



# Injury and Illness Prevention Plan

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## With COVID PREVENTION PROGRAM (CPP)



# EMPLOYEE GUIDELINES

**Revised: March 20, 2024**  
See "Record of Revisions" for updates

**Chula Vista Elementary School District**  
**84 East J Street**  
**Chula Vista, CA 91910**

School District Name and Address

**Jennifer Venyak Senior Manager, Benefits and Risk Management**

Name and Contact Information for Individual Completing this form

**ASSIGNMENT OF RESPONSIBILITY** (Title 8 California Code of Regulations §3203(a)(1))

Our school district's lead Injury and Illness Prevention Program (IIPP) administrator is:

Jennifer Venyak  
Senior Manager, Benefits and Risk Management  
84 East J Street  
Chula Vista, CA 91910  
619-425-9600, Ext. 181353

IIPP Administrator's Name, Job Title, and Contact Information (address, phone numbers)

- This IIPP applies to all schools in our district.
- Each school in our district has been assigned a safety supervisor. School-site safety supervisors are responsible for implementing and maintaining this IIPP at their school sites and for answering employee questions about the district's IIPP. Each school-site safety supervisor has a copy of this IIPP. A list of all the district's school-site safety supervisors who will implement and maintain the IIPP at their school sites is attached as Form A.

The master copy of this IIPP can be found at 84 East J Street, Chula Vista, CA 91910

Other copies of the IIPP can be found at All School Sites

**HAZARD ASSESSMENT/INSPECTION** (Title 8 CCR §3203(a)(4))

Periodic inspections to identify and evaluate hazards in our school's sites will be performed by one or more of the following checked individuals:

- School-site safety supervisors in their school sites
- Our district's IIPP Administrator(s)/SASH Coordinator(s)
- Other: San Diego County Schools Joint Powers Authority Loss Control

Periodic inspections are always performed according to the following schedule:

- When we initially established our IIPP.
- Whenever new substances, processes, procedures, or equipment that present potential new hazards are introduced into our workplace.
- Whenever new, previously unidentified hazards are recognized.
- Whenever occupational injuries and illnesses occur.
  
- Whenever workplace conditions warrant an inspection.
  
- When we hire and/or reassign permanent or intermittent workers to processes, operations, or tasks for which a hazard evaluation has not been previously conducted.
  
- Other times: \_\_\_\_\_

The Program Administrator/ Maintenance and Operations Department will ensure that all reported potential safety hazards left unabated are documented using the work order system for facilitating necessary corrective actions.

Employees are encouraged to assess their work environment for hazards, inspect their tools and equipment before use, be aware of other safety issues and report any problems in writing to their supervisor.

Supervisors and site administrators are responsible for ensuring that identified hazards are corrected promptly. When an imminent hazard is identified, which cannot be immediately abated without endangering employees, all nonessential personnel will be removed from the affected area and the area secured to prevent re-entry except for designated workers.

Additional inspections are conducted when:

- New substances, processes, procedures, or equipment that present potential new hazards are introduced into our workplace
- New, previously unidentified hazards are recognized
- When injuries or illnesses occur
- Anytime workplace conditions warrant an inspection

## **ACCIDENT/EXPOSURE INVESTIGATIONS** (Title 8 CCR §3203(a)(5))

Investigations of workplace accidents, hazardous substance exposures, and near-accidents will be conducted by:

Jovanim Martinez, Director of Maintenance Operations and Facilities and Direct Supervisors of an employee after a workplace accident, hazardous substance exposure, or near accident.

Our procedures for investigating workplace accidents and hazardous substance exposures include:

- Visit the scene as soon as possible.
- Interviewing injured employees and witnesses.
- Determining the cause of the accident/exposure.
- Examining the workplace and the incident for underlying causes associated with the accident/exposure.
- Taking corrective action to prevent the accident/exposure from reoccurring.
- Recording the findings and actions taken.
- Other: \_\_\_\_\_

The primary reason for conducting an accident investigation is to determine the root cause of the incident and thus prevent future similar incidents using knowledge derived from the investigation. Administrative and supervisory personnel are responsible for accident investigation in their areas of responsibility.

In addition to the above investigation and documentation of the findings, the safety committee will review the basic information for each incident and make additional recommendations for corrective action when appropriate.

## **Reporting Serious Injuries, Serious Illnesses, and Death**

All serious injuries, illnesses, and death must be reported to Cal-OSHA within eight (8) hours of their occurrence, 8 CCR Section 342(a).

LAB 6302 (h) "Serious injury or illness" means any injury or illness occurring in a place of employment or in connection with any employment, which includes:

- Inpatient hospitalization for other than medical observation or diagnostic testing
- Amputation
- Loss of eye
- Any serious degree of permanent disfigurement
- Injuries, illness, or death caused by an accident on a public street or highway are not reportable unless the accident occurred in a construction zone.

LAB 6409.1 (b) In every case involving a serious injury or illness, or death, in addition to the report required by subdivision (a), a report shall be made immediately by the employer to the Division of Occupational Safety and Health by telephone or through a specified online mechanism established by the division for this purpose.

