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COVID-19 Infection control measures for building and construction sites The Federation of Norwegian Construction Industries (BNL) Rev.8

COVID-19

Smitteverntiltak på bygge- og anleggsplasser

Byggenæringens Landsforening (BNL)

Rev.8

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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.

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2021-02-11 the name of the fast-track specification was changed from NHS C19-1:2021 to NHS C19001:2021.

NHS C19001:2021 replaces NHS C19-1:2020.

When referring to this document, the language version being referred to must be clearly indicated.

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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 C19001 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 4.

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

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 shall stay home from work.

3.2 Graded levels of infection control measures

There are two levels of infection control measures, classified as yellow and red level.

- Yellow level designates areas that follow regular advice and recommendations from health authorities up to the level of measures regulated under chapter 5B and 5C of *the COVID-19 Regulations*.
- Red level designates areas with enhanced local or national restrictions in connection with particularly high infection pressure. Red level applies to municipalities with enhanced infection control measures such as a ban on social events and mandatory closure of shops, corresponding to the “particularly high level of measures” regulated under chapter 5A of *the COVID-19 Regulations*.

Businesses with building sites in areas that have been classified as both yellow and red level should consider applying red level to all building sites. When special measures introduced at the municipal or national level are lifted, infection control measures at building sites may be changed from red level to yellow level during the COVID-19 pandemic.

Table 1 shows recommended infection control measures for yellow and red level.

Table 1 — Graded levels of infection control measures

Infection control measure	Infection level	
	Yellow level Municipalities with regular infection control measures	Red level Municipalities with enhanced infection control measures
Distance to others	Minimum 1 m.	Minimum 2 m, preferably 3 m.
Use of face mask	Assess use of face mask when 1 m distance cannot be maintained, for instance in work situations with close contact.	Use face mask <ul style="list-style-type: none"> — when 2 m distance cannot be maintained; — when arriving and leaving indoor area; — when in a vehicle with more than one person.
Hand hygiene	Use disinfectant cleaner when arriving and leaving.	Use disinfectant cleaner when arriving and leaving. Ensure easy access to disinfectant cleaner in common areas and at workplaces indoor and outdoor.

Infection control measure	Infection level	
	Yellow level Municipalities with regular infection control measures	Red level Municipalities with enhanced infection control measures
Working hours		Assess staggered working hours and break periods to maintain recommended distance.
Meetings	A person responsible for infection control makes sure that recommended distance is maintained. Keep disinfectant agents and paper towels available, and clean tabletops and other contact areas between meetings.	Conduct all meetings as digital meetings.
Organising work		Workers are organised as cohorts with no contact with other cohorts.
Inspection rounds	Inspection meetings and inspection rounds with general rules for distancing.	Inspection controller or other competent person conducts inspection round alone.
Building materials	If possible, receive materials with no contact.	Pre-order all materials to avoid supplementary transport from construction product outlet. Transporters have no access to barracks.
Site management		Management personnel should not move between sites in yellow and red zones.
Lunch and canteen	If a common buffet is used, ensure frequent cleaning of contact points, serving utensils, and shared equipment. Have disinfectant agents available by coffee machine and on tables.	Canteen serving pre-wrapped units. Preferably bring lunch packs. Disinfection before and after use of coffee machine. Tables are cleaned between each cohort.
Office space in barracks	There should be minimum 2 m between each workstation.	Personnel that is not critical for operations are to work from home. Minimum 2 m, preferably 3 m, between each workstation.

3.3 Infection control efforts

Infection control efforts must be carried out in line with other critical safety measures at construction sites. Use posters published by the Norwegian Institute of Public Health on the use of face masks, good hand hygiene, and about the “Smittestopp” app.

- 1) Keep the recommended distance from others to minimise the risk of infection.

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. Close contacts to someone who has been infected by COVID-19 must go into quarantine.

2) Ensure good hand hygiene.

Washing of hands using soap and water is the method that is normally recommended outside of health services. Alcohol-based hand disinfectants are easy to make available and cause less irritation of the skin. This may therefore be a good alternative to handwashing when the hands are dry and there is no visible dirt.

3) Face masks.

- Face masks should be of the medical type 2R. Do not use dust masks as face masks.
- Do not touch face masks when in use.
- To avoid infection the face mask must be disposed of when removed. Do not re-use face masks!

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

- Stay at home.
- Get tested.

5) Use “Smittestopp” on your mobile phone.

Everyone working at the construction site or visiting the construction site is encouraged to have activated the “Smittestopp” app. Use of the app is voluntary, so this is a recommendation, not a requirement. The app will notify you if you have been in close contact with someone who has tested positive for COVID-19. If you test positive yourself, using the app can help prevent the spread of the infection because it will enable others to be notified. Your anonymity is guaranteed when you register a positive test by logging in via the online service ID-porten.

