

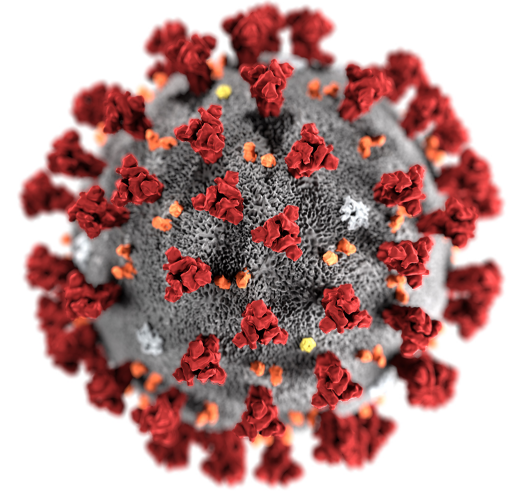
COVID-19 Health and Safety Training for Faculty and Cadets



Health and Safety Task Force
California State University Maritime Academy
Phase III Return for Face2Face
July 24, 2020



Sources for this Presentation



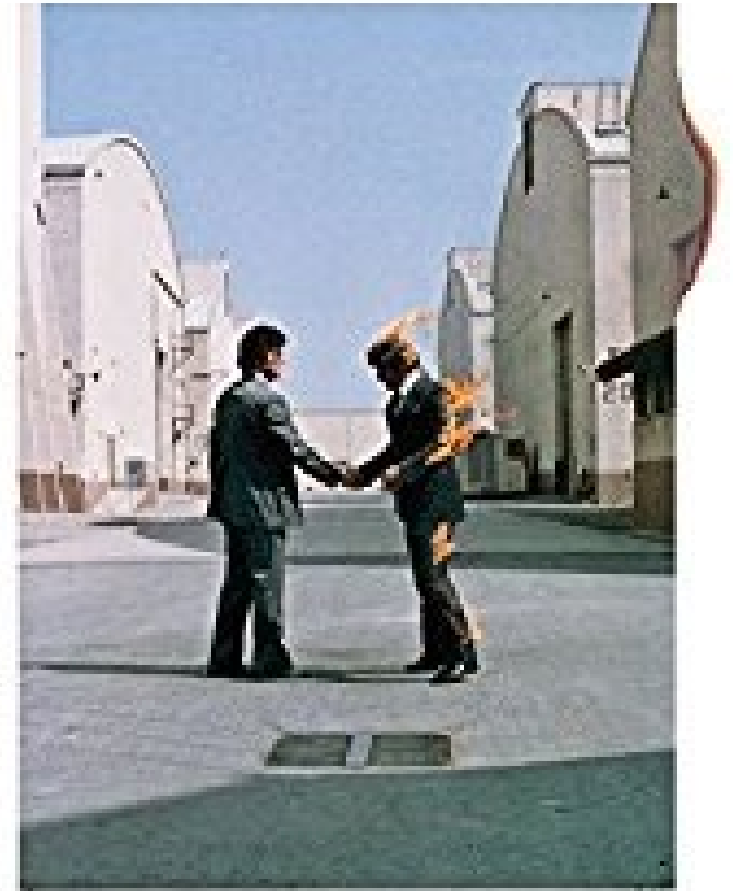
1. US Centers for Disease Control & Prevention *COVID-19*
2. CDC *"Considerations for Institutions of Higher Education"*
3. OSHA *"COVID-19 Workplace requirements"*
4. OSHA *"Guidance on Preparing Workplaces for COVID 19"*
5. American Bureau of Shipping *"Guidance Notes on Response Measures to COVID-19 for the Marine and Offshore Industries, May 2020"*
6. American Waterways Operators *"COVID-19 Contingency Planning Guide for Towing Vessel and Barge Operators"*
7. International Chamber of Shipping *"Guidance for Ship Operators for the Protection of the Health of Seafarers"*
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

