

## SAFETY MESSAGE/PLAN (ICS-Form 208)

<b>1. Incident Name:</b> August 2021 Severe Heat	<b>2. Operational Period</b>	
	Date From: 08/12/2021	Date To: 08/13/2021
	Time From: 0800	Time To: 0800

**3. Safety Message/Expanded Safety Message, Safety Plan, Site Safety Plan**

**1. Weather:**

- a. Remain aware of forecasted weather and hazards weather conditions, including air quality. A 7-Day Forecast, as well as current warnings, watches, and alerts from the National Weather Service can [be found here](#).
- b. Temperatures are again forecasted to reach over 100 degrees this week, with an Excessive Heat Watch Wednesday through Saturday evening.
- c. With the [new OSHA temporary Heat Illness Prevention Rule](#) that was recently enacted we wanted to remind you:
  - i. When the heat index temperature in the work area equals or exceeds 80 °F, the rule provides provisions for access to shade and drinking water for workers. (read above link for details)
  - ii. The rule specifies additional high-heat practices that employers must follow once the heat index exceeds 90 °F. They must also have an emergency medical plan in place describing procedures to be followed if a heat illness happens. (read above link for details)
- d. If County staff have specific questions about the rule and how it applies to your individual site please contact Risk Management at [dcmriskmgmt@multco.us](mailto:dcmriskmgmt@multco.us).
- e. If County staff believe there is a need to curtail services due to excessive heat please contact the Directors office at [hd.directorsoffice@multco.us](mailto:hd.directorsoffice@multco.us) for consultation.

**2. COVID-19:**

- a. Coronaviruses are enveloped, single-stranded RNA viruses. With the notable exceptions of SARS-CoV and MERS-CoV, most human coronaviruses typically cause mild upper respiratory illness.
- b. Symptoms may include fever (defined throughout as a temperature of  $\geq 100^{\circ}\text{F}$  or  $37.8^{\circ}\text{C}$ ), sore throat, dry cough, dyspnea, myalgias, loss of smell or taste, and fatigue. Gastrointestinal symptoms have been reported by some patients prior to developing fever. Fever may not be present in the very young, immunosuppressed, or people taking antipyretics. Symptoms generally appear between 2 and 14 days after infection.
- c. Transmission occurs through respiratory secretions when someone coughs or sneezes, which is why it is important to contain respiratory secretions. Patients in health centers who are coughing should wear a surgical mask if available or a cloth face covering if a mask is not available. People who respond to medical incidents or emergencies should wear a surgical mask if available and a cloth face covering if a mask is not available. Specialized masks (example: N-95 respirators) are not necessary. If someone refuses to wear a mask or face covering and has a cough, ask them to cover their cough.
- d. Covid-19 is highly communicable (spreads easily) so overcrowding facilitates transmission. When able, avoid close contact with others (less than 6 feet). Keep people who are sick away from people who are not.

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- e. Multnomah County recommends employees telework when possible. County employees reassigned to the EOC should consult with and follow the direction of their County Department Supervisor regarding telework.
- f. Observe and monitor yourself for fever, cough, or shortness of breath. If you feel in any way unwell, stay home. Suspect, presumptive, and confirmed COVID-19 cases (i.e., respiratory symptoms) should remain under home isolation for at least 10 days after illness onset and until 24 hours after fever is gone, without use of antipyretics, and COVID-19 symptoms (fever, cough, shortness of breath, and diarrhea) are improving. This is based on CDC guidance - if CDC guidance for return-to-work differs, follow CDC guidance. People who are ill with only non-respiratory symptoms may return to work 24 hours after symptoms have resolved. If you feel well enough to telework and your job is conducive to such, you may do so.

