COVID-19 Health and Safety Training for Cadets

Health and Safety Task Force
California State University Maritime Academy
FALL Face2Face
August 14, 2020
Sources for this Presentation

1. US Centers for Disease Control & Prevention COVID-19
2. CDC “Considerations for Institutions of Higher Education”
3. OSHA “COVID-19 Workplace requirements”
4. OSHA “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 your own mouth, nose, or possibly your 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

CALL FIRST our Campus Health Center

(707) 654-1170
8:30 AM-5:30 PM Mon – Fri
(Closed 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

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!
Self Care

If you, or a friend, are having suicidal thoughts and/or are in a mental health crisis, please call Suicide Prevention Lifeline at:

(800) 273-TALK (8255)
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. Wear a face covering
2. Maintain social distancing
3. Wash your hands often
4. Sanitize your hands often
5. Stop touching your face
6. Wear gloves when directed
7. Sanitize surfaces frequently
8. Wear the proper PPE
9. Dispose of trash properly
1. 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

It’s required in California! Wear it at all times

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

-- It’s not political at Cal Maritime. It’s what we do. --
They Work: They stop the spread of spittle, aerosols, and droplets.
Face Coverings NOT Allowed

No Bandanas
(poor fit)

No Gators
(not effective)

No Valved Masks
(not effective)
How to Wear Face Coverings

• 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
• Inspect and Wash cloth face coverings at the end of every day or dispose of paper masks daily
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
Face Shields

Additional protection
Must be worn with masks
It’s simple...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?

https://training.lbl.gov/ehs/training/webcourses/LBL0012/
Who is NOT a good shipmate?

This Landlubber
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
- One person at a time in laundry room and at copier

*Leave windows and doors open to allow for ventilation*
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
2. Maintain Social Distancing

Keep our ‘citadel’ safe
Follow mask and social distancing norms WHEN
  • Off campus
  • In cars
3. Wash Your Hands

1. **Wet** your hands and apply soap.
2. **Lather** the backs of your hands, between your fingers, under your nails.
3. **Scrub** your hands for at least 20 seconds. Hum “Happy Birthday”
4. **Rinse** your hands.
5. **Dry** your hands using a clean towel or air dry them.
DEMONSTRATION

The Snickering VILLAIN

SPIDERS on PIGGYBACK

SPIDERS KISSING

RUB PALMS

RUB BACKS OF HANDS (both hands)

RUB PALM TO PALM
When to Wash Hands?

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

**AFTER**
- *Touching* face or face covering
- Doffing gloves
- Blowing your nose, coughing, or sneezing
- Touching shared objects
- Using the toilet
- Handling garbage
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, gas pumps, shopping carts, or electronic cashier registers/screens, etc.
- After using the toilet
- After touching garbage

All the Freakin' Time!
4. Sanitize Your Hands

- Whenever you can’t wash hands
- At least 60% alcohol
- 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

- Drugs approved by FDA
- Do not drink hand sanitizer
  **It could kill you**
- Flammable, however reports of fires are rare
- Store out of direct sunlight, sources of ignition, and away from hot surfaces
- MSDS were sent to faculty

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. 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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From FDA, 2020

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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
• When you arrive at your work station and before you leave your work station

“Clean at Hello and Clean at Goodbye”
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?

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5. Stop Touching Your Face!
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

• Don’t touch your face with your gloves!!

• If you have an allergy to Latex, let the Health Center know immediately and be sure to use nitrile gloves instead which will be given to you.
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**

- Dirty surfaces should be cleaned using a detergent or soap and water prior to disinfection
- Most common EPA-registered household disinfectants will be effective
- Each instructional space will have such cleaning supplies and instructions on how to use them
- Spray liquid onto towels, wipe surfaces, dispose of towels appropriately

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**

- 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
- Hydrogen Peroxide

ABS 2020
Who Will Do the Cleaning?

• Cal Maritime Janitorial Staff will clean at night
• EPA-approved disinfectants
• During the day, each cadet, faculty, and staff will clean his/her own work station at arrival and departure using provided material
• 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 someone 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”
For Re-Supply Call:

Natalia Abrego: 707-654-1180
Commandants’ Office
Hand Sanitizer: Safety Considerations

MSDS sheets for ‘generic’ 80% alcohol sanitizer and for Savage & Cooke’s sanitizer will be given to all faculty

• Sanitizer is flammable.
• Boiling point is 174F, Flash point is 54F.
• Reports of fires from hand sanitizer are extremely rare.
• Use CO2 and Dry Chem. **Avoid high-volume water jets** to extinguish.

**Key points:**

• Store out of sunlight with container closed.
• Store and use away from any potential source of ignition by at least 6 inches*
• Review fire procedures and location of extinguishers with cadets
• Identify escape routes

*(1 inch is required but 6 inches is more conservative estimate made by the NFPA 101 Life Safety Code Requirements for the use of Alcohol Based Hand Sanitizer Dispensers).
Sanitizer: First Aid Measures

• Move out of dangerous area

• If on skin, rinse well with water. If on clothes, remove clothes

• Flush eyes with water as a precaution. Remove contact lenses. Protect unharmed eye. Keep eye wide open while rinsing

• If ingested, do not give milk or alcoholic beverages.