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

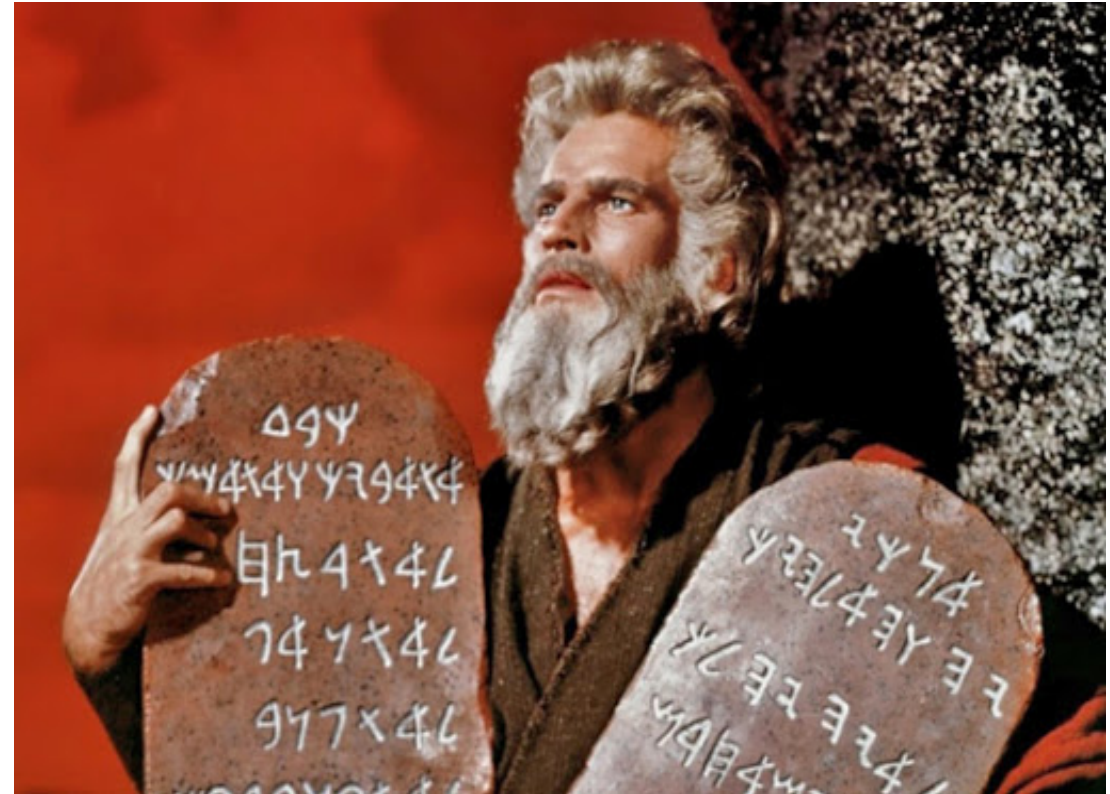
- **When** to use PPE
- **What** PPE is necessary
- **How** to properly don, use, and doff PPE
- **Disposal, disinfecting, inspecting, maintaining** PPE
- **Limitations** of PPE

Applicable standards include the PPE ([29 CFR 1910.132](#)), Eye and Face Protection ([29 CFR 1910.133](#)), Hand Protection ([29 CFR 1910.138](#)), and Respiratory Protection ([29 CFR 1910.134](#)) standards. The OSHA website offers a variety of [training videos](#) about respiratory protection.

<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
- Wear 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.***

**Wear a mask to protect
yourself and others.**



They Work:
They stop the
spread of spittle,
aerosols, and
droplets

COVID-19 carrier

Healthy person



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

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

It's simple...be a good SHIPMATE!
Wear your face covering for the rest of us!





Who is NOT
a good
shipmate?

