

Understand the Symptoms, Prevention and Treatment - Familiarize yourself with [COVID-19 symptoms](#) and guidance for [prevention](#) and [treatment](#), as provided by the [CDC](#) or [WHO](#).

Wash Your Hands Frequently – Use soap and water for at least 20 seconds. When soap and water are unavailable, use alcohol-based hand sanitizer with at least 60% alcohol.

Stay home if you or your family members are sick - not doing so increases the risk of spreading this as well as other illnesses. If you exhibit even mild symptoms avoid contact with others, do not come to work, call your healthcare provider immediately, inform your supervisor and use the [COVID-19 Symptom / Exposure Intake form](#) to notify your HR Business Partner.

- ✓ Are you experiencing cough, congestion, shortness of breath or difficulty breathing? If yes, do not come to work and notify your supervisor.
- ✓ Are you experiencing any two of the following fever, chills, fatigue, muscle pain, headache, sore throat, nausea, vomiting, diarrhea, loss of taste or smell? If yes, do not come to work and notify your supervisor.
- ✓ Did you take your temperature and is it less than 100.4° F? If your temperature is above 100.4° F, do not come to work and notify your supervisor.

*If you have trouble breathing, persistent pain or pressure in the chest, new confusion (unresponsive / incoherence), bluish lips or face, inability to stay awake - get **medical attention immediately***

Take extra precautions if you are an at-risk group – If you are pregnant, over 60 years of age, or have underlying health conditions that weaken your immune system (heart disease, diabetes) you may be more at risk for serious illness if you contract COVID-19. Consult with your physician for precautions.

Use social distancing when around people - The virus is spread primarily from person to person by those who are in close contact (~ 6 feet or less) through respiratory droplets produced through coughing or sneezing that become airborne. *Social distancing is one of the most important steps you can take to prevent the disease.* Avoid close contact with people – especially those who are sick. Elbow bumps and head nods should replace handshakes and hugs! During meetings, position chairs further apart (~ 6 feet) to reduce the potential spread of the virus. Vaccinated or unvaccinated, social distancing is a good practice to follow whenever possible.

Clean your work area regularly - the COVID-19 virus may be contracted by touching a surface or object that has the virus on it and then touching your mouth, nose, or eyes. Cleaning of work surfaces and tools is a required proactive step.

Avoid touching your face - eyes, nose or mouth especially with unwashed hands or after contact with surfaces or after being near other workers.

Practice good hygiene - cover your mouth when you cough or sneeze. Immediately dispose of tissues. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.

Use of Face Coverings – Terracon follows CDC guidance for the use of face coverings in the workplace. CDC guidance recommends all people (vaccinated or unvaccinated) wear masks while indoors, in public in areas of **High** COVID-19 Community Levels. For **Medium** risk areas, people who are at high risk or immunocompromised are advised to consult with their doctor about mask wearing recommendations. For **Low** risk areas, there are no mask recommendations for public indoor spaces. [Community Risk Levels](#) may be found on the CDC website. **It is important to recognize that state and local health, OSHA orders, or client requirements may still require mask use.**

Remember that [masks are still required on all forms of public transportation](#) traveling into, within, or out of the United States and in all transportation hubs, and in Federal buildings. The use of face coverings does not replace and must be used along with other [preventive measures](#), including [social distancing](#), frequent handwashing, and cleaning and disinfecting frequently touched surfaces. If heat stress becomes a concern, [immediately remove face coverings](#) and stop work to rest.

Travel

- Reference travel guidelines on the [Terracon COVID-19 resource page](#) regarding business travel.
- If you have personal travel planned, please be considerate of those in your office and report travel to your supervisor.
- Consult the [CDC's Considerations for Travelers page](#), review and follow the CDC guidance regarding self-isolation or other measures to take upon returning from travel.

It is the responsibility of all managers and supervisors in an office to understand, communicate, implement, and assist our employees in applying these pre-cautionary steps as well as General Guidelines for COVID-19 Pre-Task Planning.

- **Use conference calls and technology** in lieu of in-person meetings.
- **Limit attendance at internal meetings** - Follow local health agency guidelines regarding attendance at local meetings. Meetings involving visitors and vendors should be evaluated and approved by the Office Manager. Please follow all guidelines in this document and PTP 10 Pre-Task Planning Meetings.
- **Allow employees who can work from home to work from home** – Based on their job responsibilities, all our employees are not able to work from home. To reduce the chance of exposure we need to reduce the number of people in the office. Therefore, work with your team to assess where and when we can and need to work differently. Work from home when job duties allow and utilize conference call technology. We want to be clear that *if working from home is an option, it is encouraged.*
- **With reduced staff, attention to safety and security must be maintained**
 - Building security precautions must be maintained and may need to be revised. Doors must stay closed and locked. Access must be addressed.
 - Lone worker safety precautions must be maintained. Employees should never work alone in the laboratory without lone worker procedures in place. Contact your Operating Group Safety Professional for guidance.
- **Maintain and stock cleaning supplies** - The office should have a 30-day supply of tissue, cleaning supplies, hand soap and alcohol-based hand sanitizer strategically positioned throughout the office for use by all. If there are supply shortages in your area, consult the [Terranet COVID-19 Resource page](#) for options.
- **Maintain cleanliness and hygiene of common areas** – Keep common areas like kitchens and restrooms clean. Clean and disinfect frequently touched objects like door handles, railings, work surfaces, etc. Remove trash, especially food waste frequently.
 - If your cleaning crew comes in once a week, consider more frequent visits.
 - As co-workers we are all in this together and must clean up after ourselves. Pitch in and share clean-up duties in-between visits by the scheduled cleaning crew.
 - Cleaning supplies include anti-bacterial / disinfectant spray liquid, cleaning wipes, aerosol spray, and soap/water. Please use professional supplies and **do not attempt** to make 'homemade' cleaning supplies. Select cleaning supplies from the [approved EPA list](#).
 - Use disposable paper towels for wipe downs not reusable rags. Dispose of paper towels in the trash immediately after use.
 - Wear PPE as recommended by the product labels during cleaning.
- **Use social distancing when around people** - The virus is spread primarily from person to person by those who are in close contact (~ 6 feet or less) through respiratory droplets produced through coughing or sneezing that become airborne.

