



**UPDATED: March 11, 2022**

As per <https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions#pho-order> effective March 2022 employers (Alpha Training Solutions Ltd.) will no longer be required to maintain a COVID-19 Safety Plan and will instead transition to communicable disease prevention.

Infectious diseases are caused by organisms such as bacteria, viruses, fungi, and parasites. Some infectious diseases can be passed from person to person or from animal to person. Workers can be exposed to several different types of infectious diseases, including airborne, bloodborne, contact, and zoonotic diseases.

## The risks

### **Airborne diseases**

Airborne diseases can be spread through the air when infected people cough, sneeze, or speak. A person becomes infected by breathing in air contaminated with the virus or bacteria. Some common airborne diseases include:

- Chicken pox (varicella)
- Pandemic influenza
- Mumps
- Tuberculosis

### **Bloodborne diseases**

Bloodborne diseases are transmitted through contact with infected blood or certain body fluids. Some common bloodborne diseases include:

- HIV/Aids
- Hepatitis B and C

### **Contact diseases**

Contact diseases are transmitted through direct or indirect contact with bacteria or viruses. Direct contact can include physical contact with an infected person or contact with blood and body fluids. Indirect contact involves touching an object or surface that has been contaminated by an infected person. Common contact diseases include:

- Norovirus

**Zoonotic diseases**

Zoonotic diseases are caused by infectious agents that can be transmitted between animals and humans in a variety of ways. Some zoonotic diseases can be transmitted directly to humans through contact with saliva, some are airborne, and others are transmitted through insect bites. Common zoonotic diseases include:

- Avian flu
- Campylobacteriosis
- Hantavirus
- Histoplasmosis
- Rabies
- West Nile virus

## How to reduce your risks

As a rule, safe work practices everyone should follow include:

**Getting vaccinated**

Many infectious diseases are preventable through vaccination.

**Washing hands frequently**

Wash your hands:

- Prior to leaving a washroom (wash hands thoroughly with water & soap for at least 20 seconds)
- After touching contaminated materials or surfaces
- Before eating, drinking, smoking, handling contact lenses, applying makeup, or using the toilet

**Handling sharps properly**

Dispose of sharps using provided containers. Instructors must inform our office when these containers need to be disposed of and replaced.

**Using personal protective equipment**

Staff & students must know how to select appropriate PPE and how to properly put it on and take it off, including:

- Gloves – must be worn by instructor & students when handling ATS equipment i.e., manikins & breathing apparatus
- Respirators
- Face shields – recommended during close contact practises
- Foot covers – no bare feet allowed in classroom
- Eye protection - recommended during close contact practises

<b>Practising cough etiquette</b>	Always cough into your sleeve or a tissue instead of your hand, and wash hands after coughing.
<b>Staying home if you are sick</b>	Workers & students should stay home if they are ill, <u>especially if they are vomiting or have a fever or diarrhea.</u> Posters will be placed in classrooms & common areas discouraging staff and students come to work and attend our courses if they are ill.
<b>Maintaining Physical Barriers</b>	<p>Current physical barriers i.e., front desk plexiglass will remain in place.</p> <p>Students cannot attend courses while being bare footed during summer months. Must wear socks that can be provided by ATS, if needed.</p> <p>ATS have masks available for OFA Level 3 &amp; Transportation Endorsement course students to wear whenever and for the duration of practical exercises when in close contact with others (students or instructor)</p>
<b>Class Sizes</b>	Class sizes are determined by ATS course providers i.e., WorkSafeBC.

This *Communicable Disease Prevention Plan* will be updated as necessary.