

NJIT

New Jersey Institute
of Technology

6 Steps to Working Safely

During Pandemic Recovery

Environmental Health and Safety

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Welcome Back to NJIT!

We hope that you and your family are doing well.

As we continue to navigate through these challenging times and reopen the campus during the Coronavirus 2019 (COVID-19) pandemic, we want the NJIT community to remain safe and well. The university has taken extensive measures to ensure your safety, and comply with government mandates and recommendations from public health authorities.

Please review this short presentation on things you can do to help safeguard our community.

Be Vigilant. Be Safe. Be Well.



New Jersey Institute of Technology

6 Steps to Working Safely

- 1. Know the Facts**
- 2. Social Distancing**
- 3. Barrier Protection**
- 4. Good Hygiene**
- 5. Good Housekeeping**
- 6. Symptom Monitoring**

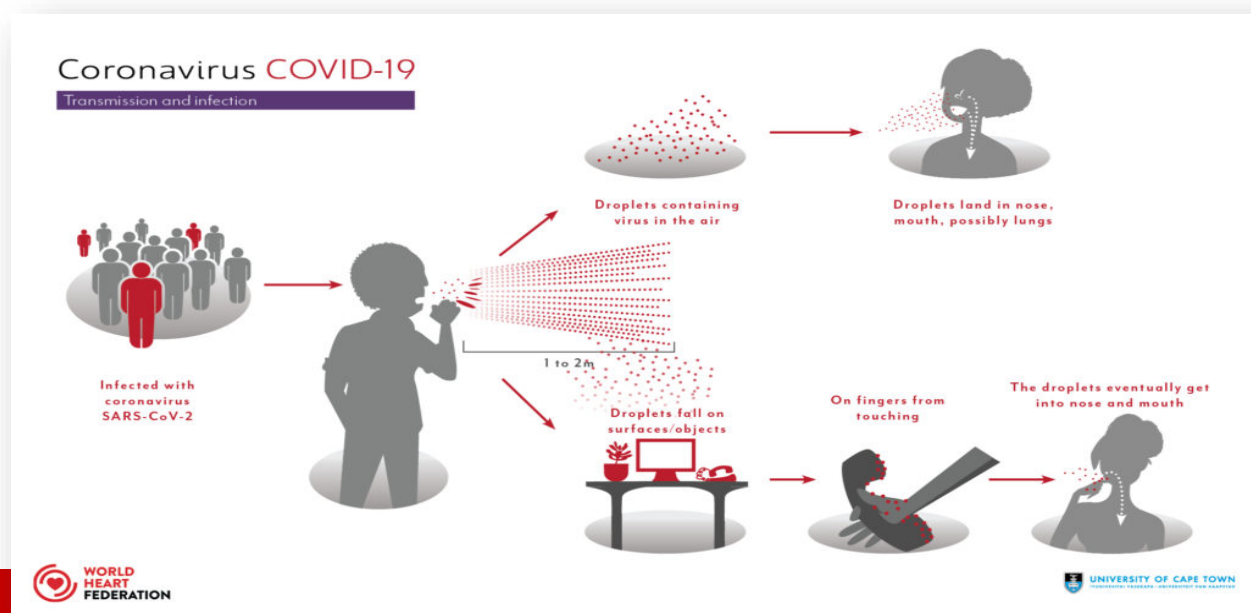
1 Know the Facts

- There is currently **no vaccine** to prevent COVID-19.
- Best way to prevent illness → Avoid being exposed to this virus.
- The virus is thought to **spread mainly from person-to-person**.
- It may be **possible to contract the virus by touching a surface or object that has the virus on it** and then touching your mouth, nose, or possibly eyes.
- Currently, the risk of COVID-19 spreading from animals to people is considered to be low. However, there have been a small number of pets worldwide infected due to close contact with people infected with COVID-19.
- Some recent studies have suggested that COVID-19 may be **spread by people who are not showing symptoms**.

2 Social Distancing

Maintain Social Distancing to Reduce the Spread of the Virus.

