

# COVID-19 Safety Tips for the Mining Industry

According to the [Centers for Disease Control](#), the best way to prevent illness as a result of COVID-19 is to avoid exposure to the virus, which is thought to spread mainly from person to person, between people who are in close contact (within about six feet). The virus is transmitted through respiratory droplets produced when an infected person coughs, sneezes, or speaks, which can land in the mouths or noses or possibly get inhaled into the lungs of people nearby. Some recent studies suggest that COVID-19 can be spread by people who are symptomatic (showing signs of the virus) or asymptomatic (showing no signs of the virus).

**Symptoms may appear 2 to 14 days after exposure and can include:**



FEVER



COUGH



SHORTNESS OF BREATH



You can use the CDC's [self-check](#) to help you determine if you need medical care.

## OTHER RESOURCES:

[WCF COVID-19 Guidance and Resources](#)

[MSHA Response to COVID-19](#)

[National Mining Association Infographics and State Resources](#)

[Best Practices for Employer Provided Transportation - Nevada Mining Association](#)

[COVID-19 Video by Vox](#)

[CDC How to Protect Yourself and Others Guidance](#)

[EPA List of Chemicals to Use Against COVID 19](#)

# How to Protect Yourself and Others



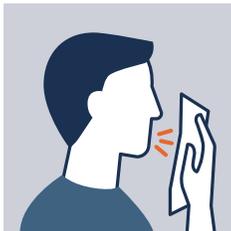
## Stay home if you are experiencing symptoms

- Symptoms may include any of the following: cough, shortness of breath or difficulty breathing, unusual tiredness, fever of 100.4 degrees or higher, chills or repeated shaking with chills, muscle pain, headache, sore throat, or loss of taste or smell.
- If you or another household member are experiencing symptoms or have tested positive for COVID-19, do not go to work or out in public.



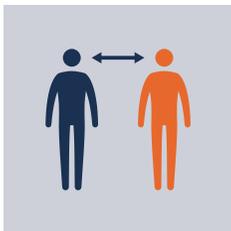
## Wash your hands often

- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.



## Cover coughs and sneezes

- Cover your coughs or sneezes with a tissue, then throw the tissue in the trash, or cough/sneeze into your elbow.
- Immediately wash your hands using the handwashing guidelines above.



## Social/physical distancing

- Stay at least six feet away from other people.
- Do not gather in groups.
- Stay out of crowded places and avoid mass gatherings.



## Cover your mouth and nose

- When at work or in public, cover your mouth and nose with a face cover/mask.
- Cloth face covers are meant to protect other people in case you are infected.
- Respirators, such as an N95 masks, will protect you from other people that are infected. Respirators should be worn by first responders and other front-line workers. Training must be provided in accordance with MSHA/OSHA regulations.



## Clean your work area, equipment, and tools

- Before starting a shift, thoroughly wipe down all shared or frequently touched surfaces and items in your work area. Be careful not to use a cleaning product that will damage materials or electronic equipment.
- If tools or equipment must be shared, provide and instruct workers to use alcohol-based wipes to clean tools and equipment before and after each use. When cleaning tools and equipment, workers should consult manufacturer recommendations for proper cleaning techniques and restrictions.



## Ways to Stay Healthy During the COVID-19 Pandemic

### Contractor Education and Management

- Take a systematic approach to continue the dialogue and education for both your employees and all contractors. Plan specific times to address controls for COVID-19 to ensure progress and that you're implementing best practices.
- Share and discuss educational materials for COVID-19 with contractors and subcontractors.
- Review and explain expectations for good hygiene practices, such as washing hands and sanitizing work areas/equipment before and after each shift.
- When feasible, expect social distancing participation.

### Minimize Common Area Use

- Adjust shift start and stop times to avoid crowding and inadequate social distancing (staggered shifts and additional mine transport vehicles may be required). Use face masks and ventilation during transport and in group waiting areas.
- Where feasible, use technology to communicate from a distance.
- If possible, hold group meetings outdoors to provide adequate space for a six-foot distance between people and cross ventilation. Use masks and limit meeting length to cover the essentials.
- Where indoor group meetings are required, maintain a six-foot distance between people, wear masks, and provide cross ventilation.
- Clean cabs, doorways, tables, restrooms, and other common areas before and after each shift.
- Miners should eat meals away from others with a minimum of six feet between them and others (in cabs, outside, etc.)
- Encourage employees to wash their hands frequently, following state and federal COVID-19 control recommendations.
- Any miner who feels ill should remain home and notify their manager. Before returning to work, they should be cleared by an approved healthcare provider.
- Transport vehicles (vans, buses, pickup trucks) should be restricted from crowding as much as possible to maintain social distancing, wearing face masks, and ventilating with open windows, where possible.
- Miners who have contact with a sick person or someone known to have exposure to COVID-19, should self-quarantine for 14 days and not return to work until they are cleared by approved healthcare provider.
- Keep miners informed. Share mining industry, state, and federal COVID-19 information and resources with employees.