



HEALTHIER WORKPLACES | A HEALTHIER WORLD

BACK TO WORK SAFELY™ FOR GYM AND WORKOUT FACILITIES

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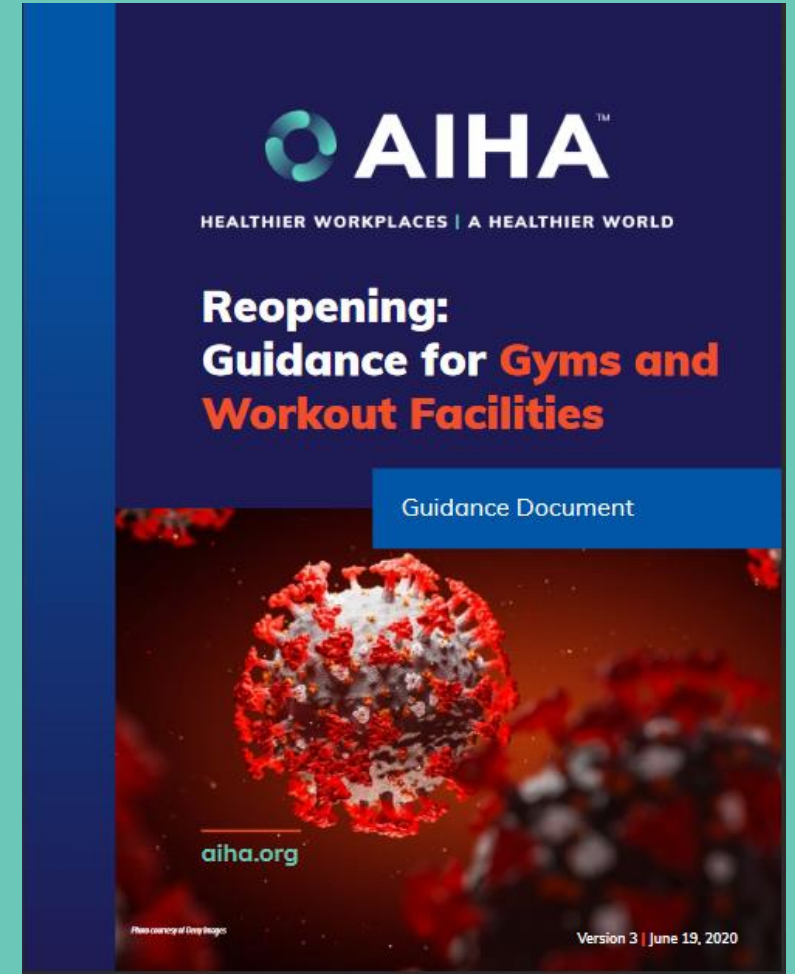
AIHA BACK TO WORK SAFELY™ GUIDANCE DOCUMENTS

WE WANT AMERICA TO GET

BACK TO WORK SAFELY™

This site features expert, industry-specific guidance for both businesses and consumers to safely re-open and re-engage as they emerge from the COVID-19 quarantines.

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REOPENING

- **Conduct a Hazard Assessment in Your Facility**
 - How much space is available
 - What controls can be implemented effectively
 - Determine available resources
- **Train Employees and Communicate to Members**
- **Ease Back into Operation**
 - “Soft” or phased opening
- **Follow Local & State Requirements**

