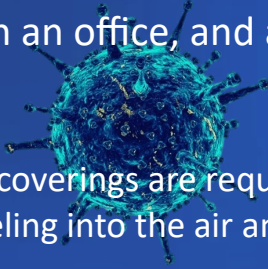


Longshore Safety Tip

August - 2020

Mandatory Requirement to Wear a Face Covering

All individuals accessing a marine terminal, joint dispatch hall, or training site are required to wear face coverings at all times when indoors, except when working alone in an office, and at all times outdoors, including in equipment, when six feet of social distancing is not possible.



Face coverings are required as a simple barrier to help prevent respiratory droplets from traveling into the air and onto other people when the person wearing the face covering coughs, sneezes, or talks.

Wear your Face Covering Correctly

- Inspect the face covering for holes or other defects prior to wearing
- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily

Continue to keep 6 feet distance between others when possible. The face covering is not a substitute for social distancing

Remove your Face Covering Carefully

- Handle only by the ear loops or ties
- Be careful not to touch your eyes, nose, and mouth when removing
- Wash your hands immediately after removing
- Don't put the face covering around your neck or up on your forehead
- Don't touch the face covering, and if you do, wash your hands to disinfect
- Don't reuse disposable masks



**ILWU - PMA
PACIFIC COAST MARINE SAFETY COMMITTEE
DEDICATED TO SAFETY**

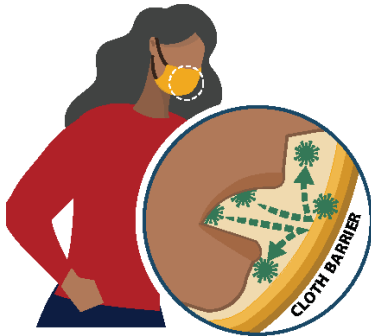
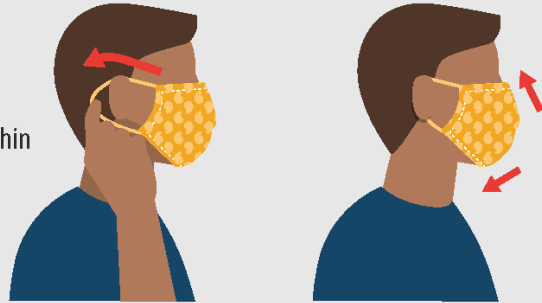


How to Safely Wear and Take Off a Cloth Face Covering

Accessible: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

WEAR YOUR FACE COVERING CORRECTLY

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2



USE THE FACE COVERING TO HELP PROTECT OTHERS

- Wear cloth face coverings in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain
- Don't put the covering around your neck or up on your forehead
- Don't touch the face covering, and, if you do, clean your hands

FOLLOW EVERYDAY HEALTH HABITS

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available



TAKE OFF YOUR CLOTH FACE COVERING CAREFULLY, WHEN YOU'RE HOME

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Wash your hands with soap and water



CS 316488A 07/06/2020

Cloth face coverings are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

For instructions on making a cloth face covering, see:

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)