



HEALTHIER WORKPLACES | A HEALTHIER WORLD

Back to Work Safely: Guidance for Transit Services (Buses, Subways, and Light Rails)

Guidance Document, 2nd edition

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[aiha.org](https://www.aiha.org)

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Overview

Various modes of transit have continued operation throughout the pandemic, albeit in a limited capacity, due to the public's reduced needs for transportation in the wake of widespread stay-at-home and shelter-in-place orders. Ridership is likely to increase as more individuals return to work and school and more businesses reopen. Thus, there is a need for guidance on reducing the risk of transmission for both transportation employees and passengers. This document is intended to provide guidance and considerations for the vehicles within transit systems (buses, subways, and light rails), as well as the transit system stations and stops. This guidance is relevant to transit employees, such as vehicle operators and station, maintenance, and cleaning employees, in addition to passengers. While the scope of these guidance documents does not cover workplace testing or vaccination guidance, please refer to state, local, and federal guidance on these topics, such as the Centers for Disease Control and Prevention (CDC)'s COVID-19 [testing](#) and [vaccine](#) webpages.

As some restrictions have lifted and continue to be lifted, many uncertainties still remain. Employers and companies are faced with difficult questions that must be addressed as they reopen, resume normal operations, or continue normal operations, such as:

- How can we best protect the health and safety of our employees and passengers?
- What communication is needed to keep everyone informed of the preventive steps being taken?
- What steps can we take to minimize the risk of disease transmission?
- What training is needed for our employees?
- What health and safety measures do we need to take regarding new virus variants?
- What do we do if an employee has tested positive for or is suspected of having COVID-19?

- What do we do if an employee or passenger is sick or not following guidelines?
- How do we handle high traffic and crowd management through the transit system, including during peak times?
- How do we deal with cleaning and disinfecting high-contact surfaces, such as ticket kiosks, employee workstations, and vehicle door handles, regularly during the day?

In addition to the questions asked by employers and companies, employees and passengers are also thinking of ways that they can protect themselves.

The current scientific evidence indicates that SARS-CoV-2, the virus that causes COVID-19, is spread primarily by airborne transmission, through exposure to respiratory aerosols or droplets in the air that carry the virus. These respiratory aerosols and droplets are generated by the human respiratory system during normal activities, including breathing, speaking, shouting, singing, coughing, and sneezing. Exposure to these respiratory droplets in poorly ventilated or crowded indoor spaces is particularly of concern, and infection can occur through exposure to mucus membranes, such as the eyes, nose, and mouth. In addition, while not the primary route of exposure, people may also become infected from touching surfaces contaminated with the virus. It has also been shown that the virus can survive in aerosols for hours and on surfaces for days, depending on the type of surface. Measures can be taken to reduce the risk of spreading COVID-19 from person to person or by contact with potentially contaminated surfaces.

The purpose of this guidance document is to provide clear and actionable steps towards the safe operations of the transit industry through prevention, early detection, and control of COVID-19. This document offers practical guidance for transit industry employers to implement multiple layers of risk mitigation strategies through the hierarchy of controls, a sys-



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tem used to minimize or eliminate exposures to hazards. The hierarchy of controls ranks hazard control approaches in order of most effective to least effective—through the elimination of a hazard, substitution of a hazard, use of engineering controls, use of administrative controls, and correct use of personal protective equipment (PPE). Specifically, to reduce the risk of transmitting COVID-19, the controls we focus on in this document are engineering controls, such as ventilation; administrative controls, such as physical distancing, enhanced cleaning and disinfecting practices, and personal hygiene; and PPE, such as gloves and face coverings. Aside from the hierarchy of controls, we also focus on mitigation strategies to use within restrooms and for contact surfaces, employee wellness, training, waste and laundering, and communication. No single mitigation strategy will be sufficient to address COVID-19 health and safety risks; rather, a multilayered risk management approach using controls, which can include vaccines, is recommended to limit the spread of COVID-19.