Until the division has made such an online mechanism available, the employer shall be permitted to make the report required by this subdivision by **telephone** or **email**: [caloshaaccidentreport@tel-us.com](mailto:caloshaaccidentreport@tel-us.com)

## Making A Report to Cal/OSHA

When reporting a work-related injury, illness, or death, the following information must be provided as required by 8 CCR 342:

1. Time and date of accident/event
2. Employer's name, address, and telephone number
3. Name and job title of the person reporting the accident
4. Address of accident/event site
5. Name of person to contact at accident/event site
6. Name and address of injured employee(s)
7. Nature of injuries
8. Location, where an injured employee(s) was/were taken for medical treatment
9. List and identify other law enforcement agencies present at the accident/event site
10. Description of accident/event and whether the accident scene or instrumentality has been altered

## HAZARD CORRECTION (Title 8 CCR §3203(a)(6))

Unsafe or unhealthy work conditions, practices, or procedures will be corrected promptly based on the severity of the hazards. Hazards will be corrected according to the following procedures:

- When observed or discovered; and
- When an imminent hazard exists which cannot be immediately abated without endangering employee(s) and/or property, we will remove all exposed employees from the area except those necessary to correct the existing condition. Employees required to correct hazardous conditions will be provided with the necessary protection and training.

Correcting and controlling hazards discovered in the workplace is everyone's responsibility and is the cornerstone of an effective IIPP. Upon completion of an accident investigation or discovery of a workplace hazard, corrective action will be taken by the appropriate party to eliminate or control

the hazard if it exists.

For conditions where appropriate corrective action cannot be determined, supervisors and site administrators will consult the safety coordinator, safety committee, or another qualified consultant or individual to develop appropriate corrective action. If an imminent hazard is found, supervisors will remove all personnel from the area and contact the safety supervisor for further guidance. For identified hazards not considered an imminent danger, a priority list of corrective action items will be determined.

## **COMMUNICATION WITH EMPLOYEES ABOUT SAFETY** (Title 8 CCR §3203(a)(3))

All supervisors are responsible for communicating with their employees about occupational safety and health in a form readily understandable by all employees. Our communication system encourages all employees to inform supervisors about workplace hazards without fear of reprisal.

Our communication system includes all of the following checked items:

- A.  New employee orientation including a discussion of safety and health policies and procedures.
- Follow-through by supervisors to ensure effectiveness.
- Worksite-specific health and safety training.
- Regularly scheduled safety meetings. Our safety meetings are held on the following schedule: See Maintenance, Transportation, and Child Nutrition schedules.
- Effective communication of safety and health concerns between workers and supervisors, including language translation where appropriate.
- Posted or distributed safety information.
- A system for employees to anonymously inform the administration about workplace hazards. This system involves: Submitting a comment through the “Let’s Talk” platform. (This allows employees to remain anonymous.)

**--OR--**

- B.  Our district elects to use a labor/management health and safety committee to meet all the requirements of Title 8 CCR §3203(c)(1) – (7), thereby complying with the communication requirements of Title 8 CCR §3203(a)(3).

The IIPP will be effective in preventing injury and illness only if there is clear and open communication on safety matters. Supervisors and managers are responsible for communicating with all employees assigned to their areas of responsibility about safety and health in a form readily understandable by everyone consistently. Ongoing communication about safety and health topics, workplace hazards, and recent injuries or incidents is important because it keeps safety in the minds of everyone.

Communication occurs in a variety of ways. Our system allows employees to inform their supervisors about workplace hazards or concerns without fear of reprisal.

The Site Supervisor/Department Manager will disseminate safety-related information during safety meetings and employee training along with training in the JPA Learning Library. This information is disseminated during staff meetings, by email, and on the CVESD website. Additional safety training program information is conveyed as required to address actual or potential employee hazards or exposure.

The Site Supervisor/Department Manager will encourage employees to inform any supervisor or manager of actual or potential workplace hazards. Supervisors and managers are expected to inform all employees of the procedures for reporting hazards and such reporting will not result in disciplinary action.

The Safety Committee meets regularly and at least quarterly to discuss such items as recent accidents and injuries, safety compliance, identified hazards, safety suggestions, safety equipment, and other issues related to safety. The committee is comprised of management, classified, and certificated employees, and each site or department has at least one representative to disseminate the information to other staff.

## **TRAINING AND INSTRUCTION** (Title 8 CCR §3203(a)(7))

All employees, including supervisors, will have training and instruction on general and job-specific safety and health practices. Training and instruction are provided according to the following schedule:

- When our IIPP was first established.
- To all new employees.
- To all employees given new job assignments for which training has not previously been provided.
- Whenever new substances, processes, procedures, or equipment are introduced to the school district and represent a new hazard.
- Whenever anyone is made aware of a new or previously unrecognized hazard.
- To supervisors to familiarize them with the safety and health hazards to which employees under their immediate direction and control may be exposed.
- To all employees about the hazards specific to each employee's job assignment.

This training will include (but is not limited to):

- An explanation of our IIPP, emergency action plan, fire prevention plan, measures for reporting unsafe conditions, work practices, injuries, and any additional instructions needed.
- The availability of toilets, handwashing, and drinking water facilities.
- Provisions for medical services and first aid, including emergency procedures.

- Proper housekeeping, such as keeping stairways and aisles clear, keeping work areas neat and orderly, and promptly cleaning up spills.
- Prohibiting horseplay, scuffling, or other acts that adversely influence safety.
- Proper storage to prevent:
  - stacking goods in an unstable manner
  - storing materials and goods against doors, and exits, for extinguishing equipment and electrical panels.

Where applicable, our training may also include:

- The prevention of musculoskeletal disorders, including proper lifting techniques.
- The use of appropriate clothing, including gloves, footwear, and personal protective equipment.
- Information about chemical hazards to which employees could be exposed and other hazard communication program information.
- Proper food and beverage storage to prevent them from becoming contaminated.

In addition, we provide specific instructions to all workers regarding hazards unique to their job assignment, to the extent that such information was not already covered in other training.

