



**C H Murphy || Clark-Ullman, Inc.**  
INDUSTRIAL & COMMERCIAL MECHANICAL CONTRACTOR  
www.chmcu.com 800.234.6255

**OREGON**  
5565 N Dolphin St  
Portland OR 97217  
t 503.285.5030  
f 503.285.6210

**WASHINGTON**  
3113 S Pine St Bldg A  
Tacoma WA 98409  
t 253.475.6566  
f 253.475.6598

**UTAH**  
5555 W Leo Park Rd  
W Jordan UT 84081  
t 801.280.0555

## COVID-19 BEST PRACTICES

**UPDATED: REV 23. February 3rd, 2023**

EFFECTIVE: 5/20/20 until otherwise notified by an Officer of C H Murphy || Clark-Ullman, Inc.

PURPOSE. To provide guidance for Covid-19 “Best Practices” in our work areas and facilities in accordance with CDC’s guidance for *Businesses and Employers* (reference link in Resources) recommendations, municipal mandates, and customer requirements.

GENERAL. CHMCU will follow CDC, state, local and customer guidelines relating to COVID-19 at a minimum. In the event of an uptick in Covid-19 cases, CHMCU may decide to enact more stringent policies.

BEST PRACTICES GUIDELINES.

PRACTICES. The following are the minimum expectations for CHMCU field work sites and facilities.

1. SCREENING. Ask workers to self-identify symptoms of fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting and diarrhea each day, before the shift, mid-shift, and at home. If an employee exhibits such symptoms, the employee is instructed to not report for duty and contact their supervisor.
  - Any employee not reporting due to symptoms (either self or household member), should follow steps outlined in Section 3. Return to Work or receive a negative test result before returning to the job site.
2. CONTACT TRACING. Internal to CHMCU, contact tracing will be conducted upon a confirmed positive test within the organization, job site, and job site facilities. Contact the Director of HSE immediately to begin the tracing.

*CDC defines tracing; For COVID-19, a close contact is defined as any individual who was within 6 feet for 15 or more cumulative minutes during a 24-hour period. The start time of contact tracing for a known exposure, is 24 hours prior to the illness onset (or, for asymptomatic patients, 2 days prior to positive specimen collection) until the time the patient is isolated.*



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Contact tracing will begin immediately by a CHMCU Safety Coordinator or after contacting the Director of HSE, if an employee is sent home with COVID-19-like symptoms, including the previous 48-hour period suggested by CDC. CHMCU will utilize documentation such as the BEIS form, timesheets, daily tailgate roster, and JHAs to trace personnel that may have been in proximity of a not-yet-determined or a positive case employee.

Contact tracing for COVID-19 typically involves:

- Interviewing people with COVID-19 to identify everyone with whom they had close contact during the time they may have been infectious.
- Notifying contacts of their potential exposure.

CHMCU will use the following CDC recommended precautions for an employee exposed to Covid through a close contact:

- Exposed employee should monitor themselves for any Covid related symptoms (see Section 1 Screening). If any symptoms develop, they should isolate immediately and follow steps outlined in Section 3. Return to Work or receive a negative test result before returning to work or the jobsite.
  - Exposed employee should get tested for Covid-19 five full days after their last exposure.
  - Wear a high-quality mask or respirator anytime they are around other employees for 10 days following exposure.
3. RETURN TO WORK. Employees who have tested Positive for COVID-19 or have been diagnosed with COVID-19 by a licensed healthcare provider, or are showing COVID-19 like symptoms but have not yet tested, shall meet the following criteria before returning to work;
- Complete a 5-day quarantine period AND
  - Remain fever free for at least 24 hours without the assistance of fever reducing medication AND;
  - Symptoms have improved.
  - If an employee returns to work after 5 days or any time before ten days, they will be asked to wear a mask until 10 full days after their first symptoms.

Respectfully,

Tristen Haeck

Director of Health, Safety & Environment

For further information regarding COVID-19, please refer to the following state websites below.



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RESOURCES:

CDC - Center for Disease Control – the best way to utilize the CDC is to go to [www.cdc.gov](http://www.cdc.gov) and then search for specific question you may have. Below is a good start for business/industrial guidance.  
[https://www.cdc.gov/niosh/emres/2019\\_ncov\\_default.html](https://www.cdc.gov/niosh/emres/2019_ncov_default.html)

OREGON

<https://osha.oregon.gov/covid19/pages/default.aspx>

WASHINGTON

<https://www.lni.wa.gov/safety-health/safety-topics/topics/coronavirus>

UTAH

<https://coronavirus.utah.gov/>

IDAHO

<https://cdhd.idaho.gov/dac-coronavirus.php>

WYOMING

<https://wyomingbusiness.org/wyoemployerresources>

ARIZONA

<https://www.azdhs.gov/covid19/index.php>

MONTANA

<https://hr.mt.gov/Return-to-Worksite-Stage-3-Guidance.pdf>

NEVADA

[hdir.nv.gov/uploadedFiles/dirnv.gov/content/home/features/COVID-19%20Guidance%20-%202022.pdf](https://hdir.nv.gov/uploadedFiles/dirnv.gov/content/home/features/COVID-19%20Guidance%20-%202022.pdf)

CALIFORNIA

<https://www.dir.ca.gov/dosh/coronavirus/Health-Care-General-Industry.html>



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COLORADO

<https://covid19.colorado.gov/guidance-resources>