

2020

# Ski Maine Association

COVID-19 Readiness | Module 3



2020

# Staying Safe at Work

## *Adapting to the 'New Normal' in Professional Settings*



# How to Stay Safe At Work

## Learning Objectives

After reading this module, you will be able to answer the following questions:

1. What are the Ski Industry's goals?
2. How are daily checks completed?
3. What Personal Protective Equipment (PPE) do you need to wear in your area?

## Personal Protective Equipment

COVID-19 has altered industry practices on a global scale. The Ski industry will not be immune from having to adapt to a 'new normal'. As you have previously learned, COVID-19 is a highly infectious disease that primarily attacks the respiratory system. The highly infectious nature of this virus demands that everyone take precautions to themselves and others safe. In this module, you will learn about how COVID-19 has re-shaped best practices in the ski industry.

# Industry Goals

Skiing is a weather-based business requiring the daily scaling of operations to respond to current conditions. As such, our industry is uniquely prepared to pivot its operations.

The Ski-Maine Association is confident that we can manage our outdoor recreation spaces. Skiing and snowboarding offer low-risk, high-value recreation and it is our goal to provide that to our guests, even if some indoor or close-contact activities have to be scaled back or put on hold. The ski industry is committed to a collaborative relationship with state and local authorities to work together for solutions to keep ski areas open and to keep guests and staff safe. This means that we have to take the first step.

# Daily Wellness Checks

Daily Wellness checks using the **Ski Maine Wellness Check**, or the process that has been developed by your ski area employer will be mandatory each day. at <http://skimaine.com/covidcheck/> to verify that they are not a high risk of spreading the coronavirus.

It is important that employees answer the questions honestly. Otherwise, the symptom checker will be useless. Employees will be advised to stay home if they are deemed to be a high risk for spreading the virus.

## Ski Maine Employee Covid-19 Symptom Checker

Step 1. Do you have any of the following new or worsening symptoms?

- 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
- Diarrhea

YES

NO

After accessing the Symptom Checker, employees will ensure that they accurately respond to all questions.





When the COVID-19 Symptom Checker is complete, the employee will see a screen that will confirm if they are good to go to work. Be sure to save a screenshot so that you can prove that completed the survey.

If your responses show you to be a risk, be sure the let your supervisor know. If you begin to experience severe symptoms, seek immediate medical help.

# Stay home or go home when experiencing the following symptoms:

*muscle aches*

congestion or  
runny nose

cough

headache

*nausea or  
vomiting*

*shortness of  
breath/difficulty  
breathing*

*loss of smell or  
taste*

diarrhea

fatigue

sore throat

*fever or chills*

\*If you begin to feel any of these symptoms while at work, let your supervisor know. Then **go home to self-quarantine immediately**



## Decide Based on Work Environment



The type of PPE an employee will be required to wear will be based entirely on the job requirements and work environment of the employee. For instance, all employees are required to wear face masks or facial coverings of some kind while working. For some employees, this face-covering may be a conventional mask. A face shield with a mask or a neck gaiter face-covering may be ideal for team members who spend most of their time in an outdoor environment.

**Be aware that employees and guests may be wearing different types of face coverings.**

To limit opportunities for the coronavirus to spread, Ski Maine Association is encouraging cashless transactions for guests. This will reduce, or in some cases, totally eliminate personal contact between employees and guests. Nonetheless, some employees may have positions that require agile gloves. Any employee responsible for the cleaning of possibly infected surfaces, counters, or restrooms will wear gloves while performing these tasks. This will greatly reduce the potential for employees to make direct contact with the coronavirus.

# Operating Safely at Work

Employees need to **cooperate** with guests to ensure that our facilities are as safe as they can possibly be. This means that everyone should wear PPE and be mindful of the social distancing protocols. Additionally, employees are responsible for maintaining the cleanliness of our facilities. It is up to every individual, both ski area employee and guest, to do their part to help protect the health and safety of our skiing and snowboarding community. Following requirements to mitigate the risk of infection is part of the social contract between ski area operator and guest.



# Hand Washing & Hand Sanitizers

- **During the COVID-19 pandemic, you should clean your hands:**
  - After you have been in a public place or touched an item or surface that may be frequently touched by other people,** such as door handles, tables, gas pumps, shopping carts, or electronic cashier registers/screens, etc.
  - Before touching your eyes, nose, or mouth** because that's how germs enter our bodies.
- Washing your hands properly means ensuring every part of your hand has been touched. How long do you think that actually takes? Click the [LINK](#) to watch this demonstration of proper hand washing and consider whether or not you have been properly washing your hands at work.

# Hand Washing & Hand Sanitizers

Believe it or not - there is a method for proper hand-washing. Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals. Click this [LINK to view the 5 Handwashing Steps](#).

1. **Wet your hands** with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather your hands** by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub your hands for at least 20 seconds.** Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse your hands** well under clean, running water.
5. **Dry your hands** using a clean towel or air dry them.





# Hand Washing & Hand Sanitizers

**Use hand sanitizer when you can't use soap and water.**

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that **contains at least 60% alcohol**. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

**Sanitizers can quickly reduce the number of germs on hands in many situations, however, sanitizers do not get rid of all types of germs.** Hand sanitizers may not be as effective when hands are visibly dirty or greasy. Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.

Follow these steps to properly use hand sanitizer:

- 1. Apply** the gel product to the palm of one hand (read the label to learn the correct amount).
- 2. Rub** your hands together.
- 3. Rub** the gel over all the surfaces of your hands and fingers until your hands are dry. **This should take around 20 seconds.**

# Safety at Work Quick Check

---



**STOP**

**CHECK YOUR KNOWLEDGE OF  
HOW TO KEEP SAFE AT WORK  
BY ACCESSING THE SAFETY AT  
WORK QUICK CHECK.**

**CLICK THIS LINK TO ACCESS  
THE SAFETY AT WORK QUICK  
CHECK.**

**THE GOAL IS TO SCORE AT  
LEAST 80% BEFORE MOVING  
ON TO MODULE 4.**