• Show MSDS to the doctor in attendance
# 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>
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<tr>
<td>Floors in accommodation spaces</td>
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<td>Structure and bare metal surfaces</td>
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<td>Machinery and sensitive equipment</td>
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**Notes:**
- Green: Should be considered
- Yellow: May be considered
- Red: Should not be considered

ABS 2020
8. Wear the Proper PPE

- Always wear the appropriate PPE for the job you are doing
- Wash or sanitize your hands before and after donning/doffing PPE
- Sanitize PPE, if appropriate, after use
9. 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
Be a Great Shipmate

• Wear a mask properly
• Social distance
• Wash & sanitize hands frequently
• *Clean at Hello, Clean at Goodbye*
• Follow instructions
• Encourage your shipmates to do the right thing
Three Things...

1. Faculty are here for you because helping you complete face-to-face is a top priority. But they are also monitoring health & safety protocols.
2. Do what we need to do to keep the school open.
3. This is Cal Maritime... Not just any college...

WE TRUST YOU TO DO THE RIGHT THING
WE BELIEVE IN YOU!!

Be a Great Shipmate
Campus Life & Expectations in a COVID World

Health & Safety  |  Cleanliness  |  Accountability
Fall Policies

• All “normal” campus policies in effect
  • Including uniform/grooming standards

• Plus:
  • You must wear a mask at all times (except when in your room by yourself)
  • You must follow all health and safety guidelines
  • You must notify the Student Health Center if symptoms arise
  • Help your shipmates do the right thing

*Please Note: Zero tolerance when it comes to Health & Safety*
Daily Screening

• Moving away from temp checks
  • But if you feel like you have a fever, call the Student Health Center immediately

• Launching a mobile self-screening form this week
  • Must be completed everyday – 7 days a week!
Living on Campus

• Sleep in your assigned room
  • No overnight guests

• All Res Life policies still in effect
  • Quiet Hours
  • No Alcohol

• Carry room keys, port pass, & mask at all times

• Only leave campus when absolutely necessary
Food

• Dining Center
  • All meals will be to-go until inside restaurant eating is approved
  • If you have any special needs or food allergies please speak with the Director of Dining Services, Orlando Torres Otorres@csum.edu

• Eating outside at picnic tables or in lawn chairs is OK, but must maintain social distancing

• No water fountains, but hydration stations are still available

• Food Delivery (Uber Eats, Door Dash, Etc.)
  • You can have food delivered, but you must meet the delivery driver at the Police Dept.
Living off Campus

• Carry port pass & mask at all times

• Use extreme discretion upon leaving campus and only traveling into the local community for essential purposes to ensure health & safety of campus community

• Recommend bringing what food you need with you
Being on Campus

• Remember: Social Distancing, Hand Hygiene, & Masks

• Where to study:
  • Outside – going to launch an outdoor library

• Free Time
  • Lawn chairs
  • Netflix/Hulu
  • Walk the bridge or go for a run
  • Student jobs will be available soon
  • Activities survey come out today/tomorrow!
Signs you may see

- **THIS BUILDING IS CLOSED UNTIL FURTHER NOTICE**
  - ONLY AUTHORIZED PERSONNEL ALLOWED TO ENTER PREMISES

- **THIS COMMUNITY SPACE IS CLOSED UNTIL FURTHER NOTICE**
  - FOR QUESTIONS AND CONCERNS CONTACT HOUSING@CSUM.EDU

- **ALL WATER FOUNTAINS ARE CLOSED UNTIL FURTHER NOTICE**
  - WATER REFILL STATIONS ARE AVAILABLE AROUND CAMPUS FOR YOUR USE

AS A PRECAUTION AGAINST COVID-19
More Signs

SOCIAL DISTANCING IN EFFECT

ONLY USE THE DESIGNATED SINKS AND SHOWERS

FOR QUESTIONS AND CONCERNS CONTACT HOUSING@SUM.EDU

MAXIMUM ROOM CAPACITY

4

THANK YOU FOR PRACTICING SOCIAL DISTANCING AND HELPING US KEEP OUR SHARED SPACES CLEAN AND SANITIZED

AS A HEALTH PRECAUTION DUE TO COVID-19

PLEASE KEEP THE DOOR OPEN WHILE THIS SPACE IS IN USE

THANK YOU FOR HELPING US KEEP OUR SHARED SPACES CLEAN AND SANITIZED

KEEP YOUR DISTANCE

KEELHAULERS
Even More Signs
In Doubt? ASK!

- Health Center
- Commandants
- Res Life
- Dean Tener
- Dr. McNie
- Chief Gordon

“Thank you so much for following the guidelines. Remind your shipmate to follow the guidelines too. Be safe and be kind!”

- Dr. McNie