

Safety Alert

Davis Constructors & Engineers
Mass Excavation

March 15, 2020

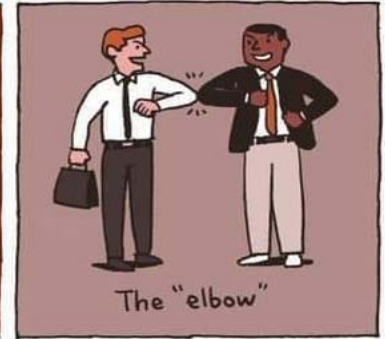
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Success is No Accident!

No Accidents!



Toolbox Topic:
COVID19
&
Washing Hands!



Hours and Accident

March 15, 2020

Accidents/Incidents

Job	2020 Hours	W Comp Reportable	OSHA Report	Lost-Time	Hours an Accident
Bethel	14,322	1	1	0	14322
JL Aloft	913	0	0	0	No Accidents!
Mass X Operations	9,604	0	0	0	No Accidents!
Providence	3,267	0	0	0	No Accidents!
Kodiak PAMC	702	0	0	0	No Accidents!
Aeromed Ph I & II	747	0	0	0	No Accidents!
Small Jobs	1,838	0	0	0	No Accidents!
LRDR - Clear	10,749	0	0	0	No Accidents!
EIE 405 Utiliduct	395	0	0	0	No Accidents!
HDJV UAF CPHR Power	4,470	0	0	0	No Accidents!
Total	47,007	1	1	0	47,007

Washing Your Hands

Information taken from <http://www.cdc.gov>



Keeping hands clean is one of the best ways to prevent the spread of infection and illness.

Hand washing is easy to do and it's one of the most effective ways to prevent the spread of many types of infection and illness in all settings—from your home and workplace to child care facilities and hospitals. Clean hands can stop germs from spreading from one person to another and throughout an entire community.

When should you wash your hands?

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

SUCCESS IS NO ACCIDENT!

What is the right way to wash your hands?

- Wet your hands with clean running water (warm or cold) and apply soap.
- Rub your hands together to make a lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, and under your nails.
- Continue rubbing your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse your hands well under running water.
- Dry your hands using a clean towel or air dry.



Washing hands with soap and water is the best way to reduce the number of germs on them. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do **not** eliminate all types of germs.

***Hand sanitizers are not effective when hands are visibly dirty.**



SUCCESS IS NO ACCIDENT!

Important Safety Tips

1. If you have a runny nose and sputum, you have a common cold;
2. Coronavirus pneumonia is a dry cough with no runny nose;
3. This new virus is not heat-resistant and will be killed by a temperature of just 26/27C (76-81F). It hates the Sun;
4. If someone sneezes with it, it takes about 10 feet before it drops to the ground and is no longer airborne;
5. If it drops on a metal surface it will live for at least 12 hours - so if you come into contact with any metal surface - wash your hands as soon as you can with a bacterial soap;
6. On fabric, it can survive for 6-12 hours. Normal laundry detergent will kill it;
7. Drinking warm water is effective for all viruses. Try not to drink liquids with ice;
8. Wash your hands frequently as the virus can only live on your hands for 5-10 minutes, but - a lot can happen during that time - you can rub your eyes, pick your nose unwittingly and so on;
9. You should also gargle as a prevention. A simple solution of salt in warm water will suffice;
10. Can't emphasize enough - drink plenty of water!

THE SYMPTOMS:

1. It will first infect the throat, so you will have a sore throat lasting 3/4 days;
2. The virus then blends into a nasal fluid that enters the trachea and then the lungs, causing pneumonia. This takes about 5/6 days further;
3. With the pneumonia comes high fever and difficulty in breathing;
4. The nasal congestion is not like the normal kind. You feel like you are drowning. It is imperative you then seek immediate attention.

Serious excellent advice by Japanese doctors treating COVID-19 cases: Everyone should ensure your mouth & throat are moist, never dry. Take a few sips of water every 15 minutes at least. Why? Even if the virus gets into your mouth, drinking water or other liquids will wash them down through your throat and into the stomach. Once there, your stomach acid will kill all the virus. If you don't drink enough water more regularly, the virus can enter your windpipe and into the lungs. That's very dangerous.

The new Coronavirus may not show sign of infection for many days.

How can one know if he/she is infected? By the time they have fever and/or cough and go to the hospital, the lung is usually 50% Fibrosis and it's too late (Fibrosis is not reversible).

Taiwan experts provide a simple self-check that we can do every morning. Take a deep breath and hold your breath for more than 10 seconds. If you complete it successfully without coughing, without discomfort, stiffness or tightness, etc., it proves there is no Fibrosis in the lungs. This basically indicates no infection. In critical times, please self-check every morning in an environment with clean air.