Social distancing is one of the most important steps you can take to prevent the disease. Avoid close contact with people – especially those who are sick. Elbow bumps and head nods should replace handshakes and hugs! During meetings, position chairs further apart (~ 6 feet) to reduce the potential spread of the virus. Vaccinated or unvaccinated, social distancing is the best practice to follow whenever possible.

- **Clean your work area regularly** - The COVID-19 virus may be contracted by an individual touching a surface that has the virus on it and then touching their mouth, nose, or eyes. Cleaning of work surfaces and tools is a required proactive step.
 - Wipe down your work areas at the end of every workday. Don't forget the computer keyboard and mouse.
 - Options for cleaning supplies include anti-bacterial spray liquid, anti-bacterial cleaning wipes, anti-bacterial aerosol spray, soap/water. Use professional supplies and **do not attempt** to make 'homemade' cleaning supplies.
 - Wear PPE as recommended by the product labels during cleaning.
- **Wash your hands and practice good personal hygiene** – prevent the spread of COVID-19 by practicing good personal hygiene.
 - Frequently wash your hands 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. Use an alcohol-based hand sanitizer with at least 60% alcohol if soap and water is not available. Always wash hands that are visibly soiled.
 - Cover your mouth when you cough or sneeze. Immediately dispose of tissues. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
 - Avoid touching your eyes, nose or mouth especially with unwashed hands or after contact with surfaces or after being near workers.
 - Do not use other workers phones, headsets, workstations, tools or equipment.
- **Post informational resources throughout the workplace** - Resources are available on the [Terranet COVID-19 Resource page](#).
 - Reminders to wash your hands in bathrooms and kitchens.
 - Reminders to cover your cough, symptoms and what to do if you are sick.

Use of Face Coverings - Terracon follows CDC guidance for the use of face coverings in the workplace. CDC guidance recommends all people (vaccinated or unvaccinated) wear masks while indoors, in public in areas of **High** COVID-19 Community Levels. For **Medium** risk areas, people who are at high risk or immunocompromised are advised to consult with their doctor about mask wearing recommendations. For **Low** risk areas, there are no mask recommendations for public indoor spaces. [Community Risk Levels](#) may be found on the CDC website.

Remember that [masks are still required on all forms of public transportation](#) traveling into, within, or out of the United States and in all transportation hubs, and in Federal buildings. The use of face coverings does not replace and must be used along with other [preventive measures](#), including [social distancing](#), frequent handwashing, and cleaning and disinfecting frequently touched surfaces. If heat stress becomes a concern, [immediately remove face coverings](#) and stop work to rest.

It is the responsibility of all managers and supervisors in an office to understand, communicate, implement, and assist our employees in applying these precautionary steps as well as the General Guidelines and Office Guidelines for COVID-19 Pre-Task Planning.

- **Have Flexible/Staggered work shifts to allow for Social Distancing** - Consider staggering work shifts to keep the minimum personnel in the lab to provide social distancing and still allow the work to get done. Be aware that with reduced staff in the office safety and security must be maintained.
 - Building security precautions must be maintained. Doors must stay closed and locked. Access must be addressed.
 - Lone worker safety precautions must be maintained. Employees should never work alone in the lab without lone worker procedures in place. Contact your Operating Group Safety Professional for guidance.
- **Use of PPE** – Do not share PPE (especially respirators) and clean your PPE often. Wear gloves as frequently as possible in the lab and only remove when necessary. Treat gloved hands like bare hands – avoid touching your face with gloved hands.
 - Eliminate any shared PPE used for office personnel and visitors that don't work regularly in the lab. Office personnel and visitors will need to use their own PPE or be provided PPE for them to keep.
- **Clean lab tools and equipment before and after use** - Clean and disinfect tools and equipment. Select cleaning supplies from the [approved EPA list](#). At a minimum, ***the user must clean tools after each use***.
 - Options for cleaning supplies include anti-bacterial spray liquid, anti-bacterial cleaning wipes, anti-bacterial aerosol spray, soap / water. Please use professional supplies and ***do not attempt*** to make 'home made' cleaning supplies. Due to the rough and unimproved surfaces in the lab, aerosol or spray type cleaning supplies work best.
 - Use disposable paper towels for wipe downs not reusable rags. Dispose of paper towels immediately after use.
 - Wear PPE as recommended by the product labels during cleaning.
- **Use social distancing when around people** - The virus is spread primarily from person to person by those who are in close contact (~ 6 feet or less) through respiratory droplets produced through coughing or sneezing that may become airborne. *Social distancing is one of the most important steps you can take to prevent the disease.* Avoid close contact with people – especially those who are sick. Elbow bumps and head nods should replace handshakes and hugs! During meetings, position chairs further apart (~ 6 feet) to reduce the potential spread of the virus. Vaccinated or unvaccinated, social distancing is the best practice to follow whenever possible.
- **Wash your hands and practice good personal hygiene** – prevent the spread of COVID-19 by practicing good personal hygiene.