The virus is spread from person to person through the production of respiratory droplets from an infected person that coughs, sneezes or talks within close proximity (≤ 6 feet or 2 meters) to other people. Thus, leading to droplets landing in the mouths or noses, or possibly being inhaled into the lungs of nearby people.

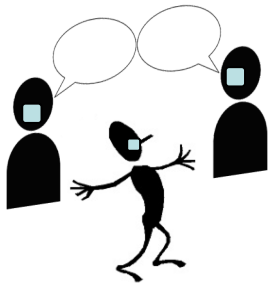


2 Social Distancing

Maintain at least 6 feet (2 meters) of physical space from others.

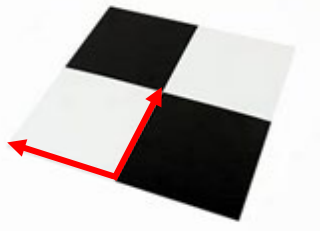
- Comply with NJIT social distancing requirements.
- Avoid gatherings and crowded places.
- Comply with travel restrictions.

Use spatial references to identify 6 feet.



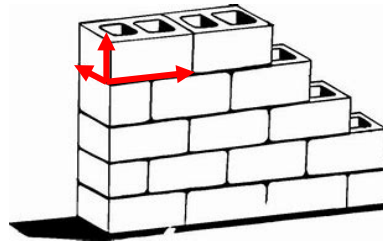
2 Arms Length

On average, your arm span is equal to or slightly greater than your height.



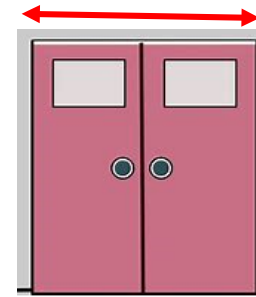
Floor Tile Dimensions

12 in. x 12 in.



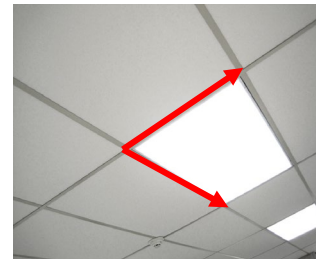
Wall Dimensions

8 in. x 8 in. x 16 in.



Door Width

*The average width of one door is about 28 to 36 in.
Range 60 in. to 72 in.*



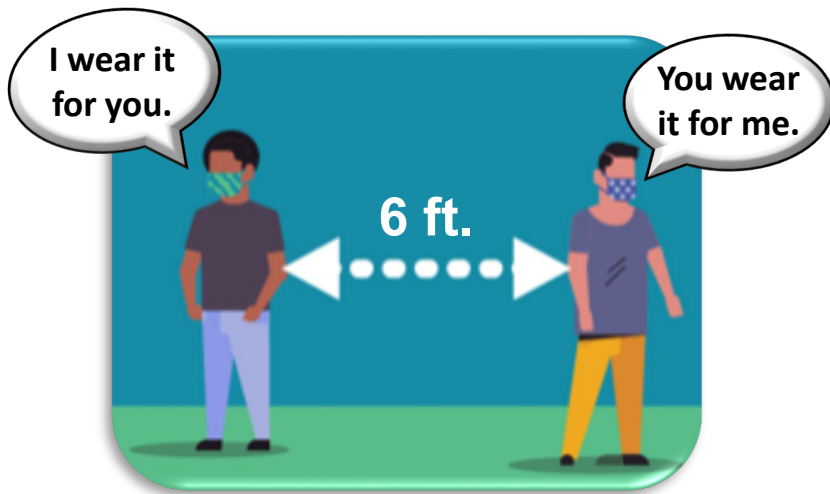
Ceiling Tile Dimensions

24 in. x 48 in.

3 Barrier Protection

Cover your mouth and nose with a cloth face covering when in public.

- The cloth face cover is meant to protect other people from you.
Remember: You can be infected with COVID-19 without symptoms.
- The cloth face cover is not a substitute for social distancing.



The cloth face cover should:

- Fit snugly but comfortably against the face.
- Be secured with ties or ear loops.
- Include multiple layers of fabric.
- Allow for breathing without restriction.
- Be able to be laundered and machine dried without damage or change to shape.

