COVID-19 Health and Safety Training for Faculty and Cadets

California State University Maritime Academy
Phase I return for Face2Face
June 2020
Sources for this Presentation

1. US Center for Disease Control COVID-19
2. CDC “Considerations for Institutions of Higher Education”
3. OSHA “COVID-19 Workplace requirements”
4. OSHA’s “Guidance on Preparing Workplaces for COVID 19”
8. Environmental Protection Agency
9. (SOCP) Ship Operators Cooperative Program
The Virus: How it Spreads

- **Person-to-person**
  - Between people who are within about 6 feet of each other
  - Through respiratory droplets.
  - These droplets can land in the mouths or noses or be inhaled into the lungs
    - Coughing
    - Sneezing
    - Breathing
    - Spitting

- **Touching a surface or object that has the virus on it** and then touching their own mouth, nose, or possibly their eyes

Asymptomatic people can spread the virus

(CDC 2020)
Symptoms

May appear **2-14 days after exposure to the virus.** People with these symptoms *may have* COVID-19:

- Fever or chills
- Cough
- Shortness of breath
- Difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
What to do if you feel ill or need a CAPS counselor

• Contact our Campus Health Center immediately
  Telephone number **(707) 654-1170**
  Open 8:30 AM-5:30 PM Mon – Fri
  (Closed between 1:00 PM – 2:00 PM for lunch)

• For after-hours urgent medical or psychological concerns/symptoms, call: **(707) 654-1170 and select option 1** to be connected to an advice nurse. Available 24/7.

• If you are having suicidal thoughts and/or are in a mental health crisis, please call the Suicide Prevention Lifeline at (800) 273-TALK (8255).

https://www.csum.edu/web/health-services/
When to Seek Emergency Medical Attention

CALL 911 or go to emergency medical facility:

Notify the operator that the person may have COVID-19.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*This list is not all possible symptoms.
Please call your medical provider for any other symptoms that are severe or concerning to you. When in doubt, Call!
Training is Required

• When to use PPE
• What PPE is necessary
• How to properly don, use, and doff PPE
• Disposal, disinfecting, inspecting, maintaining PPE
• Limitations of PPE


https://www.osha.gov/SLTC/covid-19/controlprevention.html#health
CAL MARITIME Guidelines

1. Stop touching your face
2. Maintain social distancing
3. Wash your hands often
4. Sanitize your hands often
5. Wear a face covering whenever you’re outside of your dorm room
6. Wear gloves when directed
7. Sanitize surfaces frequently
QUESTION: How many times per hour does the average college student touch their face?

ONE DOES NOT SIMPLY
STOP TOUCHING ONE'S FACE
QUESTION: How many times per hour does the average college student touch their face?

23
1. Stop Touching Your Face!

How many times do we need to tell you? ......

STOP Touching Your Face!

SHE SAID WORK ON NOT TOUCHING YOUR FACE

ME
2. Maintain Social Distancing

- Stay at least 6 feet apart
- Do not gather in groups
- Stay out of crowded places
- Avoid contact sports
- No visitors in your dorm room
- Leave windows and doors open to allow for ventilation
- One person at a time in laundry room and at copier
2. Maintain Social Distancing

How to navigate passageways

• Follow directional guidance
  • In Technology Building
  • On TSGB
  • In PEAC

• Step aside to let others pass

• Pass “Back-to-Back”

• Keep at least 6 ft. distance between you and the next person while standing in lines and at the Dining Center
3. Wash Your Hands

1. **Wet** your hands with clean water, turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

https://www.youtube.com/watch?v=hHY7P0TXIaU
DEMONSTRATION

The Snickering VILLAIN

Rub Palms

SPIDERS on PIGGYBACK

Rub Backs of Hands (both hands)

SPIDERS KISSING

Rub Palm to Palm
McNie’s alternative song to *Happy Birthday*

*Sweet Caroline* by Neil Diamond... in 20 seconds.

*Hands...*
*Washing hands*
*Not Reachin’ out*
*Don’t touch me*
*I won’t touch you*

*Sweet Caroline*
*Dah Dah Dah*
*Clean hands never seemed so good*
*So good so good so good*

https://www.youtube.com/watch?v=sPLgsV_Ms3Q
When to Wash Hands?

