TST COVID-19 Training Course Online

RECOGNIZING COVID-19 SYMPTOMS:

The challenge with recognizing the symptoms of this newly emerged virus is they can vary from person to person in severity, as well as mimic other viruses. Knowing what to do, when you feel you may be experiencing symptoms of the virus, can help keep you and those around you as safe as possible.

FEVER: A fever is one of the three symptoms of COVID-19. A fever is when your body temperature rises above its normal range. What's normal for you may be a little higher or lower than the average normal temperature of 98.6 F (37 C). Call your doctor if your temperature is 103 F (39.4 C) or higher.

A COUGH: A cough is one of the first symptoms of COVID-19. A cough is a reflex action to clear your airways of mucus and irritants such as dust or smoke. A "dry cough" usually feels like a tickle and doesn't produce any phlegm. A "chesty cough" means phlegm is produced to help clear your airways. A cough can be the result of postnasal drip, asthma, or acid reflux. Call you physician if you are experiencing a cough and fever, coupled with a tight feeling in your chest.

SHORTNESS OF BREATH: Shortness of breath is also one of the three symptoms that appears. This symptom appears anywhere from 2 to 14 days after exposure. Shortness of breath — known medically as dyspnea — is often described as an intense tightening in the chest, air hunger, difficulty breathing, breathlessness or a feeling of suffocation. Very strenuous exercise, extreme temperatures, obesity and higher altitude all can cause shortness of breath in a healthy person. Outside of these examples, shortness of breath is likely a sign of a medical problem. Seek emergency medical care if your shortness of breath is accompanied by chest pain, fainting, nausea, a bluish tinge to lips or nails, or a change in mental alertness.

REPORT YOUR SYMPTOMS: If you are experiencing any COVID-19 symptoms, you need to report to your company. COVID-19 typically causes flu-like symptoms including a fever and cough. In some patients - particularly the elderly and others with underlying health conditions - these symptoms can develop into pneumonia, with chest tightness, chest pain, and shortness of breath. It starts with a fever, followed by a dry cough. After a week, it can lead to shortness of breath, with about 20% of patients requiring hospital treatment.

OSHA 300 Logs
Employers will want to record the illness on their OSHA 300 log under illnesses. COVID-19 can be an illness you record, if a worker is infected as a result of performing their work-related duties. However, employers are only responsible for recording cases of COVID-19 if all of the following are met:

- The case is a confirmed case of COVID-19 (see CDC information on persons under investigation and presumptive positive and laboratory-confirmed cases of COVID-19);

- The case is work-related, as defined by 29 CFR 1904.5;

- The case involves one or more of the general recording criteria set forth in 29 CFR 1904.7 (e.g. medical treatment beyond first-aid, days away from work).

CLEAN YOUR VEHICLE:
You should clean frequently touched surfaces, including the steering wheel, door handles, shift lever, any buttons or touch screens, wiper and turn signal stalks, passenger and driver door armrests, grab handles, and seat adjusters, according to Consumer Reports' Auto Test Center.

Alcohol solutions that contain at least 60 percent alcohol are effective against coronavirus, according to the CDC. For the most part, nearly every interior surface of a vehicle can be cleaned with isopropyl alcohol.

Whatever you do, do not use bleach or hydrogen peroxide on the inside of your rig. While they can both kill coronaviruses on surfaces, they will likely damage your rig's upholstery. And do not use ammonia-based cleaners on your rig's touch screens, as they can damage their anti-glare and anti-fingerprint coatings. Vigorous washing with soap and water can also destroy a coronavirus.

COVID-19 REMINDERS

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