### **EMPLOYEE COMPLIANCE WITH SAFETY PROCEDURES** (Title 8 CCR §3203(a)(2))

All district employees, including supervisors, are responsible for complying with safe and healthy work practices. Our system of ensuring that all employees comply with these practices includes all the following checked practices:

- Informing employees of the provisions of our IIPP.
- Evaluating the safety performance of all employees.
- Providing training to employees whose safety performance is deficient.
- Recognizing employees who perform safe and healthy work practices.

### **RECORDKEEPING AND DOCUMENTATION** (Title 8 CCR 3203(b))

Although school districts are not required to keep records or documentation of the elements of an IIPP, except the written program itself, our school district maintains the following records to help us more efficiently and effectively implement our IIPP (optional):

- Documentation of our safety and health training.



# Form A

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The following school-site safety supervisors are responsible for maintaining our district's Injury and Illness Prevention Program and communicating with employees about our IIPP at their sites:

Ella B. Allen Elementary School School Site	Peter Matz Name of Supervisor
Arroyo Vista Charter School School Site	Mary Margaret Landers Name of Supervisor
Bayfront Charter High School School Site	Jason Josefatz Name of Supervisor
Enrique S. Camarena Elementary School School Site	Jason Soileau Name of Supervisor
Joseph Casillas Elementary School School Site	Nicole Walker Name of Supervisor
Castle Park Elementary School School Site	Alicia Flores Name of Supervisor
Chula Vista Hills Elementary School School Site	Aaron Magnan Name of Supervisor
Chula Vista Learning Community Charter School Site	Edward Caballero Name of Supervisor
Clear View Elementary School School Site	Ray Devore Name of Supervisor
Hazel Goes Cook Elementary School School Site	Martha-Irene Garza Name of Supervisor
Discovery Charter School School Site	Neil MacGaffey Name of Supervisor
Eastlake Elementary School School Site	Cynthia Orr Name of Supervisor
Feaster Charter School School Site	Rosario Villareal Name of Supervisor
Myrtle S. Finney Elementary School School Site	Rachel Scott Name of Supervisor
Halecrest Elementary School School Site	Amber MacDonald Name of Supervisor
Harborside Elementary School School Site	Vanessa Lerma Name of Supervisor
Anne & William Hedenkamp Elementary School School Site	Erin Williamson Name of Supervisor
Heritage Elementary School School Site	Daniel Romo Name of Supervisor
Hilltop Drive Elementary School School Site	Charles Grisier Name of Supervisor
Fahari L Jeffers Elementary School School Site	Shawna Codrington Name of Supervisor
Juarez-Lincoln Elementary School School Site	Catherine Kratochvil-Rojo Name of Supervisor

Karl H. Kellogg Elementary School School Site	Luis Aparicio Name of Supervisor
Calvin J. Lauderbach Elementary School School Site	Lydia Burgos Name of Supervisor
Liberty Elementary School School Site	Nicole Dougherty Name of Supervisor
Loma Verde Elementary School School Site	Bree Watson Name of Supervisor
Los Altos Elementary School School Site	Maria Canales Name of Supervisor
Thurgood Marshall Elementary School School Site	Richard Cooke Name of Supervisor
Corky McMillin Elementary School School Site	Savannah Sturgis Name of Supervisor
John J. Montgomery Elementary School School Site	Felicitas Rayray Name of Supervisor
Robert L. Mueller Charter School School Site	Melinda Jones Name of Supervisor
Saburo Muraoka Elementary School School Site	Veronica Konkoly Name of Supervisor
Olympic View Elementary School School Site	Lisa Lines Name of Supervisor
Otay Elementary School School Site	Cristina Quiroga Name of Supervisor
Palomar Elementary School School Site	Patricia Magana Name of Supervisor
Parkview Elementary School School Site	Veronica Valdivia Name of Supervisor
Lillian J. Rice Elementary School School Site	Veronica Delgado Name of Supervisor
Greg Rogers Elementary School School Site	Lizcett Porras Name of Supervisor
Fred H. Rohr Elementary School School Site	Mayra Reyes Name of Supervisor
Rosebank Elementary School School Site	Teresa Echanove Merghart Name of Supervisor
Salt Creek Elementary School School Site	Gloria Velarde Name of Supervisor
Silver Wing Elementary School School Site	Theresa Corona Name of Supervisor
Sonia Sotomayer Elementary School School Site	John Greenwell Name of Supervisor
Sunnyside Elementary School School Site	Delia Arancibia Name of Supervisor
Burton C. Tiffany Elementary School School Site	Crystal Sutton Name of Supervisor
Valle Lindo Elementary School School Site	Ashley Vasquez Name of Supervisor
Valley Vista Elementary School School Site	Araceli Ibarra Roman Name of Supervisor
Veterans Elementary School School Site	Erika Gregg Name of Supervisor

Vista Square Elementary School School Site	Ruth Diaz de Leon Name of Supervisor
Wolf Canyon Elementary School School Site	Robert Pollack Name of Supervisor

## Heat Illness Prevention PLAN

Heat Illness Prevention Plan. The employer shall establish, implement, and maintain, an effective heat illness prevention plan. The plan shall be in writing in both English and the language understood by the majority of the employees and shall be made available at the worksite to employees and to representatives of the Division upon request. The Heat Illness Prevention Plan may be included as part of the employer's Illness and Injury Prevention Program required by section 8 CCR 3203, and shall, at a minimum, contain:

- (1) Procedures for the provision of water and access to shade
- (2) The high heat procedures
- (3) Emergency Response Procedures
- (4) Acclimatization methods and procedures

### Introduction

The purpose of the Heat Illness Prevention Plan (HIPP) is to meet the requirements of the California Code of Regulations, 8 CCR 3395 Heat Illness Prevention in Outdoor Places of Employment. It is a supplemental component of the Injury Illness Prevention Program. This plan intends to establish procedures and provide information necessary to ensure that employees at Chula Vista Elementary School District are knowledgeable in the prevention and recognition of heat-related illness and fatalities, and to provide first aid and emergency services.

