

**Supplement No. 1, Revision 3**  
**COVID-19 Guidance: Restarting Construction Projects**  
**Versions dated March 30, 2020 and April 24, 2020A**

**Supplement No. 1, Revision 2 has been revised to include the following:**

- **Convey and provide a weblink to the Secretary of Health's Order dated November 17, 2020 for Mitigation Relating to Travel**
- **Convey and provide a weblink to the Secretary of Health's Updated Order dated November 17, 2020 Requiring Universal Face Coverings**
- **Convey and provide a weblink to the Frequently Asked Questions related to the Secretary of Health's Updated Order dated November 17, 2020 Requiring Universal Face Coverings**
- **Provide a weblink to the Frequently Asked Question related to the Secretary of Health's Order dated November 17, 2020 for Mitigation Relating to Travel**

## Supplement No. 1, Revision 3

### COVID-19 Guidance: Restarting Construction Projects Versions dated March 30, 2020 and April 24, 2020A

Supplement No. 1, including Revisions 1-3, to the *COVID-19 Guidance: Restarting Construction Projects* document provides the following:

- Addresses issues and concerns on the use of masks/face coverings.
- Conveys revisions to the *Governor's April 23, 2020 Construction Guidance* related to the Red, Yellow, and Green Phases of Reopening Pennsylvania.
- Conveys the [Secretary of Health's Order dated November 17, 2020 for Mitigation Relating to Travel](#)
- Conveys the [Secretary of Health's Updated Order dated November 17, 2020 Requiring Universal Face Coverings](#)

#### Masks/Face Coverings

The [Governor's April 23, 2020 Construction Guidance](#) requires every person present at a work site to wear a mask/face covering. The [Pennsylvania Department of Health's Frequently Asked Questions](#) (PaDOH FAQs) have established that a face shield would suffice in lieu of a mask/face covering and indicates that an employee does not need to wear a mask/face covering if it impedes their vision, if they have a medical condition, or if it would create an unsafe condition in which to operate equipment or execute a task. The [Secretary of Health's Order dated July 1, 2020 Requiring Universal Face Coverings](#) indicates that face coverings are required when interacting in-person with any member of the public.

The [Secretary of Health's Updated Order dated November 17, 2020 Requiring Universal Face Coverings](#) indicates that face coverings are required when indoors or in an enclosed space, where another person or persons who are not members of the individual's household are present in the same space, irrespective of physical distance. Face coverings are also required outdoors with others who are not members of a person's household and unable to maintain sustained physical distance. The [Frequently Asked Questions for the Secretary of Health's Updated Order dated November 17, 2020 Requiring Universal Face Coverings](#) defines sustained physical distance as the practice of staying at least six feet away from others to avoid becoming a close contact. The PA Department of Health recommends using 15 consecutive minutes of exposure at a distance of six feet or less as an operational definition for "close contact."

The [Centers for Disease Control and Prevention \(CDC\) Guidance](#) on masking recommends wearing cloth face coverings where other social distancing measures are difficult to maintain. The CDC does not recommend using masks for source control if they have an exhalation valve or vent.

With the guidance provided above, it is acceptable on PennDOT/PA Turnpike construction projects for an employee to wear a face shield in lieu of a mask/face covering if approved by their employer.

At the beginning of each work day on PennDOT/PA Turnpike construction projects, the Pandemic Safety Officers or their designated representatives responsible for ensuring compliance to their employer's COVID-19 safety plan should have a discussion to review the day's construction activities that will occur on the project and make a determination on the use of masks/face coverings or face shields for those construction activities in accordance with the guidance provided above. After the discussion, the representatives will communicate the determinations made with their fellow employees. According to the June 10, 2020

Revision 1 July 15, 2020  
Revision 2 September 10, 2020  
Revision 3 November 19, 2020

[PaDOH FAQs](#), each employer is responsible for taking the necessary steps to implement the Secretary of Health's Order for their own employees.

*Protocol 34 – COVID19 – Heat Exposure and Wearing Personal Protective Equipment* provides guidance for PennDOT employees on when masks or face shields are to be worn or can be removed to assure the safety and welfare of PennDOT field employees only. Protocol 34 is included as Attachment A with this supplement and is provided for reference. Contractors, Consultants, Producers, and Fabricators may choose to adopt any or all of the guidance at their own discretion.

