Physical Distancing

Physical distancing means maintaining a distance of at least six feet from other people.

Workers should maintain safe physical distancing while working:

- Arrange work stations and follow visual cues to ensure you remain six feet away from other workers in all directions while working.
- Stay behind Plexiglas or other impermeable barriers where physical distancing is not possible.
- Stagger break and lunch times.
- Spread out breakroom chairs and create outdoor break areas with shade structures and physically distanced seating.

Avoid large gatherings. Practice physical distancing during non-work hours.

Report Workplace Health and Safety Complaints

Cal/OSHA investigates workplace accidents and complaints of unsafe or unhealthy working conditions. Contact Cal/OSHA if you have complaints.

Find your local Cal/OSHA Enforcement District Office:
www.dir.ca.gov/dosh/Complaint.htm

Cal/OSHA Industry Guidance

Cal/OSHA Industry Guidance on COVID-19:

COVID-19 Industry Guidance: Food Packing and Processing:

Please visit Cal/OSHA’s website:
www.dir.ca.gov/dosh

Cal/OSHA’s regulations, title 8 section 3205 and others, require employers to protect workers exposed to COVID-19. This brochure explains the best practices for workers on preventing the spread of COVID-19 in the workplace.
Written Program
Your employer must establish a written workplace-specific COVID-19 prevention program at each facility. These are some of the procedures that must be included:

✔ Use of face coverings.
✔ Training and communication with you about the plan.
✔ Investigation and response to COVID-19 illnesses among workers, including isolating workers and their close contacts.
✔ Informing you if you may have been exposed to COVID-19 at work.

Training
Your employer must train you on the following:

✔ COVID-19 symptoms and how the disease spreads.
✔ Infected people may spread the disease even when not sick.
✔ Do not come to work if you feel sick.
✔ Proper use of hand sanitizer and required alcohol content.
✔ Cough and sneeze into your elbow or a tissue.
✔ Safe use of cleaners and disinfectants.
✔ Physical distancing.
✔ Employer- or government-sponsored leave benefits, such as workers’ compensation.

Control Measures and Screening
Your employer must implement the following measures at the workplace:

✔ Provide temperature and symptom screenings at work or instruct you on how to self-screen at home.

Cleaning and Disinfection
Take the following measures:

✔ Wash your hands frequently.
✔ Perform thorough cleaning in high-traffic areas.
✔ Clean touchable surfaces between shifts or between users, whichever is more frequent.
✔ Frequently clean and disinfect commonly touched surfaces.
✔ Clean delivery vehicles and equipment before and after delivery routes.
✔ Use products that are approved by the Environmental Protection Agency (EPA) for use against COVID-19, found on List N.

WARNING: Use respirators and other personal protective equipment (PPE), not other face coverings, when needed to protect against exposures to other harmful substances or agents.