

Published: 2021-01-14

Language: English

COVID-19

Part 1:

**Infection control measures for building
and construction sites**

**The Federation of Norwegian
Construction Industries (BNL)
Rev.1**

COVID-19

*Del 1: Smitteverntiltak på bygge- og anleggsplasser
Byggenæringens Landsforening (BNL)
Rev.1*

Revisions of this document:

NHS C19-1:2020 revision 1 was published in Norwegian 2020-07-06. English translation was published 2020-07-27.

NHS C19-1:2020 revision 2 was published in Norwegian 2020-09-02. English translation was published 2020-11-01. It is a revision of the entire document carried out in cooperation with the BNL, completed 2020-08-17.

NHS C19-1:2020 revision 3 was published in Norwegian 2020-11-06. English translation was published 2020-11-13. It updates some of the measures and the structure of the document has been modified to be more in line with other documents in the series.

NHS C19-1:2021 revision 1 was published in Norwegian 2021-01-14. English translation was published 2021-01-14. It updates the quarantine rules (3.2.5). The structure of the document has been modified to comply with a new template for the specifications.

NHS C19-1:2021 replaces NHS C19-1:2020.

ICS: 11

Copyright protected document

Unless otherwise specified, no part of this document may be reproduced or used in any form or in any way without written permission obtained in advance. This includes photocopies and electronic use, such as publishing on the Internet or an intranet. Any reproduction that violates this may lead to seizure, liability and/or legal prosecution. Requests related to reproduction are to be directed to Standard Online AS.

Contents

1	Background and scope	1
2	Management responsibilities.....	1
2.1	Quality control of infection control measures.....	1
2.2	Nonconformities and corrective measures	1
2.3	Improvements and evaluation.....	1
3	Measures for infection control	2
3.1	General.....	2
3.2	Operations at construction sites.....	2
3.2.1	General.....	2
3.2.2	Barracks with changing and break rooms.....	3
3.2.3	Barracks used as offices	4
3.2.4	Barracks used as living quarters.....	5
3.2.5	Quarantine	5
3.2.6	Use of vehicles	5
3.3	In case of a positive Coronavirus test.....	5
4	General information about the Coronavirus, COVID-19, and transmission.....	6
5	Measures if infection has been confirmed.....	6
5.1	General.....	6
5.2	Testing.....	6
5.3	Contact tracing.....	7
5.4	Infection quarantine	7
5.5	Isolation	7
6	Further information	7
7	Checklist for infection control measures.....	8

COVID-19 – Part 1: Infection control measures for building and construction sites – The Federation of Norwegian Construction Industries (BNL) – Rev.1

1 Background and scope

The BNL's infection control specifications have been developed in line with the government's policy of combining infection control with maintaining businesses. NHS C19-1 is based on the *Regulations on Infection Control Measures etc. in Connection with the Coronavirus Outbreak (the COVID-19 Regulations)* and advice provided by the Norwegian Institute of Public Health (*Folkehelseinstituttet*).

The municipal health services are responsible for contact tracing and are to notify businesses in the event that visitors, customers, or employees are confirmed to have COVID-19. The municipal health services shall determine any actions that need to be taken, such as identifying those who are close contacts to the infected individual and need to go into quarantine. See also chapter 5.

National and local requirements and recommendations are adjusted in keeping with changes in infection pressure and the acquisition of new knowledge. As a result, requirements and recommendations may vary from one municipality to the next. The individual business is responsible for following up and incorporating changes in the requirements and recommendations, as well as implementing the infection control measures that are specified in this document.

This document has been developed by Standards Norway in cooperation with the BNL. The document will be revised by Standards Norway as needed.

2 Management responsibilities

2.1 Quality control of infection control measures

Infection control measures are to be followed up during safety inspection rounds at construction sites.

2.2 Nonconformities and corrective measures

Any nonconformities relating to infection control measures are dealt with by following up the minutes of safety inspection rounds.

2.3 Improvements and evaluation

Management shall provide feedback to industry organisations about any requirements to amend these specifications.

3 Measures for infection control

3.1 General

Infection control efforts must be carried out in line with other critical safety measures at construction sites. Cooperation between union representatives and project management is essential for facilitating continued work and operations at construction sites. A Coronavirus manager should be appointed at each construction site to ensure that information is provided about advice issued by the Norwegian Institute of Public Health and that internal rules are complied with.