Heat-related injuries range from mild discomfort to life-threatening injuries, which are brought on by an increase or production of heat within the body or an inability to eliminate the heat that is produced. The stages of hyperthermia or heat illness are heat cramps, heat exhaustion, and heat stroke.

### Definitions

#### Heat Cramps

- Heat cramps are the least serious form of heat-related injury. Heat cramps occur when the body loses too much salt during profuse sweating. Heat cramps typically occur in the large flexor muscles of the body including the abdominal muscles, gluteus muscles, and hamstrings.

- When experiencing symptoms of heat cramps, stop physical activity and move to a cool and shaded area. Drink water or a drink containing electrolytes and wait for the cramps to go away before performing additional work.

### **Heat Exhaustion**

- Heat exhaustion is caused when the body's natural cooling mechanism is expanded. Prolonged and profuse sweating causes the body to lose significant amounts of water and salt. When not adequately replenished, blood circulation diminishes, affecting the major organs, such as the brain, heart, and lungs.
- Symptoms of heat exhaustion include profuse sweating, muscle cramps, dizziness, headache, fatigue, nausea or vomiting, and fainting. A person experiencing these symptoms should be moved to a cool place, their clothes removed or loosened, and actively cooled by using a cool-mist, cold, or wet compress. If the employee is fully responsive and not nauseated, they should be given water. 9-1-1 should be called as symptoms can worsen.

### **Heat Stroke**

- An extreme form of hyperthermia is a life-threatening medical emergency. When the body is unable to cool sufficiently, it becomes overheated; the body temperature rises and the skin becomes hot, red, and dry and sweating may cease. The brain is the most susceptible when experiencing heat stroke, which may cause permanent disability or death.
- Heat stroke should be considered if there is a heat-related emergency coupled with unresponsiveness. If an individual is experiencing symptoms of heat stroke, call 9-1-1 immediately. If able, move them to a cool and shaded area and actively cool the person. Do not give them anything to drink.

## **PREVENTING HEAT ILLNESS**

### **Access to Water**

Employees shall have access to potable drinking water, including but not limited to the requirements that it be fresh, pure, suitably cool, and free of charge. The water shall be located as close as practicable to the areas where employees are working. Employees should avoid caffeinated beverages such as coffee, soda, or energy drinks as these can affect the body's ability to retain water.

If water is not continuously supplied or plumbed, it shall be provided in sufficient quantities at the beginning of the work shift to provide one quart per employee per hour for drinking for the entire shift; effective procedures for water replenishment will also be implemented.

## Access to Shade

Shade is provided by natural or artificial means, it does not expose employees to health or safety hazards nor does it deter or discourage its access or use. CVESD maintains areas of shade throughout all facilities and sites where employees are working, during rest and meal periods. Employees shall be allowed and encouraged to take a preventative cool-down rest in the shade when they feel the need to do so to protect themselves from overheating. An individual employee who takes a preventative cool-down rest shall be monitored and asked if he or she is experiencing symptoms of heat illness. Employees are encouraged to remain in the shade and shall not be ordered back to work until any signs or symptoms of heat illness have abated for a period of time not less than 5 minutes in the shade. CVESD shall provide appropriate First Aid or emergency response when an employee exhibits signs or symptoms of heat illness.

## Acclimatization

Acclimatization is the gradual physiological adaptations that occur during repeated exposure to a hot environment. Acclimatization peaks in most people within four to fourteen days of regular work for at least two hours per day in the heat.

Example of an Acclimatization Schedule:

- For new workers, the schedule should be no more than a 20% exposure on day 1 and an increase of no more than 20% on each additional day.
- For workers who have had previous experience with the job, the acclimatization regimen should be no more than 50% exposure on day 1, 60% on day 2, 80% on day 3, and 100% on day 4
- Adjustments to acclimatization may be needed depending on the worksite conditions, experienced heat stress, and physical fitness of the workers

During acclimatization, a supervisor (or designee) should closely observe all employees during a heat wave; a "heat wave" means any day in which the predicted high temperature for the day will be at least 80 degrees Fahrenheit and at least ten degrees Fahrenheit higher than the average high daily temperature in the preceding five days.

New employees will also be closely observed for the first 14 days of employment to ensure they are adjusting to the high-heat area. The intensity of the work will be lessened during a two-week break-in period by using procedures such as scheduling slower-paced, less physically demanding work during the hot parts of the day and the heaviest work activities during the cooler parts of the day ( early morning or evening).

## Weather Monitoring

The weather will be monitored daily. The supervisor will be on the lookout for heat waves, heat spikes, or temperatures to which employees have not been exposed for several weeks or longer.

## High Heat Protocols

When the temperature **equals or exceeds 95 degrees Fahrenheit**, High Heat protocols will be implemented that include a pre-shift meeting to review high heat procedures.

Employees must notify their supervisor immediately of any heat concerns. Employees during these times must use a mandatory buddy system and/or maintain regular communication with employees via radio or phone. The supervisor will designate one or more employees on each worksite as authorized to call for emergency medical services but emphasize that all employees can call for emergency medical services (EMS) as necessary. The supervisor will also remind all employees throughout the work shift to drink plenty of water and stay hydrated and their right to take a cool-down rest as needed.