Hierarchy of Controls

Most
effective



Least
effective

Elimination

Physically remove
the hazard

Substitution

Replace
the hazard

**Engineering
Controls**

Isolate people
from the hazard

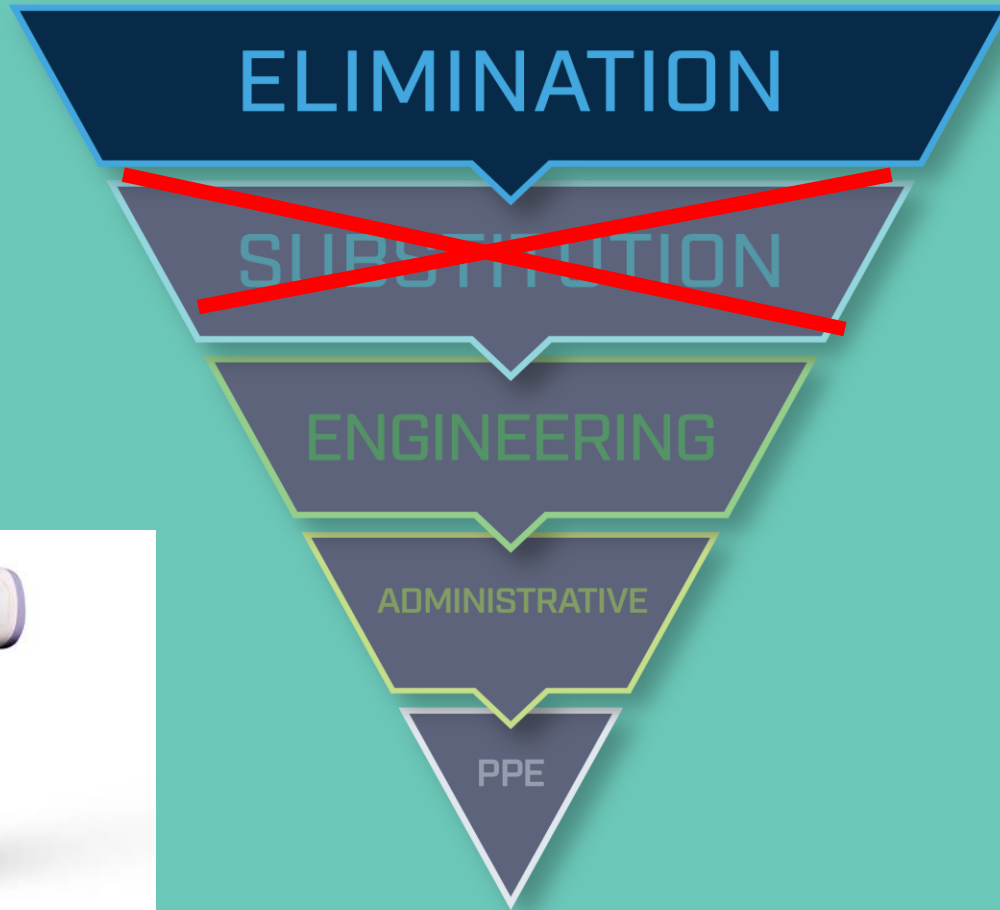
**Administrative
Controls**

Change the way
people work

PPE

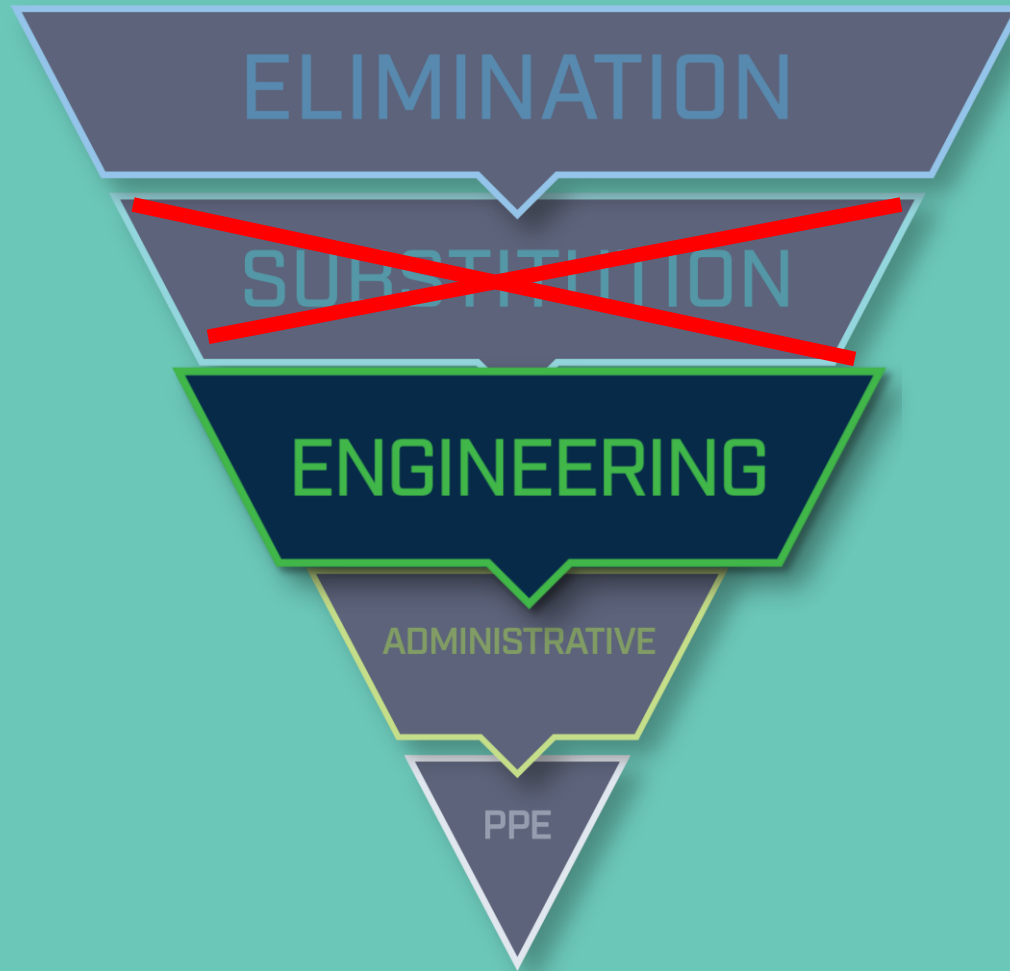
Protect the worker with
Personal Protective Equipment

