



Exposure Control Plan: COVID-19

2020

University of Saskatchewan

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1 Introduction: Purpose

The University of Saskatchewan Exposure Control Plan COVID-19 (ECP) describes how to eliminate or minimize exposure of all workers to infectious SARS-CoV-2 and the resulting COVID-19 disease. This plan is in compliance with the Occupational Health and Safety regulations, 1996, Section 85. Each working group must complete an ECP based on the nature of their work and potential exposure to COVID-19. Once completed, the plan must be posted in a central location within the work location.

2 Workers

Many workers encounter the risk of contracting COVID-19 from the SARS-CoV-2 virus. The short online course **COVID-19 Health and Safety** is **mandatory** for all workers to inform them on basic information about COVID-19.

For more information or assistance, contact Safety Resources at safetyresources@usask.ca or visit our website, <http://safetyresources.usask.ca>.

3 Tasks and Procedures

While all groups are at risk, those who can physically (social) distance, reduce common touchpoints and use appropriate PPE can greatly decrease their risk of exposure. Each group should assess the likelihood of exposure based on the tasks they must complete. Each group must assess the likelihood of exposure based on tasks.

Definition of Risk Levels:

1. Low risk: workers who typically have rare to no contact with infected people or materials (working remotely, working alone on campus)
2. Moderate risk: Workers who can have indirect contact with infected persons, or materials (working on campus with others, working with the public).
3. High risk: Workers who can have direct contact with infected persons or materials (health care workers).

A risk assessment must be carried out in a collaborative effort with worker(s) and supervisor(s). Please complete the assessment by filling out the table in Appendix A.

4 SARS-CoV-2

4.1 Infection Route and Risks

SARS-CoV-2 causes COVID-19 disease infecting the nose, throat, and lungs. It is most commonly spread from an infected person through:

1. Respiratory droplets generated through coughs or sneezes;
2. Close, prolonged personal contact, such as touching or shaking hands; and
3. Touching something with the virus on it, then touching the mouth, nose, or eyes before washing hands

4.2 Symptoms

Common signs include:

Fever \geq 38 C	Chills	Sore throat
Cough	Aches and pains	Runny nose
Shortness of breath/difficulty breathing	Headache	Loss of sense of smell or taste

4.3 Infection Control Measures

At this time, there is no vaccination available for SARS-CoV-2 and the University of Saskatchewan must rely on other infection control measures to protect the campus community. Appropriate infection control measures must be determined for each working group and documented in Appendix A. Examples include:

Increased hand washing	Avoid sharing phones	Work travel journal
Physical (social) distancing	Use alcohol-based hand sanitizers	Working remotely
Installing shields	Frequent Sanitizing of common touchpoints	Do not come to work sick
Cloth face masks	Avoid sharing office supplies	Workplace specific controls
Face shields	Avoid sharing computers	Use of Universal Precautions
Gloves	Sanitize before work	Stay in designated work area
Limiting spaces to 50% capacity	Sanitize after work	

Work travel journals are highly encouraged. Each worker should write down the date and the areas (washrooms, hallways, stairwells, rooms, offices) of the University they were in throughout the day. This will help to better inform workers of potential exposure if there is a confirmed case on campus.

4.4 Limitations to Controls

Due to the properties of SARS-CoV-2, control measures may not be fully eliminate all risks. Control measures may need to be combined to maximize the health and safety of workers (e.g. combined use of shields, physical distancing, and hygiene) and some residual risk levels may remain.

4.5 Clothing and Reusable Personal Protective Equipment (PPE)

Clothing and cloth masks should be washed in hot water and dried in high heat after every use. If PPE is part of your normal work protection, a PPE reuse guide has been created to help safely reuse PPE and is available at safetyresources@usask.ca. If any type of PPE becomes discoloured, punctured, ripped, damaged etc., please discard.

5 Exposures

If a worker has come in contact with someone who tested positive for COVID-19, they are required to self isolate for 14 days from the last contact. If they develop any COVID-19 symptoms (fever, cough, shortness of breath) call the Government of Saskatchewan's Healthline 8-1-1, take the [Self Assessment Tool](#) and follow medical advice.

If a worker develops symptoms, they should stay home from work and monitor symptoms.

Due to the long incubation period of COVID-19 tracking exposures as they happen is not possible. The University will default to the instruction of the Saskatchewan Health Authority for reporting, investigation and documentation.

6 Cleaning and Disinfection

The COVID-19 virus can survive for several days on different surfaces and objects. Frequent cleaning and disinfection are important to prevent the spread of the disease.

- Workplaces must implement enhanced environmental cleaning. Commonly touched areas and shared equipment must be cleaned and disinfected at least twice daily, or when visibly soiled.
- Wherever possible, discourage workers from sharing phones, desks, offices, and other tools and equipment.
- Clothing and fabric items must be laundered and dried on the highest temperature setting possible. Ensure items are thoroughly dried.

Common disinfectants include bleach solutions, quaternary ammonium (QUAT), alcohol (70%) and peroxide solutions. Vinegar, tea tree oil solutions, etc. are not proven to be effective disinfectants. Only products with an NPN or DIN have been approved by Health Canada.

If suitable cleaning solutions are not available please contact Safety Resources at safetyresources@usask.ca or visit our website, <http://safetyresources.usask.ca>.