## Training

All employees and supervisors will be trained before working outside. Training will include all aspects of implementing an effective Heat Illness Prevention Plan, including providing sufficient water, providing access to shade, high-heat procedures, emergency response procedures, and acclimatization procedures contained in this written plan. Employees and supervisors will also be trained on the environmental and personal risk factors of heat illness and the importance of immediately reporting signs and symptoms of heat illness

Training shall be provided when an employee is initially hired and annually, preferably before the high heat seasons. Heat-related illness training must also be provided before the beginning of work with refresher training as needed during times of expected elevated temperatures/humidity. Training will be offered in the language employees can understand and fully comprehend the dangers and care of heat-related injury. All training records will be kept on file per and as specified in the California Code of Regulations, Title 8, Section 3203 (Injury Illness Prevention Program).

## Supervisor Training

Before supervising employees performing work that should reasonably be anticipated to result in exposure to the risk of heat illness effective training on the following topics shall be provided to the supervisor:

- CVESD's written procedures and the steps supervisors will follow when employees exhibit symptoms consistent with heat illness
- Their responsibility to provide water, shade, cool-down rests, and access to first aid, as well as the employees' right to exercise their rights under this standard without retaliation
- Appropriate first aid and/or emergency response to different types of heat illness and made aware that heat illness may progress quickly from mild signs and symptoms to a serious, life-threatening illness
- How to track the weather at the job site (by monitoring predicted temperature highs and periodically using a thermometer). Supervisors will be instructed on how weather

information will be used to modify work schedules, increase the number of water and rest breaks, or cease work early if necessary.

# IIPP COVID-19 ADDENDUM

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## WHAT IS CORONAVIRUS DISEASE 2019 (COVID-19)

On February 11, 2020, the World Health Organization announced an official name for the disease that is causing the 2019 novel coronavirus outbreak, first identified in Wuhan, China. The new name of this disease is coronavirus disease 2019, abbreviated as COVID-19.

There are many types of human coronaviruses including some that commonly cause mild upper-respiratory tract illnesses. COVID-19 is a new disease, caused by a novel (or new) coronavirus that has not previously been seen in humans. The name of this disease was selected following the World Health Organization's (WHO) best practice for naming new human infectious diseases.<sup>‡</sup>

## CORONAVIRUS DISEASE 2019 (COVID-19) - HOW DOES THE VIRUS SPREAD?

According to the US Centers for Disease Control and Prevention COVID-19 is spread in three main ways: Breathing in the air when close to an infected person who is exhaling small droplets and particles that contain the virus. Having these small droplets and particles that contain the virus land on the eyes, nose, or mouth, especially through splashes and sprays like a cough or sneeze. Touching eyes, nose, or mouth with hands that have the virus on them.



## INTRODUCTION

The Chula Vista Elementary School District (District), through its administration and management, is committed to the safety and health of all employees, including volunteers, and recognizes the need to comply with regulations governing injury and accident prevention and employee safety. By making safety a high priority for every employee, the District can reduce injuries and illness, increase productivity and promote a safer and healthier work environment.

The protocols that are outlined in this document are a phased approach and will be modified based on the ongoing and updated guidance from the CDC, state and local public health agencies, and District operations.

## ESSENTIAL INFECTION PREVENTION MEASURES – DISTRICT STRATEGIES

The District, to the extent possible, will implement the following guidelines to mitigate employee exposure to the coronavirus disease (COVID-19) in the workplace.

1. Staff who are sick should stay home until their symptoms are improving and they are fever-free for 24 hours without the use of fever-reducing medications. If they test positive for COVID-19 they must stay home until their symptoms are improving AND they have been fever-free for 24 hours without the use of fever reducing medications. Per CAL/OSHA staff are required to mask indoors for 10 days if they test positive for Covid-19. Day zero is the date of onset of symptoms. If the staff member does not have symptoms, day zero is the date of positive test collection.
2. In the event of an outbreak
3. To the extent supplies are in stock and readily available for distribution, employees will have access to appropriate hygiene products in the workplace.
4. During the days following isolation or exposure when masks are required to be worn, all persons should optimize mask fit and filtration ideally through the use of a mask or respirator per California Department of Public Health (CDPH) recommendations. The face-covering requirement does not apply to employees who have a medical or mental health condition that prevents the use of a face-covering however, since Cal/OSHA requires masks to be worn indoors after exposure or early return from isolation, staff who cannot mask must stay home for at least 10 days after exposure and may not return early after isolation.

## ESSENTIAL INFECTION PREVENTION MEASURES – EMPLOYEE RESPONSIBILITY

During the school year, District employees have a collective responsibility to ensure the protection of all people in the workplace by staying abreast of current public health guidelines to mitigate exposure to coronavirus disease (COVID-19).

1. An employee should stay home if they are sick and test if they have ANY of the COVID-19 symptoms, follow public health agency guidelines, and contact their administrator or supervisor. \*COVID-19 symptoms: headache, cough, runny nose, nasal congestion, sore throat, fever, chills, nausea, vomiting, diarrhea, new loss of taste or smell, fatigue, shortness of breath, or difficulty breathing.
2. Employees who test positive for the COVID-19 virus or have been exposed to a positive or presumed positive case should not return to work until they have abided by the return-to-work guidance listed below.
3. Employees who return to work following an illness should promptly report any recurrence of symptoms to their immediate supervisor.
4. Employees should wash their hands with soap and water for at least 20 seconds and/or use hand sanitizer after interacting with other persons and after contacting shared surfaces or objects.
5. Employees should cover coughs and sneezes and avoid touching their eyes, nose, and mouth with unwashed hands.
6. Employees should avoid sharing personal items with coworkers (i.e., dishes, cups, utensils, towels).
7. Employees should notify their administrator or supervisor if any washing facilities do not have an adequate supply of suitable cleansing agents, water, and single-use towels or blowers.
8. No employee shall bring cleaning products and/or disinfectants into the workplace that have not been approved by the Facilities Department.