Minimize the Potential for the Virus to Enter the Facility



- Prescreen Members
- Require Employees and Members to Stay Home if not Feeling Well
- Post Signs at Entrance
- Consider Temperature Checks

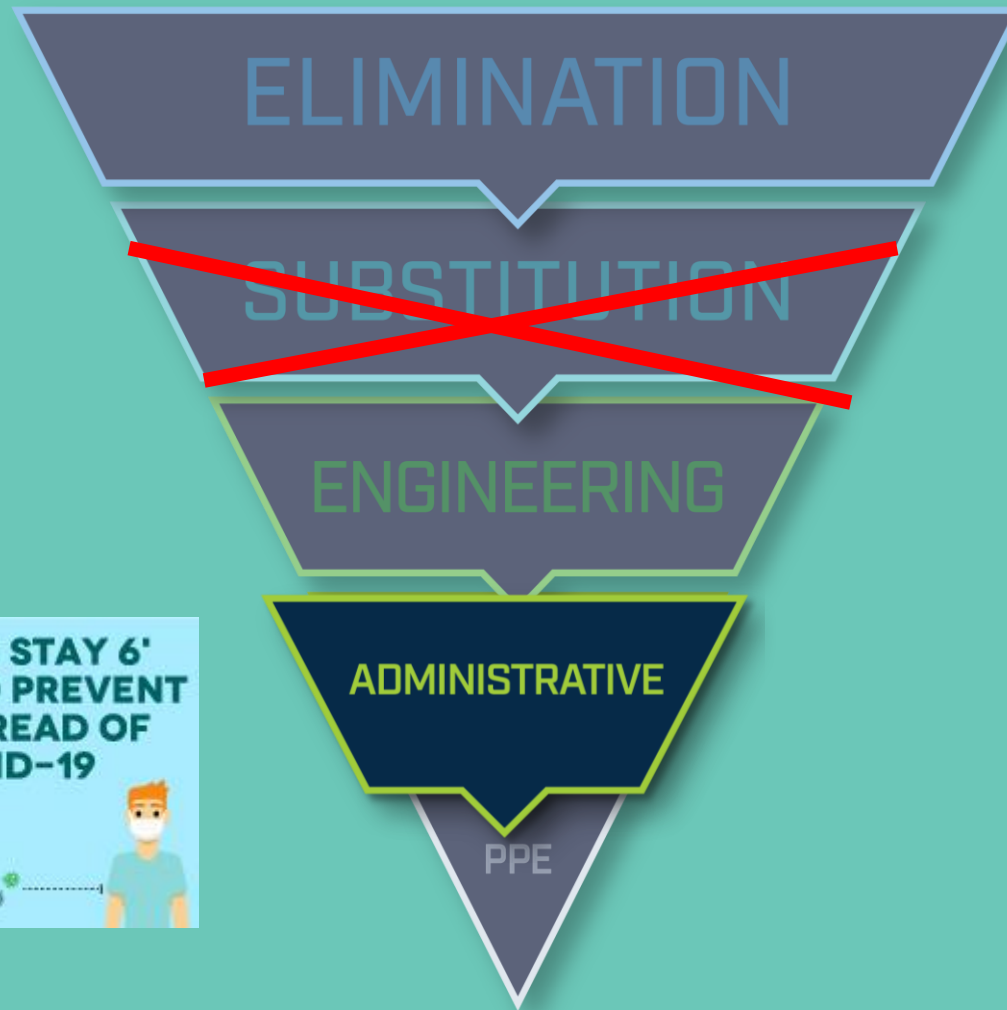
Engineering steps to minimize the spread of the Virus



- Distance Equipment
- Limit Number of Members in Gym
- Install Physical Partitions
- Increased Ventilation / Fresh Air
- Increase Efficiency



Administrative Considerations to Minimize the Spread of the Virus



- **Clearly Communicate Requirements**
 - Consider a Reopening Guide
- **Consider Staffing and Scheduling**
- **Post Signs**
- **Enhanced Cleaning & Disinfection**
- **Training for Employees**
- **Resources to Evaluate Effectiveness of Controls**

PPE Considerations



- **Wear Face Coverings**
- **Consider Face Shields or Goggles**
- **Wear Disposable Gloves**



RESOURCES

- [AIHA Back to Work Safely](#)
- [EPA List of Disinfectants](#)
- [CDC List of Disinfectants](#)
- [ASHRAE](#)

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