1) Recommended distancing:

- Keep at least 1 metre away from others in order to reduce the risk of infection, if possible 2 metres.

Any person who has been at a distance of less than 2 metres for more than 15 minutes, or who has been in direct physical contact with another individual, will be considered to be a close contact.

2) Hand hygiene:

- Ensure that everyone who enters or leaves the site washes or disinfects their hands.
- Ensure that hand soap and paper towels are available and refilled.
- Hand sanitiser should be placed in locations where there are no hand-washing facilities (for example, in cloakrooms, at entrances and in canteens).

3) Anyone who exhibits symptoms of COVID-19 (cough and/or fever and reduced general condition, see chapter 4):

- Stay at home.
- Get tested.

3.2 Operations at construction sites

3.2.1 General

- Make preparations for alternative production work in case deliveries fail or there is absenteeism among personnel.
- Site managers need to take suitable precautions to maintain distance requirements of at least 1 metre (preferably 2 metres), and to avoid close contact as far as possible. This inhibits the spread of infection and prevents a situation in which all site managers must go into quarantine at the same time due to an infection.
- Obtain an overview of the status of critical materials and services. Assess whether critical deliveries can be expedited.
- Assess whether new risks requiring safety measures will arise if parts of the construction site need to be closed.
- Conduct daily meetings in small groups. Take precautions to ensure that distance requirements are maintained during meetings. Avoid close contact as far as possible.
- Assess the division of the construction site into zones, so that different groups can maintain the necessary distance.
- Ensure that workers can maintain a distance of at least 1 metre (preferably 2 metres) from others. If a 1–2 metre distance cannot be maintained, compensatory infection control measures, such as the use of face masks, shall be assessed.

- Safety inspection rounds should be conducted in small groups where a distance of 1–2 metres between participants can be maintained.

3.2.2 Barracks with changing and break rooms

- Organise shift periods if necessary, to allow personnel to take turns using break rooms in order to reduce proximity during shifts and when washing and to maintain a distance of at least 1 metre, preferably 2 metres.
- Specify on notice boards or posters how many people can use break rooms and changing rooms simultaneously, so that a distance of at least 1–2 metres can be maintained.
- Facilitate good hygiene by providing handwashing and disinfection facilities for everyone entering from the outside. Ensure that hand soap and paper towels are available and kept refilled.
- Canteens with over-the counter service can be used. Shared buffets and self-service meals should not be used. Workers are encouraged to bring a packed lunch. Beverages such as water, coffee and tea can be made available.
- Hand sanitiser for use as disinfection is to be available by coffee machines, jugs and faucets that are for common use. Set up notices with reminders to use hand sanitiser.
- Dining tables shall be cleaned with warm water and soap after each meal. If dining tables are used in shifts, they should be cleaned in the same way between each sitting.
- Arrange furniture in common areas so that it is easy to maintain a distance of at least 1 metre, preferably 2 metres.
- Common touch surfaces such as door handles, wash basins and armrests should be cleaned frequently, depending on the number of people and contact frequency.
- Points of contact (e.g., door handles on fridges) must be disinfected before, during and after each meal.
- When entering barracks, work gloves should be treated as infected and “parked” outside to prevent the transfer of infection to others.
- Barracks shall be cleaned at least once a day with disinfectant.
- Clean changing rooms by disinfecting touch surfaces that may carry contagion at least two times a day. This includes handrails, door handles, switches, wash basins and dispensers, etc.
- Provide information about advice on infection control issued by the Norwegian Institute of Public Health.
- Make a plan for the maximum number of persons who can use a room or a barrack at the same time:
 - Everyone needs to be able to move in the centre of a circle of at least 1 metre’s radius without touching anyone else.
 - Make sure that the furnishings allow for at least 1–2 metres distance between people in rooms and barracks.

Figure 1 shows the largest number of persons in some types of changing and sanitary rooms.

