COVID-19 / Protecting Workers: Guidance on Mitigating and Preventing the Spread of COVID-19 in the Workplac

Protecting Workers: Guidance on Mitigating and Preventir the Workplace

OSHA will update this guidance over time to reflect developments in science, best practices, and standards.

Guidance posted January 29, 2021; Updated June 10, 2021

Summary of changes August 13, 2021

- Update to reflect the July 27, 2021 Centers for Disease Control and Prevention (CDC) mask and testing recommendations for fully vaccinated people
- Reorganize Appendix recommendations for Manufacturing, Meat and Poultry Processing, Seafood Processing, and Agricultural Processing Industries
- Add links to guidance with the most up-to-date content

On this Page

Purpose Executive Sumn Scope About COVID-1! What Workers N The Roles of Err Appendix: Meas Vaccination Stat

Purpose

This guidance is designed to help employers protect workers who are unvaccinated (including people who a the text box below), including if they are immunocompromised, and also implement new guidance involving substantial or high community transmission.

This guidance contains recommendations as well as descriptions of the Occupational Safety and Health Administra latter of which are clearly labeled throughout as "**mandatory OSHA standards**." The recommendations are adviso assist employers in providing a safe and healthful workplace free from recognized hazards that are causing or likely

OSHA emphasizes that vaccination is the most effective way to protect against severe illness or death from COVID off to workers for the time it takes for them to get vaccinated and recover from any side effects. Employers should provide vaccinations for unvaccinated workers in the workplace. Finally, OSHA suggests that employers consider *a* undergo regular COVID-19 testing – in addition to mask wearing and physical distancing – if they remain unvaccinate weeks or more after they have completed their final dose of a COVID-19 vaccine authorized for Emergency Use Au the United States.

Executive Summary

This guidance is intended to help employers and workers not covered by the OSHA's COVID-19 Emergency Tempc

COVID-19 exposure risks to workers who are unvaccinated or otherwise at risk even if they are fully vaccinated (e.¢ Risk" Workers?

This guidance is also intended to help employers and workers who are located in areas of substantial or high common prevent exposure and infection regardless of vaccination status. The U.S. Centers for Disease Control and Preventi Recommendations for Fully Vaccinated People that infections in fully vaccinated people (breakthrough infections) h vaccinated, even with the Delta variant. Moreover, when these infections occur among vaccinated people, they ten critical tool for bringing the pandemic under control.

However, preliminary evidence suggests that fully vaccinated people who do become infected with the Delta variar

This evidence has led CDC to update recommendations for fully vaccinated people to reduce their risk of becomine others, including by:

- wearing a mask¹ in public indoor settings in areas of substantial or high transmission;
- choosing to wear a mask regardless of level of transmission, particularly if individuals are at risk or have someor or not fully vaccinated; and
- getting tested 3-5 days following a known exposure to someone with suspected or confirmed COVID-19 and w exposure or until a negative test result.²

In this guidance, OSHA adopts analogous recommendations.

CDC has also updated its guidance for COVID-19 prevention in K-12 schools to recommend universal indoor mask regardless of vaccination status.³ CDC's Face Mask Order requiring masks on public transportation conveyances announced that it will be amending its Face Masks Order to not require people to wear a mask in outdoor areas of while outdoors at transportation hubs, and that it will exercise its enforcement discretion in the meantime.

Who Are "At-Risk Workers"?

Some conditions, such as a prior transplant, as well as prolonged use of corticosteroids or other immune-weake immune response to vaccination. To understand more about these conditions, see the CDC's page describing V further definition of People with Certain Medical Conditions. Under the Americans with Disabilities Act (ADA), we accommodations that protect them from the risk of contracting COVID-19 if, for example, they cannot be protect face coverings. Employers should consider taking steps to protect these at-risk workers as they would unvaccin

COVID-19 and Prevention

Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2), the virus that causes **COVID-19**, is highly infect aerosol transmission of particles produced when an infected person exhales, talks, vocalizes, sneezes, or coughs. be spread by people who have no symptoms. Particles containing the virus can travel more than 6 feet, especially can be spread by individuals who do not know they are infected.

