	<b>Document name:</b>		
	Lanesafe TRAFFIC CONTROL ENVIRONMENTAL, HEALTH AND SAFETY MANUAL	<b>Doc. Number:</b>	MAN-EHS-LSTC-001
	EXPOSURE CONTROL PLAN – COVID-19	<b>Rev.:01</b>	0
		<b>Page:</b>	1 of 11

## Exposure Control Plan for COVID-19 (*CORONAVIRUS*)

### Health Hazards of COVID-19

COVID-19 has been declared a global pandemic and a public health emergency in British Columbia. is a virus that can cause respiratory illness and can lead to hospitalization and death. The effects of COVID-19 are expected to be much more severe than for seasonal influenza because most people will not have any immunity to the virus. Seniors and people with underlying health issues (including heart disease, diabetes and lung disease) are at a higher risk of hospitalization and death, but young and healthy people are also at risk.

### Symptoms


Symptoms of COVID-19 are likely to include:

- Fever
- Chills
- Cough or worsening of chronic cough
- Shortness of breath
- Sore throat
- Runny nose
- Loss of sense of smell or taste
- Headache
- Fatigue
- Diarrhea
- Loss of appetite
- Nausea and vomiting
- Muscle aches

### Transmission

Exposure to COVID-19 can occur by:

- Breathing in droplets in the air that are generated when people cough or sneeze.
- Close contact with other people (e.g. shaking hands or hugging).
- Touching contaminated surfaces and then touching the face, mouth, or food.

	<b>Document name:</b>		
	Lanesafe TRAFFIC CONTROL ENVIRONMENTAL, HEALTH AND SAFETY MANUAL	<b>Doc. Number:</b>	MAN-EHS-LSTC-001
	EXPOSURE CONTROL PLAN – COVID-19	<b>Rev.:01</b>	0
		<b>Page:</b>	2 of 11

Note that touching a contaminated surface and then touching another surface may cause the virus to transfer from one surface to another.

COVID-19 can be transmitted even by people who are not displaying symptoms of the disease. People who may be infected with COVID-19 should not come to work. This includes people who:

- Have symptoms of COVID-19.
- Have travelled outside of Canada within previous 14 days.
- Have been exposed to someone with COVID-19.
- Share a home with someone who has symptoms of COVID-19.
- Share a home with someone who has been exposed to COVID-19.

## Statement of Purpose

Lanesafe is committed to providing a safe and healthy workplace for all of our staff. A combination of measures will be used to minimize worker exposure to COVID-19, including the most effective control technologies available. Our work procedures will protect not only our workers, but also other workers who enter our facilities. All employees must follow the procedures outlined in this plan to prevent or reduce exposure to COVID-19.


## Responsibilities

### Employer

- Ensure that the materials (for example, gloves, alcohol-based hand rubs, and washing facilities) and other resources (for example, worker training materials) required to implement and maintain the plan are readily available where and when they are required.
- Ensure that workers are able to maintain social distancing (2 meters apart) at all times while completing their work safely.
- Select, implement, and document the appropriate site-specific control measures.
- Ensure that supervisors and workers are educated and trained to an acceptable level of competency.
- Ensure that workers use appropriate personal protective equipment (PPE) — for example, gloves, gowns, eye protection, and respirators.
- Conduct a periodic review of the plan’s effectiveness. This includes a review of the available control technologies to ensure that these are selected and used when practical.
- Maintain records of training and inspections.
- Ensure that a copy of the exposure control plan is available to workers.

### Supervisor

- Ensure that workers are adequately instructed on the controls for the hazards at the location.