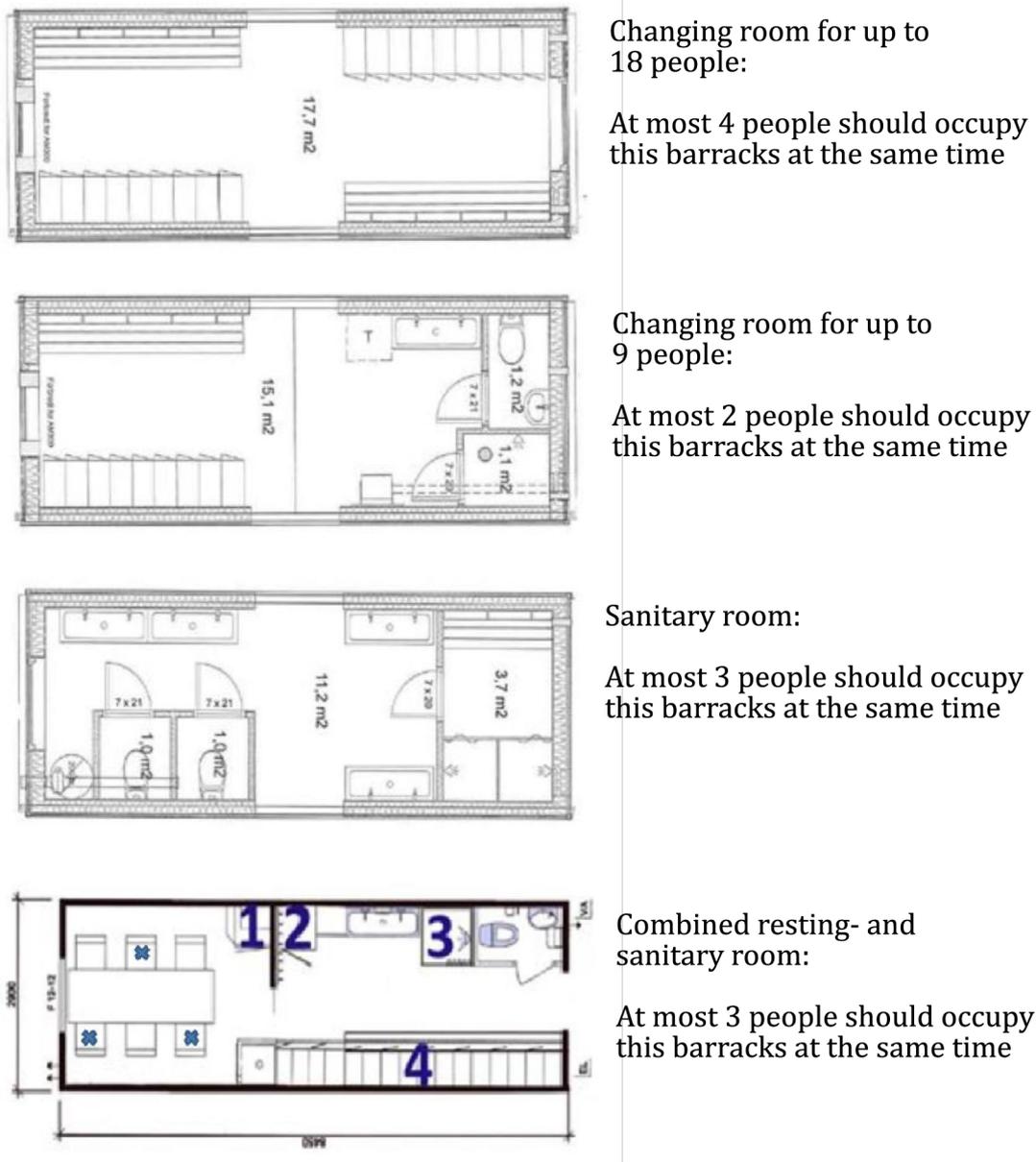


Figure 1 – Examples of the limitations which apply when changing rooms are used at the same time

3.2.3 Barracks used as offices

- Meetings should be conducted through videoconferencing, and physical meetings should be avoided whenever possible. If physical meetings must be carried out, the number of participants should not exceed 6. Ensure that meeting rooms are set up to ensure a distance of at least 1–2 metres between meeting participants and contain notices specifying the maximum number of meeting participants, which should not exceed 6 people.
- When conducting a physical meeting, one meeting participant shall be responsible for ensuring that a distance of 1–2 metres between meeting participants is maintained.

Office operations:

- Personnel who are not essential for operations at building sites are to work from home.

- Allocate office space in a manner that avoids close contact between personnel. There should be a distance of 2 metres between workstations.

