



KEEPING EACH OTHER SAFE

Guidelines for station life during the COVID19 Incident

6 FT OF PHYSICAL DISTANCE SHALL BE MAINTAINED WHENEVER POSSIBLE
FACIAL COVERINGS SHALL BE WORN WHEN 6 FT OF PHYSICAL DISTANCE IS NOT POSSIBLE



Uniforms and Gear

- Keep all uniforms at the station. Do not wear your uniform home
- If you must put uniforms or gear in your vehicle, use a trash bag
- Wash all work-related clothes at the fire station
- Clean uniform boots with disinfectant after each call
- Do not wear uniform boots in station living quarters, wear clean shoes instead
- Designate an area in the app bay to place boots when changing into shoes
- Providing for modesty, consider removing uniform before entering living quarters
- Wear uniform on calls and in public
- Refrain from wearing bunker pants on EMS calls unless warranted
- Consider wearing approved PT gear while in the station, probationary FF's included
- Set up uniforms by apparatus to maintain quick response times
- Remember to decon items that aren't laundered, such as badge, belt and pens
- Wipe down everything in your pockets (i.e. cell phone, wallet, keys)
- Consider using a hands-free device to avoid putting your phone near your face



Throughout the Station

- **CA Public Health Order requires the wearing a cotton face mask when 6 ft of physical distance cannot be maintained. This includes in the station, on the rig, or out in public.**
- Wash your hands often, for a minimum of 20 seconds
- Use hand sanitizer that contains a minimum of 60% ethyl or 70% isopropanol alcohol
- Place cleaning supplies where they are accessible in all areas
- Post occupancy signs in common areas to ensure social distancing
- Move or limit seats to ensure 6ft spacing between personnel
- Prop interior doors open to reduce contact with surfaces, where possible
- Designate seating arrangements per position for the entire shift
- Cover recliners with a clean sheet or blanket
- Wash bed sheets every shift change
- Wipe down dorm room prior to setting up your belongings
- Decon hamper before refilling with clean laundry



In the Gym

- Clean gym equipment before and after each use
- Limit number of crew members working out in the gym to ensure proper distancing
- Consider exercising outside for better spacing and ventilation observing social distancing



At Shift Change

- Alter your relief process to reduce number of personnel in the kitchen
- Consider relieving opposites in the parking lot or on the app floor
- Use email or text messages to give detailed pass-along
- Do not congregate at the kitchen table
- Avoid handling the newspaper, read the news on your personal phone
- Clean radios/pager pager before handing off.
- Refrain from physical contact. No hugging, shaking hands or fist bumps



In the Kitchen

- Cook meals that require utensils to eat, instead of your hands
- Limit number of people handling food, assign one person to cook
- **The cook shall wear gloves and a surgical mask when cooking**
- Eat in shifts to allow for 6ft spacing between personnel
- When weather permits eat meals outside
- Never leave snack food on the counter (i.e. chips, donuts, finger food)
- Limit trips to the grocery store. Bring food from home, when possible
- Consider discontinuing organized chow. Get take-out and support local restaurants
- Do not leave or accept leftovers from shift to shift
- Label cups to avoid cross-contamination
- Do not eat food accepted from the public but graciously thank them for the thought



On the Fireground

- Always wear gloves when handling tools
- Follow LACoFD procedures for post fire decon
- Provide 6ft spacing during rehab
- Limit number of personnel at AARs, consider using conference call
- Clean hands before consuming food or drinks



During Training

- Maintain 6ft distance when proctoring and evaluating drills
- Clean SCBA masks with warm soap and water or Zep Z-Green, after each use
- **Disinfectants such as Spirit II and wipes SHALL NOT be used on SCBA's or Masks**
- For complete cleaning and disinfecting of SCBA and Masks refer to V4-C7-S1
- Wipe down tools and equipment, after each use
- Complete online training on your personal device, when possible

It's weird, we know.

Social distancing is difficult because it feels awkward. The fire service is built on teamwork; let's build a safer work environment together. Making changes to our normal behavior will drastically reduce the spread of illness in our stations and homes.