

## COVID-19 Safety Tips for the Oil and Gas 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:

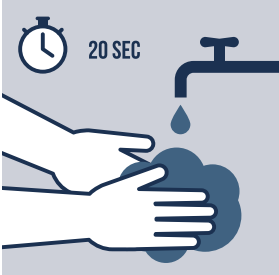
[Oil and gas safety tips](#)

[COVID-19 video by Vox](#)

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

[EPA list of chemicals to use against COVID-19](#)

# How to Protect Yourself and Others



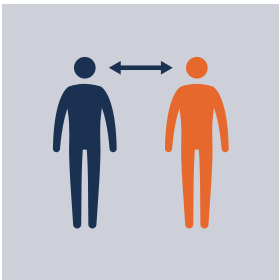
## Wash your hands often

- 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 and sneezes with a tissue, then throw the tissue in the trash, or cough/sneeze into your elbow.
- Immediately wash your hands with soap and water for a least 20 seconds. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.



## Social/physical distancing

- Stay a least six feet away from other people.
- Do not gather in groups.
- Stay out of crowded places and avoid mass gatherings.
- When possible, stay in your vehicle and avoid going onto the dock or into offices.



## Face coverings and PPE

- Face coverings/masks should be worn when working within six feet of any individual cannot be avoided.
- Continue using other usual control measures, including personal protective equipment (PPE), to protect workers from other job hazards associated with construction activities.



- Cloth face coverings are not PPE. They are not appropriate substitutes for PPE such as respirators (like N95 masks).
- Employers who determine that cloth face coverings should be worn in the workplace to comply with state or local requirements, should ensure that cloth face coverings:
  - Fit over the nose and mouth and fit snugly, but comfortably, against the side of the face
  - Are secured with ties or ear loops
  - Include multiple layers of fabric
  - Allow for breathing without restriction
  - Can be laundered using the warmest appropriate water setting and machine dried daily after the shift without damage or change to shape (use a clean cloth face covering daily)
  - Are not used if they become wet or contaminated
  - Have clean replacements, provided by an employer, as needed
  - Are handled as little as possible to prevent transferring infectious materials to the cloth



### **Clean the work area**

- High contact areas, such as elevator buttons and entry keypads should be cleaned frequently throughout the day.
- Institute regular housekeeping practices, which include cleaning and disinfecting frequently used tools and equipment, jobsite trailers, and vehicles.
- Jobsite trailers, break/lunch areas, vehicles, and equipment/tools should be cleaned at least once per day and before changing an operator/rider. Employees performing cleaning duties should be issued proper PPE, such as nitrile, latex, or vinyl gloves and gowns, as recommended by the CDC.
- [Click here for vehicle cleaning tips](#) and [click here for facility cleaning tips](#).