- Frequently wash your hands 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. Use an alcohol-based hand sanitizer with at least 60% alcohol if soap and water is not available. Always wash hands that are visibly soiled.
- Cover your mouth when you cough or sneeze. Immediately dispose of tissues. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Avoid touching your eyes, nose or mouth especially with unwashed hands or after contact with surfaces or after being around workers.
- Do not use other workers phones, headsets, workstations, or PPE.
- **Receiving Samples** – Terracon labs receive samples from Terracon employees and third parties. Practice social distancing and limit contact by:
 - Minimizing visitors and foot traffic in the laboratory. If visitors (including internal staff, clients and/or 3rd parties) must be in the laboratory, they need to be briefed on the Pre-Task Planning protocols for the laboratory, limit interaction time, practice all required social distancing and hygiene, and wear an appropriate face covering.
 - Designate an area outside for sample drop off and post appropriate signage where samples can be safely dropped off. Periodically (minimum daily) decontaminate designated sample drop off area with 5 – 10% bleach solution by spraying entire area.
 - If sample receipt signatures are required for chain of custody, request paperwork be submitted electronically to the laboratory and / or project manager.
 - Sanitize the samples in the designated drop-off area by misting them with a light, 5 – 10% bleach solution, wiping them down with Clorox wipes or bleach solution, or cleaning them with soap / water. Choose the disinfection method for the material samples you are receiving based on the container and / or the packing material in which it was delivered.
 - Employees receiving the samples should always wear chemical resistant gloves during sanitizing. Avoid touching face and immediately wash hands when complete.

Use of Face Coverings - Terracon follows CDC guidance for the use of face coverings in the workplace. CDC guidance recommends all people (vaccinated or unvaccinated) wear masks while indoors, in public in areas of **High** COVID-19 Community Levels. For **Medium** risk areas, people who are at high risk or immunocompromised are advised to consult with their doctor about mask wearing recommendations. For **Low** risk areas, there are no mask recommendations for public indoor spaces. [Community Risk Levels](#) may be found on the CDC website.

The use of face coverings does not replace and must be used along with other [preventive measures](#), including [social distancing](#), frequent handwashing, and cleaning and disinfecting frequently touched surfaces. If heat stress becomes a concern, [immediately remove face coverings](#) and stop work to rest.

It is the responsibility of all managers and supervisors in an office to understand, communicate, implement, and assist our employees in applying these precautionary steps as well as the General Guidelines for COVID-19 Pre-Task Planning document.

- **Evaluate Job Sites and discuss with Client and or Contractor** – Project managers and assigned field staff should evaluate job sites where we will be working for potential exposure. Obtain as much information as you can from the client and/or contractor on current projects and for new projects.
 - Is the site high risk for exposure – like a hospital or medical facility?
 - Have there been reported COVID-19 cases or suspected cases at the site?
 - What precautions has our client and or contractor put in place for COVID-19 transmission prevention?
 - Ask our client or contractor to immediately notify us of suspected cases at the site.
 - What requirements does our client or contractor have for Terracon personnel that will be on-site? What is the face covering requirement?
 - Has anything changed that will impact our services, schedule, staffing, costs? If yes, we will need to discuss with our client immediately.
- **Agency shutdowns that impact our services** – Be aware that some agencies may be slow to respond to requests. Licensing, permitting, traffic control and 811 One Call, and local building officials may be impacted. In no way will Terracon deviate from our Core Rules and Practices or Lifesaving Absolutes. Practice Our Rules to Live By P3 and, *Stop Work if you feel unsafe. Tell a supervisor and work together to fix the problem.*
 - If any of these closings will impact our services, schedule, staffing, or costs, discuss with our client immediately.
- **Review with our project team** - If an existing project, our Project Manager should have a conference call with our project personnel that will be on the project site and other critical staff (e.g., dispatcher, APR, etc.) to update any changes, requirements, and raise awareness. If for a new project, incorporate this into the kick-off meeting.
 - Share details that were provided by the client / contractor about the site.
 - Discuss tasks that may place any Terracon employees in close proximity (< 6 feet) to other workers and options for maintaining social distancing in these situations, for example:
 - Exchanging / signing paperwork, handling blueprints / specifications
 - Talking to property owners, equipment operators, other site personnel
 - Riding elevators or lifts
 - Working with Terracon subcontractors
 - Checking in/out of the site
 - Review applicable pre-task planning documents with the team to ensure everyone knows the information and that our employees are properly equipped with supplies and information outlined in these documents.
- **Use of PPE** - Do not share PPE (especially respirators) and clean your PPE after use. Wear gloves as frequently as possible in the field and only remove when necessary. Treat gloved hands like bare hands – avoid touching your face with gloved hands.
- **Use social distancing when around people** - The virus is spread primarily from person to person by those who are in close contact (~ 6 feet or less) through respiratory droplets produced through coughing or sneezing that become airborne.