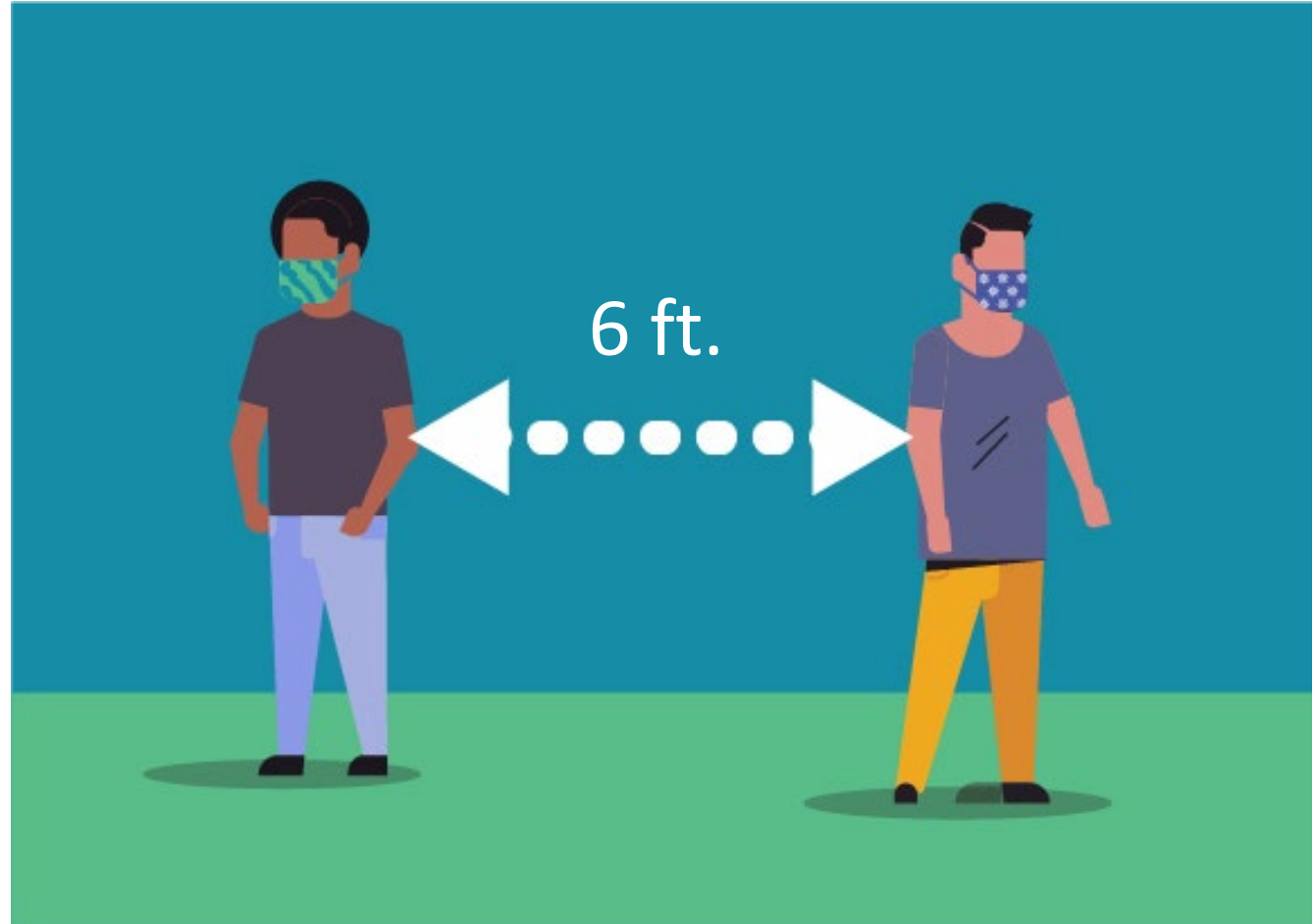


Who is NOT
a good
shipmate?

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



- Maintain the Integrity of the "Citadel". What's a Citadel?
- Don't mingle with Vallejoans
- Stay here. You can do this.

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”
Or spell out C-A-L-I-F-O-R-N-I-A_M-A-R-I-T-I-M-E_A-C-A-D-E-M-Y
4. **Rinse** your hands.
5. **Dry** your hands using a clean towel or air dry them.

DEMONSTRATION



RUB PALMS



RUB BACKS OF HANDS
(both hands)



RUB PALM TO PALM

McNie's alternative to Happy Birthday

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

Hands...