	<b>Document name:</b>		
	Lanesafe TRAFFIC CONTROL ENVIRONMENTAL, HEALTH AND SAFETY MANUAL	<b>Doc. Number:</b>	MAN-EHS-LSTC-001
	EXPOSURE CONTROL PLAN – COVID-19	<b>Rev.:01</b>	0
		<b>Page:</b>	3 of 11

- Ensure that workers use proper respirators, they have been fit tested, and the results are recorded.
- Ensure that social distancing is maintained.
- Direct work in a manner that eliminates or minimizes the risk to workers.
- Ensure all workers are fit for duty – conduct Covid-19 Daily Health Screening Tool with all workers before the start of their shift
- Keep a daily record of all personnel on site in case of possible exposure to Covid-19

### Workers

- Maintain social distance
- Know the hazards of workplace.
- Follow established work procedures as directed by the employer or supervisor.
- Use any required PPE as instructed.
- Report any unsafe conditions or acts to the supervisor.
- Know how and when to report exposure incidents.
- Stay at home if sick and notify supervisor of any symptoms of Covid-19

### Contractors


- Contractors must comply with Lanesafe COVID-19 ECP, regulations, guidelines and any stipulations as required by their respective Lanesafe supervisor and Safety Manager
- Contractors are required to ensure the safety of their employees working on Lanesafe worksites
- Contractors are required to report all incidents of potential exposure to COVID-19 to supervisor and if any employees are undergoing COVID-19 testing or if any employees have tested positive for COVID-19

## Risk Identification and Assessment

Three primary routes of transmission are anticipated for COVID-19, all of which need to be controlled. These include contact, droplet, and airborne transmission.

### Breathing in droplets in the air

The WHO and BCCDC advises that most coronavirus infections are spread through close contact, not airborne transmission. However, if somebody coughs or sneezes, they generate droplets which are airborne for at least a short period of time but do not float in the air and generally fall to the ground within one to two meters. Anybody who is near the individual may risk breathing in these droplets. Social distancing (maintaining 2 meters of distance from other people at all times) will reduce the risk of this occurring.

	<b>Document name:</b>		
	Lanesafe TRAFFIC CONTROL ENVIRONMENTAL, HEALTH AND SAFETY MANUAL		<b>Doc. Number:</b> MAN-EHS-LSTC-001
	<b>EXPOSURE CONTROL PLAN – COVID-19</b>		<b>Rev.:01</b> 0
			<b>Page:</b> 4 of 11


### Close contact

Close contact refers to physical contact with another person, for example shaking hands or hugging. When people cough or sneeze droplets may deposit on their skin or clothing, especially if they cough or sneeze into their hands. People who are carriers of COVID-19 may transfer the virus from their hands or clothing to others during close contact.

### Surface contact

Surfaces can become contaminated when droplets carrying COVID-19 deposit on them, or when they are touched by a person who is infected. Surface contact involves a worker touching a contaminated object such as a table, doorknob, telephone, or computer keyboard or tool, and then touching the eyes, nose, or mouth. Surface contact is important to consider because COVID-19 can persist for several days on surfaces. The following risk assessment table is adapted from Regulation Guideline G6.34-6. Using this guideline as a reference, we have determined that the risk level of our workers is low when they maintain social distancing. Our workers work on a construction work site and have little contact with the general public.

<b>RISK ASSESSMENT FOR COVID-19</b>	<b>LOW RISK</b> Workers who typically have no contact with people infected with COVID-19	<b>MODERATE RISK</b> Workers who may be exposed to infected people from time to time in relatively large, well ventilated workspaces	<b>HIGH RISK</b> Workers who may have contact with infected patients, or with infected people in small, poorly ventilated workspaces
<b>HAND HYGIENE</b>	Yes (washing with soap and water, using an alcohol-based hand rub, or using hand wipes that contain effective disinfectant)	Yes (washing with soap and water, using an alcohol-based hand rub, or using hand wipes that contain effective disinfectant)	Yes (washing with soap and water, using an alcohol-based hand rub, or using hand wipes that contain effective disinfectant)
<b>DISPOSABLE GLOVES</b>	Not required	Not required (unless handling contaminated objects on a regular basis)	Yes in some cases (for example, when working directly with COVID-19 patients)
<b>APRONS, GOWNS, OR SIMILAR BODY PROTECTION</b>	Not required	Not required	Yes in some cases (for example, when working directly with COVID-19 patients)
<b>EYE PROTECTION – GOGGLES OR FACE SHIELD</b>	Not required	Not required	Yes in some cases (for example, when working directly with COVID-19 patients)
<b>AIRWAY PROTECTION – RESPIRATORS</b>	Not required (unless likely to be exposed to coughing and sneezing)	Not required (unless likely to be exposed to coughing and sneezing)	Yes (minimum N95 respirator or equivalent)