With regard to mask requirements:

- Masks are required to be worn when interacting in-person with any member of the public on a construction project.
- If revisions to mask requirements as addressed in a Contractor's, Consultant's, Producer's, or Fabricator's accepted Supplemental COVID-19 Safety Plan are required to comply with the guidance provided above, a supplement or letter specifying the company's revisions must be submitted to PennDOT/PA Turnpike for review and acceptance. Submit the supplement/letter in the same manner used for submission of the Supplemental Safety Plan.
- If mask requirements are not addressed in a Contractor's, Consultant's, Producer's, or Fabricator's accepted Supplemental COVID-19 Safety Plan, submit a supplement or letter to PennDOT/PA Turnpike specifying the company's mask requirements to comply with the guidance provided above. Submit the supplement/letter in the same manner used for submission of the Supplemental Safety Plan.

#### Red, Yellow, and Green Phases of Reopening

The [Governor's April 23, 2020 Construction Guidance](#) now provides updated requirements related to Red, Yellow, and Green Phases of Reopening. These updated requirements include the following items related to All Construction Activities:

- Ensure all gatherings are limited to no more than 10 people in counties in the red phase of reopening, 25 people in counties in the yellow phase of reopening, and 250 people (outdoors) and 25 people (indoors) in counties in the green phase of reopening, maintaining 6-foot social distancing, when required to meet, even when conducted outside.
- Ensure workers are traveling to and from the job site separately. Wherever possible employees should not share a vehicle. For counties in the green phase, workers may share a vehicle to travel to the job site, as long as the vehicle's occupancy is no more than 50% its occupancy load and face masks are worn by the vehicle's occupants.

#### Mitigation Relating to Travel

The [Secretary of Health's Order dated November 17, 2020 for Mitigation Relating to Travel](#) (SHO MRT) requires individuals traveling into and returning to the Commonwealth of Pennsylvania from any other State or Commonwealth or an international location, must produce evidence of a negative SARS-CoV2 (COVID-19) test from a specimen collected within 72 hours prior to entering the Commonwealth, or quarantine for 14 days upon entering, unless they qualify for one of the following exemption:

- Individuals travelling to and from the Commonwealth for the purposes of work.
- Individuals travelling to and from the Commonwealth for medical reasons, including individuals providing comfort and support to the patient.

- Military personnel travelling to the Commonwealth by order or directive of a state or Federal military authority.
- Individuals in transit through the Commonwealth to another destination, provided that the time spent in the Commonwealth is only the amount of time necessary to complete the transit, make use of travel services, such as a highway rest stop, or make any necessary travel connections.

Each employer is responsible for taking the necessary steps to implement the [SHO MRT](#) for their own employees. Revisions to a Contractor's, Consultant's, Producer's, or Fabricator's accepted Supplemental COVID-19 Safety Plan will not be required to address the [SHO MRT](#).

Additional guidance is available at [The Frequently Asked Questions for the Secretary of Health's Order dated November 17, 2020 for Mitigation Relating to Travel](#).

# Attachment A

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## PROTOCOL 34– COVID19 - HEAT EXPOSURE AND WEARING PERSONAL PROTECTIVE EQUIPMENT REVISION 6 (9-3-2020)

Note: No revisions were made to Protocol 34 Revision 6 (9-3-2020). Highlighted text below indicates previous revisions to Protocol 34.

June 10, 2020

Revision 1 July 15, 2020  
Revision 2 September 10, 2020  
Revision 3 November 19, 2020

# Protocol 34– COVID19 - Heat Exposure and Wearing Personal Protective Equipment

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## 1. Policy

PennDOT is committed to reducing the hazards associated with potential heat illness when wearing Personal Protective Equipment to perform certain field operations relative to maintenance, construction and/or design work. This protocol provides PennDOT employees with the guidance on when masks, face coverings and/or face shields are to be worn or can be removed to assure the safety and welfare of PennDOT field employees. Although we have exceptions in place for wearing mask and/or a face covering for field, garage and office employees a mask and/or face covering must be worn when in any group setting, gathering or meeting with other employees and/or non-employees and social distancing still applies.<sup>1</sup>

## 2. Scope

This protocol applies to all PennDOT employees who perform maintenance, construction or design work outdoors, such as surveyors, operators, flaggers, etc. This protocol is intended to protect workers from potential heat exhaustion and exposure to the COVID19 virus.

## 3. Applicable Standards

To help prevent the spread of the 2019 Coronavirus (COVID-19), the Governor has ordered that Department of Health (DOH) guidelines and the Center for Disease Control (CDC) recommendations must be followed as part of the Commonwealth’s phased reopening plan. These requirements shall continue to be in place through the green phase until such time as the DOH discontinues their required guidelines. Part of these guidelines address the use of face coverings to protect others from individuals who may transmit the virus, even if they show no symptoms (asymptomatic).