Social distancing is one of the most important steps you can take to prevent the disease. Avoid close contact with people – especially those who are sick. Elbow bumps and head nods should replace handshakes and hugs! During meetings, position chairs further apart (~ 6 feet) to reduce the potential spread of the virus. Vaccinated or unvaccinated, social distancing is the best practice to follow whenever possible.

- Take lunches and breaks alone or at least 6 feet away from others.
- Do not share food, cigarettes, lighters, etc.
- When accessing stairwells or using elevators and lifts maintain as much clearance as possible.
- Because construction sites are loud, it forces you to lean in to hear or talk to others. Maintain distance from others. Take conversations away from loud areas, talk on cell phones or text.
- **Wash your hands and practice good personal hygiene** – prevent the spread of COVID-19 by practicing good personal hygiene. This includes:
 - Equip employees with personal hygiene kits. Do not rely on the site to provide personal hygiene supplies. Water can be carried in portable containers and labeled “non-potable water”. Label containers with contents if products are transferred into portable containers.
 - Options for personal hygiene supplies include hand sanitizer or wipes with at least 60% alcohol, soap / water. Please use professional supplies and **do not attempt** to make ‘homemade’ cleaning supplies. **Do not use** cleaning supplies on your body if the product is not designed for use on the body.
 - Wash hands immediately after using portable restrooms on the project site. Frequently wash your hands with soap and water for at least 20 seconds, before eating and after blowing your nose, coughing, or sneezing. Use an alcohol-based hand sanitizer with at least 60% alcohol if soap and water is not available.
 - Cover your mouth when you cough or sneeze. Immediately dispose of tissues. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
 - Avoid touching your eyes, nose or mouth especially with unwashed hands or after contact with surfaces or after being near other workers.
 - Clean and disinfect tools and equipment. At a minimum, **the user must clean tools after each use**. Avoid sharing tools, cell phones, tablets, PPE or any other item. If it is necessary to use shared tools, clean them before each use.
 - Cleaning supplies include anti-bacterial / disinfectant spray liquid, cleaning wipes, aerosol spray, and soap/water. Please use professional supplies and **do not attempt** to make ‘homemade’ cleaning supplies. Select cleaning supplies from the [approved EPA list](#).
 - Use disposable paper towels for wipe downs not reusable rags. Dispose of paper towels in the trash immediately after use.
 - Wear PPE as recommended by the product labels during cleaning.
- **Terracon Subcontractors** – Review this Pre-Task Planning guidance document with all subcontractors used on our projects as they are required to follow all guidance outlined and project site requirements.

It is the responsibility of all managers and supervisors in an office to understand, communicate, implement, and assist our employees in applying these pre-cautionary steps as well as the General Guidelines for COVID-19 Pre-Task Planning.

- **Whenever possible assign vehicles to specific personnel and avoid pool vehicles and transport of passengers.**
 - When possible, assign vehicles to limit multiple users and the need for passengers. If passengers must be transported in the vehicle, drive with windows down and vents blowing fresh air to maximize ventilation. If this is not possible due to weather conditions take multiple vehicles.
 - In counties designated by the CDC as **High** Community Level, passengers should wear KN95 masks during travel. Drivers must not wear face coverings when operating a vehicle.
 - Driver Safety Check Ins may be conducted by vaccinated observers. In counties designated by the CDC as **High** Community Level, observers should wear KN95 masks and keep windows down for maximum ventilation.
- **Clean specific areas of the vehicle before and after use** - Drivers assigned a vehicle or using a pool vehicle should clean frequently touched objects like door and tailgate handles, steering wheel, knobs, and seat and remove all trash from the vehicle (do not leave paperwork, food wrappers, water bottles or any other waste in the vehicle cab or bed). At a minimum, ***the driver must clean the vehicle areas mentioned after each use.***
 - Options for cleaning supplies include wipes with at least 60% alcohol, disinfectant liquid or aerosol spray, or soap / water. Please use professional supplies and ***do not attempt*** to make 'home made' cleaning supplies. Select cleaning supplies from the [approved EPA list](#).
 - Use disposable paper towels for wipe downs not reusable rags. Dispose of paper towels in the trash immediately after use.
 - Wear safety glasses and chemical resistant gloves when cleaning the vehicle.
 - Allow the vehicle cab to ventilate for five minutes after cleaning and before driving.
- **Wash your hands and practice good personal hygiene** - Prevent the spread of COVID-19 by practicing good personal hygiene.
 - Wash your hands with soap and water for at least 20 seconds, before beginning your trip and immediately after arrival. Use an alcohol-based hand sanitizer with at least 60% alcohol if soap and water is not available.