It is important to continue to monitor the global (World Health Organization or WHO), federal (CDC), state, and local guidelines for changes or updates in recommendations, disinfection strategies, worker protections, and other COVID-19 risk management best practices. It is also important that the transit industry consistently monitors and evaluates the effectiveness of implemented mitigation strategies and alter their approaches as needed.

Any relaxation or modification of the recommendations herein (e.g., based on employee vaccine status) should be based on and comply with federal, state, and local requirements, as well as best practices.

What should a Transit Agency, Employer, or Manager do to reduce risk for themselves, their employees, and their

passengers?

Employers are encouraged to continually monitor global (WHO), federal (CDC), state, and local guidelines for changes or updates in recommendations, disinfection strategies, worker protections, and other COVID-19 best management practices. Employers should also consider developing a knowledgeable team to monitor, assess, and implement new strategies as they become available and as knowledge evolves regarding SARS-CoV-2 transmission, vaccines, new virus variants, and other aspects of the virus.

Employers are also encouraged to complete a task-based risk assessment or job hazard analysis to best determine, by job task, where engineering or administrative controls can be implemented to reduce or eliminate virus transmission. Refer to the [OSHA Job Hazard Analysis document](#).

Due to the wide variety of types and sizes of vehicles, buildings, and spaces, it may not be possible for all transit companies or employers to implement all of the following guidelines. However, implementing as many as possible, through a multilayered risk management approach, can help reduce health risks and risk of transmission.

Ventilation

- Keep heating, ventilation, and air conditioning (HVAC) systems operational to maintain thermal comfort and maximize outdoor air based on system design.
 - Strive to maintain the relative humidity at 40-60%.
 - Refer to [AIHA's Indoor Environmental Quality document](#).
- If you need assistance on HVAC issues, ask an HVAC professional and see ASHRAE's COVID-19 [preparedness resources](#) for more information.



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- AIHA occupational and environmental health and safety (OEHS) science professionals and industrial hygienists are also well-versed in general dilution ventilation. AIHA has a [consultants list](#) of such qualified professionals.
 - Consider using portable high-efficiency particulate air (HEPA) filtration units with variable flow control or other ventilation-related engineering controls to accommodate differing room sizes and ventilation needs. Refer to [AIHA's Indoor Environmental Quality document](#) for more information. Consider whether the noise produced by these units when they are turned on is appropriate for the particular application.
 - If fans, such as pedestal fans or hard mounted fans, are used, take steps to minimize air blowing from one person directly at another individual. If fans are disabled or removed, it is important to remain aware of and take steps to prevent [heat hazards](#).
 - Be mindful of using portable pedestal or overhead ceiling fans, as these may contribute to the spread of the virus.
 - Communicate to operators that the vehicle should be equipped with fresh air whenever possible, for example, by opening the vehicle's windows.
- ### Enhanced Cleaning and Disinfecting Practices
- Consider developing a standard operating procedure, checklist, or audit system to consistently train employees on enhanced cleaning and disinfecting practices or to track when and how cleaning and disinfecting is conducted, including cleaning and disinfection of spaces previously occupied by someone confirmed to have had COVID-19. Refer to [AIHA's guidance document on workplace cleaning for COVID-19](#).
 - Make Safety Data Sheets (SDS) for cleaning and disinfection products available and ensure employees are aware of the hazards of use. Incorporate new hazards into the existing OSHA Hazard Communications Program.
 - Use disposable wipes or rags when available. Ensure reusable rags are maintained, handled, and cleaned per manufacturers' instructions. For more information, see the "Laundering" section below.
 - All items should be allowed to dry thoroughly after cleaning.
 - Establish a disinfection routine and ensure disinfection protocols follow product instructions for application and contact time.
 - Select appropriate disinfectants.
 - The U.S. Environmental Protection Agency (EPA) has developed a list of products that meet EPA's criteria for use against SARS-CoV-2, [EPA List N](#).
 - Do not mix different EPA-registered chemicals together. The combination could be toxic by inhalation. Be particularly careful when using any products containing ammonia, sodium hypochlorite (bleach), or hydrogen peroxide.
 - Review product labels and SDS and follow manufacturer specifications for cleaning and disinfecting.
 - Allow for appropriate ventilation during cleaning and disinfecting.
 - Provide appropriate signage regarding cleaning and disinfecting measures being taken, if needed.
 - Ensure any commonly used items and high-touch surfaces (e.g., seats, handrails, door handles, and window latches) are cleaned and disinfected on a frequent or regular basis and after each use.
 - Consider consulting an occupational and environmental health and safety (OEHS) science professional or industrial hygiene expert if additional advice is needed. AIHA has a consultants list of such qualified professionals.
 - The employer should evaluate the workplace (e.g., stations, bus stops, and vehicle interiors) to determine the most appropriate application method for