Washing hands

Not Reachin' out

Don't touch me

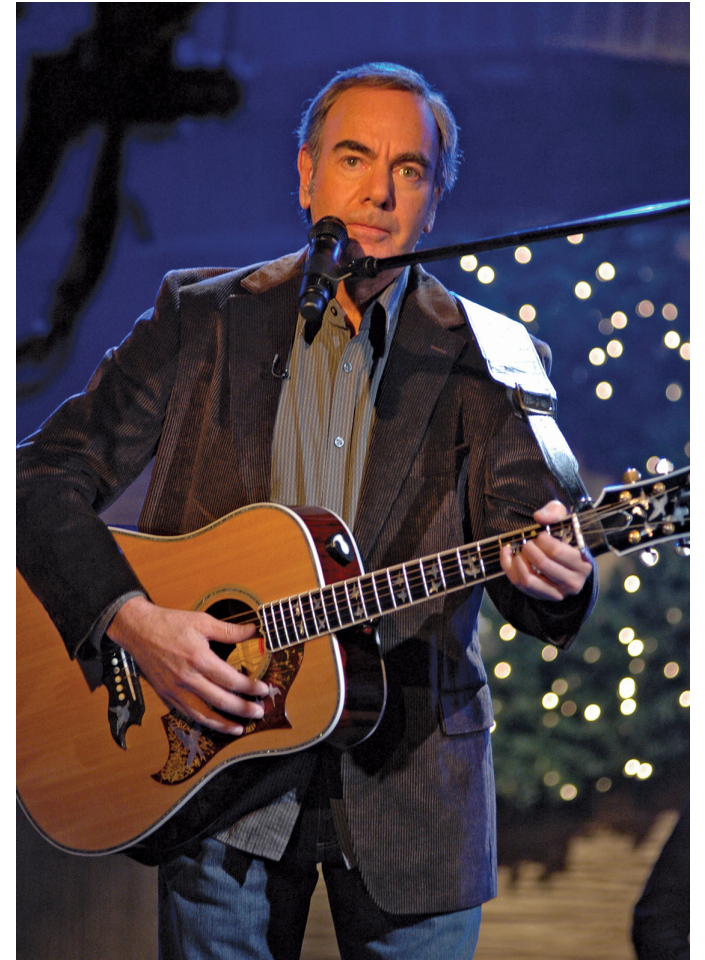
I won't touch you

Sweet Caroline

Dah Dah Dah

Clean hands never seemed so good

So good so good so good



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 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

- Turning 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.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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From FDA, 2020

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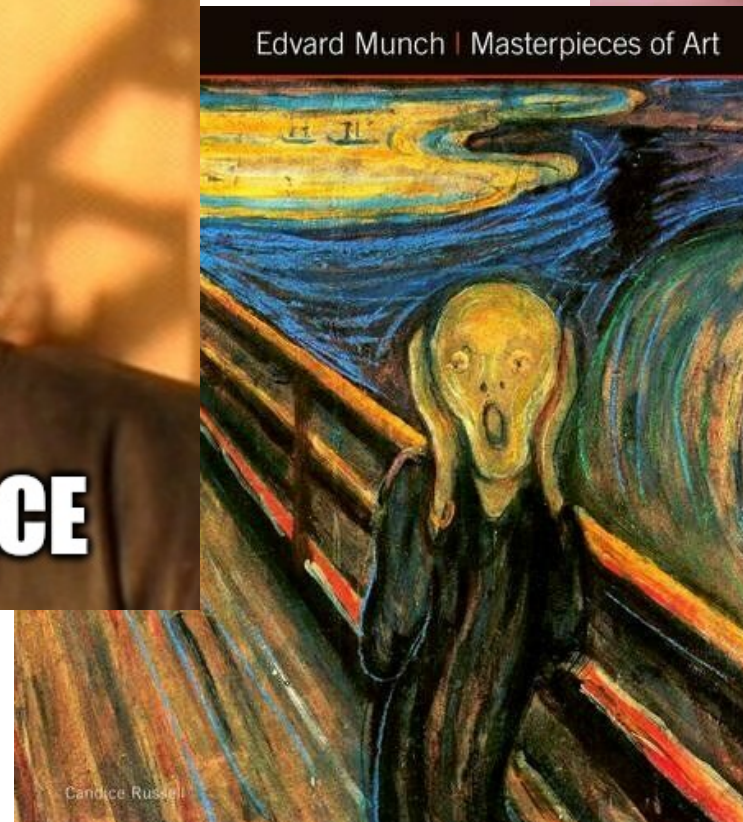
<https://www.cdc.gov/handhygiene/firesafety/index.html>

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?



QUESTION: How many times per hour does the average college student touch their face?

23



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.*



DEMONSTRATION

DONNING GLOVES

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

Fig 1.



