

Video Transcript of COVID-19 Worker Safety Message from the California Labor and Workforce Development Agency

California is proud to have the strongest protections for worker health and safety in the nation. This is because we know that worker safety is intricately tied to public safety, especially in times like this. While California is at a stay at home order, we are grateful to our essential workers who are going to work every day.

During the COVID-19 outbreak, we thank all California workers who are providing essential services and continue going to work.

This includes workers in grocery stores, warehouses in agriculture, plumbers, and more.

If you are an essential worker, your employer is required to take steps to protect you from COVID-19, including training on things you can do to protect yourself from COVID-19 infection. In this video, we will go over some of them.

The disease is spread when people cough, sneeze, or talk. Symptoms of COVID-19 include fever, cough, chills, muscle pain, headache, sore throat, recent loss of taste or smell, and difficulty breathing. People with these symptoms should not come to work.

To prevent spread of respiratory illnesses, such as COVID-19 we must follow coughing and sneezing etiquette. This includes covering your cough or sneeze with your elbow or a tissue. Remember, since people without symptoms can spread COVID-19, everyone must use these measures.

The best way to prevent spreading the disease is to stay away from other people. If you must be around other people, you must practice safe physical distancing. This means staying at least six feet away from others.

Safe physical distancing can be accomplished by teleworking when possible. Hold meetings over the phone or videoconference.

If telework is not possible, have employees maintain a safe distance from each other. Avoid sharing workspaces, equipment, or tools.

Cloth face coverings are not personal protective equipment, or P.P.E. But combined with physical distancing, they may help prevent people without symptoms from unknowingly spreading the disease.

The CDC recommends that the general public not use surgical masks or N-95 respirators. Save those for health care workers and first responders.

To prevent the spread of COVID-19, you must also wash your hands frequently throughout the day, including before and after eating or using the toilet, after touching shared surfaces or tools, and after close interactions with other people. Never touch your eyes, nose, or mouth with unwashed hands. The virus can enter your body that way. Follow the CDC guidelines and wash for at least 20 seconds with soap and water.

Hand sanitizer is not as effective as hand-washing but may be used if soap and water are not immediately available. Your employer should distribute hand sanitizer at various locations throughout the worksite and allow more time for frequent hand-washing.

Clean and disinfect commonly touched surfaces and shared equipment. Make sure you use disinfectants that are approved by the EPA for use against coronavirus and follow the directions on the label for proper use, contact time, and precautions.

Workplaces where employees have frequent interaction with the public must take additional steps to maintain safe physical distancing. For example, limit the number of customers in the building. Have customers use safe physical distancing. Conduct even more frequent cleaning and disinfection of surfaces touched by the public.

Together we can keep our essential workers safe, we're all in this together.

For more information and additional resources, go online to www.covid19.ca.gov and www.labor.ca.gov/coronavirus2019