	<b>Document name:</b>		
	Lanesafe TRAFFIC CONTROL ENVIRONMENTAL, HEALTH AND SAFETY MANUAL	<b>Doc. Number:</b>	MAN-EHS-LSTC-001
	<b>EXPOSURE CONTROL PLAN – COVID-19</b>	<b>Rev.:01</b>	0
		<b>Page:</b>	5 of 11

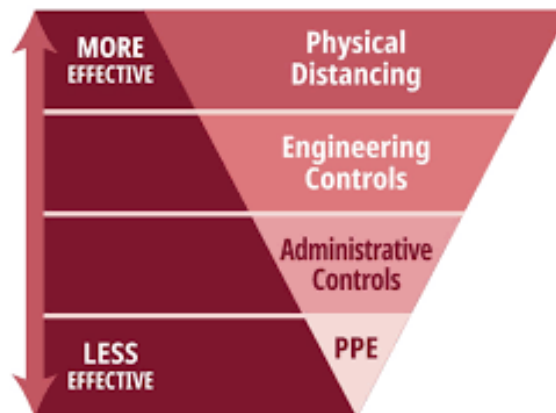
## Risk Control


The Regulation requires employers for having a system in place to identify the hazards of COVID-19, control the risk, and monitor the effectiveness of the controls.

## Hierarchy of Control for Covid-19

Considering the Hierarchy of Controls for COVID-19, operations must select a safeguard or a combination of safeguards that ensure for employee safety. The hierarchy of controls (in order of their effectiveness) is:

1. **Physical distancing / elimination or substitution:** Ensure for spaces that allow for activities to be performed two meters apart. Consider eliminating or postponing work tasks that may create a risk of exposure to COVID-19. Are there opportunities to work from home, or can work processes be changed to eliminate or reduce contact with others?
2. **Engineering controls:** Are engineering controls, such as physical barriers, practicable?
3. **Administrative controls:** Has the employer fully considered how work practices can be altered to minimize exposure, such as physical distancing or enhanced cleaning protocols?
4. **Personal protective equipment (PPE):** This last form of protection should only be considered after careful consideration of the previous control measures. The use of gloves and face masks may be considered where none of the above controls are possible or effective. If gloves, masks and protective suits are used, training and proper usage guidelines must be followed.
5. **Cloth or disposable Non-medical masks:** These masks play a role to prevent the spread of droplets by the mask wearer with the purpose to protect other people. When a cloth mask fits closely to the face and has two but preferably three layers the mask may provide some protection to the wearer.




	<b>Document name:</b>		
	Lanesafe TRAFFIC CONTROL ENVIRONMENTAL, HEALTH AND SAFETY MANUAL	<b>Doc. Number:</b>	MAN-EHS-LSTC-001
	EXPOSURE CONTROL PLAN – COVID-19	<b>Rev.:01</b>	0
		<b>Page:</b>	6 of 11

### Hazard Analysis

To develop this Plan, a hazard analysis was completed based on the “Hierarchy of Controls for COVID-19” as recommended by the PHO. This framework addresses physical distancing followed by engineering controls, administrative controls and lastly, personal protective equipment (PPE) to reduce transmission. The application of these control measures will assist in mitigating potential hazards to maintain a safe workplace