Vaccines authorized by the U.S. Food and Drug Administration in the United States are highly effective at protectin COVID-19. OSHA encourages employers to take steps to make it easier for workers to get vaccinated and encoura CDC recognizes that even some fully vaccinated people who are largely protected against severe illness and death Therefore, this guidance mirrors CDC's in recommending masking and testing even for fully vaccinated people in c

OSHA also continues to recommend implementing multiple layers of controls (e.g. mask wearing, distancing, and in help protect unvaccinated and other at-risk workers include removing from the workplace all infected people, all per not fully vaccinated who have had close contact with someone with COVID-19 and have not tested negative for CC days after the contact (in which case they may return 7 days after contact). Fully vaccinated people who have had exposure and be required to wear face coverings for 14 days after their contact unless they test negative for COVII and other at-risk workers include maintaining ventilation systems, implementing physical distancing, and properly (PPE) and respiratory protection such as N95 respirators when appropriate), and proper cleaning. Fully vaccinated required to wear face coverings inside (or other appropriate PPE and respiratory protection) as well. Employees ma hardship, if they are unable to comply with safety requirements due to a disability. For more information, see the Ec Should Know About COVID-19 and the ADA, the Rehabilitation Act, and Other EEO Laws.

Finally, OSHA provides employers with specific guidance for environments at a higher risk for exposure to or spread otherwise at-risk workers are more likely to be in prolonged, close contact with other workers or the public, or in close contact with other workers or the public, or in close contact with other workers or the public, or in close contact with other workers or the public, or in close contact with other workers or the public, or in close contact with other workers or the public.

Scope

OSHA provides this guidance for employers as recommendations to use in protecting unvaccinated workers and o themselves. This guidance also incorporates CDC's recommendations for fully vaccinated workers in areas of subs this guidance to determine any appropriate control measures to implement.

While this guidance addresses most workplaces, many healthcare workplace settings will be covered by the **mand** Pursuant to the Occupational Safety and Health Act (the OSH Act or the Act), employers in those settings must cor **other applicable mandatory safety and health standards and regulations** issued and enforced either by OSHA General Duty Clause, Section 5(a)(1), requires employers to provide their workers with a safe and healthful workplace cause death or serious physical harm. Employers who are not covered by the OSH Act (like public sector employer guidance to help reduce the risk of COVID-19 in their workplaces.

This guidance is not a standard or regulation, and it creates no new legal obligations. It contains recommendations **standards**, the latter of which are clearly labeled throughout. The recommendations are advisory in nature and info recognizing and abating hazards likely to cause death or serious physical harm as part of their obligation to provide

About COVID-19

SARS-CoV-2, the virus that causes **COVID-19**, is highly infectious and spreads from person to person, including th infected person exhales, talks, vocalizes, sneezes, or coughs. COVID-19 is less commonly transmitted when peopl or mouth. The virus that causes COVID-19 is highly transmissible and can be spread by people who have no symp containing the virus can travel more than 6 feet, especially indoors and in dry conditions with relative humidity belo of the virus is from individuals with no symptoms at the time of spread.

More information on COVID-19 is available from the Centers for Disease Control and Prevention.

What Workers Need To Know about COVID-19 Protections in the Workplace

SARS-CoV-2, the virus that causes COVID-19, spreads mainly among unvaccinated people who are in close conta ventilated spaces.

Vaccination is the key element in a multi-layered approach to protect workers. Learn about and take advantage of a get vaccinated. Vaccines authorized by the U.S. Food and Drug Administration are highly effective at protecting varialliness and death. According to the CDC, a growing body of evidence suggests that fully vaccinated people are less others. See CDC's Guidance for Fully Vaccinated People; and Science Brief.

You should follow recommended precautions and policies at your workplace. Multi-layered controls tailored to you unvaccinated or otherwise at-risk. Many employers have established COVID-19 prevention programs that include ϵ at-risk workers safe. These COVID-19 prevention programs include measures such as telework and flexible schedu policies (e.g., vaccination policies), PPE, face coverings, physical distancing, and enhanced cleaning programs witl

In addition, the CDC recommends that fully vaccinated people wear a mask in public indoor settings if they are in *a* people might choose to mask regardless of the level of transmission, particularly if they or someone in their househ disease, or if someone in their household is unvaccinated. Ask your employer about plans in your workplace. In advectment of the ADA.