Covid Travel Plans are no longer required for fully vaccinated employees. Fully vaccinated employees may resume business travel with Office Manager approval. International business travel or non-project related travel of unvaccinated employees must be approved by a Division Manager. Approval for such instances will be subject to any local, state, and federal government restrictions that may apply. Local travel for project site work must follow the Project Site Pre-Task Planning Guidelines document. A [Covid Travel Plan](#) is required for all unvaccinated employees on project or non-project related travel.

DO NOT TRAVEL:

- If you are feeling sick or exhibiting any symptoms of COVID-19.
- If you have suspected or diagnosed COVID-19 (even without symptoms). You must wait 10 full days after diagnosis before travel.
- Had close contact with someone suspected or diagnosed COVID-19. Test after 5 days to confirm you are negative before travel. If you can't test, you must wait 10 full days after exposure before travel.

Assess the need for travel (flying, driving or other) – is the trip necessary?

- Can Skype take the place of a face-to-face visit?
- Can the trip be postponed?
- Have you spoken with the client on the necessity of the trip?
- Have you discussed other alternatives for getting the work done?
- Where is the trip and what travel restrictions if any might apply?

Use of Face Coverings

Be aware that airlines and public transportation (including Uber and Lyft) require face coverings be worn at all times during travel. Terracon asks you use a KN95 mask for added protection during public travel.

Business travel via public transportation (air, rail, bus)

- Discuss the best options for travel. Determine if driving is a better alternative.
 - If driving, limit total daily drive time to no more than 10 hours per day and plan for rest breaks along the way.
- For air and rail travel - consider travel times that avoid peak travel periods. Avoid early morning or late in the day and avoid Friday and Monday travel.
- Plan the trip with your supervisor, book travel through the Terracon travel portal and provide a copy of your itinerary to the supervisor and CSR.

Travel Preparation

- Pack for an extra day in case travel plans change.
- Take hand sanitizer and anti-bacterial wipes. For air travel the [TSA now allows 12 oz bottles of hand sanitizer](#). All other liquids follow the 3 oz container rule.
- Strengthen your immune system by getting plenty of rest, staying hydrated and eating well.

In the Boarding / Waiting Areas

- Maintain social distancing. Sit in areas with a low density of people. Face away from other travelers.
- Avoid touching counters, railings, platforms, information kiosks, etc.
- Wash or sanitize hands frequently – after shuttle rides, after check-in / bag check, after passing through security, etc.

On the Plane / Train

- Wipe down seat and arm rests with anti-bacterial wipes. Offer a spare wipe to your row mates for their areas.
- Open air vents and direct them to your breathing zone.
- Avoid using the tray table. If used, wipe it down first.
- Avoid drink service. Buy a bottle of water for the trip after getting through security.
- Wash or sanitize hands frequently.

Ground Transportation

- Consider Uber or Lyft as these vehicles may be kept cleaner than cabs. Do not ride share with strangers. Roll down the windows to increase ventilation and avoid leaning forward to talk with your driver.
- Wash hands after the trip and frequently use hand sanitizer.

Rental Cars

- Wipe down high contact surface areas with anti-bacterial wipes (steering wheel, arm rests, control buttons and dashboard surfaces).
- Roll down windows and turn on the a/c for 3 – 5 minutes after cleaning the vehicle.

Hotels

- Avoid elevators – especially crowded elevators. Take the stairs if possible.
- Inspect the room for cleanliness upon arrival. If the room doesn't look clean, ask to be moved.
- Wipe down alarm clocks, work areas, vinyl chairs, remote controls and phones.
- Don't use in-room drinking glasses or utensils. Buy a water bottle.
- In hotel common areas, maintain social distancing.
- Avoid touching counters, railings, platforms, information kiosks, etc.
- Wash or sanitize hands frequently.
- At breakfast bars, choose boxed or individually packaged items. Avoid food from "common" containers like buffets or open chip containers at bars / reception.

Personal Travel

- If you have personal travel planned consult the [CDC's Travel page](#). Review and follow CDC guidance regarding self-isolation or other measures to take upon returning from travel. Please be considerate of those in your office and report travel to your supervisor.

Post Travel Precautions

- Avoid being around people who are at [increased risk for severe illness](#) for 10 days.
- Wear a mask around others for 5 days after travel. Self-monitor for COVID-19 symptoms after travel. Isolate and get tested if you develop symptoms.

In order to execute our exploration work and meet our clients' needs, we recognize that exploration teams encounter unique circumstances that require careful pre-task planning. These are not all inclusive and were created to supplement other COVID-19 PTP recommendations. Some common circumstances that will require pre-task planning above and beyond the normal course of exploration work include the following.

Distractions related to COVID-19 while operating exploration equipment

- Keep your mind focused and on the physical task at hand. If you become distracted for any reason STOP WORK and pre-task plan with your teammates to refocus.
- Maintain excellent communication while social distancing – SLOW DOWN your work processes. When working with new crew members it is critical to communicate effectively, often, and frequently pre-task plan for individual tasks.
- Making rod and auger connections, handling samples, engaging down hole hammers and moving equipment all require excellent communication and teamwork. Stay focused and don't let COVID-19 distract you!

