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Provide the supplies necessary for good hygiene practices



Ensure that workers, customers, and visitors have supplies to clean their hands frequently and cover their coughs and sneezes:

Provide tissues and no-touch trash cans.

Provide soap and warm or tepid water in the workplace in fixed worksites. If soap and water are not readily available, use alcohol-based hand sanitizer that is at least 60% ethanol or 70% isopropanol. Ensure that adequate supplies are maintained, and follow safe handling and storage requirements for sanitizer supplies and similar flammable liquids.

Place touchless hand sanitizer stations in multiple locations to encourage hand hygiene.

Provide workers with time to wash their hands often with soap and water (for at least 20 seconds) or to use hand sanitizer. Inform workers that if their hands are visibly dirty, soap and water is preferable to hand sanitizer.

Key times for workers to clean their hands include:

- Before and after work shifts
- Before and after work breaks
- After blowing their nose, coughing, or sneezing
- After using the restroom
- Before and after eating or preparing food
- After putting on, touching, or removing PPE or face coverings
- After coming into contact with surfaces touched by other people

Place posters that encourage hand hygiene and physical distancing to help stop the spread of COVID-19 at the entrance to your workplace and in other workplace areas where they are likely to be seen. This should include signs for non-English speakers, as needed.

Promote personal health monitoring and good personal hygiene, including hand washing and good respiratory etiquette.

Supplies necessary for good hygiene

Perform Routine Cleaning and Disinfection



Follow the Guidance for Cleaning and Disinfecting to develop, implement, and maintain a plan to perform regular cleanings to reduce the risk of exposure to COVID-19.

Routinely clean all frequently touched surfaces in the workplace. These include tables, chairs and waiting benches. Menus are also touch points, which is why restaurants are currently handing out the single-use, disposable paper kind or switching to QR codes customers can scan from their phones. Other touch points include soda guns and kitchen splash guards. Jani-King's list for restrooms alone has seven touch points, including flush handles, grab bars and trash bins. Cleaning equipment such as broom handles, bus tubs and wet floor signs also qualify as touch points.

If surfaces are dirty, clean them using a detergent or soap and water before you disinfect them.

Do not share objects or tools between workers, but if shared tools are required, ensure appropriate cleaning and disinfection is performed between uses.

Provide disposable disinfecting wipes so that workers can wipe down commonly used surfaces before each use.

Store and use disinfectants in a responsible and appropriate manner according to the label.

Do not mix bleach or other cleaning and disinfection products together. This can create toxic vapors.

Advise workers always to wear gloves appropriate for the chemicals being used when they are cleaning and disinfecting and that they may need additional PPE based on

Eliminating the Hazard by Separating and Sending Home Infected or Potentially Infected People from the Workplace



One key element involves eliminating the hazard, which means isolating workers who are infected or potentially infected so they cannot infect other workers. Most employers will follow a symptom-based strategy for identifying and separating and sending home workers. However, there are certain circumstances where employers may consider a COVID-19 test-based strategy.

Workers who have or likely have COVID-19 should be isolated until they meet CDC guidelines for exiting isolation:

- If they think or know they had COVID-19 and had symptoms, they can return after:
- At least 10 days since symptoms first appeared and
- At least 24 hours with no fever without fever-reducing medication and
- Other symptoms of COVID-19 are improving (loss of taste and smell may persist for weeks or months and need not delay the end of isolation).

Some workers might need to stay home and isolate longer than 10 days, as recommended by their healthcare providers.

Workers should quarantine if they have been exposed to COVID-19, which means:

- They were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more within a 24-hour period, starting from 2 days before illness onset, or
- They provided care at home to someone who is sick with COVID-19, or
- They had direct physical contact with a person who has COVID-19 (hugged or kissed them), or
- They shared eating or drinking utensils with a person who has COVID-19, or
- Someone who has COVID-19 sneezed, coughed, or somehow got respiratory droplets on them.

Local public health authorities determine and establish the quarantine options for their jurisdictions. CDC guidance provides that individuals who have been exposed should:

- Stay home for 14 days after last contact with a person who has COVID-19,
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19, and

SENTINEL
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Your Restaurant is our Passion

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For more information
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rals! If you're pleased with
us, Please spread the word.

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WORKERS COMPENSATION SAFETY NEWSLETTER

This Complimentary Newsletter is sent to you by

Your Farmers Agent

And

The Sentinel Restaurant Association

Newsletter Designed by Niha Osman

Please give us your feedback on the newsletter via
email at niha@calsra.com