<b>Hazards</b> <i>CONSIDER: Health and safety, damage to people, property, equipment, or program/the categories of hazards; biological, physical, chemical, and psycho-social.</i>	<b>Controls</b>	<b>Mitigation</b>
<p>During the pandemic response, there is a risk of transmission whenever people come into contact with one another, share close physical space, and touch common surfaces.</p> <ul style="list-style-type: none"> <li>Physical: touching surfaces that are potentially contaminated with coronavirus particles</li> <li>Biological: inadvertent exposure to a viral contagion or inadvertent contamination of a shared workspace or common area with easily transmissible viral particles</li> </ul>	<p><b>Physical Distancing</b></p>	<ul style="list-style-type: none"> <li>Signage must be installed regarding physical distancing including visual</li> <li>Common areas (public and employee) must be arranged to allow for physical distancing</li> <li>Alternative solutions to conducting business meetings should be considered</li> </ul>
<p><b>Biological:</b></p> <ul style="list-style-type: none"> <li>Inadvertent exposure to a viral contagion or inadvertent contamination of a shared workspace or common area with easily transmissible viral particles by an employee who is carrying or showing symptoms of COVID19</li> </ul>	<p><b>Engineering</b></p>	<ul style="list-style-type: none"> <li>Workspaces that are shared between two or more employees may be re-arranged to accommodate physical distancing or may require further steps of action to ensure physical distancing</li> <li>Place hand sanitizer station near entrance doors and other high touch locations for contractors and employees</li> </ul>

	<b>Document name:</b>		
	Lanesafe TRAFFIC CONTROL ENVIRONMENTAL, HEALTH AND SAFETY MANUAL	<b>Doc. Number:</b>	MAN-EHS-LSTC-001
	<b>EXPOSURE CONTROL PLAN – COVID-19</b>	<b>Rev.:01</b>	0
		<b>Page:</b>	<b>7 of 11</b>


<p><b>Pandemic-related hazards include:</b></p> <ul style="list-style-type: none"> <li>Physical: touching surfaces that are potentially contaminated with coronavirus particles</li> <li>Biological: inadvertent exposure to a viral contagion or inadvertent contamination of a shared workspace or common area with easily transmissible viral particles</li> <li>Psycho-social: mental</li> </ul>	<p><b>Administrative</b></p>	<p>Ensure for operational procedures which address the following:</p> <ul style="list-style-type: none"> <li>Self-monitoring</li> <li>Guidance on document handling</li> <li>Cleaning/disinfecting procedures</li> <li>Signage</li> <li>Business meeting protocols (for both off-site and on-site)</li> <li>Stress, anxiety, and mental health awareness</li> <li>Proper hygiene practices</li> </ul>
<p><b>Biological:</b></p> <ul style="list-style-type: none"> <li>Inadvertent exposure to a viral contagion or inadvertent contamination of a shared workspace or common area with easily transmissible viral particles</li> </ul>	<p><b>PPE</b></p> <p><b>Non Medical Masks</b></p>	<p>Workers will wear nitrile gloves when required on site and will ensure the use of Non-Medical Masks on active sites and in all public indoor setting and all shared work areas</p>

### Hand washing

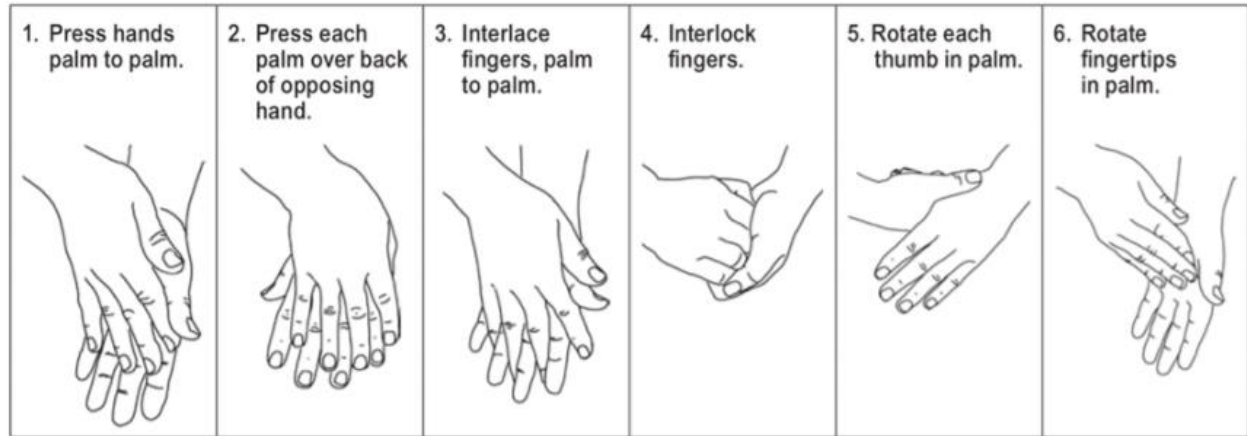
Hand washing is one of the best ways to minimize the risk of infection. Proper hand washing helps prevent the transfer of infectious material from the hands to other parts of the body—particularly the eyes, nose, and mouth - or to other surfaces that are touched.

