COVID-19 Field Station Plan:
UC Berkeley Natural Reserves & Field Stations

Dear Researchers, Visitors, Students and Staff,

Welcome users of the UC Berkeley natural reserves and field stations. Our campus has adopted new operating procedures to reduce the risk of virus transmission while minimizing disruption to research. The goals of this plan are to 1) comply with State of California and local public health orders, as well as campus policies, 2) reduce the risk of transmission between visiting scientists, staff and the local community and 3) establish clear protocols to monitor, isolate, or evacuate anyone that becomes ill while on-site.

Please read this plan carefully prior to your arrival. It contains important information about health screening, what you’ll need to bring to the field station, and new protocols you’ll be expected to follow.

You will find more details below, but expectations for 2020 include:
- Face covers are required in common areas, including out-of-doors if and while in close proximity to others
- Nonessential travel to/from the field station will be limited
- Daily self-screening/symptom checks are required starting 14 days prior to arrival at the field station and continuing throughout the visit using the Daily Symptom Screener tool
- Proper training is required and should be documented using the attached “Worksite Specific Safety Plan Training Form”
- Research groups that arrive together and conduct research together may be considered a social unit or “pod” and will be limited to 12 people or fewer
- Groups larger than 12 people require explicit approval from the Station Manager & Faculty Director and will operate as if they are composed of multiple social units of 12 people or fewer
- Self-catering only; no meal service or shared kitchen use between groups; if only one group is in residence a common kitchen can be used
- Research Station staff may be telecommuting and unavailable on-site
- There will be no cleaning/linen service for cabins, dorms, apartments or lab and classroom spaces – cleaning will fall to each group to coordinate

Do not come to the field station, if within the past 14 days:
- You have had signs/symptoms of COVID-19 which are new or not explained by a pre-existing condition
- Have returned from travel outside of the US
- Have had close contact with someone diagnosed with COVID-19

Items to bring with you:
- Multiple face covers (non-medical face covers are acceptable)
- Thermometer for daily symptom monitoring
- Hand sanitizer (> 60% alcohol content)
- Food supplies
- Bed linens, pillows and towels
- Cleaning supplies (disinfectant products should be on the EPA List-N or have an EPA registration number and have human coronavirus listed as a target pathogen on the product label; see Cleaning and Disinfection Protocols, p. 4)

Questions after reading this plan? Contact Ariel Roughton, aathomson@berkeley.edu
PURPOSE
This document serves as a COVID-19 Worksite Specific Safety Plan (WSSP) and provides minimum requirements to support a safe environment for University personnel and approved visitors. The guidance provided here is based on state directives and is not intended to revoke or repeal any employee rights, either statutory, regulatory or collectively bargained, and is not exhaustive, as it does not include county health orders, nor is it a substitute for any existing safety and health-related regulatory requirements such as those of Cal/OSHA. Organizational units should follow changes to public health guidance and state/local orders and update plans as needed, as the COVID-19 situation continues to evolve.

The goal of this plan is to enable the continuation of critical research projects while protecting the safety of individuals conducting research and ensuring our scientists and their research staff do not bring the virus to the community. The plan focuses on paring operations back to critical research activities, reducing close contact, reducing contact between Blodgett Forest and the neighboring communities, and aggressive cleaning and physical distancing measures.

ADDITIONAL RESOURCES
Required Training for UC Berkeley Personnel: "EHS 207 UC Berkeley Guidelines on Protecting Workers from COVID-19" is accessible via the UC Learning Center (calnet-login required, takes ~15 minutes to complete).
UC Berkeley COVID-19 Updates: https://news.berkeley.edu/coronavirus/
UC Berkeley University Health Services Student Advice Line: (510) 643-7197
UC Berkeley University Health Services Occupational Health Hotline: 510-332-7192
Local Health Department Agency Updates: https://www.edcgov.us/Government/hhsa/edccovid-19
Cal/OSHA: Cal/OSHA Interim Guidelines on Protecting Works from Coronavirus
California Department of Public Health: Statewide Industry Guidance

RESPONSIBLE PERSON(S)
Individuals responsible for implementing and updating the plan, as well as evaluating the effectiveness of this plan include:
**FACILITIES AND LOCATIONS INCLUDED IN THE SCOPE OF THIS PLAN**
The following facilities and locations are covered by this Worksite Specific Safety Plan:

<table>
<thead>
<tr>
<th>Facility Name</th>
<th>Address &amp; Phone Number</th>
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<tbody>
<tr>
<td>Blodgett Forest Research Station</td>
<td>4501 Blodgett Forest Road Georgetown, CA 95634 530-333-4475</td>
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**RISK ASSESSMENT AND CONTROL MEASURES**
Risk assessment criteria and guidance will be based on current details and directives provided by the Centers for Disease Control and Prevention (CDC), California Department of Public Health (CDPH), Cal-OSHA and the Local County Health Officer. As new information becomes available or is updated by these agencies, control measures and protocols associated with this COVID-19 Worksite Specific Safety Plan will be adjusted as needed. The likelihood of a COVID-19 community or work-related outbreak may increase as operations are resumed. All personnel must remain diligent to prevent COVID-19 outbreaks by following control measures outlined in this plan.