Even if your employer does not have a COVID-19 prevention program, if you are unvaccinated or otherwise at risk, below:

- You should get a COVID-19 vaccine as soon as you can. Ask your employer about opportunities for paid leave, effects.
- Properly wear a face covering over your nose and mouth. Face coverings are simple barriers worn over the face droplets or large particles from reaching others. Individuals are encouraged to choose higher quality masks so t themselves as well as those around them. CDC provides general guidance on masks, including face coverings.
- If you are working outdoors, you may opt not to wear face coverings in many circumstances; however, your empowering if you choose, especially if you work closely with other people.
- Unless you are fully vaccinated and not otherwise at-risk, stay far enough away from other people so that you a least 6 feet (about 2 arm lengths), although this approach by itself is not a guarantee that you will avoid infectior employer about possible telework and flexible schedule options at your workplace, and take advantage of such take breaks outdoors when possible.
- Participate in any training offered by your employer/building manager to learn how rooms are ventilated effectiv not already exist, and notify the building manager if you see vents that are clogged, dirty, or blocked by furniture
- Practice good personal hygiene and wash your hands often. Always cover your mouth and nose with a tissue, c not spit. Monitor your health daily and be alert for COVID-19 symptoms (e.g., fever, cough, or shortness of brea Public Health Recommendations for Fully Vaccinated People.
- Get tested regularly, especially in areas of substantial or high community transmission.

COVID-19 vaccines are highly effective at keeping you from getting COVID-19. If you are not yet fully vaccinated or multiple layers of interventions that prevent exposure and infection.

The Roles of Employers and Workers in Responding to COVID-19

Under the OSH Act, employers are responsible for providing a safe and healthy workplace free from recognized ha

CDC's Interim Public Health Recommendations for Fully Vaccinated People explains that under some circumstance unvaccinated people should take, except where required by federal, state, local, tribal, or territorial laws, rules and However, in light of evidence related to the Delta variant of the SARS-CoV-2 virus, the CDC updated its guidance to mask in public indoor settings in areas of substantial or high transmission, or if they have had a known exposure to negative test 3-5 days after the last date of that exposure. Schools should continue to follow applicable CDC guida teachers, staff, students, and visitors to K-12 schools, regardless of vaccination status.

Employers should engage with workers and their representatives to determine how to implement multi-layered inte and mitigate the spread of COVID-19, including:

- Facilitate employees getting vaccinated. Employers should grant paid time off for employees to get vaccinate and OSHA, as well as other federal agencies, are working diligently to ensure access to COVID-19 vaccinations vaccinations. Businesses with fewer than 500 employees may be eligible for tax credits under the American Res through September 30, 2021, for employees who decide to receive the vaccine or to accompany a family or hou potential side effects from the vaccine. Employers should also consider working with local public health authori workers. Finally, OSHA suggests that employers consider adopting policies that require workers to get vaccinat wearing and physical distancing – if they remain unvaccinated.
- 2. Instruct any workers who are infected, unvaccinated workers who have had close contact with someone COVID-19 symptoms to stay home from work to prevent or reduce the risk of transmission of the virus that c people who have a known exposure to someone with suspected or confirmed COVID-19 should get tested 3-5 settings for 14 days or until they receive a negative test result. People who are not fully vaccinated should be te again in 5–7 days after last exposure or immediately if symptoms develop during quarantine. Ensure that absen encourage workers to come to work sick or when unvaccinated workers have been exposed to COVID-19. Bus refundable tax credits under the American Rescue Plan (ARP) Act if they provide paid time off for sick and famili The ARP tax credits are available to eligible employers that pay sick and family leave for qualified leave from Ap available from the IRS.
- 3. *Implement physical distancing in all communal work areas for unvaccinated and otherwise at-risk worke* them from other such people (workers or customers) generally at least 6 feet of distance is recommended, alth poorly ventilated spaces. In a workplace, workers often are required to work in close proximity to each other an Maintaining physical distancing at the workplace for such workers is an important control to limit the spread of

Employers could also limit the number of unvaccinated or otherwise at-risk workers in one place at any given til telework); implementing flexible work hours (e.g., rotate or stagger shifts to limit the number of such workers in (e.g., phone, video, or web); or implementing flexible meeting and travel options, for such workers.

