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

- Follow work practices to maintain safe physical distancing while working.
  - Stay behind Plexiglas or other impermeable barriers where physical distancing is not possible.
  - Stagger break and lunch times.
  - Spread out breakroom chairs or 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:

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

March 2021
©2021 California Department of Industrial Relations

Best Practices for COVID-19 Infection Prevention in General Industry

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.

NOTE: Certain employers, such as health care, homeless shelters, and correctional facilities, are required to comply with the Aerosol Transmissible Diseases standard, title 8 section 5199, which has different requirements.
Written Program

Your employer is required to 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.
✓ Provide appropriate protective equipment.
✓ If serving the public, refuse entry to those who refuse to wear face coverings, unless exempt.

Cleaning and Disinfection

Take the following measures:

✓ Frequently wash your hands.
✓ 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.