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disinfection. Please refer to [EPA's guidance](#) on the use of different methods for applying disinfectants to learn more.

- Currently, CDC does not recommend fogging, fumigation, or wide-area or electrostatic spraying as a primary method for surface disinfection in most cases. Refer to [CDC's COVID-19 webpage](#) on cleaning and disinfecting facilities.

Personal Hygiene

- Establish a “before and after work” handwashing or sanitizing protocol for all employees.
- Provide handwashing stations or, if not feasible, touch-free automated hand sanitizer dispensers at high-traffic locations (e.g., at the entrances to vehicles or buildings, at exits, near elevators, and outside restrooms). These should contain hand sanitizer with at least 60% ethanol or 70% isopropyl alcohol.
 - If providing neither a station nor a dispenser is feasible, then at a minimum, consider providing hand sanitizer at high-traffic locations. This sanitizer should contain at least 60% ethanol or 70% isopropyl alcohol.
 - Signage posted at each hand sanitizer station encourages proper use and illustrates proper hand sanitizing techniques.

Physical Distancing and Vehicle Configuration

- Physical distancing can help limit transmission. Employers should follow all local, state, or federal physical distancing requirements.
- Modify or adjust workstations to minimize close contact (e.g., within six feet or less for a cumulative 15 minutes over a 24-hour period) between employees and other employees, passengers, and others, when possible.
 - Mark 6-foot increments on the ground, indoors and outdoors, at stops for each transit system so that passengers can maintain appropriate phys-

ical distancing before boarding.

- Mark 6-foot increments inside the transit vehicles so passengers and operators can maintain appropriate physical distancing while onboard the vehicles.
 - Consider blocking off alternating rows of seating to encourage distancing between passengers.
 - Members of the same household can be seated together.
- Use methods to physically separate employees and passengers in the vehicle or the station facility (e.g., break rooms and entrance and exit areas), when possible.
 - Use visual cues, such as floor markings and signs, to encourage physical distancing wherever possible.
 - Mark a 6-foot radius around vehicle operators' seats to limit contact between operators and passengers.
 - Use barriers, such as screens, when possible. Implement a physical divider between the operator and passengers or use signs or tape to educate passengers on physical distancing.
 - Be mindful that barriers can disrupt ventilation and airflow.
- To the extent possible, limit the number of passengers on board the transport vehicle and within stations so that physical distancing can be practiced and crowding can be controlled.
 - Allocate more buses, train cars, etc. to lines with high ridership or during peak travel times in order to allow for appropriate physical distancing.
 - Schedule more frequent or longer trains to allow for appropriate physical distancing.
- Enforce, when possible, entering and exiting protocols, such as:



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- If only two doors are available for the vehicle, make announcements for those outside of the vehicles to wait until current passengers exit, and then allow for new passengers to board.
- Implement a one-way traffic pattern for vehicle onboarding and off-boarding so that some vehicle doors are used for entering only and others are used for exiting only. Place markings on the floor of the vehicles and platforms and communicate this traffic pattern to passengers.
- Consider closing some station entrances to limit the number of areas to clean and disinfect. Make sure adequate signs are provided to direct passengers to available entrances and exits.
- Post infographic sheets or signs as visual reminders of appropriate protocols for physical distancing. Share this information through social media, transit websites, and transit apps.
- For work areas outside of vehicles, such as break rooms, office spaces, and locker rooms:
 - Consider staggering break times for employees.
 - Consider staggering shift starts and ends to limit the number of employees who need to access shared spaces, such as locker rooms, restrooms, and break areas.