3.2.4 Barracks used as living quarters

The following instructions shall be provided in order to reduce the risk of infection among residents living in barracks:

- Do not visit the accommodation of other residents.
- Wash your hands every time you enter your own accommodation.
- Arrange furniture in common areas so that it is easy to maintain a distance of at least 1 metre, preferably 2 metres.
- Specify on notice boards or posters the maximum number of people who can occupy common areas.

3.2.5 Quarantine

Government guidelines for quarantine will apply to healthy workers required to go into quarantine for 10 days after entry into Norway. Quarantine can be carried out in the living quarters if these quarters meet the requirements. "Housing barracks" may serve as a suitable site for quarantine provided that the person has a single room with his or her own bathroom, toilet and kitchen, or has organised the provision of meals.

Please refer to industry standards issued by the BNL, and to Annexes A and B to the *COVID-19 Regulations* regarding the classification of infection levels for various countries as the basis for quarantine upon entry to Norway.

After close physical contact with people who have tested positive for Coronavirus, infection-related quarantine is required in accordance with the *COVID-19 Regulations*. See also 5.4.

3.2.6 Use of vehicles

For passenger transport, the general rule to maintain a distance of at least 1–2 metres applies. If it is not possible to maintain 1 metre distance, face masks or other protective measures should be employed.

- Disinfect all typical points of contact in the vehicle, such as the steering wheel, gear lever, controls, and interior and exterior door handles. This shall be done at least once daily and between each change of driver.

3.3 In case of a positive Coronavirus test

The municipal health services are responsible for contact tracing when a positive case of the Coronavirus disease has been confirmed. The municipal health services must be informed if an infection has been confirmed at a work site. The contact tracing team of the municipal health services will make sure that all close contacts are notified, and they may implement quarantine requirements. Individuals who have tested positive shall be isolated. The employer may contact the municipal infection control service for further guidance in the event a Coronavirus infection is confirmed.

4 General information about the Coronavirus, COVID-19, and transmission

The Coronavirus is primarily transmitted by air, droplets, or close contact. The virus can survive from hours to several days, depending on the type of surface, temperature, exposure to sunlight, air ventilation, and humidity levels.

Symptoms of COVID-19 are respiratory tract infection, fever, cough, breathing problems, or loss of the sense of taste and smell.

The Coronavirus is removed using regular cleaning agents. It is not necessary to use disinfectants regularly. If disinfectants are used, visible dirt needs to be removed first, using cloth or paper towels. Otherwise, the disinfectants will fail to work.

The risk of infection increases with the duration of the contact and with reduced distance between persons. One of the most important infection control measures is to ensure adequate distance between people, and to limit the number and frequency of contacts. This will reduce the risk of transmission of the virus. The four most important measures to limit transmission of the Coronavirus are:

- 1) increased distance between people;
- 2) limited contact between people;
- 3) good hygiene;
- 4) people that are sick are to be isolated or in quarantine.

5 Measures if infection has been confirmed

5.1 General

The municipal health services and other health authorities are responsible for following up confirmed cases of infection. This chapter has been included to inform about the procedures that will be followed.

5.2 Testing

If you have symptoms of COVID-19, or if you have been assessed by a doctor who suspects COVID-19, you should contact the municipal health services for testing.

If you have been in close contact with a person who has tested positive for COVID-19, you should contact the municipal health services for testing.

It is the municipal health services that carries out the actual testing. The individual municipality will provide information about the practical implementation of the testing. It is not necessary to be referred by a doctor to be tested, but the municipal health services may have to prioritize access to testing capacity depending on local conditions.

You must remain in quarantine until you have received the test result, see 5.4.

If the test is negative, you may go back to work or school provided that you feel healthy and do not have a fever. If you still have symptoms as described in chapter 4, you should be tested again.

When tests have been taken but there is no suspicion of COVID-19 (i.e., you neither have symptoms nor have been in close contact with a person who is confirmed infected), it is not necessary to stay at home while awaiting the test results. This may for example apply to participants in research projects.

5.3 Contact tracing

Contact tracing is the process of finding, informing, and following up or testing close contacts of persons with confirmed Coronavirus disease. The purpose of systematic contact tracing is to help to break the chain of infection. Contact tracing consists of three parts:

- Conversation with the infected person to map the infection situation and to identify close contacts.
- Information to close contacts that they have been in contact with a person who has tested positive for COVID-19, and that they consequently may have been exposed to infection.
- Follow-up of close contacts.