General

- If you **or your family members** are sick or experiencing symptoms you must stay home. Not doing so increases the risk of spreading this as well as other illnesses. If you exhibit even mild symptoms avoid contact with others, do not come to work, call your healthcare provider immediately, inform your supervisor and use the [COVID-19 Symptom / Exposure Intake form](#) to notify your HR Business Partner. Contact client if work will be postponed.
- Maintain social distancing when having safety meetings, inspections, passing samples or discussing issues.
- Frequently wash hands or use hand sanitizer with a minimum 60% alcohol base. Clean surfaces of commonly touched surfaces during the day.
- Do not share water, coolers, food, tobacco products, etc. Use bottled water.

Handling Paperwork / Equipment / Samples

- Designate one person to handle required paperwork for jobsite sign-ins, tailgate safety meetings, boring logs, etc. Others who need to sign the documents can acknowledge understanding/agreement to the designated person and have them proxy sign if required.
- When delivering samples to others or a lab, wipe down jars/ containers/bags with cleaning solution prior to passing them to others or dropping them off.

Working in proximity to driller/assistant while conducting exploration work

- Maintain about 6' distance when possible. Driller should remain at the controls with assistant in the 4 o'clock position. Take an extra step back when drilling.
- Know that some activities (switching tooling, team lifting, passing of samples, etc.) will require teammates to come inside of 6' to perform those tasks safely. Pre-task plan to limit these activities without compromising physical safety.
- Practice good hygiene by turning away from co-workers or client employees and coughing or sneezing into your arm.
- Monitor wind direction and stand up or cross wind of each other when possible.
- Turn rig engine off to reduce noise during conversations.

Business Travel - will be evaluated and approved by the Office Manager

- Business travel via public transportation (air, rail, bus) or overnight stays requires approval by the Office Manager with input from the Exploration Manager.
- Local travel for project site work must follow the PTP04 Pre-Task Planning for Project Sites. Do not travel if you are feeling sick or exhibiting symptoms of COVID-19.
- Follow all protocols in PTP06 Pre-Task Planning for Business Travel.

Exploration Teams commuting in vehicles to projects

- Wipe down interior of vehicle after each trip, especially high contact surfaces (steering wheel, arm rests, control buttons and dashboard surfaces).
- If possible, drive separately. If this is not possible, travel with vents open and fan on. If possible, crack or lower windows to improve airflow. Passenger should wear KN95 masks during travel. Driver should not wear a face covering.
- Frequently use hand sanitizer during and wash hands immediately after the trip.
- Commercial drivers **must maintain** hours of service as required by DOT.

Hotels

- Employees traveling together should stay in separate hotel rooms. Plan in advance and call ahead for reduced rates. Fully vaccinated employees may share hotel rooms.
- Stay at major hotel/extended stay chains (e.g. Hilton, Marriott, Holiday Inn) as they have resources and restrictions in place for cleaning and hygiene. Do not use lesser known chains as they may not have the same resources and reliability for cleaning. Evaluate use of AirBnB locations on a case by case basis.
- Avoid elevators – especially crowded elevators. Take the stairs if possible.
- Inspect the room for cleanliness upon arrival. If the room doesn't look clean, ask to be moved.
- Wipe down alarm clocks, work area, vinyl chairs, remote control and phone before use.
- Don't drink out of in-room glasses or use in-room utensils. Buy a water bottle.
- In hotel common areas, maintain social distancing. Sit in areas with less people. Avoid touching counters, railings, platforms, information kiosks, etc.
- Frequently wash hands or use hand sanitizer.
- At breakfast or dinner, choose boxed or individually packaged items from the common area. Do not consume food from "common" containers like buffets or open chip containers at bars / reception.

Use of Face Coverings

- Cloth face coverings may help prevent people who have COVID-19 from spreading the virus to others. Terracon Exploration Teams (**vaccinated or unvaccinated**) should wear face coverings when social distancing measures are difficult to maintain and follow PTP09 Face Coverings or local requirements. If heat stress becomes a concern, immediately remove face coverings and stop work to rest. At client-controlled sites all employees will wear face coverings until specifically notified by the client or property owner they are not necessary. Always keep a face covering on your person, available for use if requested by the client or another worker.

COVID-19 mainly spreads from person to person through respiratory droplets produced when an infected person coughs, sneezes, or talks. These droplets can be inhaled into the lungs or land in the mouths, noses or eyes of nearby people. Recent studies show a significant portion of individuals with COVID-19 lack [symptoms](#) (“asymptomatic”) and even those who eventually develop symptoms (“pre-symptomatic”) can transmit the virus to others *before* showing symptoms.

Terracon follows CDC guidance for the use of face coverings in the workplace. CDC guidance recommends all people (vaccinated or unvaccinated) wear masks while indoors, in public in areas of **High** COVID-19 Community Levels. For **Medium** risk areas, people who are at high risk or immunocompromised are advised to consult with their doctor about mask wearing recommendations. For **Low** risk areas, there are no mask recommendations for public indoor spaces. [Community Risk Levels](#) may be found on the CDC website. **It is important to recognize that state and local health, OSHA orders, or client requirements may still require mask use.**

Remember that [masks are still required on all forms of public transportation](#) traveling into, within, or out of the United States and in all transportation hubs, and in Federal buildings. The use of face coverings does not replace and must be used along with other [preventive measures](#), including [social distancing](#), frequent handwashing, and cleaning and disinfecting frequently touched surfaces. If heat stress becomes a concern, [immediately remove face coverings](#) and stop work to rest.