Face Coverings

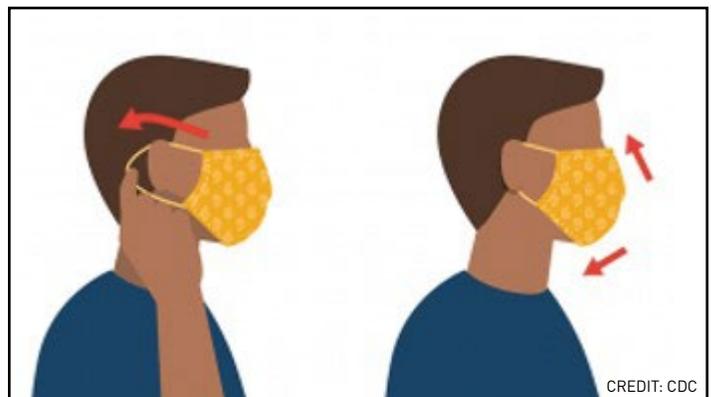
- Face coverings can help limit transmission. Transit employers should follow all local, state, or federal face covering requirements.
- Cloth or disposable non-medical face coverings are NOT PPE but do offer some protection to wearers and others. The use of face coverings is not a substitute for physical distancing, use of engineering controls, cleaning and disinfecting, proper hygiene, or staying home while sick.
- Train employees on the proper way to maintain, wear (covering both the nose and mouth), han-

dle, and clean their face coverings, as discussed by CDC. Refer to the graphic below and to [CDC's guidance on how to wear masks](#).

- Additional information on cloth face coverings can be found in [CDC's guidance for using masks](#) to slow the spread of COVID-19.

Restrooms

- Post signage limiting restroom occupancy, to allow for proper physical distancing, and to remind passengers and employees to wash their hands before and after using the restroom.
- Minimize touchpoints when entering and exiting restrooms, if possible.
 - If the door cannot be opened without touching the handle, provide paper towels and a trash can by the door so that a paper towel can be used when touching the handle and then discarded.
 - Consider controlling access to bathrooms with a key so that disinfection measures can be better managed. If a key is used, consider disinfecting it after each use.
- If possible, allow doors to multi-stall restrooms to be opened and closed without the handles being touched.
- Place signs as reminders to close toilet lids (if present) before and after flushing.



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- Use no-touch faucets, towel dispensers, soap dispensers, and waste receptacles, when possible.
- Hand soap should be readily available for use by occupants.
- Provide paper towels in restrooms.
 - Refer to [AIHA's guidance document on using hand air dryers during COVID-19](#) for more information.
- If feasible, work with HVAC professionals to ensure that bathrooms are well ventilated and, if filtration is used, that proper filtration practices are being followed.
- Increase frequency and efforts to keep bathrooms clean and properly disinfected and maintain a record of sanitary work practices.
 - Take precautions when cleaning or maintaining sinks and toilets (i.e., avoid creating aerosols, close toilet lids before flushing, and use disposable gloves).

Waste and Laundering

- Provide no-touch trash cans in stations and terminals for easy waste disposal.
- Single-use items and used disinfection materials can be treated as regular waste, following regular safety guidelines.
- Any reusable cloth materials should be washed and dried on the highest temperature setting allowable for the fabric.
- When handling dirty laundry, wear gloves and a mask and do not shake.
- Clothes hampers or laundry baskets, if used, should be cleaned according to manufacturers' instructions.
- Wash hands after handling dirty laundry.