1a. Take a glove from the dispenser, touching only a restricted surface



1b. Hold the wrist end open with one hand and ease the fingers of the other inside



1c. Repeat for other hand

1

DOFFING GLOVES



Grasp the outside of one glove at the wrist.
Do not touch your bare skin.

2



Peel the glove away from your body,
pulling it inside out.

3



Hold the glove you just removed in
your gloved hand.

4



Peel off the second glove by putting your fingers inside the glove at the top of your wrist.

5



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

6



Dispose of the gloves safely. Do not reuse the gloves.

7



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](https://www.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](#)^{external icon} and that are suitable for porous surfaces.

7. Sanitize Surfaces Frequently

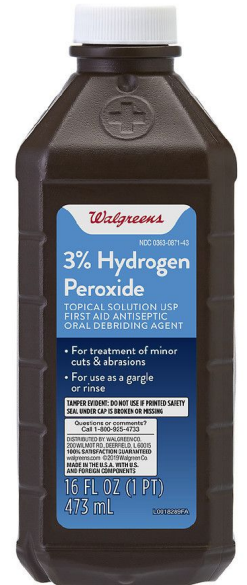
Electronics

- 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



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

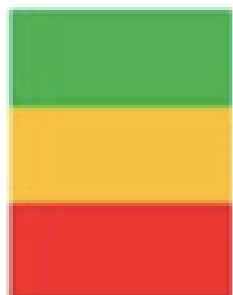
- **Move** out of dangerous area
- If on skin, **rinse well with water**. If on clothes, remove clothes
- **Flush eyes** with water as a precaution. Remove contact lenses. Protect unharmed eye. Keep eye wide open while rinsing
- If ingested, do not give milk or alcoholic beverages. (***No White Russians!***)
- **Show MSDS** to the doctor in attendance



Usage of Disinfectants on Common Surfaces

<i>Surfaces</i>	<i>Bleach</i>	<i>Alcohol</i>	<i>QAC</i>	<i>Hydrogen Peroxide</i>
Floors in accommodation spaces				
Structure and bare metal surfaces				
Machinery and sensitive equipment				
Cables				
Electronics				
Fabrics				

Notes:



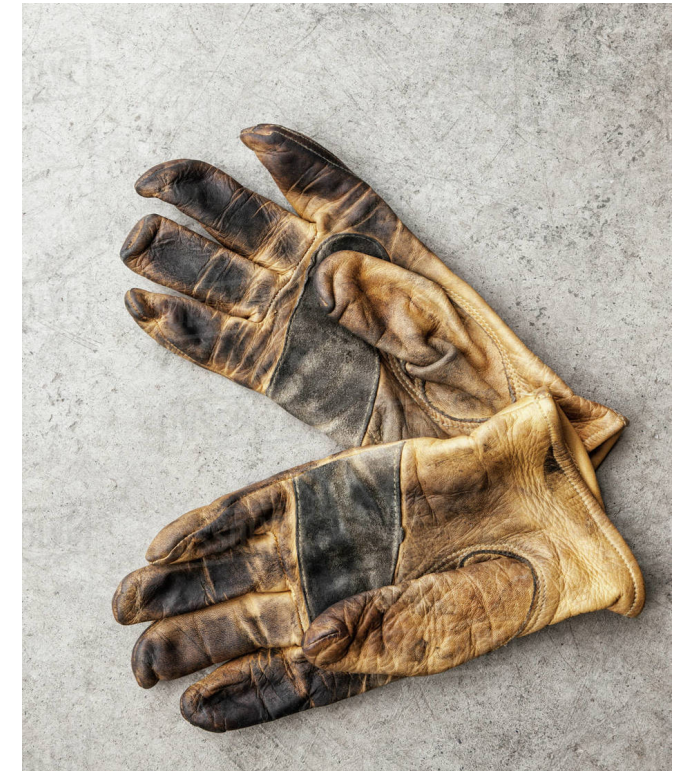
Should be considered

May be considered

Should not be considered

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



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- 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... 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 finish was a top priority. But they are also monitoring health & safety protocols.
2. Please set a fantastic example for the freshmen coming in August
3. This is Cal Maritime... Not just any college...

WE TRUST YOU TO DO THE RIGHT THING

WE BELIEVE IN YOU!!



In Doubt? ASK!

- Health Center
- Commandants
- Res Life
- Dean Tener
- Dr. Benton
- 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