Wash your hands immediately:

- Before leaving a work area.
- After handling materials that may be contaminated.
- Before eating, drinking, smoking, handling contact lenses, or applying makeup.

	<b>Document name:</b>		
	Lanesafe TRAFFIC CONTROL ENVIRONMENTAL, HEALTH AND SAFETY MANUAL		<b>Doc. Number:</b> MAN-EHS-LSTC-001
	EXPOSURE CONTROL PLAN – COVID-19		<b>Rev.:01</b> 0
			<b>Page:</b> 8 of 11

## Hand washing procedure



Use soap and warm running water. (It doesn't have to be hot to do the job.) If water is unavailable, use a waterless hand cleanser that has at least 70% alcohol. Follow the manufacturer's instructions on how to use the cleanser. Alcohol-based hand rub dispensers are located adjacent to the washrooms and kitchen area.

## Cough/sneeze etiquette

Our workers are expected to follow cough/sneeze etiquette, which is a combination of measures that minimizes the transmission of diseases via droplet or airborne routes.

Cough/sneeze etiquette includes the following components:


- Educate workers in control measures, including hand washing.
- Post signs at entry points to instruct everyone about control measures.
- Cover your mouth and nose with a sleeve or tissue when coughing or sneezing.
- Use tissues to contain secretions and dispose of them promptly in a waste container.
- Offer surgical masks to people who are coughing.
- Turn your head away from others when coughing or sneezing.
- Wash hands regularly.

## Pre-screening

Employees are required to complete an initial health assessment and questionnaire before coming to the yard or site. See link below:

<https://rwss.typeform.com/to/zuB22dor>



	<b>Document name:</b>		
	Lanesafe TRAFFIC CONTROL ENVIRONMENTAL, HEALTH AND SAFETY MANUAL	<b>Doc. Number:</b>	MAN-EHS-LSTC-001
	<b>EXPOSURE CONTROL PLAN – COVID-19</b>	<b>Rev.:01</b>	0
		<b>Page:</b>	9 of 11

No employee is allowed into the office unless the health questionnaire is completed. If any employee has been outside of Canada, they are required to self-isolate for 14 days before returning to the workplace. Refer to your public health authority.

If any employee has been in contact with a person who is undergoing testing or has tested positive for COVID-19 they are not to come to work until the test results are confirmed. If the contact tests positive for Covid-19, the worker is required to self-isolate for 14 days.

### Document Handling

- Wash hands before and after handling documents
- Sanitize work surfaces before and after contact with documents
- Digitize documents whenever possible
- Document handler will be the only person to apply markups and comments to paper documents
- The supervisor or worker will conduct the tailboard.
  - Maintain physical distance during tailboard
  - The person who wrote the tailboard will be the only person to touch the document
  - All workers present shall go over the hazards for the job and discuss physical distancing and other COVID-19 precautions
  - All visitors and contractors will follow the same tailboard requirements


### Maintain a Clean Workspace and Common Area

- Clean personal workspaces, tools, equipment and common areas after use.
- Clean surfaces with a disinfectant cleaning wipes and spray. The office, yard and trucks all have disinfectant cleaning products available to workers. The worker each day will clean commonly used tools, equipment and high contact surfaces.
- High contact surfaces include phones, desks, lunchrooms and personal eating areas.
- Dispose all garbage and food daily – do not share food, cups, water bottles or utensils

### Travelling in Vehicles

Lanesafe will keep the same crews together. Workers are to stay within their crews and maintain physical distancing whenever possible.