The following list includes the sources of recommendations; however, it is not all inclusive:

A. Center for Disease Control and Prevention (CDC)

B. Environmental Protection Agency (EPA)

C. Department of Health (DOH)

D. [Use of Cloth Face Coverings to Help Slow the Spread of COVID-19 \(DOH\)](#)

#### 4. Definitions<sup>1</sup>

- A. *Heat Cramps*: Painful cramps resulting when excessively sweating depletes the body of salt and moisture. Heat cramps are more likely to affect those who sweat excessively.
- B. *Heat Exhaustion*: A heat related illness with symptoms that include but are not limited to, headache, nausea, irritability, heavy sweating and elevated body temperature. Individuals that are more prone to heat exhaustion are the elderly, those having high blood pressure, and those working in hot environments.
- C. *Heat Rash*: Skin irritation resulting from blocked sweat glands, caused by tight fitting clothing rubbing on skin while excessively sweating during hot, humid weather.
- D. *Heat Stroke*: The most serious heat-related illness it occurs when the body is unable to regulate its temperature. The body's temperature rises rapidly, and the individual is unable to cool down by sweating. Symptoms include but are not limited to, confusion, altered mental status, loss of consciousness, hot dry skin, seizures and high body temperature. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

#### 5. Roles and Responsibilities

- A. District Executives/Bureau Directors
  - (1) Ensure the proper and timely implementation of this protocol.
  - (2) Ensure all employees are provided adequate resources as outlined in this protocol.
- B. Employee Safety Division
  - (1) Maintain this protocol.
  - (2) Conduct inspections to assist with compliance of this protocol.
  - (3) Respond to employees concerns in a timely matter.
- C. Managers/Supervisors
  - (1) Ensure employees are following the procedures outlined in this protocol.
  - (2) Ensure employees are properly informed about contagious illnesses and are provided information and general safe practices helping them to stay healthy and prevent spreading any contagious illness (such as influenza, the common cold, etc.)
  - (3) Ensure employees are provided the necessary personal protective equipment, for employees issued a face shield this includes supplies to properly clean their face shield.
  - (4) Determine unsafe work conditions in accordance with this protocol.
- D. Field Employees
  - (1) Follow the rules and procedures outlined in this protocol
  - (2) Report to the supervisor if other work conditions are identified wherein a mask and/or face covering may impede vision, or if it would create an unsafe condition in which to operate equipment or perform work.

#### 6. Procedures

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<sup>1</sup> Note- Yellow highlights indicate recent changes to documents that are now being re-issued.

A. Personal Protection Equipment (Face Coverings):

PennDOT is currently procuring cloth face coverings, bandanas and/or face shields to be available to employees.

- (1) Employees may choose to provide their own face covering, mask, bandana or gaiter.
- (2) Employees may reference the Department of Health or CDC website on how to make a mask.
- (3) All face coverings must represent PennDOT in a positive manner.
- (4) Employees will be responsible for cleaning their own face coverings.
- (5) A face shield is considered an acceptable alternative for employees who work outdoors. See Section E.

NOTE: This protocol is specific to COVID-19 requirements and is not a replacement for specific jobs that require the use of respirators or face shield as part of their personal protective equipment.

B. **Face Coverings for Field** Employees:

- (1) Must be worn at all times when engaged in work activities, whether at the workplace or performing work off-site, unless an exemption applies from Section "C" of this protocol.
- (2) Must always be worn in indoor areas open to the public and when interacting with members of the public in-person.
- (3) Must be worn when in a vehicle/equipment with another individual and when using drive thru services but may be removed when operating the vehicle/equipment alone. Note: A face covering/mask/bandana/gaiter must be worn when there are two or more in a vehicle (face shields are not applicable in a vehicle).
- (4) Must be worn when occupying a small room (<100 square feet) with another individual, for any amount of time.
- (5) Must be worn when in any group setting, gathering or meeting with other employees and/or non-employees and social distancing still applies.
- (6) A face covering should be replaced if it is damp or wet from sweat, spit or mucus.
- (7) When putting on and after removing a face covering, practice hand hygiene by using an approved applicable method (soap and water, hand sanitizer and waterless soap). Avoid touching and readjusting the face covering as much as possible to prevent spreading germs.
- (8) When removing a face covering, grasp the covering from the back (ties or loops) and carefully pull away from the face. Do not touch the front of the face covering.
- (9) Reusable face coverings should be cleaned by employees following manufacturer recommendations. Basic cleaning of cloth face coverings involves one of the following methods.
  - a. Machine Washing
    - i. Wash in hot water and regular laundry detergent. Bleach can be

used in a washing machine with the mask and/or face covering.

ii. Use dryer on high heat until fully dried.

b. Handwashing

i. Wash in warm soapy water.

ii. Rinse thoroughly with water ensuring both sides and straps have been rinsed.

iii. Air dry fully, hanging method is preferred as to allow both sides to fully dry.