3.4 Operations at construction sites

3.4.1 General

- Make preparations for alternative production work in case deliveries fail or there is absenteeism among personnel.
- 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.
- An assessment must be made for each individual site of how many workers can use barracks and rooms at the same time and still maintain the recommended distance.

3.4.2 Barracks with changing rooms and break rooms and offices

3.4.2.1 Distance

- Arrange furniture in rooms and barracks in a way that allows people to maintain recommended distance. Tables may be marked with red and green tape to make it easier to keep the recommended distance.
- Hang up posters indicating how many people may use break rooms, changing rooms, and sanitary rooms at the same time.

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

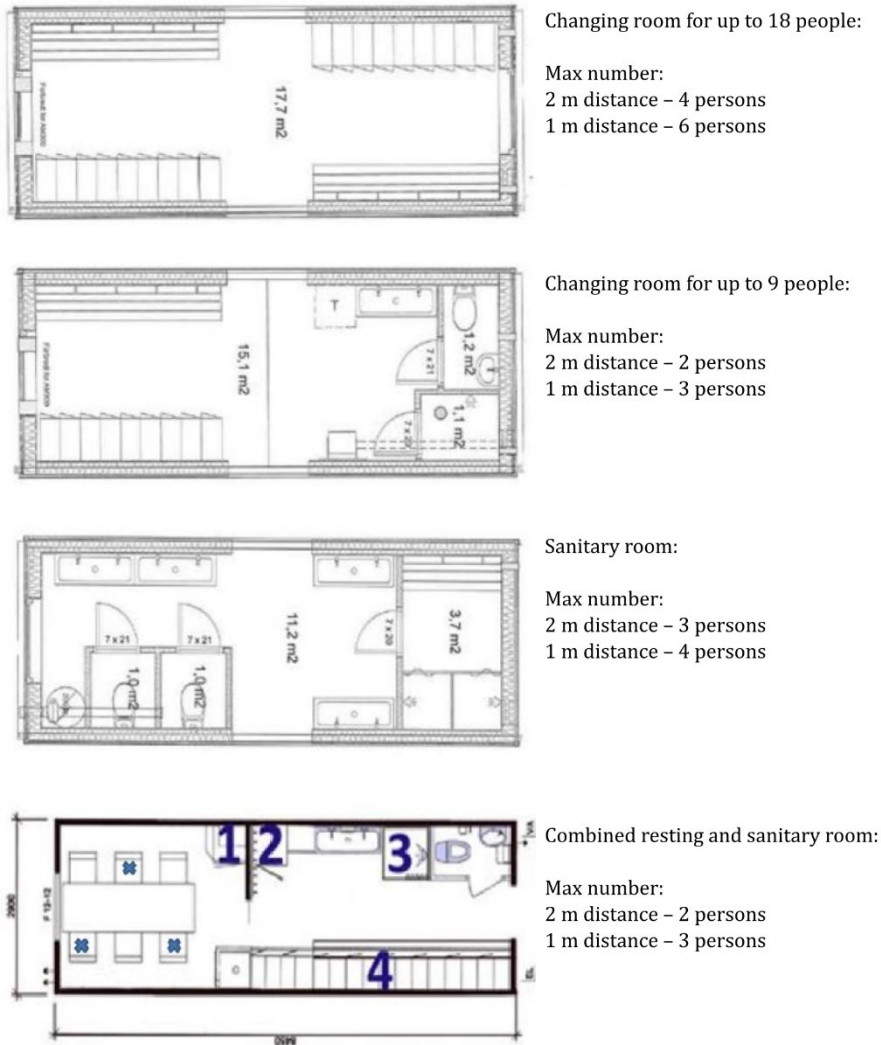


Figure 1 – Examples of the limitations which apply when changing rooms are used at the same time

3.4.2.2 Hygiene and cleaning

- Ensure that hand soap, sanitisers and paper towels are available and refilled at:
 - entrance/exit;
 - meeting rooms, dining rooms, and toilets;
 - coffee machines, coffee and tea thermoses, and wash basins and faucets that are for common use.
- Post signs with reminders to wash hands and use disinfectants.
- Barracks shall be cleaned at least once a day, or more often if needed.
- Clean changing rooms and contact surfaces at least twice per day. This includes handrails, door handles, light switches, wash basins, dispensers, etc.
- Common contact surfaces such as door handles, refrigerator handles, kitchen furnishings, wash basins, chairs, and tables, etc., should be cleaned at least once a day or more, depending on use.
- Dining tables shall be washed with hot water and soap after the lunch break. If dining tables are used by different shifts, they shall be washed after each seating.
- Work gloves should be treated as infectious and “parked” outside to prevent the transfer of infection to others.

