



COVID-19 General Exposure Control Plan

<p>Purpose</p>	<p>This document has been created due to the COVID-19 Global Pandemic. A&A has written this General Exposure Control Plan to communicate and educate A&A staff and customers in protocols regarding COVID-19.</p> <p>A&A has used the following resources in the creation of this General Exposure Control Plan.</p> <ul style="list-style-type: none"> • Government of Canada – Public Health Services • Ministry of Public Health – British Columbia • Center for Disease Control and Prevention – British Columbia • WorkSafeBC 	
<p>Scope</p>	<p>A&A staff, dependent contractors and customers.</p>	
<p>Responsibilities</p>	<p>Executive Leadership</p>	<ul style="list-style-type: none"> • Approve and distribute A&A's General Exposure Control Plan – COVID-19
	<p>Managers & Supervisors</p>	<ul style="list-style-type: none"> • To implement, communicate A&A's COVID-19 General Exposure Control Plan to all staff.
	<p>Staff, Dependent Contractors and Customers</p>	<ul style="list-style-type: none"> • To adhere to A&A's COVID-19 General Exposure Control Plan.
<p>COVID-19 Facts</p>	<p><u>COVID-19:</u> Coronaviruses are a large family of viruses found mostly in animals. In humans, they can cause diseases ranging from the common cold to more severe diseases such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS). The disease caused by the new coronavirus has been named COVID-19.</p> <p>While many of the characteristics of COVID-19 are still unknown, mild to severe illness has been reported for confirmed cases. *1. BC Centre for Disease Control</p> <p><u>Symptoms:</u> The symptoms of COVID-19 are similar to other respiratory illnesses, including the flu and common cold. They include cough, sneezing, fever, sore throat and difficulty breathing. *2. BC Centre for Disease Control</p> <p><u>Transmission:</u> COVID-19 is droplet transmission. The mere act of getting the virus airborne on droplet from coughing, sneezing, aggressive talking etc. can be enough to spread the virus by droplet.</p> <p>The virus can live outside the body for many days on most hard surfaces including plastics, steel, copper and cardboard.</p> <p>When a person touches a surface with the virus, the mere act of touching the eyes, nose or mouth (mucous membranes) can be enough to infect the person with the virus.</p>	



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	<p style="text-align: center;">Life Span of the Corona Virus on Surfaces (doorknobs, money, seats, clothing, ...)</p> <p style="text-align: right;">In certain conditions, the droplets can stay in the air for up to 45 minutes</p> <p style="text-align: center;">Up to 4 meters (12ft) (Average 2m) Droplets</p> <p>SNEEZE</p> <p>Skin A few minutes</p> <p>Clothing and masks Up to 12 hours</p> <p>Wood Up to 4 days</p> <p>Paper 4 to 5 days</p> <p>Glass & Metal Up to 5 days</p> <p>Plastic 6 to 9 days</p> <p style="text-align: right;">www.perolsblog.com</p>
<p>Risk Identification and Assessment</p>	<p>All persons in BC are considered to be at HIGH risk of contracting COVID-19 according to Health Canada website on March 24, 2020.</p>
<p>Education and Training</p>	<p>Due to social distancing requirements at this time, A&A will deliver this Exposure Control Plan to all staff via telephone conference calls or video conferencing. Safety Committee Members who represent the various departments within the company (i.e. Log Supply, F&E) will present the COVID-19 General Exposure Control Plan to their respective departments.</p>
<p>COVID-19 Prevention</p> <ul style="list-style-type: none"> • Procedures • Hygiene • Decontamination 	<p><u>Personal Hygiene:</u></p> <ul style="list-style-type: none"> • Wash your hands often with soap and water for at least 20 seconds. Using soap and water is the single most effective way of reducing the spread of infection. • Do not touch your face, eyes, nose or mouth with unwashed hands. • Cover your mouth and nose with a disposable tissue or the crease of your elbow when you sneeze or cough. • Regularly clean and disinfect frequently touched surfaces. • Do not share food, drinks, utensils, etc. *3. BC Centre for Disease Prevention



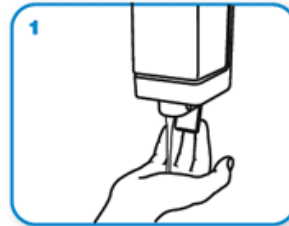
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Proper Hand Washing:



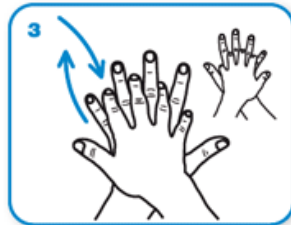
Wet hands with water



apply enough soap to cover all hand surfaces.