- Limit 1 person per vehicle if possible. Workers will drive personal vehicles to jobsite whenever reasonable
- Maximum of 2 workers per vehicle - Face masks are required when 2 workers are travelling together
- Limit time in vehicle. Vehicles are to be cleaned daily with disinfectant spray and wipes. Clean inside of vehicles paying attention to high contact surfaces like door handles, steering wheel, dashboard etc.
- If you are changing drivers, clean before and after use

	<b>Document name:</b>		
	Lanesafe TRAFFIC CONTROL ENVIRONMENTAL, HEALTH AND SAFETY MANUAL	<b>Doc. Number:</b>	MAN-EHS-LSTC-001
	EXPOSURE CONTROL PLAN – COVID-19	<b>Rev.:01</b>	0
		<b>Page:</b>	10 of 11

## Social Distancing

Social distancing is a way that we can slow the spread of COVID-19 by limiting close contact with others. Even though we are not sick, we should still keep about two meters (six feet) or the length of a queen-sized bed from one another when we can when outside our homes.

Social distancing is not always possible while performing specific tasks. These include:

- Travelling in vehicles
- Carrying specific tools and equipment
- Close quarters underground tasks

Workers who cannot maintain social distancing are required to wear respirators with P100 filters or at a minimum a nonsurgical face mask. The CDC recommends wearing cloth face covering where other social distancing measures are difficult to maintain. All Lanesafe employees have been issued non-surgical masks and been instructed when to use them. The use of a respirator or nonsurgical mask can slow down the spread of the virus.

## How do practice Social Distancing?

There are many ways to practice social distancing:


- Limit activities outside your home
- Use virtual options to connect with others
- Work from home
- If you are out in public, try to keep 2 metres between yourself and others.
- Keep your hands at your side when possible
- Stay home when you are sick
- Cough into your elbow or sleeve
- Avoid social activities in large gatherings

## Wearing masks

The CDC recommends the use of masks ,specifically non-valved multi-layer cloth masks, to prevent transmission of Covid-19 where other social distancing measures are difficult to maintain. Masks are primarily intended to reduce the emission of virus-laden droplets (“source control”), which is especially relevant for asymptomatic or pre-symptomatic infected wearers who feel well and may be unaware of their infectiousness to others. The nature of our work requires us to sometimes work within 2 meters/6 feet of each other. The use of simple cloth face coverings slows the spread of the virus and help people who may have the virus and do not know it.

BC’s recent public health order requires the use of masks in all public indoor setting and all workplaces where for shared work areas and areas where physical distancing cannot be maintained. This includes kitchens, hallways, break rooms, elevators etc.

All Lanesafe employees and sub-contractors are required to wear masks while on the job site. Office workers are required to wear masks in common areas and when physical distancing cannot be maintained.

	<b>Document name:</b>		
	Lanesafe TRAFFIC CONTROL ENVIRONMENTAL, HEALTH AND SAFETY MANUAL	<b>Doc. Number:</b>	MAN-EHS-LSTC-001
	<b>EXPOSURE CONTROL PLAN – COVID-19</b>	<b>Rev.:01</b>	0
		<b>Page:</b>	<b>11 of 11</b>

### If workers show symptoms of COVID-19

If workers are ill with COVID-19, they should stay home. If they develop symptoms of COVID-19 while at work, they should leave the workplace. Workers should only return to the workplace once they have recovered from COVID-19. Workers should inform their manager or supervisor if they are ill with COVID-19.

Workers who suspect they may have COVID-19 should use the BC Self-Assessment Tool: <https://bc.thrive.health/> or call 811 for assistance.

### Worker Training

Our workers will receive training in the following:

- The risk of exposure to COVID-19, and the signs and symptoms of the disease.
- Safe work procedures to be followed, including hand washing, social distancing and cough/sneeze etiquette.
- Location of washing facilities, including dispensing stations for alcohol-based hand rubs.
- How to seek first aid.
- How to report an exposure to or symptoms of COVID-19.

### Health Monitoring

Our workers will promptly report any symptoms of COVID-19 to their manager or supervisor and the first aid attendant.

### Record Keeping

Our company will keep records of instruction and training provided to workers regarding COVID-19, as well as exposure reports and first aid records

### Annual Review

We will review the exposure control plan every year and update it as necessary, in consultation with our joint health and safety committee or worker health and safety representative.