

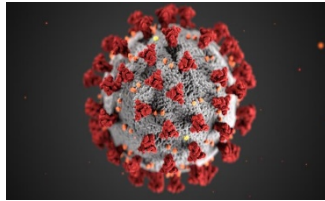
Janitorial Safety Tip Sheet

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



April 2020

Issue 2, Volume 1



Do you know how to avoid COVID-19? Watch for symptoms:

The following symptoms may appear **2-14 days** after exposure.



Call your doctor if you...

- Feel sick, **and have been in close contact** with a person known to have COVID-19 **OR**,
- Have **recently traveled from an area** with [widespread or ongoing community spread of COVID-19](#).

Protect Your Health: Infected people can spread COVID-19 through tiny droplets when they cough or sneeze. Use these practices to prevent the spread of COVID-19:

- **Avoid close contact** with people who are sick.
- **Don't touch** your eyes, nose, and mouth.
- **Stay home** when you are sick.
- **Cover your cough or sneeze** with a tissue, then throw the tissue in the trash.
- **Clean and disinfect** frequently-touched objects and surfaces. For disinfection, use diluted household bleach solutions, alcohol solutions with at least 70 percent alcohol, and EPA-registered household disinfectants. (see [EPA list of disinfectants for this virus](#)).
- The virus can live on surfaces for up to **72 hours**.
- **Follow CDC's recommendations for using a facemask.**
- **Wash your hands often!**
 - **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
 - **Rinse** your hands well under clean, running water.
 - **Dry** your hands using a clean towel or air dry them.

Protect yourself at work: According to the CDC, steps for preventing illness include both *Cleaning and Disinfecting*. If you are asked to disinfect an area where there was a known COVID-19 case, make sure you have the proper personal protective equipment (PPE); that your employer has trained you in how to disinfect; and that you follow [CDC guidance for disinfecting](#), which includes but is not limited to:

1. Clean the surface with a detergent or general-purpose cleaner. Cleaning is an important first step to the process because it physically removes soil, organic matter, and many germs from the surface.
2. Rinse the surface with clean water.
3. Disinfection should always take place last, to ensure that any germs leftover after cleaning are destroyed. Disinfectants are not as effective when applied directly to dirty surfaces, because germs and viruses can hide under soils.
 - o It is important to follow the label use directions for **enveloped viruses**, which applies to the coronavirus that causes **COVID-19**. **Disinfectants can require up to a 10-minute contact time**, which means that the disinfectant needs to be left **wet on the surface** for 10 minutes to kill germs. If the directions for use against viruses list different contact times or dilutions, use the longest contact time or most concentrated solution. [Refer to guidelines on disinfection](#).

Clean and disinfect all frequently touched surfaces – these may include:

- Door handles
- Glass doors from 4 feet up
- Faucets
- Towel dispensers
- Soap dispensers
- Grab bars and stair rails
- Cabinets and countertops in higher traffic areas
- Telephones
- Other surfaces frequently touched by customers

- All-purpose cleaners should be adequate for most surfaces such as floors, walls, and other areas. However, if your employer asks you to disinfect to kill germs, remember that not all all-purpose cleaners are disinfectants. Check with your supervisor or foreman if you aren't sure.
- If you are asked to disinfect an area with known COVID-19 confirmed cases, do not start until you have received proper hazard training, or refresher training from your employer.
- **Use latex or nitrile gloves** to protect yourself from cleaning chemicals.
- If possible, **use eye protection** to keep chemicals from splashing into your eyes.
- Disinfectants with ethyl alcohol, isopropyl alcohol or hydrogen peroxide are safer to use.
- **Do not create your own cleaning or disinfecting solution mix**, without proper instructions from your employer. These may not be effective, and may interact with other chemicals at work and harm you.
- Make sure you have enough **ventilation** (air flow) in areas you are disinfecting. If cleaning in a bathroom or other small space, make sure the door is propped open.
- Remember **do not touch** your face, eyes or nose while working.
- **Wash your hands for 20 seconds with soap and water** at each break, before and after you eat and remember to replace your gloves often.
- **Cover** any cuts, scratches or open wounds on skin with secure bandages, and change these often.