



### What is a normal body temperature?

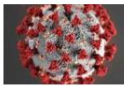
Normal body temperature is about 98.6 degrees Fahrenheit (°F) or 37 degrees Celsius (°C). Normal temperature often varies from 1° to 2°F (½° to 1°C). A normal temperature is usually lower in the morning and increases during the day. It reaches its high in the late afternoon or evening. As we move into warmer weather it is not uncommon for your body temperature to be slightly elevated after walking across the jobsite.

### What temperature is considered a fever?

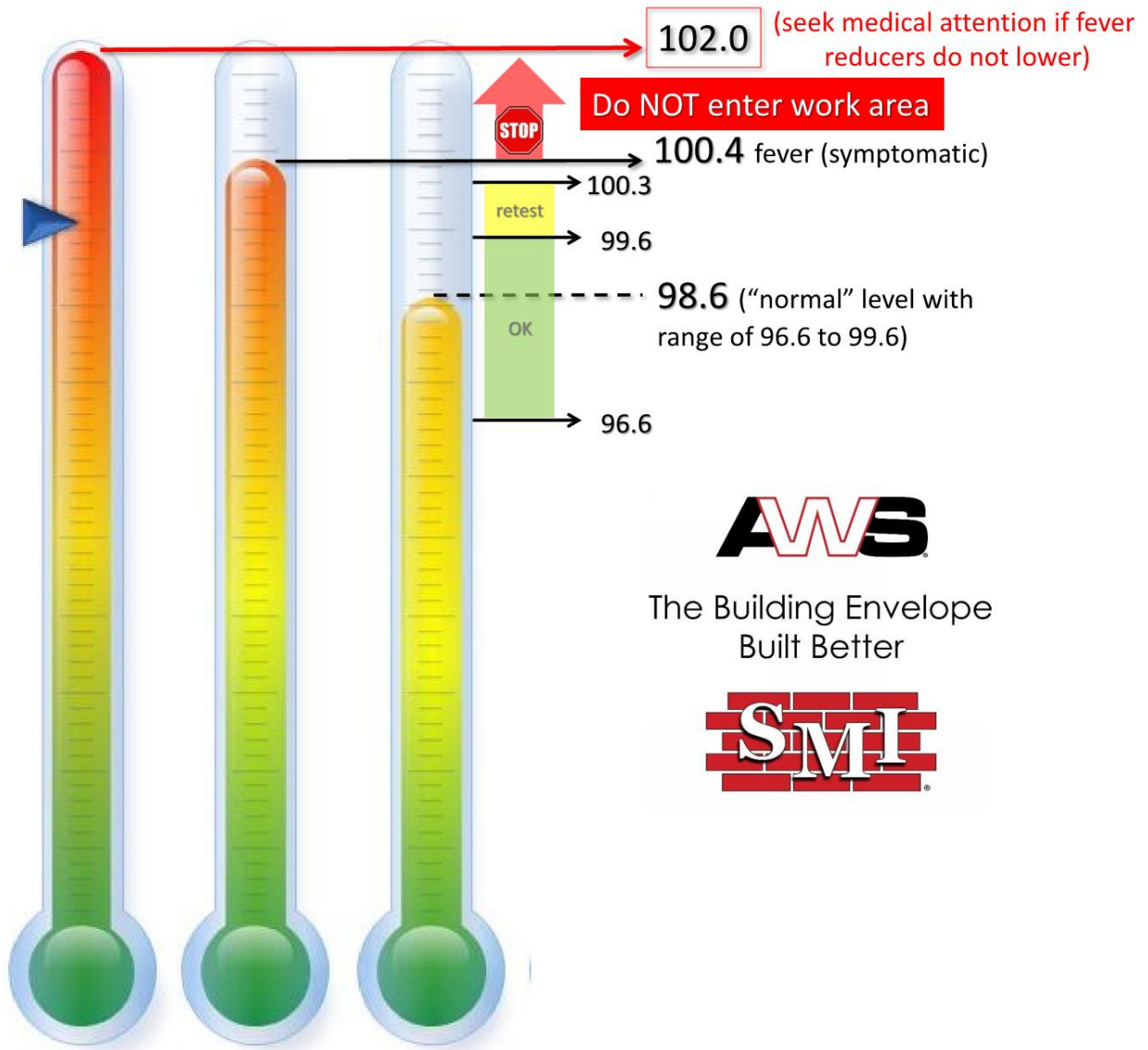
In adults, a fever is considered to be a temperature of 100.4°F (38°C) or above. You can treat this at home with a fever reducer medication and fluids to make yourself more comfortable, or let it run its course. But if it reaches 102°F (38.8°C) or higher and home treatment doesn't lower it, call your healthcare provider.

