

CHARGE WEEKLY SAFETY DISCUSSION

WEEK OF 3/23/2020

Type	Incident	Date	Days Since		Type	Incident	Date	Days Since
OSHA Recordable	Heat Stress	5/2/2017	1052 days		Property	Multiple Home Furnishings	9/27/2019	174 Days
First Aid	Finger	3/18/2020	1 Day		Utility Dig-In	Water	8/16/2019	216 Days
Auto	Crew Truck	3/17/2020	2 Days		Equipment	Bore Truck Mixing Tank Lid and Pipe	10/30/2019	141 Day

*Statistics as of 3/19/2020

WHAT TO KNOW ABOUT STATE SAFETY MEASURES

Californians are being asked to stay home, unless their job is needed to maintain the operation of critical infrastructure. These strict measures have been put in place to curb the spread of COVID-19 by minimizing or eliminating exposure to the population.

The work we do for utilities is considered essential to the safe operations of the utility infrastructure of California. While our field crews continue to do this important work, all non-essential employees are being asked to work from home and follow the guidelines that health officials have put in place. Below are key components of the stay-at-home order for Californians to know:

- Everyone in California is required to stay home except to get food, care for a relative or friend, get necessary health care, or go to an essential job
- If you must go out, maintain 6 feet of separation between yourself and others
- During the stay-at-home order, the following businesses will remain open:
 - Gas stations
 - Pharmacies
 - Food: grocery stores, farmers markets, food banks, convenience stores, takeout and delivery restaurants
 - Banks
 - Laundromats and laundry services
 - Essential state and local government functions

These measures are expected to stay in place for several weeks until the spread of COVID-19 has started to decline. In the meantime, CHARGE has set up the following website where employees can go to ask questions or express concerns: <https://chargepc.com/covid19/>

HOW TO PROTECT YOUR PHYSICAL HEALTH

PRACTICE GOOD HYGIENE

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe
- Avoid contact with people who are sick
- Stay home when you are sick
- Avoid touching your eyes, nose, and mouth, and wash your hands before and after doing so
- Keep noses and mouths covered with a tissue (then throw the tissue in the trash) or your bent elbow/forearm when coughing or sneezing
- Consider refraining from shaking or touching the hands of others

PRACTICE SOCIAL DISTANCING MEASURES

- Limit all social gatherings to groups of less than 10 people
- Stay at least 6 feet away from other individuals
- Avoid direct physical contact, such as hand-shaking and hugging
- **CHARGE field employees are recommended to avoid contact with residents if possible, utilizing phone calls to make positive contact. If phone calls are not feasible and in-person contact is required, maintain 6 feet of distance**
- **No employee is to enter a residence**

HOW TO PROTECT YOUR MENTAL HEALTH

The combination of uncertainty and social isolation can cause stress among all of us, affecting our mental health. It's important that while we all work to get through these difficult times, we continue to keep an eye on our own mental health and check in on each other. Below are some recommendations to help with maintain good mental health:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- There are lots of fitness apps that are offering free trials, such as Peloton, Daily Burn, Nike Run Club and more.
- There are meditation apps as well, such as Headspace, Mindfulness or Insight Timer
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- For those in recovery who cannot attend a meeting in person, WEconnect is offering free, online meetings for substance abuse, eating disorders, and mental health concerns – www.weconnectrecovery.com

For those of us who are working from home, it's important to:

- Stick to a work routine
- Designate a workstation
- Take your meals/rests breaks
 - Maybe eat lunch together with others, virtually
- Set an alarm and take a break. Get outside/exercise/fresh air