Training

- Provide awareness training to employees on cleaning and disinfection products used in the workplace following [OSHA's Hazard Communication Standards](#).
 - For employees who will use cleaning and disinfecting products, training should also include proper use, PPE, disposal, and relevant precautionary measures.
- Provide instruction and training to employees on how to correctly maintain, handle, wear, clean, and dispose of cloth or disposable face coverings.
- Provide appropriate training and education for all PPE, including disposable and reusable gloves.
 - **NOTE: If an employer chooses to provide or the employee supplies their own N95 respirator, please fully consider all the potential OSHA requirements.**
 - Use videos and in-person visual demonstrations of proper PPE donning and doffing procedures, maintaining physical distancing during these demonstrations.
 - Emphasize that care must be taken when putting on and taking off PPE to ensure that the worker or the item does not become contaminated.
 - PPE should be: (1) disposed of; or (2) properly disinfected and stored in a clean location when not in use.
 - Stress hand hygiene before and after handling all PPE.
 - Correct maintenance on handling, wearing, cleaning, and disposing of PPE.
- Make SDS for cleaning and disinfection products available and ensure employees are aware of the hazards of use. Incorporate new hazards into your existing [OSHA Hazard Communication Program](#).



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- Implement and inform employees of supportive workplace policies, as applicable.
 - Provide flexible sick leave policies consistent with public health guidance. Providing paid sick leave is important to encourage employees to stay home when sick.
 - Refer to [CDC's guidance for businesses and employers](#) regarding COVID-19 test results from employees.
 - Offer employees the flexibility to stay home to care for sick family members.
 - Implement human resources policies consistent with public health guidance and state and federal workplace laws. For more information on employer responsibilities, visit the [Department of Labor](#) and [Equal Employment Opportunity Commission](#) websites.
 - Provide employee assistance programs and community resources to help employees manage stress and receive support.
 - Offer special accommodations upon request for employees at increased risk for severe illness, to allow them to perform their job duties safely while also protecting sensitive employee health information.
 - Post signs and reminders at entrances and in strategic places to provide instructions on hand hygiene, respiratory hygiene, and cough etiquette. Include signs with images for non-English readers, as needed.
 - Train employees on new or modified working schedules, how they can stay up to date on new scheduling requirements, and how to make requests for schedule changes if a need arises.
- Other Control Measures**
- Employees and passengers should be encouraged to stay home if they are symptomatic.
 - Employers are encouraged to explore work-from-home options, staggered work shifts or hours, and other flexible approaches for employees, as applicable.
 - Educate employees on recognizing the symptoms of COVID-19 and provide instructions on what to do if they develop symptoms.
 - For situations where handwashing is not possible or frequent hand sanitizing protocols are difficult to follow—such as while on a bus—consider providing disposable gloves to employees. Also consider providing gloves for employees doing tasks on the bus and at the station, such as cleaning and disinfecting, removing waste materials, and cleaning the restrooms.
 - If gloves are worn, change them regularly; wearing gloves is not a substitute for handwashing.
 - If worn, inspect gloves frequently. Remove or replace any gloves that are torn, damaged, or contaminated.
 - Plan for employee absences by developing flexible attendance and sick-leave policies, plan for alternative route coverage, and monitor and track employee absences relate to COVID-19.
 - Stay informed of local and state COVID-19 information and updates in your geographic area.
- Communication**
- Ensure transit employees have cloth or disposable face coverings and communicate to passengers that they are required to wear face coverings.
 - Communication and training should be easy to understand, in languages preferred to be spoken or read by employees and passengers, and include accurate and timely information.
 - Methods for communicating with employees and passengers could include emails, texts, automated phone calls, websites, and signage.



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- Adopt a communication strategy that is customized to your organization and emphasizes transparency.
 - Communicate to employees and passengers what is being done to mitigate the spread of COVID-19 (e.g., disinfection routines, health policies for staff, and health and safety measures in place).
 - Establish formal and informal routes of communication for employees and passengers to express concerns, questions, comments, and feedback.
- Employees with fevers of 100.4 degrees Fahrenheit (38 degrees Celsius) or above or other signs of illness should not be admitted into the workplace or vehicles.
- Employers can consider incorporating a wellness questionnaire similar to [CDC's general screening survey](#). However, we encourage checking your regional health department websites. For example, there is a [personnel screening form](#) available on the San Francisco Department of Health's website.
- Refer to [CDC's guidance for businesses and employers](#) regarding employees who have symptoms or signs of COVID-19 (i.e., fever, cough, or shortness of breath) or who have had close contact with someone who has COVID-19.