## **DISTRICT RESPONSE - CONFIRMED OR SUSPECTED COVID-19 CASE**

The District will consult with the CDC, the California Department of Public Health, and the San Diego County Health and Human Services Agency to ensure mitigation practices and response protocols are aligned with current expectations.

### **Confirmed COVID-19 Case**

CDPH recommends that persons directly exposed to an individual who has tested positive or been diagnosed with COVID-19 should test if they develop symptoms.

Once the district is notified that a student or staff member has COVID-19, the District will notify coworkers who are considered close contacts to the positive individual (indoors for 15 minutes or more during the communicable period) of their possible exposure to COVID-19 in the workplace and testing and masking requirements but maintain confidentiality as required by the Americans with Disabilities Act (ADA).

Close contact refers to any person who has been indoors with a potentially infectious COVID-19 person for 15 minutes or more (within 24 hours).



# COVID-19 Prevention Program (CPP)

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This CPP is designed to control exposures to the SARS-CoV-2 virus that may occur in our workplace.

## AUTHORITY AND RESPONSIBILITY

Jennifer Venyak, Manager, Benefits and Risk Management has overall authority and responsibility for implementing the provisions of this CPP in our workplace. In addition, all managers and supervisors are responsible for implementing and maintaining the CPP in their assigned work areas and for ensuring employees receive answers to questions about the program in a language they understand.

All employees are responsible for using safe work practices, following all directives, policies, and procedures, and assisting in maintaining a safe work environment.

## IDENTIFICATION AND EVALUATION OF COVID-19 HAZARDS

We will implement the following in our workplace:

- Conduct workplace-specific evaluations, when necessary, using **Appendix A: Identification of COVID-19 Hazard Form**. The risk assessments, which include hazards, vulnerabilities, and risks, for each school site can be found in the Comprehensive School Safety Plan.
- Evaluate employees' potential workplace exposures to all persons at, or who may enter our workplace.
- Review applicable orders and general and industry-specific guidance from the State of California, Cal/OSHA, and the local health department related to COVID-19 hazards and prevention.
- Evaluate existing COVID-19 prevention controls in the workplace and the need for different or additional controls.
- Conduct periodic inspections using **Appendix B: COVID-19 Inspections form** as needed to identify unhealthy conditions, work practices, and work procedures related to COVID-19 and to ensure compliance with our COVID-19 policies and procedures.

## Employee participation

Employees and their authorized representatives are encouraged to participate in the identification and evaluation of COVID-19 hazards by:

- Notifying their direct supervisor of hazards or violations of established procedures.
- Submit a "Let's Talk" dialogue either anonymously or with their contact information. This form can be found at [https://www.cvesd.org/contact\\_us](https://www.cvesd.org/contact_us).

## CONTROL OF COVID-19 HAZARDS

### Investigating and Responding to COVID-19 Cases

Employees who had potential COVID-19 exposure in our workplace will be:

1. Notified if there was a COVID-19-positive individual onsite and provided a notification (while maintaining the confidentiality of the individual):
  - a. Close Contact Notification – This correspondence will be provided to employees who have been identified as close contact. In addition, the employee will be notified of their requirements to test according to guidance.

Employees who test positive for COVID-19 will be:

1. Notified to follow CDPH guidance on return to work.
2. Contacted to determine any staff with whom they may have had close contact during their infectious period. The infectious period begins two days before symptoms begin. For asymptomatic cases, the infection period is two days before the COVID-19 test collection.

## SYSTEM FOR COMMUNICATING

Communication between employees and the Chula Vista Elementary School District on matters relating to COVID-19 mitigation and response is an important aspect to ensure employee safety while in the workplace. Therefore, the District has a communication system through the Senior Manager, Benefits and Risk Management that is intended to accomplish a clear and concise exchange of information for administrators and supervisors.

- All District employees are encouraged to report to their immediate administrator or supervisor concerns regarding COVID-19 mitigation practices or possible COVID-19 exposure in the workplace. Employees may also submit concerns through the “Let’s Talk” communication platform.
- Employees can report symptoms and hazards without fear of reprisal.
- Administrators and supervisors who, after assessing the report, determine that additional guidance or assistance is required shall contact the Senior Manager, Benefits and Risk Management who will triage the report and notify essential District personnel for an appropriate response.

**Senior Manager, Benefits and Risk Management  
(619) 425-9600, Ext. 181353**

- Testing is not required, however, employees can access COVID-19 testing through one of the following resources:
  - Listing of San Diego County HHS Testing Locations
  - Testing with Campus Clinic cart testing at schools in the district, based on school site testing schedule.
  - Option to contact the medical provider and request a test

- In the event we are required to provide testing because of a workplace exposure or outbreak, employees will be provided the opportunity to test.
- Information about COVID-19 hazards employees (including other employees and individuals in contact with our workplace) may be exposed to, what is being done to control those hazards, and our COVID-19 policies and procedures.

## TRAINING AND INSTRUCTION

We will provide effective training and instruction that includes:

- Our COVID-19 policies and procedures protect employees from COVID-19 hazards.
- Information regarding COVID-19-related benefits to which the employee may be entitled under applicable federal, state, or local laws.
- The fact that:
  - ⊖ COVID-19 is an infectious disease that can be spread through the air.
  - An infected person may have no symptoms.
- The importance of frequent handwashing with soap and water for at least 20 seconds and using hand sanitizer when employees do not have immediate access to a sink or handwashing facility, and that hand sanitizer does not work if the hands are soiled.
- COVID-19 symptoms, and the importance of obtaining a COVID-19 test and not coming to work if the employee has COVID-19 symptoms.
- Provide information regarding public health orders and isolation when infected with COVID-19 or being exposed to an individual with COVID-19.

