings, think about how to organize the work in order to maintain physical distance between co-workers, and when distance cannot be maintained be sure to use a cloth face cover.
- Encourage customers and others to remain inside when you are on the job site, and practice physical distancing and wear cloth face covers if they come outside.
- Practice physical distancing while inside work trailers, vehicle cabs, truck beds, etc., and while training or holding other meetings. Maintain physical distancing even when wearing a face cover if possible.

### Sanitation & hygiene

- Wipe down and disinfect commonly touched items like vehicle door handles, steering wheels, work surfaces and equipment at least once a day.
- Any time you touch a potentially contaminated item, wash hands for at least 20 seconds or clean them with alcohol-based hand wipes containing at least 60% alcohol.
- Follow the manufacturer's instructions for use of all cleaning and disinfection products.
- Avoid touching your mouth, nose, or eyes with unwashed hands!

# Handout - Special Tailgate Session

## COVID-19

### Job Steps Affected by Today's Topic

Any activity that brings you in close contact with other employees or people.

### Potential Hazards/Risks

The risks are that you could become ill, or unknowingly carry the disease to someone who is more susceptible.

### Action Steps

It is just as important for you to follow these safety procedures in your personal life as it is to use them on the job. Get your friends and family members to follow them too. You may be one of the lucky ones to get only mild symptoms with COVID-19 or even be asymptomatic, but others you are close to may not be as fortunate.



Wear a cloth face cover when you cannot maintain physical distancing.

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Wash hands with soap for at least 20 seconds.

***What else can you do to prevent illness?***

**Quiz - COVID-19 / Name \_\_\_\_\_ Date \_\_\_\_\_**

*Circle the best answer. See correct answers at the bottom of the page.*

1. If you are “asymptomatic” it means you are not infected with COVID-19.
  - a. True
  - b. False
  
2. A cloth face cover will:
  - a. Help prevent you from infecting others if you sneeze or cough.
  - b. Help prevent you being infected by keeping airborne virus out of your nose and mouth.
  - c. Both the above.
  - d. None of the above
  
3. It is believed the Coronavirus enters your body mainly...
  - a. through the eyes, nose or throat
  - b. by absorption through the skin
  - c. by ingesting contaminated food or drink
  - d. All the above
  
4. The novel coronavirus may remain viable for \_\_\_\_ on \_\_\_\_ surfaces.
  - a. weeks to months; organic
  - b. only minutes; most
  - c. years; metal
  - d. hours to days; a variety of

1. b - Infected persons do not always show symptoms of the disease; 2. b; 3. a; 4. d.