**BEFORE**
- Touching your eyes, nose, or mouth
- Touching mask
- Donning gloves
- During, and after preparing food
- Eating food

**AFTER**
- Touching face covering
- Doffing gloves
- Blowing your nose, coughing, or sneezing
- Touching public door handles, tables, keyboards, pens, chairs, equipment
- After using the toilet
- After touching garbage
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**AFTER**
- Touching face covering
- Doffing gloves
- Blowing your nose, coughing, or sneezing
- Touching public door handles, tables, gas pumps, shopping carts, or electronic cashier registers/screens, etc.
- After using the toilet
- After touching garbage
4. Sanitize Your Hands

• Whenever you can’t wash hands
• Must contain at least 60% alcohol
• Hand sanitizers may not be as effective on dirty or greasy hands
• Hand sanitizers will be available in every instructional space in spray bottles
• Savage & Cooke 80% alcohol
• Follow guidelines for safe storage
Hand Sanitizer

• Hand Sanitizers Are Drugs approved by FDA
• Do not drink hand sanitizer **It could kill you**
• Same goes for pets and children
• It is flammable, however reports of fires are rare
• Store out of direct sunlight and away from hot surfaces

From FDA, 2020

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**BHS dispenser distance from ignition sources**

From the NFPA 101 Life Safety Code Requirements for the use of ABHS Dispensers (via CDC)

*One-inch (25 mm) distance* (horizontal or vertical) above, to the side, or beneath an ignition source. *(Sources of ignition: Appliances or equipment that, because of their intended modes of use or operation, are capable of providing sufficient thermal energy to ignite flammable gas-air mixtures.)*

5 *Examples include wall outlets, thermostats, and appliances.*

Note: While one-inch is acceptable, a more conservative approach is to ensure a distance of no less than 6 inches (12.7 mm; horizontal or vertical, measured from the center of the dispenser) between ABHR dispensers and source of ignition.

https://www.cdc.gov/handhygiene/firesafety/index.html
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https://www.cdc.gov/handhygiene/firesafety/index.html
When to Use Sanitizer

• Whenever you are unable to wash your hands and are supposed to
• E.g. touching public surfaces, before eating, after doffing gloves...
• When you arrive at your station and before you leave your station

“Clean at Hello and Clean at Goodbye”
5. Wear Face Coverings

Use the Face Covering to Protect OTHERS in case you are infected but don’t have symptoms

• It also protects you but to a lesser extent
• Wear at all times

EXCEPTION: When you are ALONE in your office or dorm room or if it conflicts with other PPE

It’s not political at Cal Maritime. It’s what we do.
How to Wear Face Coverings

• **Keep** the covering on your face the entire time you’re on campus
• **Don’t** put the covering around your neck or up on your forehead
• **Don’t** let it fall beneath your nose
• **Don’t** touch the face covering, and, if you do, wash or sanitize your hands
• **Wash** cloth face coverings at the end of every day or dispose of paper masks daily
DEMONSTRATION

Wear Your Face Covering Correctly
• Wash your hands before putting on
• Put it over your nose and mouth and secure it under your chin
• Try to fit it snugly against the sides of your face
• Make sure you can breathe easily

Removing Your Face Covering Correctly
• Be careful not to touch your eyes, nose, and mouth, when removing your face covering.
• Untie strings, or remove bands from ears and pull mask away from your face
• Wash hands immediately after removing
Be a good SHIPMATE!
Wear your face covering for the rest of us!

https://coastguard.dodlive.mil/2015/12/shipmate-for-life/
Who is NOT a good shipmate?
Who is NOT a good shipmate?

This Landlubber
6. Wear Gloves When Directed

• The **best way** to protect yourself from germs when running errands and after going out is to regularly wash your hands with soap and water for 20 seconds or use hand sanitizer with at least 60% alcohol.

• Wearing gloves can actually increase cross-contamination

• If you have an **allergy** to Latex,

  *Let the Health Center know immediately*
DONNING GLOVES

- Please take out your gloves and follow instructions
- Simulate washing your hands
- Don your gloves

Grasp the outside of one glove at the wrist. Do not touch your bare skin.
Peel the glove away from your body, pulling it inside out.
Hold the glove you just removed in your gloved hand.
Peel off the second glove by putting your fingers inside the glove at the top of your wrist.
Turn the second glove inside out while pulling it away from your body, leaving the first glove inside the second.
Dispose of the gloves safely. Do not reuse the gloves.
Clean your hands immediately after removing gloves.
7. Sanitize Surfaces Frequently

**Hard (Non-porous) Surfaces**

- If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection
- For disinfection, most common EPA-registered household disinfectants will be effective
- Cal Maritime janitorial staff uses EPA-registered disinfectants

A list of products that are EPA-approved for use against the virus that causes COVID-19 is available CDC.gov/COVID19. Follow manufacturer’s instructions for all cleaning and disinfection products for (concentration, application method and contact time, etc.)
7. Sanitize Surfaces Frequently

**Soft (Porous) Surfaces**

- Clean or launder items as appropriate in accordance with the manufacturer’s instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely.