**The District will maintain appropriate training records through our learning management system. We utilize the [www.jpalearninglibrary.com](http://www.jpalearninglibrary.com) website to train our employees and monitor the completion of training courses.**

## EXCLUSION OF COVID-19 CASES

Where we have a COVID-19 case in our workplace, we will limit transmission by:

- Ensuring that COVID-19 cases are excluded from the workplace until our return-to-work requirements are met.

## REPORTING, RECORDKEEPING, AND ACCESS

The Chula Vista Elementary School District will maintain records in compliance with applicable regulations.

## RETURN-TO-WORK CRITERIA

**COVID-19 cases, who test positive but do not develop symptoms**, may remain at work unless symptoms develop. If symptoms develop then follow the guidance for symptomatic. **Per CAL/OSHA Staff are required to mask indoors for 10 days after a positive test. Day zero is date of symptom onset. If there are not symptoms, day zero is date of positive test collection.**

**COVID-19 cases, who test positive and develop symptoms**, must stay home when symptoms appear. Workers may return to work when they are fever-free for 24 hours without using fever reducing medication and other non-fever symptoms are mild and improving.

All staff who test positive for COVID-19:

- Must wear a mask at work indoors through day 10 after their symptom onset or positive test date.
- Should avoid contact for 10 days with individuals who are at a higher risk of severe COVID-19.

**Persons who are close contacts (indoors with a case for 15 min or more) with someone at work with COVID-19 should:**

- Test for COVID-19 if they
  - Develop Symptoms
  - Are at a higher risk for severe COVID-19
  - Are around others who are at a higher risk for severe COVID-19
- Wear a mask through day 10 after the close contact if they develop symptoms, or when around others indoors who are at a higher risk for infection.

K-12 workers may stay at work after exposure. If they test and it is positive, follow isolation guidance for return. If symptoms develop, isolate and test.

## Multiple COVID-19 Infections and COVID-19 Outbreaks

*This section of CPP is in effect if a district site experiences three (3) COVID cases within 14 days until there are no new COVID-19 cases detected at the site for 14 days.*

### COVID-19 testing

- We will provide COVID-19 testing to all employees in or near our exposed workplace. Staff may test with home antigen tests. Employees are also encouraged to use other testing locations as needed or desired, including county locations and healthcare provider locations.
  - We will provide additional testing when deemed necessary by Cal/OSHA.

### Exclusion of COVID-19 cases

We will ensure COVID-19 cases and employees who had COVID-19 exposure are excluded from the workplace in accordance with our CPP **Exclusion of COVID-19 Cases** and **Return to Work Criteria** requirements, and local health officer orders if applicable.

## Investigation of workplace COVID-19 illness

We will immediately investigate and determine possible workplace-related factors that contributed to the COVID-19 outbreak per the section **Investigating and Responding to COVID-19 Cases**.

## COVID-19 investigation, review, and hazard correction

In addition to our **Identification and Evaluation of COVID-19 Hazards and Correction of COVID-19 Hazards**, we will immediately review potentially relevant COVID-19 policies, procedures, and controls and implement changes as needed to prevent the further spread of COVID-19.

The investigation and review will be documented and include:

- Investigation of new or unabated COVID-19 hazards including:
  - Our leave policies and practices and whether employees are discouraged from remaining home when sick.
  - Our COVID-19 testing policies.
  - Insufficient outdoor air.
  - Insufficient air filtration.
- Updating the review:
  - Every thirty days that the outbreak continues.
  - In response to new information or new or previously unrecognized COVID-19 hazards.
  - When otherwise necessary.
- Implementing changes to reduce the transmission of COVID-19 based on the investigation and review. We will consider:
  - Moving indoor tasks outdoors or having them performed remotely.
  - Increasing outdoor air supply when work is done indoors.
  - Improving air filtration.
  - Increasing physical distancing as much as possible.
  - Respiratory protection.
  - Increase communication regarding policies and procedures.

## Notifications to the local health department

- Immediately, but no longer than 48 hours after learning of three or more COVID-19 cases in our workplace, we will contact the local health department for guidance on preventing the further spread of COVID-19 within the workplace.
- We will provide the local health department with the total number of COVID-19 cases and for each COVID-19 case, the name, contact information, occupation, workplace location, business address, the hospitalization and/or fatality status, and North American Industry Classification System code of the workplace of the COVID-19 case, and any other information requested by the local health department. We will continue to give notice to the local health department of any subsequent COVID-19 cases at our workplace.

## Major COVID-19 Outbreaks

*This section of CPP will be in effect if there are 20 or more COVID-19 cases within 30 days at one district site*



*until there are no new COVID-19 cases detected in our workplace for 14 days.*

### **COVID-19 testing**

We will provide weekly COVID-19 testing, or more frequently if recommended by the local health department, to all employees present at our exposed workplace during the relevant 30-day period(s) and who remain at the workplace. COVID-19 testing will be provided at no cost to employees during employees working hours.

### **Exclusion of COVID-19 cases**

We will ensure COVID-19 cases and employees with COVID-19 exposure are excluded from the workplace per the section **Exclusion of COVID-19 Cases** and **Return to Work Criteria**, and any relevant local health department orders.

### **Investigation of workplace COVID-19 illnesses**

We will comply with the requirements of our **Investigating and Responding to COVID-19 Cases**.