Employee Wellness

- Communicate to employees the importance of being vigilant when monitoring personal health symptoms and contacting their employers or managers if or when they start to feel sick.
- Revisit your sick leave or sick program to allow for time off and follow all HR policies and HIPAA or other regulatory requirements.
- Conduct employee temperature screenings and wellness checks before each shift. **(NOTE: Comply with [OSHA's Access to Employee Medical and Exposure Records Standard for confidentiality](#).)**
 - Temperature screening methods can include a manual thermometer (use non-contact infrared thermometers) or thermal camera meeting [FDA recommendations](#). Additional screening information and guidance can be found on [CDC's website](#).
 - Assign an employee to manage and conduct temperature screenings while following CDC's guidelines. If this is not possible, employees can self-check their own temperatures.
 - Screening should be done in a manner such that the privacy of employees is respected.
 - Perform visual inspections for other signs of illness (e.g., flushed cheeks, rapid or difficult breathing without recent physical activity, fatigue, or coughing).
- Follow federal, state, and local recommendations for reporting and communicating cases, while remaining compliant with regulations and guidelines pertaining to protecting private health information, such as confidentiality required by the Americans with Disabilities Act (ADA). See [OSHA for guidance on reporting workplace exposures to COVID-19](#).
- Engage HR immediately and enforce all applicable HR rules and regulations.
- Follow federal, state, and local recommendations for any individuals that had close contact with the employee.
- Use trained personnel to perform enhanced cleaning and disinfecting of any surfaces that the employee may have come into contact with.
 - Encourage the trained personnel to wear face coverings and gloves, dispose of their gloves after use, and wash their hands and faces when complete. Visibly dirty surfaces should be cleaned using a detergent or soap and water PRIOR to disinfection.



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- For disinfection, use only EPA-registered disinfectants on [List N](#).
- Encourage employees who are sick to stay home. This includes:
 - People with flu-like symptoms or who live with someone with these clinical symptoms.
 - People with COVID-19, people who live with someone with COVID-19, or people who have been exposed to someone with COVID-19.
- Employers are encouraged to educate employees on recognizing the symptoms of COVID-19 and provide instructions on what to do if they develop symptoms.

What should an Employee do to reduce risk to themselves and passengers?

- Employees should evaluate their health continuously; if they are sick, have a fever or symptoms, or have someone sick at home, then they should remain home.
 - **NOTE: Employer HR policies, HIPAA guidelines, and other laws should be followed at all times.**
- Disinfect shared equipment and high-touch surfaces frequently, at least hourly.
- Understand social distancing rules within the workspace—avoid large gatherings of greater than 10 employees, unless physical distancing of six feet or greater can be maintained.
 - Train operators and kiosk employees to maintain distance from passengers and other employees whenever possible.
- Specific to buses:
 - The bus operator should follow all agency and local policies, but if a passenger needs to get off of the bus, consider stopping in a safe space away from the designated stop to allow for the passenger to safely exit.
 - If possible, skip stops if the bus is too crowded.
 - Keep doors closest to the operator closed at stops to discourage passengers from passing by the operator.
 - If only two doors are available for the vehicle, announce for those waiting outside of the vehicle to wait until the current passengers exit, and then allow new passengers to board through the back door.
 - If more than two doors are available, implement a one-way traffic pattern so that some vehicle doors are used for entering only and others are used for exiting only. Place markings on the floors of vehicles and platforms and communicate this traffic pattern to passengers.
 - If the front door is the only door with accessibility ramps for the use of disabled passengers, that door must remain in use to allow the passenger to have easy access.
 - To limit contact between passengers, keep the door closed until the front seats have been affixed in a position to allow for wheelchair accessibility.
- Maintain a clean cloth or disposable face covering. Replace it frequently, if needed, and replace it after contamination.
 - When wearing a face covering, ensure both your nose and mouth are covered.
 - Change your face covering if it becomes wet, damaged, or contaminated.
 - Wash your hands before and after touching your face covering.
 - Additional information on cloth face coverings can be found on [CDC's website](#). (**NOTE:** Cloth or disposable non-valved face coverings primarily protect other people but can also protect wearers. When wearing a face covering, ensure both your nose and mouth are covered. Use of a cloth