**WASH YOUR UNIFORM FREQUENTLY!!**

Don’t be a stinky (and thus, contaminated) Shipmate

Otherwise, use products that are EPA-approved for use against the virus that causes COVID-19 and that are suitable for porous surfaces.
7. Sanitize Surfaces Frequently

**Electronics**

- For electronics such as cell phones, tablets, touch screens, remote controls, and keyboards, remove visible contamination if present
  - Follow the manufacturer’s instructions for all cleaning and disinfection products
  - Consider use of wipeable covers for electronics
  - If no manufacturer guidance is available, consider the use of alcohol-based wipes or sprays containing at least 60% alcohol to disinfect touch screens
  - Dry surfaces thoroughly to avoid pooling of liquids
Disinfectants

• Bleach
  • 5 Tablespoons per gallon of water
  • 4 teaspoons per quart of water
  • Use cold water

• Alcohol (Isopropyl and ethyl alcohol or ethanol)

• Quaternary Ammonium Hydroxide Compounds (Not used at Cal Maritime)

• Hydrogen Peroxide
Who Will Do the Cleaning?

• Cal Maritime Janitorial Staff will clean at night using appropriate PPE and EPA-approved disinfectants that destroy the COVID 19 virus

• During the day, each cadet, faculty, and staff will clean his/her own work station at arrival and departure

• Some equipment, such as lathes, and sensitive electronic equipment, will not be cleaned due to risk of corroding or destroying equipment. Be sure to ask instructor for guidance.

• If a cadet or faculty/staff tests positive, a third-party company will come in and do an extensive cleaning and disinfecting of all relevant and contaminated spaces

“Clean at Hello, Clean at Goodbye”
## Usage of Disinfectants on Common Surfaces

<table>
<thead>
<tr>
<th>Surfaces</th>
<th>Bleach</th>
<th>Alcohol</th>
<th>QAC</th>
<th>Hydrogen Peroxide</th>
</tr>
</thead>
<tbody>
<tr>
<td>Floors in accommodation spaces</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Structure and bare metal surfaces</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Machinery and sensitive equipment</td>
<td></td>
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<tr>
<td>Cables</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Electronics</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Fabrics</td>
<td></td>
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</tbody>
</table>

### Notes:
- **Green**: Should be considered
- **Yellow**: May be considered
- **Red**: Should not be considered

ABS 2020
## Risk of Metallic Substrate Degradation for Common Disinfectants

<table>
<thead>
<tr>
<th>Disinfectant</th>
<th>Stainless 304</th>
<th>Stainless 316</th>
<th>Aluminum</th>
<th>Copper</th>
<th>Bronze</th>
<th>Brass</th>
<th>Carbon Steel</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bleach</td>
<td>High&lt;sup&gt;(1)&lt;/sup&gt;</td>
<td>High&lt;sup&gt;(1)&lt;/sup&gt;</td>
<td>High&lt;sup&gt;(1)&lt;/sup&gt;</td>
<td>High&lt;sup&gt;(1)&lt;/sup&gt;</td>
<td>High&lt;sup&gt;(1)&lt;/sup&gt;</td>
<td>High&lt;sup&gt;(1)&lt;/sup&gt;</td>
<td>High&lt;sup&gt;(2)&lt;/sup&gt;</td>
</tr>
<tr>
<td>Isopropyl Alcohol</td>
<td>Low&lt;sup&gt;(3)&lt;/sup&gt;</td>
<td>Low&lt;sup&gt;(3)&lt;/sup&gt;</td>
<td>Low&lt;sup&gt;(3)&lt;/sup&gt;</td>
<td>Low</td>
<td>Low</td>
<td>Low</td>
<td>Low</td>
</tr>
<tr>
<td>Ethyl Alcohol</td>
<td>Low</td>
<td>Low</td>
<td>Low&lt;sup&gt;(3)&lt;/sup&gt;</td>
<td>Low&lt;sup&gt;(3)&lt;/sup&gt;</td>
<td>Low</td>
<td>Low&lt;sup&gt;(3)&lt;/sup&gt;</td>
<td>Low&lt;sup&gt;(4)&lt;/sup&gt;</td>
</tr>
<tr>
<td>QAC</td>
<td>High</td>
<td>High</td>
<td>High</td>
<td>High</td>
<td>High</td>
<td>High</td>
<td>High</td>
</tr>
<tr>
<td>Hydrogen Peroxide (Dilute)</td>
<td>Low</td>
<td>Low (&lt;300°F)</td>
<td>Low (&lt;212°F)</td>
<td>High&lt;sup&gt;(1)&lt;/sup&gt;</td>
<td>High&lt;sup&gt;(1)&lt;/sup&gt;</td>
<td>High&lt;sup&gt;(1)&lt;/sup&gt;</td>
<td>High&lt;sup&gt;(1)&lt;/sup&gt;</td>
</tr>
</tbody>
</table>

