



100% Employee-Owned

Commonwealth Fire Protection

Commercial · Industrial · Residential

Fire Protection Contractor

Appendix A

'CFPC's COVID-19 Sanitation Reference Check Sheet'

Based on what is currently known about the Coronavirus, CFPC's efforts are focused on preventing contamination and spreading.

Date:		Foreman/Apprentice:	
Job#:		Project Manager:	
Question	Description	YES or NO	
1	Can You: Maintain face-to-face buffer-space between you and other people (6' feet)? <i>When coughing or sneezing, cover your mouth with a tissue or bent elbow.</i>	Y or N	
2	Can You: Wash your hands for 20 seconds with soap and running water often OR have available greater than >60% alcohol-based hand sanitizer?	Y or N	
3	Have You Today: Field Personnel should Clean & Disinfect vehicle controls, handles and latches as well as your machinery, equipment and tools?	Y or N	
4	Have You Today: Office Personnel should Clean & Disinfect their workstations and empty their trash/recycling daily.	Y or N	
5	Are You Doing Your Best To: Avoid touching eyes, nose, or mouth with dirty/unwashed hands: <ul style="list-style-type: none"> • After blowing one's nose, coughing, or sneezing • After using the restroom • Before eating or preparing food • After contact with animals or pets • Before and after providing routine care for another person 	Y or N	
6	You Should Also: Clean and Disinfect surfaces commonly touched both at home and at work: computers, phones, hand-held tools, doorknobs, fridge, toilet/sink hardware, handrails, light switches, elevator buttons, and daily-use linens like soiled clothes, shower and hand towels.	Y or N	
7	Remember To Do This: Drink lots of fluids, water and natural fruit and vegetable juices, over-the-counter vitamins such as C and D help maintain a strong immune system , other useful remedies to quell the aches and pains of being sick, and probably the most overlooked; rest .	Y or N	

If you are experiencing symptoms such as cough, fever or respiratory problems, please do what you would do previously – if you're sick - then remain at home, call in and report your out-of-work status and seek medical assistance as you normally would. We hope to keep our workplace and your homes virus free.

Your Name: _____

Today's Date: _____



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