

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 Guidance

Cal/OSHA Industry Guidance on COVID-19:

www.dir.ca.gov/dosh/coronavirus/Guidance-by-Industry.html

COVID-19 Industry Guidance: Food Packing and Processing:

<https://files.covid19.ca.gov/pdf/guidance-food-packing--en.pdf>

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



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Best Practices for COVID-19 Infection Prevention in Food Packing and Processing



Photo: Getty Images

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.



Graphic: CDC



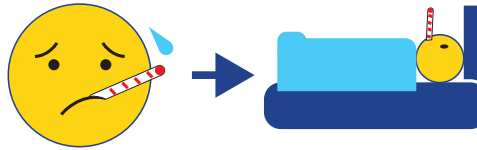
WARNING: Use respirators and other personal protective equipment (PPE), not other face coverings, when needed to protect against exposures to other harmful substances or agents.



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.



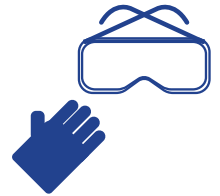
Control Measures and Screening

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.



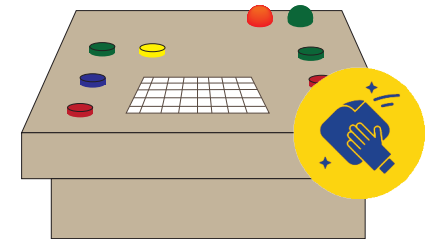
- ✓ Provide appropriate protective equipment.



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.