### 3. Personal Protective Equipment (PPE):

- a. Cloth face coverings are recommended for all personnel. Fabric face coverings may be used all day if they do not become wet or soiled. They should be laundered after each day or if they become wet or soiled. Masks should be reserved for health care personnel and symptomatic patients.
- b. Gloves should be worn if available when using disinfecting wipes. All products must be used with the PPE recommended by the manufacturer.
- c. Gloves should be worn when serving yourself at the snack table or lunch time.
- d. PPE must be donned and doffed in accordance with CDC recommendations which may be found here: <https://www.cdc.gov/hai/pdfs/ppe/ppeposter148.pdf>.
- e. Clothes, including scrubs, are not considered PPE. However, for personnel at the shelters, it is recommended to bring a change of clothing in case the clothes become soiled.

### 4. Hand Hygiene:

- a. Avoid touching your face with your hands and avoid sharing high-touch items such as pens or notebooks.
- b. All personnel should wash their hands often. At minimum, wash your hands with soap and water for at least 20 seconds when they are dirty, before eating, after using the bathroom, after coughing, and before putting on and after removing PPE.
- c. Soap and water is the preferred method of hand hygiene, but you may use an alcohol-based hand rub of at least 70% alcohol if soap and water is not available.
- d. Effective hand hygiene involves the rubbing of all surfaces with either soap or alcohol-based hand rub. It is the scrubbing action, not necessarily the product, that cleans your hands. Make sure to include the webbing in between your fingers, your thumbs, wrists, fingertips and nail beds. [MCHD Hand Hygiene Video](#)

### 5. Cough Etiquette:

- a. People with a cough should be instructed/encouraged to cover their cough to help prevent the spread of infection. The crook of the arm or a tissue may be used. A person may also cough or sneeze into their face covering.
- b. Perform hand hygiene after coughing.
- c. A new or worsening cough is a reason to stay home. People who have a chronic cough are encouraged to wear a cloth face covering and to be vigilant for any changes.

### 6. Surface Disinfection:

- a. If your work space is visibly dirty, clean it with soap and water before using disinfectant. Do not use soap and water on electronic devices.
- b. Disinfect your work area with the wipes or liquid provided. Include (if applicable) the table, hard chair parts, phone, computer keyboard, mouse, and any other non-porous items or

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surfaces in your immediate vicinity. To disinfect electronics, please use wipes if they are available. If they are not, spray disinfectant onto a cloth or paper towel and use that to wipe. Liquid can harm electronic devices.

- c. Disinfect before you begin work and before you go home, and if you move to another work area, disinfect it before you begin working and after you finish at that location.
- d. Follow the directions on the label for the proper contact time. Do not fan the surface to cause it to dry faster.
- e. Make sure the lid on the wipes is closed to maintain the product effectiveness.

### 7. Signage:

- a. Display hand hygiene and cover your cough posters to encourage these activities.

### 8. Driver safety:

- a. Follow road safety.
- b. Know and follow traffic laws.
- c. Wear your seat belt.
- d. Do not text and drive.
- e. Know where you are going and how to get there.
- f. Take your time and expect delays.
- g. If you are involved in a motor vehicle accident, fill out the RSK-4 County Vehicle Accident Reporting form and submit it to your supervisor. Your manager or designee should provide just-in-time training on the form.

### 9. Slips, trips, falls:

- a. If you are injured, fill out an RSK -2 Incident Report Form and submit it to your supervisor. Your manager or designee should provide just in time training on the form.

### 10. Mental health:

- a. Expect elevated emotions, both your own and those of others.
- b. Compassion fatigue is common during responder events. Make sure you rest, hydrate and take breaks when able.
- c. Consult with mental health as needed.

### 11. Food safety:

- a. Ensure all food items are prepared and stored properly. Always wash your hands before eating food.

### 12. Ergonomics:

- a. When moving supplies and equipment, always follow proper body mechanics. Use assistive equipment if available and know how to properly use it.
- b. Adjust your workstation to avoid injury or strain.

4. Site Safety Plan Required? Yes  No

5. Updated by: Justin Gibbs, County Planning Section Chief

Reviewed By: Angela Carkner, City Planning Section Chief

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Date/Time: 08/11/2021 19:05