There may be those who will continue to choose to voluntarily wear masks in our facilities and on jobsites to provide themselves added protection. Terracon will continue to provide face coverings to our employees at no cost. As stated in our Guiding Behaviors, we must commit fully to inclusion and to treating all fairly and respectfully – that includes accepting and respecting the personal decisions made by our employees. Only by living our Guiding Behaviors will we be able to successfully negotiate through this period.

It is critical to emphasize that maintaining 6-foot social distancing, frequent hand washing and disinfecting frequently touched surfaces remains important to slowing the spread of the virus. Do not rely on a face covering as your only protection.

- **On Project Sites** – face coverings will be worn on all project sites when required by client or OSHA regulations. For more details review PTP04 Project Sites.
 - If heat stress becomes a concern, remove face coverings and stop work to rest in a safe, socially distanced area.
 - Always keep a face covering on your person, available for use if requested by the client.
- **In the Office, Lab or Indoor Project Sites** – Terracon follows CDC guidance and OSHA regulations for the use of face coverings in the workplace. For more details review PTP02 In the Office and PTP03 In the Lab.
- **In a Vehicle** – Terracon encourages employees not to share vehicles. If vehicles must be shared, the passenger should wear a KN95 respirator. The driver should not wear a face covering while driving. For more details review PTP05 Vehicles.

- **Practice good hygiene** - cover your mouth when you cough or sneeze. Immediately dispose of tissues. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
 - Face coverings are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water. Before putting on a mask, clean hands with alcohol-based hand rub or soap and water. Avoid touching the mask while using it.
 - Never share face coverings. Clean / launder cloth face coverings daily.
- **Cloth Face Coverings** – Cloth face coverings must be multi-layer and 100% cotton. They must have a proper fit over the nose, mouth, and chin. Do not wear cloth masks with gaps around the mouth, or that have exhalation valves. If you can hold a cloth face covering up to the light and see through it, it is not acceptable. With the availability of professional face coverings, homemade coverings should only be used when no other option is available. For details on effective mask use review [Types of Masks](#) and [Improve How your Mask Protects You](#).
- **Surgical Masks** – surgical masks are effective as disposable face coverings and acceptable for all Terracon operations. Double masking is recommended by the CDC when wearing surgical masks. Double masking a cloth face covering over a surgical mask provides additional protection through a tighter fit.
- **KN95 Masks** – KN95 masks provide similar protection to an N95 and are currently the best choice for protection when available. When face coverings are required, Terracon asks that employees use KN95 masks for project sites with higher risk for COVID-19 exposure like medical facilities, crowded sites where social distancing measures are extremely difficult to maintain, or when riding in vehicles (including air travel) with other passengers.
 - KN95 masks must not be shared between employees. Normally the masks are considered single use however during the COVID-19 pandemic reuse of KN95 masks is allowed. For Terracon purposes of COVID prevention, as long as the respirator if it is damaged or heavily soiled it may be reused and replaced daily.
 - Do not 'double mask' over a KN-95 respirator.
- **Face Shields** – may be worn in conjunction with face coverings to provide additional protection against virus droplets.
 - Face shields must be rated as Z.87 eye protection or be used in conjunction with safety glasses.
 - If hard hats are required, the face shield must fit the manufacturer's hard hat mount or, fit under and not interfere with the hard hat.

Face coverings for COVID protection must never be used in place or respirators required for task specific protection e.g., asbestos, chemical vapors, silica.

There will be opportunities and requests for Terracon employees to attend meetings. This protocol offers suggestions on how to safely host or attend different kinds of meetings. In addition to these protocols, we must comply with all federal, state, and local laws or regulations, particularly those relating to COVID and social distancing requirements. Meeting attendance requiring travel must follow [COVID-19 PTP 06 Business Travel](#).

General Guidance for All Meetings

- *Maintaining 6-feet social distancing remains the most effective way to slowing the spread of the virus!* Whenever possible, meet outdoors. Avoid personal contact – no handshakes or fist bumps.
- Do not use sign-in sheets that encourage passing paper and pens. Assign one person to take roll or use electronic attendance logs.
- Terracon follows CDC guidance for the use of face coverings in the workplace. CDC guidance recommends all people (vaccinated or unvaccinated) wear masks while indoors, in public in areas of **High** COVID-19 Community Levels. For **Medium** risk areas, people who are at high risk or immunocompromised are advised to consult with their doctor about mask wearing recommendations. For **Low** risk areas, there are no mask recommendations for public indoor spaces. [Community Risk Levels](#) may be found on the CDC website. **It is important to recognize that state and local health, OSHA orders, or client requirements may still require mask use.**

Internal Meetings

- In office meetings and conference room use may resume with Office Manager approval. Internal meetings requiring travel need Operating Group or Division Manager approval.
- Continue holding meetings outdoors or in extra-large spaces. Meetings outside the office can be conducted using outdoor or warehouse space where social distancing can be maximized, and air circulation maintained. Use air movers / filters to provide air flow across the meeting space.
- Consider setting up outdoor meeting areas at office locations. Use portable speakers and video displays. Be aware that weather conditions can change quickly, and excellent pre-task planning is needed. Ensure the space is safe and torn down when not in use.
- Internal meetings requiring travel of more than 6 Terracon employees will implement COVID antigen testing as a precaution. Attendees may request test kits from Terracon Safety and test every two days beginning 12 hours prior to travel, alternating days of the meeting, and the third day upon returning from travel. A COVID antigen test will be conducted immediately if the employee develops symptoms while traveling. Antigen tests are available and recommended for smaller meetings, business travel or out of town project work. Contact your Operating Group Safety Professional to create a test plan for your meeting or project.