### Procedure to follow when taking pre-shift temperature:

- 1) Crew Foreman will ask each crew member the questions on the pre-shift questionnaire and record their answers on the COVID-19 Daily Screening Form.
- 2) Crew Foreman AND employee will both wear PPE including facemasks during screening.
- 3) Crew Foreman will use the Seedorff Companies, supplied "no touch" thermometer in accordance with the manufacturer's instructions.
  - a. If the employee's recorded temperature is between 96.6°F and 99.6°F and the employee has no other symptoms
    - i. Record the employee's temperature on the daily log
    - ii. The employee may enter the work site.
  - b. If the employee's recorded temperature is between 99.6°F and 100.3°F and the employee has no other symptoms
    - i. Ask the employee to sit down in a holding area and maintain 6' of social distancing
    - ii. Recheck the employee's temperature in 10 minutes
      1. If the employee's temperature reads at or below 99.6°F record the employee's temperature on the daily log and the employee may enter the work site.
      2. If the employee's temperature still reads 99.6°F to 100.3°F
        - a. Record the employee's temperature on the daily log
        - b. The employee may enter the work site
        - c. Recheck the employee's temperature every 2 hours
          - i. During the rechecks the employee's temperature stays below 100.3°F, the employee will continue to work on site.
          - ii. During the recheck the employee's temperature is above 100.3°F, the employee will be asked to leave the work site to consult his/her doctor.
    - c. If the employee's recorded temperature is 100.4°F and above
      - i. The employee will be asked to leave the work site and consult his/her doctor.
      - ii. Employee's with at temperature of 100.4°F or greater will remain off duty until they have followed the CDC's guidelines & returned with a doctor's note releasing them from care.



# Daily Pre-Check Screening



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## Step By Step Instructions For Using the AOJ-20A Infrared Thermometer

All employees will be expected to comply with the following procedures while undergoing morning temperature checks. These procedures follow current CDC guidelines and are for your safety and the safety of the entire crew. To ensure an accurate temperature reading, please wait to take anti-inflammatory, pain relievers and aspirin until after you have taken your daily temperature.

### **Social Distancing**

- 1) Maintain a minimum of 6 feet between you and other employee(s) while waiting to have your temperature checked by the designated employee using the thermometer.
- 2) While getting your temperature taken, you and the designated employee using the thermometer will not be able to maintain 6 feet of distance, at this time you will be required to wear all designated PPE, including at minimum a cloth nose and mouth cover (see PPE).
- 3) 1 employee on each crew will be designated to operate the thermometer to prevent cross contamination of the thermometer and to improve the consistency of the testing procedure.

### **Personal Protective Equipment**

- 1) Site Required PPE
  - a. Hard Hat
  - b. Safety Glasses
  - c. Gloves (Required During the COVID-19 Pandemic)
  - d. Proper Work Pants and Shirt
  - e. Sturdy Work Boots
  - f. HiViz (If Required By The General Contractor)
- 2) CDC Required PPE
  - a. Face Mask Covering Your Nose and Mouth (N95 is not recommended) use instead a:
    - i. Disposable Paper Mask
    - ii. Cloth Mask
    - iii. Bandana
    - iv. Painters Sock
    - v. Others May Qualify (Seek Approval From Your Foreman or Safety Dept.)

### **Equipment Set Up**

- 1) AOJ-20A Infrared Thermometer
  - a. Power On the thermometer
    - i. Press the **White Oval Power Button** 1 time and release it
    - ii. The Display Screen will light up when power is on
  - b. Set to **Adult Mode**
    - i. Use the Grey Mode Selector to select the desired mode (press the button to select the desired mode)
    - ii. Adult Mode is indicated by a picture of an adult face in the **Top Left Corner** of the display screen.
    - iii. **IF set in Infant Mode (indicated by a child's face in the Top Middle of the display screen) or Structure Mode (indicated by a House in the Top Right of the display screen) The TEMPERATURE READING WILL NOT BE ACCURATE**
  - c. With Temporal Mode Cap in Place
    - i. **IF THE TEMPORAL CAP IS MISSING the Temperature Reading Will Not Be Accurate**

- ii. The Ear Mode (indicated by an ear in the top middle of the display screen) will Automatically be selected if the Temporal Cap is Missing – Replace the Cap (**DO NOT TAKE TEMPRATURES VIA THE EAR**)
- d. 2 Good AAA Batteries
  - i. Low Battery Warning Indicator will light up in the Bottom Right Corner of the Display Screen
  - ii. **Low Battery Life Can Produce a Non-Accurate Temperature Reading**

### Instructions For Using The AOJ-20A Infrared Thermometer

- 1) Ensure Temporal Mode Cap is Installed
- 2) Power On the thermometer
  - a. Press The White Oval Power Button 1 Time and Release It
  - b. The Display Light Will Light Up
- 3) Select Adult Mode
  - a. Press the Grey Mode Button (if needed) to Select Adult Mode
- 4) Point the Temporal Cap at the Center of the Forehead just above the eyebrow line (approximately 1 inch away from the skin (the Thermometer SHOULD NOT TOUCH THE SKIN))
- 5) Push the White Oval Button 1 Time and Release It.
- 6) The **Temperature Reading** will light up and be displayed on the screen
  - a. **96.6°F – 99.6°F = Go To Work**
  - b. **99.6°F – 100.3°F = Retest & Monitor**
  - c. **100.4°F and Above = Go Home And Seek Medical Diagnosis**
- 7) Record the Employee's Temperature on the Daily Covid-19 Log
  - a. Retest & Monitor If Necessary
- 8) Power Off the Thermometer
  - a. The Power Automatically Shuts Off after becoming idle
- 9) Sanitize the Thermometer
  - a. Lightly Spray Lysol on a Paper Towel or use a Disinfectant Wipe and Wipe the Thermometer Down Daily after use
- 10) Store The Thermometer in a safe and Secure Location