- Provide information about advice on infection control issued by the Norwegian Institute of Public Health.

3.4.3 Barracks used as living quarters

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

- Wash your hands every time you enter your own accommodation.
- Arrange furniture in common areas so that it is easy to maintain recommended distance
- Specify on notice boards or posters the maximum number of people who can occupy common areas.

Special requirements apply as part of entry quarantine rules, see 3.6 and 4.5.

3.4.4 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.
- Cleaning shall be done at least once daily and between each change of driver.

3.5 Construction product outlets – risk assessment and actions

Risk assessment and measures for construction product outlets in municipalities **with enhanced infection control measures**:

- 1) Construction products are delivered from outlets with no physical contact with low risk of close contact or infection.
- 2) A click-and-collect ordering procedure with collection of prepacked products in an outdoor area has low risk. There is plenty of space to maintain recommended distance, and the customer loads his own goods. Payment is carried out before collection. This method works for both professional and private customers.
- 3) Serving professional customers in the store entails the following areas of risk:
 - separating private and professional customers at the entrance to the store;
 - payment at cashier for customers that do not hold an account.

To minimise risks set out under 3) the outlets may consider the following:

- Signs requesting all customers to use a face mask when entering the outdoor area of the store. Customers line up in a queue and remain in their own vehicle. Customers are identified as private or professional customers while still in the vehicle.

Selection of products may be done in various ways:

- Professional customers with an account may select products themselves in the store. The maximum number of customers in the store is maintained through the “one out/one in” principle. Customers wear face masks, and they are provided hand sanitisers when entering and exiting.
- Professional customers receive assistance from store personnel in selecting products. Products are loaded by fork-lift, and they load products onto their own vehicle themselves. Payment is made using a mobile payment application.

- Private customers may be given assistance with selecting products depending on the capacity of store personnel. Payment is made using a mobile payment application. If there is no capacity to assist private customers with selecting products, they may use the click-and-collect option.

3.6 Quarantine

Workers may be required to go into quarantine for 10 days after entry into Norway from “red countries”. In certain cases, the quarantine may have to be carried out at a quarantine hotel. In other cases, quarantine may be carried out at home or at another suitable location. “Housing barracks” may serve as a suitable site for quarantine provided that the employer has received approval from the Norwegian Labour Inspection Authority. Requirements for approval include a single room with own bathroom, toilet and kitchen for the individual, or the organised provision of meals if no kitchen is available.

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 4.5.

Persons who share living quarters with someone who is in infection-related quarantine are subject to waiting quarantine. Waiting quarantine ends when the person in infection-related quarantine has received a negative result in connection with their first Coronavirus test, or at the latest when the infection-related quarantine period is over. Waiting quarantine also ends if the person in waiting quarantine tests negative on a PCR test taken no fewer than three days after the household member in infection-related quarantine last had close contact with a person who has been confirmed infected.

Infection-related quarantine and entry quarantine do not apply to persons who are fully vaccinated or can provide documentation based on an approved laboratory method that proves they have had COVID-19 during the last six months. Valid documentation is a Norwegian, Swedish og Danish Corona certificate with a QR code that may be verified by Norwegian authorities. Also, valid documentation is a certificate conforming to the EU digital Corona certificate.

Waiting quarantine does not apply to persons who have a Corona certificate, or in cases where the household member in infection-related quarantine has a Corona certificate. A person is considered to be vaccinated three weeks after the first injection. This exception is valid for six months after vaccination.

4 Coronavirus, COVID-19, and transmission

4.1 General

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.

4.2 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.

The municipal health services carry out Coronavirus testing. The individual municipality will provide information about the practical implementation of its testing regime. It is not necessary to have a doctor's referral to be tested, but the municipal health services may have to prioritise access to testing capacity depending on local conditions.

You must remain in quarantine until you have received the test result, see 4.5.

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 4.1, 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.

4.3 Notification of infection

The municipal health services are responsible for contact tracing and shall be notified if there is infection at a workplace. 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. Persons confirmed to be infected shall be isolated. Employers may contact the municipal health service directly for further guidance in case of infection.

4.4 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.

4.5 Infection-related 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). Persons who are considered protected, are exempt from infection-related quarantine (see *the COVID-19 Regulations* Section 3).

4.6 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 5.

5 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/ansettelser-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" on the Standards Norway website <https://www.standard.no/>.

6 Safe building site

Enterprises that undertake to follow the rules and implement the measures set out in this document may use the emblem shown in figure 2.



Figure 2 — Safe building site

7 Checklist for infection control measures

Table 2 — 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			
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 from the Norwegian Institute of Public Health about hand washing, cough hygiene, the use of face masks, and the "Smittestopp" app			
Arrange furniture in common areas in order to maintain the recommended distance			
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			

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