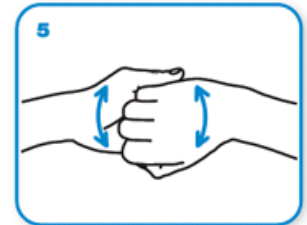
Rub hands palm to palm



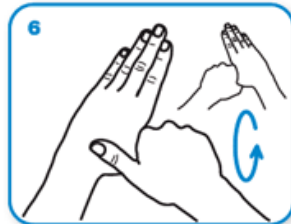
right palm over left dorsum with interlaced fingers and vice versa



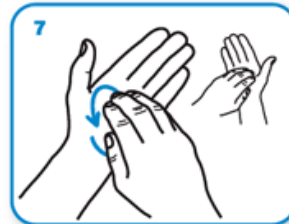
palm to palm with fingers interlaced



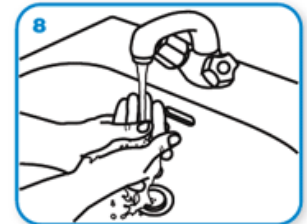
backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



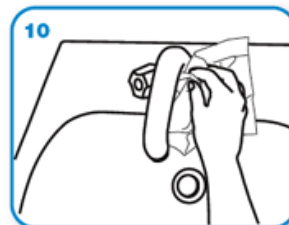
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



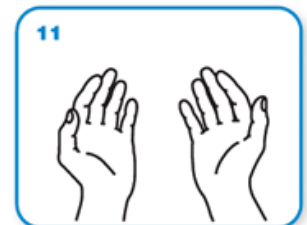
Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.

Staff who may have been exposed to or contracted COVID-19:

- Staff who are looking for medical advice should contact a medical professional.
- In B.C. contact 811 or use the self-assessment link (covid-19.bccdc.ca).



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	<ul style="list-style-type: none"> • If you have interacted with someone who has tested positive for COVID-19 you must inform your manager / supervisor. • You must inform your manager / supervisor if you have tested positive for the virus. • If you have been away from work after testing positive for COVID-19, you must contact your manager / supervisor before returning to work. <p><u>Staff who are sick or suspect they are becoming sick:</u></p> <ul style="list-style-type: none"> • If you are feeling unwell, <u>do not come into the workplace</u> and inform your manager / supervisor. • If you suspect you may have COVID-19, call your local non-emergency health line. • Employees with COVID-19 like symptoms (sore throat, coughing, fever, etc.) are to self-isolate at home for 10 days from the onset of their symptoms, until their symptoms are completely resolved. • In B.C., call 811 or use the self assessment link (covid-19.bccdc.ca). <p><u>Staff who may have sick or unwell family members:</u></p> <ul style="list-style-type: none"> • If a member of your family has tested positive for COVID-19, you are required to inform you manager / supervisor. You must follow the advice of your physician and self-quarantine as required. <p><u>Staff who have recently traveled out of country:</u></p> <ul style="list-style-type: none"> • Remain at home for 14 days upon your return to Canada if you have been outside of the country. • You are encouraged to avoid all non-essential travel as per the Government of Canada & Province of British Columbia advice. <p><u>If a co-worker tests positive for COVID-19:</u> In the event a staff member tests positive for COVID-19 A&A will follow the guidelines and direction of the local Public Health Official for response. Notification of positive test to affected staff will occur.</p>
<p>A&A's Enhanced Precautionary Measures</p>	<p><u>Social Distancing:</u></p> <ul style="list-style-type: none"> • Staff are required to keep a minimum distance of 6 feet or 2 meters from each other • Personal Protective Equipment (PPE) may be able to be used in situations when minimum social distance cannot be maintained. <p><u>Customer/ Visitor Procedures:</u></p> <ul style="list-style-type: none"> • Visitors coming to A&A office(s) is restricted to essential meetings only. Where possible use alternate means for meetings (i.e. telephone or video conferencing). <p><u>Precautionary Cleaning Procedures:</u></p> <ul style="list-style-type: none"> • All common surface areas (handrails, doorknobs, faucets, counters, etc.) are to be cleaned with an approved disinfectant frequently. <p><u>Approved Cleaning/ Disinfectant Products:</u></p> <ul style="list-style-type: none"> • Soap and Warm Water and any product containing > 70% alcohol. • The BC Center for Disease Control recognizes regular Household Cleaning Products can prevent the spread of COVID-19. http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/cleaning-and-disinfecting

Donning a Facemask:



Removing Disposable Gloves:

Glove removal procedure

To protect yourself from exposure to contamination, you must take your gloves off safely.

How to remove gloves safely



1. With both hands gloved, grasp the outside of one glove at the top of your wrist.



2. Peel off this first glove, peeling away from your body and from wrist to fingertips, turning the glove inside out.



3. Hold the glove you just removed in your gloved hand.



4. With your ungloved hand, peel off the second glove by inserting your fingers inside the glove at the top of your wrist.



5. Turn the second glove inside out while tilting it away from your body, leaving the first glove inside the second.



6. Dispose of the gloves following safe work procedures. Do not reuse the gloves.



7. Wash your hands thoroughly with soap and water as soon as possible after removing the gloves and before touching any objects or surfaces.



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Health Monitoring	<p>On a daily basis individuals need to complete a self-assessment prior to showing up for work.</p> <p>Common symptoms include cough, sneezing, fever, sore throat and difficulty breathing.</p>
Definitions	<p><i>COVID-19</i> - Coronaviruses are a large family of viruses found mostly in animals. In humans, they can cause diseases ranging from the common cold to more severe diseases such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS). The disease caused by the new coronavirus has been named COVID-19.</p> <p><i>Social Distancing</i> – keeping 6 feet or 2 meters of space between yourself and others at all time.</p> <p><i>Personal Hygiene</i> – Hygiene refers to conditions and practices that help to maintain health and prevent the spread of diseases.</p>