COVID-19 Pre-Task Planning Meetings (Internal, Client / Project, Conferences and Interviews)

- Food should be kept to box lunches as much as possible. 'Buffet' lines may be considered with adequate planning. Eating – open mouth, mask off is one of the biggest risks for COVID transmission.

Tailgate Safety Meetings

- Hold meetings outdoors when possible. Monitor wind direction and position attendees to take advantage of being upwind of any other employees.
- For indoor meetings, limit attendance to no more than can maintain social distancing requirements and wear face coverings at all times. Hold multiple meetings if necessary.
- Designate one person to handle required paperwork for sign-in. Others who need to sign the document can acknowledge understanding/agreement to the designated person and have them proxy sign if required.

Client or Project Meetings

- Client and project meetings may resume with Office Manager approval. Limit attendance to only those absolutely necessary. Confirm with your client that they are comfortable with meeting face-to-face and a meeting does not violate their company's internal policies. Share Terracon's requirements on face coverings for visitors.
- Pre-task plan the meeting by studying outdoor options available. Choose the location based on seating options and overall effectiveness at social distancing. Hold the meeting outdoors to the extent possible. Consider outdoor jobsite locations, parks or setting up outdoor meeting areas at offices. Monitor wind direction and position attendees to take advantage of being upwind of others.
- For client or project meetings that might require larger attendance, please refer to the Internal Meetings section for guidance, even if the meeting will not be held in our facility.
- For restaurant meetings, use outdoor tables that provide extra space. For a 2-person meeting request a 4-seat table, etc. Seat diagonally to maintain maximum distance.
- Wipe down tables and chairs with sanitizing wipes if available.
- Have hand sanitizer and face coverings available to share. Wash hands immediately before and after the meeting.
- Do not pass or accept paper. Email documents to the client in advance. Request needed documents be emailed to you in return.

Conference Attendance

- Conference attendance will only occur when it can be done safely. Requests for attendance must be approved by the Office Manager and only when comfortable that the conference complies with Terracon Pre-Task Planning protocols. In addition, attendance should be limited in number of attendees and minimizing the time spent at the conference. Fully vaccinated employees may resume business travel with Office Manager approval. Covid Travel Plans are no longer required. International business travel or travel of unvaccinated employees must be approved by a Division Manager and a [Borrowed Worker / Covid Travel Plan](#) is required.

Getting vaccinated and staying up to date with any booster doses is the best way to protect yourself and others from serious illness, hospitalization, or death from COVID-19.

What is “Fully Vaccinated”? What is “Up to Date”

- An individual is considered fully vaccinated is two weeks (14 days) after the first dose of Johnson & Johnson vaccine or the second dose of Pfizer or Moderna vaccine.
- CDC recommends that people receive a COVID-19 booster shot for all vaccines. For more details, review the [CDC page on vaccines and boosters](#) for complete details. Any individual is considered up to date on their vaccination status after receiving the required booster.
- If you don't meet these requirements, you are NOT fully vaccinated or up to date. Keep taking all [precautions](#) until you are fully vaccinated.

Face Covering Requirements When Fully Vaccinated

- To reduce the risk of being infected and possibly spreading it to others, CDC guidance recommends all people (vaccinated or unvaccinated) wear masks while indoors, in public in areas of **High** COVID-19 Community Levels. For **Medium** risk areas, people who are at high risk or immunocompromised are advised to consult with their doctor about mask wearing recommendations. For **Low** risk areas, there are no mask recommendations for public indoor spaces. [COVID-19 Community Levels](#) may be found on the CDC website. **It is important to recognize that state and local health, OSHA orders, or client requirements may still require mask use.**
- You might choose to wear a mask regardless of the Community Risk Level if you have a weakened immune system or if, because of your age or an underlying medical condition, you are at [increased risk for severe disease](#), or if a member of your household has a weakened immune system, is at increased risk for severe disease, or is unvaccinated.

Testing

- For details on testing including [who should test](#), [when to test](#), and [how to perform self-tests](#), consult the [CDC Testing web page](#).
- If you've been around someone who has COVID-19, you should get tested 5 days after your exposure, even if you don't have symptoms. You should also wear a mask indoors in public for 10 days following exposure or until your test result is negative. Contact your HR Business partner and follow Terracon and CDC isolation requirements if your test result is positive.

Please remember Terracon Operations and employee-owners must continue to comply with all federal, state, and local laws or regulations, and client requirements related to COVID-19 precautions.