(10) See safety talk on: COVID-19 and Wearing a Face Cover, April Safety Talk for more details.

C. Permissible removal of face coverings for field operations:

(1) All employees must *always* have a face covering on their person for use at a moment's notice to prevent the spread of the virus when interacting with others unless unable to wear a cloth face covering due to a medical condition. Employees with a medical condition preventing the use of a cloth face covering must contact their ADA Coordinator for an accommodation.

(2) Similar to a closed personal office space, PennDOT has deemed when working outdoors and social distancing of six (6) feet from another worker is maintained, face coverings may be removed. Must be worn when in any group setting, gathering or meeting with other employees and/or non-employees and social distancing still applies.

(3) May be removed with the supervisor's approval when outdoors and engaged in high intensity activity or when working in areas where there is an increased chance of heat-related illness and social distancing still applies.

(4) May be removed by employees directly involved in the application of hot materials (e.g. asphalt).

(5) May be removed under the direction of a supervisor if it impedes vision, or if it would create an unsafe condition such as effectively communicating with other workers (e.g. crane spotters) in which to operate equipment or perform work.

(6) May be removed to eat or drink during breaks and lunch periods; however, social distancing techniques of six (6) feet of another individual must still be applied.

(7) May be removed when communicating or seeking to communicate with someone who is hearing-impaired or has another disability, where the ability to see the mouth is essential for communication.

(8) May be removed when a supervisor determines heat may create an unsafe condition by using the following method below "Preventing Heat Related Illness Guidelines" section shown below.

D. **Permissible removal of face coverings for garage personnel:**

(1) All employees must *always* have a face covering on their person for use at a moment's notice to prevent the spread of the virus when interacting with others.

- (2) May be removed by employees when in their garage bay alone and/or when proper social distancing can be maintained but must be worn within six (6) feet of another individual. Must be worn when in any group setting, gathering or meeting with other employees and/or non-employees and social distancing still applies.
- (3) May be removed under the direction of a supervisor if it impedes vision, or if it would create an unsafe condition such as effectively communicating with other workers (e.g. crane spotters) in which to operate equipment or perform work.
- (4) May be removed to eat or drink during breaks and lunch periods; however, social distancing techniques of six (6) feet of another individual must still be applied.
- (5) May be removed when communicating or seeking to communicate with someone who is hearing-impaired or has another disability, where the ability to see the mouth is essential for communication. Employees unable to wear a cloth face covering due to a medical condition must contact their ADA Coordinator for an accommodation.

## **7. Heat Illness Prevention Techniques**

- A. Review with all employees how to help prevent heat-related illness from occurring as well as the different types of heat-related illnesses, signs, symptoms, and first-aid measures.
- B. Re-acclimatize employees returning to work after an absence of one or more weeks on a schedule that will slowly reintroduce them to working in hot environments, when possible. Employees who have performed the job before can re-acclimatize in two to three days after returning to work whereas someone new to the job may take up to 14 days to fully acclimatize.
- C. Use the buddy system, group employees together as buddies and remind them to assess each other for symptoms of heat-related illness throughout the day. Verbal check-ins are very important because social distancing and wearing a cloth face covering make it more difficult to see signs and symptoms.
- D. Ensure that the work facilities adjust the ventilation to deliver the maximum amount of fresh air to occupied spaces. Increase circulation of outdoor air as much as possible in indoor, non-climate-controlled areas by opening doors, windows and using fans where feasible. Do not open doors or windows if doing so poses a safety or health risk for employees. Ensure fans that are mounted are not blowing from one individual directly at another.
- E. Emergency first aid plan for heat-related illnesses.
  - (1) Immediately remove the employee from the hot environment and take the employee to a cool/shaded area.
  - (2) Remove PPE, face covering and/or mask, and excess clothing from affected employee to facilitate cooling.
  - (3) Provide cool liquids to drink, if the employee is alert.
  - (4) If heat stroke is suspected immediately call 911. Remove all PPE from the

affected employee. Cool the employee with any means available such as cool water, ice bath or misting fans. Note other employees providing first aid or resuscitation should continue wearing their PPE, cloth face covering and/or mask.