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or disposable face covering is not a substitute for physical distancing.)

- Have extra face coverings on hand.
- Maintain good hygiene practices by washing your hands with soap and water for at least 20 seconds or using a hand sanitizer with at least 60% ethanol or 70% isopropyl alcohol. For more information, refer to [CDC's handwashing guidelines](#).
- If you are an employee who tests positive for COVID-19, or who has come in close contact with someone who has COVID-19, follow [CDC's guidelines](#).
- At a minimum, wash your hands or use hand sanitizer hourly; after being in a public place; after touching your face covering; after blowing your nose, coughing, or sneezing; after using the restroom; after touching any common contact surfaces; and before eating. Avoid touching your eyes, nose, or mouth with unwashed hands.
- Wash your hands when you arrive at work, throughout the day during various activities (e.g., after interacting with a passenger or after handling garbage), after touching your face covering, when you leave work, and when you arrive home.
- Cover your mouth and nose with a tissue when you cough or sneeze and throw used tissues in the trash. If you do not have a tissue, cough or sneeze into your elbow, not your hands. Immediately wash your hands after blowing your nose, coughing, or sneezing. Learn more about [coughing and sneezing etiquette](#).
- Let your employer or manager know if you have concerns about PPE or face coverings that may be provided to you and ensure that you are properly instructed on how to use them. CDC has recommended sequences for donning and doffing PPE.
- **NOTE: If an employer chooses to provide an N95 respirator, please fully consider all the potential OSHA requirements.**

Worker Rights

This document presents and supports workplace protections that are essential components of occupational health and safety systems and programs. These basic protections are worker rights, as well as essential ingredients of occupational health and safety systems.

What can a Passenger do to reduce the risk of transmission of COVID-19?

- Comply with instructions regarding COVID-19 precautions set forth by the transit system, as well as state and local guidelines, including but not limited to physical distancing requirements and the use of face coverings.
- Evaluate your own health and your family's health continuously. If you are sick, stay home. If you have an elevated temperature, stay home. If someone you live with is sick, stay home. If you have allergies and uncontrollable sneezing, stay home.
- If you are traveling to seek medical care, consider using a private or rideshare vehicle, if possible, instead of public transportation.
- Check with the transport service provider, prior to your trip, regarding any current requirements for passengers to follow specific to COVID-19.
- Prepare for your trip by checking public transit operating times. Monitor the transit website or transit apps for current guidelines.
- Use online and electronic services in place of in-person services, if feasible.
- Passengers on board public transit lines should follow physical distancing practices.
 - Stay at least six feet away from other passengers on board the vehicle, whether seated or standing.



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- If possible, travel during non-peak hours to help reduce crowding.
- Follow any posted signs and floor markings specific to physical distancing and face coverings inside the vehicle and at transit stations.
- If possible, avoid touching high-contact surfaces at stations and transit stops, including pay stations and turnstiles. Wash your hands or use hand sanitizer if contact with these surfaces is necessary.
- If possible, avoid touching high-contact surfaces in the vehicles, including doors and windows. Wash your hands or use hand sanitizer if contact with these surfaces is necessary.
 - If touching handrails or hand straps is necessary, use a disposable tissue or towel as a barrier when gripping the surface. Keep the item away from your face after use. Immediately dispose of the tissue or towel or place it in a sealed bag. If you used a reusable towel, wash it after your trip. Wash your hands or use hand sanitizer after contact with the tissue or towel.
- Consider carrying hand sanitizer that is at least 60% ethanol or 70% isopropyl alcohol or sanitizing wipes.
- Cover your mouth and nose with a tissue when you cough or sneeze and throw used tissues in the trash. If you do not have a tissue, cough or sneeze into your elbow, not your hands. Immediately wash your hands after blowing your nose, coughing, or sneezing. Learn more about [coughing and sneezing etiquette](#).
- Ask the vehicle operator to open windows, if possible, to avoid recirculating the air in the vehicle.
- Once off public transportation, avoid touching your face and follow proper good hygiene practices by washing your hands with soap and water.

