KEEPING EACH OTHER SAFE
Guidelines for station life during the COVID19 Incident

PERSONNEL SHALL MAINTAIN 6 FT SOCIAL DISTANCING WHENEVER 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

• The CDC, IAFF and LACoFD suggest wearing a cotton face mask in the station, rig and 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
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.

**At Shift Change**
- Alter your relief process to reduce number of personnel in the kitchen
- Consider relieving opposits 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
- Wear gloves and a 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.