**Notes:**

1. If left on surface
2. Forms adherent black ferrous oxide
3. Causes slight oxidation discoloration
4. Causes stress corrosion cracking (SCC) after long duration
## Risk of Non-Metallic Substrate Degradation for Common Disinfectants

<table>
<thead>
<tr>
<th>Disinfectant</th>
<th>Rubber</th>
<th>Fiberglass Epoxy</th>
<th>Fiberglass Polyester</th>
<th>Polyethylene&lt;sup&gt;(1)&lt;/sup&gt;</th>
<th>Polypropylene</th>
<th>PVC&lt;sup&gt;(2)&lt;/sup&gt;</th>
<th>Nylon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bleach</td>
<td>Low (&lt;100°F)</td>
<td>Low (&lt;150°F)</td>
<td>Low</td>
<td>Low (&lt;150°F)</td>
<td>Low (&lt;120°F)</td>
<td>Low</td>
<td>Low (at room temperature)</td>
</tr>
<tr>
<td>Isopropyl Alcohol</td>
<td>Low</td>
<td>Low</td>
<td>Low</td>
<td>Low</td>
<td>Low</td>
<td>Low</td>
<td>Low</td>
</tr>
<tr>
<td>Ethyl Alcohol</td>
<td>Low</td>
<td>Low</td>
<td>High</td>
<td>Low</td>
<td>Low</td>
<td>Low</td>
<td>High&lt;sup&gt;(3)&lt;/sup&gt;</td>
</tr>
<tr>
<td>QAC</td>
<td>Low (&lt;150°F)</td>
<td>Low (&lt;250°F)</td>
<td>Low</td>
<td>Low (&lt;300°F)</td>
<td>Low (&lt;150°F)</td>
<td>Low</td>
<td>Low</td>
</tr>
<tr>
<td>Hydrogen Peroxide (Dilute)</td>
<td>Low (&lt;70°F)</td>
<td>Low (&lt;225°F)</td>
<td>Low</td>
<td>Low (&lt;70°F)</td>
<td>Low (&lt;150°F)</td>
<td>Low</td>
<td>Low&lt;sup&gt;(4)&lt;/sup&gt;</td>
</tr>
</tbody>
</table>

**Notes:**

1. Depends on the type of polyethylene (HDPE or LDPE)
2. Depends on the type of PVC
3. May swell and weaken the material
4. May weaken the material
Disposal of Trash

• All wipes, used gloves, and disposable masks shall be placed in a lined trash can
• Biohazard waste protocols are not necessary (CDC)
• When full, tie liner in knot or otherwise secure closed and place in dumpster
• Wash hands or use sanitizer after handling trash
In Summary…

• Don’t touch your face
• Be a good shipmate and Wear the Mask Properly
• Wash hands frequently
• Sanitize hands frequently
• Maintain social distancing
• Clean at Hello, Clean at Goodbye
• Follow instructions regarding specific PPE and cleaning for your instructional area
• Encourage your shipmates to do the right thing
In Doubt? ASK!

- Health Center
- Commandants
- Res Life
- Dean Tener
- Dr. Benton
- Dr. McNie
- Chief of Police

“You are so close to being done! Please follow the guidelines. Remind your shipmate to follow the guidelines too. Be safe and be kind!”

- Dr. McNie