3 Barrier Protection

Cover your mouth and nose with a disposable face covering when working in laboratory settings.

- Disposable protective barriers are preferred in laboratory settings to prevent the spread of contamination.
- Instructional labs will make disposable protective barrier supplies available during phase 2 and phase 3 of the recovery process.
- Research labs should continue to follow previously established PPE requirements with the addition of disposable face coverings.
- Disposable protective supplies (*e.g. nitrile or latex gloves, lab coats/gowns, face coverings*) should be disposed in the proper waste stream after use.
- Reusable supplies (*e.g. face shields, protective eyewear, hardhats, etc.*) must be decontaminated after use, and stored in a clean dry area.



Disposable face covering (surgical mask, procedure mask, or the equivalent).

3 Barrier Protection

Donning

(Putting on face coverings.)

1. Wash your hands
2. Put it over your nose and mouth
3. Secure it under your chin and around head or ears
4. Try to fit it snugly against the sides of your face
5. Make sure you can breathe easily



Doffing

(Taking off face coverings.)

1. Wash your hands
2. Handle face covering **only** by the ties or ear loops
3. Untie the strings or stretch the ear loops
4. Fold outside corners together
5. Place face covering in the laundry or dispose as appropriate
6. Wash hands immediately after removing



4 Good Hygiene

Cover coughs and sneezes

If you are in a private setting and do not have on your cloth face covering, when you sneeze or cough remember to always

- cover your mouth and nose with a tissue or
- use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately clean your hands or inside of your elbow if bare skin.



4 Good Hygiene

Clean your hands often

- **Wash your hands often with soap and water** especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.



- **Use a hand sanitizer with at least 60% alcohol** if soap and water is unavailable. Cover all surfaces of your hands and rub them.



CDC recommends frequent hand cleaning, and wearing gloves when cleaning or caring for sick individuals.

4 Good Hygiene

Keys Time to Wash Your Hands

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick
- Before and after treating a cut or wound
- After using the restroom
- After changing diapers or cleaning up a child who has used the restroom
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



5 Good Housekeeping

Clean and disinfect frequently touched surfaces daily

- This includes tables, doorknobs, light switches, countertops, handles, desks, microwaves, refrigerators, phones, keyboards, toilets, faucets, and sinks.
- Reduce clutter to ensure surfaces can be properly disinfected.
- If surfaces are dirty, clean them with detergent or soap and water prior to disinfection. [EPA-registered Disinfectants](#)



Facilities will clean and disinfect many common areas on campus. However, it is your responsibility to ensure your desk and commonly used equipment in your department, office, and/or center is cleaned and disinfected.

6 Symptom Monitoring

Self-monitoring encourages health awareness and early detection.

- Anyone can have mild to severe symptoms.
- Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious.
- **Symptoms may appear 2-14 days after exposure** to the virus. People with these symptoms may have COVID-19:
 - Fever or chills
 - Cough
 - Fatigue
 - Muscle or body aches
 - Headache
 - Shortness of breath
 - Difficulty breathing
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

Reminders...

- Please review and comply with all university, college, department, and center pandemic recovery plans and procedures.
- If you believe you may have been exposed to or have symptoms of COVID-19, we encourage to contact your healthcare provider and report this information to your supervisor.
- Cloth face coverings should be worn at all times, except during lab activities. Disposable face coverings should worn when working in laboratory settings.
- Disposable gloves should be worn for lab activities or cleaning and disinfecting only.
- Social distancing, good hygiene, and good housekeeping are critical in preventing the spread of COVID-19.
- Lab workers should remember to use the Hierarchy of Controls when working in laboratory settings.

Resources

- [NJIT Pandemic Recovery Plan](#)
- [NJ The Road Back: Restoring Economic Health through Public Health](#)
- [Newark Recovery and Reopening Strikeforce](#)
- [CDC Considerations for Institutes of Higher Education](#)
- [White House Guidelines for Opening Up America Again](#)

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