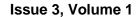
Janitorial Safety Tip Sheet

A series of health and safety tips to prevent work-related injuries in the janitorial industry



May 2020





The CDC currently recommends wearing a mask to protect others.

These recommendations are for general custodial work in industries with a low risk of exposure to people with COVID-19, using a mask is currently not required for WA workers. For workers in higher risk situations, who may need respiratory protection, please see the <u>latest guidelines from the CDC.</u>

Making a mask: This video shows you how to make one without sewing: <u>How to Make Your Own Face Covering.</u> If you have a sewing machine, try these: <u>How to Make a DIY Face Mask (that has a filter)</u>, OR, <u>How to Sew a Fitted</u> Cotton Face Mask.

Some important things to know about homemade masks:

- Use tightly woven but breathable material.
- Consider layering the material.
- Make a mask that is close-fitting around your nose and mouth (snug).
- How to wear and use a homemade mask:
 - Wash your hands thoroughly before putting on the mask, and immediately after taking the mask off.
 - The mask should cover your nose and mouth.
 - The used mask may not look dirty but needs to be washed in hot water, and dried at high temperatures, after EACH use. When your breath gets a mask damp, they may be less effective, change often if needed.
 - Use the elastic or ties to remove the mask.

- Make more than one so when one gets dirty you have another.
- They must be breathable! If you have asthma or any condition that makes breathing difficult consult a doctor before wearing a mask.
 - Never remove your mask by touching the mask material itself.





Benefits of wearing a homemade mask:

- Wearing a homemade mask may not protect you from COVID-19, but it will protect others if you are sick.
- By wearing a mask, it reminds people to keep a safe distance from each other, and
- Prevents you from touching your mouth, nose, and parts of your face with an unwashed hand.
- Even when wearing a homemade mask, you should continue to practice social distancing (keep 6 feet away from others, avoid close contact).