Preventing Heat Related Illness Guidelines:

Determine the predicted temperature and relative humidity for the day. Reliable sources for obtaining this information include weather.com, wunderground.com. Once the temperature and relative humidity is identified, find the corresponding Wet Bulb Globe Temperature (WBGT) utilizing the chart below. The OSHA standard used to create the chart can be found [here](#).

| Temperature °F | Relative Humidity |      |      |      |       |
|----------------|-------------------|------|------|------|-------|
|                | 20%               | 40%  | 50%  | 60%  | 80%   |
| 80 °F          | 56.5              | 64   | 67   | 69   | 75.1  |
| 85 °F          | 59.9              | 68   | 71.2 | 74   | 79.9  |
| 90 °F          | 63.3              | 72.1 | 75.6 | 79   | 84.7  |
| 95 °F          | 66.7              | 76.1 | 79.9 | 83.3 | 89.5  |
| 100 °F         | 70.2              | 80.2 | 84.2 | 87.8 | 94.27 |

If the WBGT is above 77 °F, masks and/or face coverings shall not be worn while working to prevent heat related illnesses. Red on this chart indicates wearing a mask and/or face covering may cause harm.

Include instructions for preventing heat related illnesses in Safety Talk meetings including if face mask and/or face covering use may cause a safety hazard or if extra breaks will need to be taken.

**Examples:**

Example 1: If the predicted high temperature for the day will be 85 °F and the relative humidity will be 60% then look to the chart to find the WBGT.

WBGT = 74 °F

Because this is less than 77 °F no adjustments need to be made.

74°F < 77 °F

Example 2: If the predicted high temperature for the day will be 95 °F and the relative humidity will be 50% then look to the chart to find the WBGT.

WBGT = 79.9 °F

Because this is more than the 77 °F adjustments need to be made. Because it would be considered a safety hazard, a face mask and/or face covering will not be required.

79.9 °F > 77 °F

Additional effort must be made to allow employee to keep a distance of 15 feet apart in accordance with Section 5 C (2) of this protocol.

F. **Face shields in lieu of masks/face coverings (ANSI Face Shields/Disposable Face Shields):**

- (1) Are acceptable alternative to cloth face coverings for field employees and employees with medical conditions preventing the use of cloth face coverings who have an approved accommodation.
- (2) Must cover the entire front of the face (extending to the chin or below) and the sides of the face. Homemade face shields are unacceptable.
- (3) When wearing face shields that meet ANSI requirements and are impact resistant, safety glasses are not necessary. When wearing a disposable face shield, employees must wear safety glasses/goggles as required.
- (4) When putting on and after removing face shields, practice hand hygiene by using an approved applicable method (soap and water, hand sanitizer or waterless soap). Avoid touching and readjusting face shields as much as possible to prevent spreading germs.
- (5) When removing a face shield, carefully grab the strap and pull upwards and away from the head. Do not touch the front of the face shield.
- (6) Face shields must be cleaned following proper cleaning protocols, i.e. wiped down at end of each day with disinfectant. Follow manufacturer instructions when available or consider the following:
  - a. While wearing disposable gloves, carefully wipe the *inside, followed by the outside* of the face shield using a clean cloth saturated with neutral detergent solution or cleaner wipe.
  - b. Carefully wipe the *outside* of the face shield using a wipe or clean cloth with disinfectant solution.
  - c. Wipe the outside of face shield with clean water or alcohol to remove residue.
  - d. Fully dry (air dry or use clean absorbent towels).
  - e. Remove gloves and perform hand hygiene.
- (7) Face shields must be examined for cracks and/or damage and must be reported to the supervisor for replacement. Disposable face shields may be worn more than one day; however, it should be replaced if the shield is damaged, can no longer fasten securely, or if visibility is obscured and cleaning does not restore visibility.
- (8) Disposable shields must be disposed of properly by doing the following:
  - a. Seal the disposable shield in a plastic bag;
  - b. Mark the bag with your name and employee number;
  - c. Turn the used or broken disposable shield into the stock room or your Foreman to receive a replacement.

**8. Program Review**

The effectiveness of this protocol in keeping employees safe when there is potential for infectious viruses or an unsafe work condition related to heat illnesses. This protocol will be evaluated annually by the Employee Safety Division, Bureau of Performance Operations and Bureau of Maintenance Operation with appropriate actions taken to address any deficiencies found.

**9. Recordkeeping**

This protocol contains new existing information due to COVID 19 pandemic. Content that is being introduced for the first time in the Pub 445M, Manual for Employee Safety and Health (MESH) is identified as “original”.

| Section | Topic                                 |
|---------|---------------------------------------|
| 1-9     | Original as per the AIPP requirement. |
|         |                                       |

Revision 6 (9-3-2020)