At fixed workstations where unvaccinated or otherwise at-risk workers are not able to remain at least 6 feet awa can separate these workers from other people. Barriers should block face-to-face pathways between individual and any openings should be placed at the bottom and made as small as possible. The height and posture (sittir safety should be considered when designing and installing barriers, as should the need for enhanced ventilatior

4. **Provide workers with face coverings or surgical masks**,⁴ as appropriate, unless their work task requires *e* otherwise at-risk workers, CDC recommends that even fully vaccinated people wear masks in public indoor set fully vaccinated people may appropriately choose to wear masks in public indoor settings regardless of commu someone in their household who is at risk or not fully vaccinated.

Workers should wear a face covering that covers the nose and mouth to contain the wearer's respiratory drople coverings should be made of at least two layers of a tightly woven breathable fabric, such as cotton, and should the nose, mouth, and chin with no large gaps on the outside of the face.

Employers should provide face coverings to workers who request them at no cost (and make replacements ava discrimination laws, employers may need to provide reasonable accommodations for any workers who are unal coverings due to a disability or who need a religious accommodation under Title VII of the Civil Rights Act of 19 hearing, employers should consider acquiring masks with clear coverings over the mouth to facilitate lip-reading

Unless otherwise provided by federal, state, or local requirements, workers who are outdoors may opt not to we immunocompromised. Regardless, all workers should be supported in continuing to wear a face covering if the people.

When an employer determines that PPE is necessary to protect unvaccinated and otherwise at-risk workers from accordance with **relevant mandatory OSHA standards** and should consider providing PPE in accordance with must be provided and used in compliance with 29 CFR 1910.134 (e.g., medical determination, fit testing, trainin use when workers supply their own respirators, and other PPE must be provided and used in accordance with t 1910.132 and 133). There are times when PPE is not called for by OSHA standards or other industry-specific gu reasonable accommodation under the ADA. Employers are encouraged to proactively inform employees who has disability about how to make such a request. Other workers may want to use PPE if they are still concerned about for severe illness, they may want to wear a face shield in addition to a face covering as an added layer of protec circumstances and ensure the equipment is adequate to protect the worker.

For operations where the face covering can become wet and soiled, provide workers with replacements daily or use with face coverings to protect them from getting wet and soiled, but they do not provide adequate protectic

Employers with workers in a setting where face coverings may increase the risk of heat-related illness indoors c hazard (for instance, straps getting caught in machinery) may wish to consult with an occupational safety and h covering/respirator use for their setting.

- 5. Educate and train workers on your COVID-19 policies and procedures using accessible formats and in la implement COVID-19 policies. Communicate supportive workplace policies clearly, frequently, and via multiple in Communications should be in plain language that unvaccinated and otherwise at-risk workers understand (inclu other accessible communication methods, if applicable) and in a manner accessible to individuals with disabiliti any other individuals on site, as appropriate, and should include:
 - A. Basic facts about COVID-19, including how it is spread and the importance of physical distancing (including and hand hygiene.
 - B. Workplace policies and procedures implemented to protect workers from COVID-19 hazards.

For basic facts, see About COVID-19 and What Workers Need to Know About COVID-19 above and see more c (including remote work), PPE, and face coverings, respectively, elsewhere in this document. Some means of tra could be utilized by the employer as appropriate.

In addition, ensure that workers understand their rights to a safe and healthful work environment, whom to cont health, and their right to raise workplace safety and health concerns free from retaliation. (See Implementing Prr be provided in a language that workers understand. Ensure supervisors are familiar with workplace flexibilities *a*

6. Suggest or require that unvaccinated customers, visitors, or guests wear face coverings in public-facing customers, visitors, or guests wear face coverings in public, indoor settings in areas of substantial or hig otherwise suggesting or requiring that people wear face coverings, even if no longer required by your jurisdictio

consuming rood of peverages on site need not wear race coverings.