Resources

[AIHA: Effective and Safe Practices, Guidance for Custodians, Cleaning, and Maintenance Staff Guidance Document](#)

[AIHA: Employers' Guide to COVID-19 Cleaning and Disinfection in Non-Healthcare Workplaces Guidance Document](#)

[AIHA: Joint Consensus Statement on Addressing the Aerosol Transmission of SARS-CoV-2 and Recommendations for Preventing Occupational Exposures](#)

[AIHA: Reducing the Risk of COVID-19 Using Engineering Controls Guidance Document](#)

[AIHA: Worker Rights White Paper](#)

[AIHA: Workplace Cleaning for COVID-19](#)

[ASHRAE: Coronavirus \(COVID-19\) Response Resources from ASHRAE and Others](#)

[CDC: COVID-19 – Cleaning and Disinfecting Your Facility](#)

[CDC: COVID-19 – Cleaning and Disinfection for Non-Emergency Transport Vehicles](#)

[CDC: COVID-19 – COVID-19 Employer Information for Bus Transit Operators](#)

[CDC: COVID-19 – COVID-19 Employer Information for Rail Transit Operators](#)

[CDC: COVID-19 – COVID-19 Employer Information for Transit Maintenance Workers](#)

[CDC: COVID-19 – COVID-19 Employer Information for Transit Stations](#)

[CDC: COVID-19 – COVID-19 Testing Overview](#)

[CDC: COVID-19 – General Business Frequently Asked Questions](#)



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[CDC: COVID-19 – Guidance for Businesses and Employers Responding to Coronavirus Disease 2019 \(COVID-19\)](#)

[CDC: COVID-19 – How to Wear Masks](#)

[CDC: COVID-19 – Protect Yourself When Using Transportation](#)

[CDC: COVID-19 – Use Masks to Slow the Spread of COVID-19](#)

[CDC: COVID-19 – Vaccines for COVID-19](#)

[CDC: Facilities COVID-19 Screening](#)

[Department of Labor: Coronavirus Resources](#)

[EPA: Can I Use Fogging, Fumigation, or Electrostatic Spraying or Drones to Help Control COVID-19?](#)

[EPA: List N](#)

[FDA: Non-Contact Temperature Assessment Devices During the COVID-19 Pandemic](#)

[Metropolitan Transportation Authority: MTA Service During the Coronavirus Pandemic](#)

[OSHA: Access to Employee Medical and Exposure Records](#)

[OSHA: Hazard Communication Standards](#)

[OSHA: Heat](#)

[OSHA: Job Hazard Analysis](#)

[OSHA: Recording Workplace Exposures to COVID-19](#)

[OSHA: Safety Management – Recommended Practices for Safety and Health Programs](#)

[Port Authority: Coronavirus \(COVID-19\)](#)

[San Francisco Department of Public Health: Attachment A-1 – Personnel Screening Form](#)

[SFMTA: COVID-19 Data Dashboard](#)

[SFMTA: COVID-19 Developments & Response](#)

[U.S. Department of Transportation: Coronavirus Resources at the Department of Transportation](#)

[U.S. Equal Employment Opportunity Commission: Coronavirus and COVID-19](#)

[U.S. Equal Employment Opportunity Commission: What You Should Know About COVID-19 and the ADA, the Rehabilitation Act, and Other EEO Laws](#)



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