### **COVID-19 hazard correction**

In addition to the requirements of the section **Correction of COVID-19 Hazards**, we will take the following actions:

- In buildings or structures with mechanical ventilation, we will filter recirculated air with Minimum Efficiency Reporting Value (MERV) 13 or higher efficiency filters if compatible with the ventilation system. If MERV-13 or higher filters are not compatible with the ventilation system, we will use filters with the highest compatible filtering efficiency. We will also evaluate whether portable or mounted High-Efficiency Particulate Air (HEPA) filtration units or other air cleaning systems would reduce the risk of transmission and implement their use to the degree feasible.
- We will determine the need for a respiratory protection program or changes to an existing respiratory protection program under CCR Title 8 section 5144 to address COVID-19 hazards.
- We will evaluate whether to halt some or all operations at our workplace until COVID-19 hazards have been corrected.
- Implement any other control measures deemed necessary by Cal/OSHA.

### **Notifications to the local health department**

We will comply with the requirements of our **Multiple COVID-19 Infections** and **COVID-19 Outbreaks-Notifications to the Local Health Department**

# References

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*SDCOE COVID Resources:* <https://www.sdcoe.net/covid-19/home>

*Senate Bill 1479:* [https://leginfo.legislature.ca.gov/faces/billTextClient.xhtml?bill\\_id=202120220SB1479](https://leginfo.legislature.ca.gov/faces/billTextClient.xhtml?bill_id=202120220SB1479)

*Senate Bill 1479 Implementation Questions & Answers:* <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Senate-Bill-1479-Implementation-Questions-and-Answers.aspx>

*CDPH Testing Framework:* <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Testing-Framework-for-K-12-Schools-for-the-2022-2023-School-Year.aspx>

*Cal/OSHA COVID-19 Prevention Nonemergency Regulations What Employers Need to Know*

[COVID-19 ETS What Employers Need to Know About the December 15 2022 Standards \(ca.gov\)](#)

CDPH Covid Guidance Updated January 9, 2024

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/COVID-19-Isolation-Guidance.aspx>

## Appendix A: Identification of COVID-19 Hazards

All persons, regardless of symptoms or negative COVID-19 test results, will be considered potentially infectious. Particular attention will be paid to areas where people may congregate or come in contact with one another, regardless of whether employees are performing an assigned work task or not. For example meetings, entrances, bathrooms, hallways, aisles, walkways, elevators, break or eating areas, cool-down areas, and waiting areas.

Evaluation of potential workplace exposure will be to all persons at the workplace or who may enter the workplace, including coworkers, employees of other entities, members of the public, customers or clients, and independent contractors. We will consider how employees and other persons enter, leave, and travel through the workplace, in addition to addressing fixed work locations.

**Person conducting evaluation:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Name(s) of employee and authorized employee representative that participated:**

\_\_\_\_\_

Hazard Assessment Site	Assessor name	Assessment date	Review date

Ref	Tasks, Issue, Hazards	Responsible Party	Safety Measures
(a)			
(b)			
(c)			
(d)			
(e)			

# Appendix B: COVID-19 Inspections

Person conducting inspection: \_\_\_\_\_ Date: \_\_\_\_\_

Work location evaluated: \_\_\_\_\_

Exposure Controls	Status	Person Assigned to Correct	Date Corrected
<b>Engineering</b>			
Barriers/partitions			
Ventilation			
Additional room air filtration			
<b>Administrative</b>			
Physical distancing			
Surface cleaning and disinfection (frequently enough and adequate supplies)			
Hand washing facilities (adequate numbers and supplies)			
Disinfecting and hand sanitizing solutions are being used according to manufacturing instructions			
Shared Use rooms utilizing appropriate safeguards (bathroom, lounge, etc.)			
<b>PPE</b> (not shared, available, and being worn)			
Face coverings (cleaned sufficiently often)			
Gloves			
Face Shields			
Other: _____			

<p><b>Results of the evaluation of the COVID-19 case and all locations at the workplace that may have been visited by the COVID-19 case during the high-risk exposure period, and who may have</b></p>	
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been exposed (attach additional information):	
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# RECORD OF REVISION

The following revisions have been approved by the Office of Risk Management and Office of Emergency Preparedness and Security in concert with all appropriate stakeholders:

Section and Summary of Changes	Date of Revision	Revision Number	Revision Made By
Added IIPP COVID-19 Addendum and COVID Prevention Program	1/1/2021	1	Anthony Carlton
Added "Multiple COVID-19 Infections and COVID-19 Outbreaks" and "Major COVID-19 Outbreaks" sections.	2/20/2021	2	Sherry Colgan Stone
Added language regarding bi-weekly testing cadence during red tier. Updated new supervisors. Updated format style of IIPP to match other safety/emergency plans.	3/8/2021	3	Sherry Colgan Stone
Updated new supervisor (Feaster)	3/19/2021	4	Sherry Colgan Stone
Updated CPP regarding masks, physical distancing, hygiene and cleaning, and health screening per updated guidance from CDPH. Updated new supervisor	7/13/2021	5	Sherry Colgan Stone
Updated CPP regarding masks, isolation, quarantine, and disinfection guidance from CDPH.	1/5/22	6	Rachel Sweigart/Jennifer Venyak
Updated CPP regarding masks, isolation, quarantine, and disinfection guidance from CDPH.	2/10/22	7	Rachel Sweigart/Jennifer Venyak
Updated CPP regarding masks, isolation, quarantine, and disinfection guidance from CDPH.	4/20/22	8	Rachel Sweigart/Jennifer Venyak
Updated CPP regarding masks, isolation, quarantine, and disinfection guidance from CDPH.	5/19/2022	9	Rachel Sweigart/Jennifer Venyak
Updated IIPP and Heat Illness Prevention Plan	6/15/2022	10	Jennifer Venyak
Updated IIPP and Testing Framework	1/15/2023	11	Jennifer Venyak/Rachel Sweigart

Updated IIPP and CPP	3/20/2024	12	Jennifer Venyak/Rachel Sweigart
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