- 7. Maintain Ventilation Systems. The virus that causes COVID-19 spreads between people more readily indoors that can be used as part of a layered strategy to reduce the concentration of viral particles in indoor air and the workers in particular. A well-maintained ventilation system is particularly important in any indoor workplace settic control measure to limit the spread of COVID-19. Some measures to improve ventilation are discussed in CDC's Guidance on Ventilation in the Workplace. These recommendations are based on American Society of Heating, Guidance for Building Operations and Industrial Settings during the COVID-19 Pandemic. Adequate ventilation ensuring heating, ventilation, and air conditioning (HVAC) systems are operating in accordance with the manufa regularly scheduled inspections and maintenance procedures, maximizing the amount of outside air supplied, ir (MERV) 13 or higher where feasible, maximizing natural ventilation in buildings without HVAC systems by openir pose a safety risk), and considering the use of portable air cleaners with High Efficiency Particulate Air (HEPA) fi
- 8. **Perform routine cleaning and disinfection**. If someone who has been in the facility within 24 hours is suspect cleaning and disinfection recommendations. Follow requirements in **mandatory OSHA standards** 29 CFR 191(and PPE appropriate for exposure to cleaning chemicals.
- 9. Record and report COVID-19 infections and deaths: Under mandatory OSHA rules in 29 CFR part 1904, er illness on OSHA's Form 300 logs if the following requirements are met: (1) the case is a confirmed case of COVI and (3) the case involves one or more relevant recording criteria (set forth in 29 CFR 1904.7) (e.g., medical treating requirements in 29 CFR part 1904 when reporting COVID-19 fatalities and hospitalizations to OSHA. More inform report outbreaks to local health departments as required and support their contact tracing efforts.

In addition, employers should be aware that Section 11(c) of the Act prohibits reprisal or discrimination against or reporting an infection or exposure to COVID-19 to an employer. In addition, **mandatory OSHA standard** 29 (employee for reporting a work-related illness.

Note on recording adverse reactions to vaccines: OSHA, like many other federal agencies, is working diligently 1 give any suggestion of discouraging workers from receiving COVID-19 vaccination or to disincentivize employer part 1904's recording requirements to require any employers to record worker side effects from COVID-19 vacc agency's position at that time to determine the best course of action moving forward. Individuals may choose to Reporting System.

10. Implement protections from retaliation and set up an anonymous process for workers to voice concerns Act prohibits discharging or in any other way discriminating against an employee for engaging in various occup. Section 11(c) could include discriminating against employees for raising a reasonable concern about infection c agent, other employees, a government agency, or to the public, such as through print, online, social, or any othe safely wearing their own PPE, such as a respirator, face shield, gloves, or surgical mask.

In addition to notifying workers of their rights to a safe and healthful work environment, ensure that workers knc safety and health, and that there are prohibitions against retaliation for raising workplace safety and health conc health activities (see educating and training workers about COVID-19 policies and procedures, above); also concerns anonymously.

11. *Follow other applicable mandatory OSHA standards:* All of OSHA's standards that apply to protecting worke **standards** include: requirements for PPE (29 CFR part 1910, Subpart I (e.g., 1910.132 and 133)), respiratory proprotection from bloodborne pathogens: (29 CFR 1910.1030), and OSHA's requirements for employee access to

healthcare workplaces will be covered by the **mandatory OSHA COVID-19 Emergency Temporary Standard**. website. Employers are also required by the General Duty Clause, Section 5(a)(1) of the OSH Act, to provide a s are causing or likely to cause death or serious physical harm.

Appendix: Measures Appropriate for Higher-Risk Workplaces with Mixed-Vaccination Stat

Employers should take additional steps to mitigate the spread of COVID-19 among unvaccinated or otherwise at-ri environmental factors, especially in locations of substantial or high transmission:

- Close contact
 – where unvaccinated and otherwise at-risk workers are working close to one another, for example
 Such workers may also be near one another at other times, such as when clocking in or out, during breaks, or ii
 Output
 Description:
 Description:
- Duration of contact where unvaccinated and otherwise at-risk workers often have prolonged closeness to cc
 potentially infectious individuals increases the risk of SARS-CoV-2 transmission.
- Type of contact where unvaccinated and otherwise at-risk workers may be exposed to the infectious virus th
 workers in a manufacturing or factory setting cough or sneeze, especially in poorly ventilated spaces. Confined
 exposure and transmission. It is also possible, although less likely, that exposure could occur from contact with
 or break room tables. Shared closed spaces such as break rooms, locker rooms, and interior hallways in the fac
- Other distinctive factors that may increase risk among unvaccinated or otherwise at-risk workers include
 - A common practice at some workplaces of sharing employer-provided transportation such as ride-share var
 - Frequent contact with other individuals in community settings, especially in areas where there is substantial
 - · Communal housing or living quarters onboard vessels with other unvaccinated or otherwise at-risk individua