All persons who are involved in contact tracing are bound by confidentiality when handling personal information.

5.4 Infection quarantine

Individuals who have been in close contact with people with confirmed cases of COVID-19, are not to go to work or school, are not to use public transport or visit public places, and are to avoid close contact with others and maintain a safe distance to household members to the greatest degree possible. Household members do not have to be in quarantine. This also applies to household members who work in the health service. See also the *COVID-19 Regulations* (Section 5a).

5.5 Isolation

If an employee is confirmed as being infected, the person in question will be required to self-isolate and is to return home as soon as possible in order to self-isolate at home. A doctor must be consulted if there are doubts about whether or not the employee concerned should travel due to health reasons. Travel is to be carried out without contact with the outside world. If public transport is required, this must be approved in advance by a local infection control doctor.

Please refer to the Norwegian Institute of Public Health's information about quarantine and self-isolation, see chapter 6.

6 Further information

Further information about the Coronavirus and COVID-19 may be found on the following web pages:

- At helsenorge.no: <https://www.helsenorge.no/en/coronavirus/>.
- At the site of the Norwegian Institute of Public Health (Folkehelseinstituttet): <https://www.fhi.no/en/id/infectious-diseases/coronavirus/>
- About quarantine and isolation: <https://www.fhi.no/en/op/novel-coronavirus-facts-advice/facts-and-general-advice/quarantine-and-isolation/>
- Information on BNL's site (in Norwegian): <https://www.bnl.no/arbeidsforhold/hms/koronaviruset-rad/>
- Information about quarantine rules on the site of the Confederation of Norwegian Enterprise (NHO) (in Norwegian): <https://arbinn.nho.no/arbeidsrett/ansettelses-og-rekruttering/utenlandsk-arbeidskraft2/artikler/blir-alle-utenlandske-arbeidstakere-na-stanset-pa-grensen-og-ma-de-eventuelt-i-karantene/>
- *The Covid-19 Regulations*: <https://lovdata.no/dokument/SF/forskrift/2020-03-27-470>

Please note that information provided on the sites above may change over time. This also applies to *the Covid-19 Regulations*.

Information about other infection control specifications is available on the Standards Norway website (in Norwegian): <https://www.standard.no/smittevernveiledning>. You can also search for «NHS C19» on the Standards Norway website <https://www.standard.no/>.

7 Checklist for infection control measures

Table 1 – Checklist for infection control measures

Measure	Date	Completed	Comments
Information for everyone at construction sites about the infection control rules contained in this document			
Ensure that hygiene and cleaning measures are implemented during operations			
Ensure that enough soap and sanitiser are available near wash basins and toilets			
Provide alcohol-based hand sanitiser when there are no hand-washing facilities available			
Ensure that hand-washing facilities with soap or hand sanitiser are available at the entrance to break rooms, canteens, and by coffee machines and thermoses.			
Hang up posters about hand-washing procedures and cough hygiene			
Arrange furniture in common areas in order to maintain the recommended distance of at least 1–2 metres			
Post signs indicating the number of people who can occupy break rooms, dining rooms, changing rooms, toilets and meeting rooms at any time			
Ensure that contact points in vehicles are disinfected when vehicles are used by multiple people			
Inform about the rules for entry quarantine and leisure quarantine when this is applicable at the construction site			

- Norwegian Standard is adopted by Standards Norway and is a registered trademark.
- Other products from Standards Norway, such as technical specifications, workshop agreements and guides, are published upon completion without formal adoption.
- Standards Norway can provide information about contents and answer professional inquiries.
- Questions related to reproduction are to be directed to Standard Online AS.
- Proceeds from the sale of standards constitute a major and crucial part of the financing of standardization-work in Norway.
- More information about standardization, standards, courses and other products can be found on www.standard.no.

Standards Norway
P.O. Box 242
NO-1326 Lysaker
Norway

Phone +47 67 83 86 00

info@standard.no
www.standard.no

Standard Online AS
P.O. Box 252
NO-1326 Lysaker
Norway

Phone +47 67 83 87 00

salg@standard.no
www.standard.no

Visiting address:
Lilleakerveien 2A
NO-0283 Oslo