In these types of higher-risk workplaces – which include manufacturing; meat, seafood, and poultry processing; settings – this Appendix provides best practices to protect unvaccinated and otherwise at-risk workers. Please r the general precautions described above, including isolation of infected or possibly infected workers, and other

In all workplaces with heightened risk due to workplace environmental factors where there are unvaccinated or oth-

- Stagger break times in these generally high-population workplaces, or provide temporary break areas and restreworkers congregating during breaks. Such workers should maintain at least 6 feet of distance from others at all
- Stagger workers' arrival and departure times to avoid congregations of unvaccinated or otherwise at-risk worker
- Provide visual cues (e.g., floor markings, signs) as a reminder to maintain physical distancing.
- Require unvaccinated or otherwise at-risk workers, and also fully vaccinated workers in areas of substantial or t encourage and consider requiring customers and other visitors to do the same.
- Implement strategies (tailored to your workplace) to improve ventilation that protects workers as outlined in CD(Guidance on Ventilation in the Workplace, and ASHRAE Guidance for Building Operations and Industrial Setting

In high-volume retail workplaces (or well-defined work areas within retail workplaces) where there are unvaccinated

- Ask customers and other visitors to wear masks—or consider requiring them--especially in areas of substantial
- Consider ways to promote physical distancing between unvaccinated or otherwise at-risk people and/or limiting CDC guidance.

- Move the electronic neument terminal/eradit card reader for there are a from unconstructed and etherwise at risks

- WOVE the electronic payment terminal/credit card reader lattier away noni unvaccinated and otherwise at-risk is and such workers, if possible.
- Adjust stocking activities to limit contact between unvaccinated and otherwise at-risk workers and customers.

Unvaccinated or otherwise at-risk workers are also at risk when traveling to and from work in employer-provided bu

- Notify unvaccinated and otherwise at-risk workers of this risk and, to the extent feasible, help them limit the nur
- Make sure all unvaccinated and otherwise at-risk workers sharing a vehicle are wearing appropriate face covering areas of substantial or high community transmission.
- Where not prohibited by weather conditions, open vehicle windows.

In meat, poultry, and seafood processing settings; manufacturing facilities; and assembly line operations (including workers:

- Ensure adequate ventilation in the facility, or if feasible, move work outdoors.
- Space such workers out, ideally at least 6 feet apart, and ensure that such workers are not working directly acro use of face coverings and physical distancing.
- If barriers are used where physical distancing cannot be maintained, they should be made of a solid, impermeal replaced. Barriers should block face-to-face pathways and should not flap or otherwise move out of position wl
- Barriers do not replace the need for physical distancing at least six feet of separation should be maintained be possible.

¹ CDC provides information about face coverings as one type of mask among other types of masks. OSHA differer that meet OSHA's Respiratory Protection Standard.

CDC's definition of masks includes those that are made of cloth, those that are disposable, and those that meet a s or improvised (i.e., homemade) and are not considered personal protective equipment (PPE). Surgical masks are ty medical devices and are used to protect workers against splashes and sprays (i.e., droplets) containing potentially considered PPE.

² People who are not fully vaccinated should be tested immediately after being identified (with known exposure to : tested again in 5–7 days after last exposure or immediately if symptoms develop during guarantine.

³ The CDC and the Department of Education have addressed situations where a student cannot wear a mask beca Schools and COVID-19 Manual - Volume 1 (updated).

⁴ See footnote 1 for more on masking.

UNITED STATES DEPARTMENT OF LABOR

Occupational Safety & Health Administration 200 Constitution Ave NW

FEDERAL GOVERNMENT

OCCUPATIONAL SAFETY

White House

Frequently Asked Questic

https://www.osha.gov/coronavirus/safework

Washington, DC 20210 800-321-6742 (OSHA) TTY www.OSHA.gov

Severe Storm and Flood Recovery Assistance Disaster Recovery Assistance DisasterAssistance.gov USA.gov No Fear Act Data U.S. Office of Special Counsel

A - Z Index Freedom of Information A Read The OSHA Newslet Subscribe to the OSHA N OSHA Publications Office of Inspector Gener