**Strategies to Minimize Contact & Reduce Transmission within the Field Station Community:**
- Lodging facilities will remain empty for a minimum of 24 hours between field station visitors.
- We have canceled group gatherings involving the public, including seminars, public lectures, and tours.
- Visitors will be limited to those actively involved in research or maintaining the facilities; no school group tours, seminar speakers, or alumni.
- Upon arrival, physical distancing and use of face covers are required.
- We discourage nonessential travel between the field station and town, so prepare to be as self-sufficient as possible with food and supplies for the duration of your stay if possible. If this will not be possible, please discuss with field station manager or director.
- Visitors are not allowed to enter any buildings other than their residences, downstairs of Vaux, and those buildings approved for entry by the forest manager.
- Please clean and disinfect all shared work spaces, and your assigned kitchen/bed/bath spaces upon arrival and prior to departure. Pay particular attention to high-touch surfaces like light switches, door knobs and faucet handles.
- Please protect yourself through hand washing, frequent sanitizing and by maintaining physical distancing throughout your stay. Face covers are required in common areas, including out-of-doors if and while in close proximity to others.
- We will require staff and anybody working on the property, to practice and document daily
symptom monitoring.
• We will retain excess housing so individuals can self-isolate, if needed.
• We will require symptomatic individuals to be tested within 24 hours, or as soon as is feasible.

UNIVERSAL PREVENTION MEASURES for all SCIENTISTS, STAFF, STUDENTS, VISITORS

Hand Washing
• Bring extra hand soap and hand sanitizer.
• Wash hands with soap and water frequently for at least 20 seconds.
• Use hand sanitizer when soap and water are not available

Avoid Close Contact
• No handshakes, hugs, etc.
• Vehicles should only be shared between consistent members of the same research group; while in close proximity wear face covers and keep windows open while driving for increased ventilation, if possible.

Physical Distancing
• Research groups that arrive together and conduct research together may be considered a social unit or “pod.”
• We will reduce overall housing density and eliminate sharing of bedroom and bathroom spaces by individuals who are not family members or part of the same research group.
• There will be no sharing of kitchens between individuals who are not of the same family or research group, please practice frequent sanitizing and handwashing.

Cover your Mouth and Nose with a Face Cover, note:
• Face covers provide limited and unknown protection for the wearer and are not personal protective equipment (PPE).
• Face covers can help protect people near the wearer, but do not replace the need for physical distancing and frequent handwashing.
• Researchers and staff should wash or sanitize hands before and after donning, doffing, or adjusting face covers.
• Face covers should be washed after each shift.

Cover Coughs and Sneezes
• Throw used tissues directly into the trash (or a plastic bag in your pack while out and about).
• Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Cleaning and Disinfection Protocols

Increased cleaning and disinfection procedures are required to decrease the probability of coronavirus workplace exposure, especially in high traffic areas such as common rooms and eating areas, and areas of ingress and egress. Frequently disinfect commonly used surfaces including doorknobs, toilets, and handwashing facilities. Expected frequency of cleaning in designated areas:
Common rooms: prior to and after use
Shared lab or workspace: prior to and after use
Shared equipment shed/shop space: prior to and after use
Shared kitchen or eating space: prior to and after use
Shared bathroom facilities: prior to and after use

• For a list of commercial products approved for use on hard, non-porous surfaces for human coronavirus, you can consult the EPA List-N (e.g. Clorox disinfecting wipes, Lysol multi-surface cleaner, Envirocleanse-A, Peroxide Multi Surface Cleaner & Disinfectant, Seventh Generation Cleanwell INSIDE products). Diluted household bleach solutions (5 tablespoons per gallon of water), or alcohol solutions with at least 60% alcohol that are appropriate for the surface are also effective. Follow product instructions and pay attention to the required contact time. Ensure that employees wear proper PPE while handling concentrated chemicals.

• As needed and in support of improving ventilation, open windows to living and working spaces as much as possible. Portable high-efficiency air cleaners may be installed in designated areas with approval of the Reserve or Station Manager(s).

Other Cleaning and Disinfection Protocols (document as appropriate):

TRAINING AND COMMUNICATION
Employees and visitors must review this section and the required training materials of their “home” campus/institution/agency and this Worksite Specific Safety Plan prior to starting work at Blodgett Forest Research Station. Additionally, Berkeley users are required to take "EHS 207 UC Berkeley Guidelines on Protecting Workers from COVID-19" accessible via the UC Learning Center (calnet-login required; ~15 minutes to complete).

Know how it spreads
• There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
• The best way to prevent illness is to avoid being exposed to this virus.
• The virus is thought to spread mainly from person-to-person:
  o Between people who are in close contact with one another (6 feet or less).
  o Through respiratory droplets produced when an infected person coughs, sneezes or talks. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
  o Respiratory droplets can remain suspended in the air for up to ½ hour.
  o Recent studies have indicated that COVID-19 may be spread by people who are not showing symptoms.
  o Wearing face coverings significantly limits the distance that respiratory droplets are ejected and should be worn by people even if they are asymptomatic.
Understand who is at Higher Risk for Severe Illness
COVID-19 is a new disease and there is limited information regarding risk factors for severe disease. Based on currently available information and clinical expertise, older adults and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19.

Based on what we know now, those at high-risk for severe illness from COVID-19 are:
- People 65 years and older
- People who live in a nursing home or long-term care facility
- People of all ages with underlying medical conditions, particularly if not well controlled, including:
  - People with chronic lung disease or moderate to severe asthma
  - People who have serious heart conditions
  - People who are immunocompromised
    - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
  - People with severe obesity (body mass index [BMI] of 40 or higher)
  - People with diabetes
  - People with chronic kidney disease undergoing dialysis
  - People with liver disease

Be Familiar with and Self-monitor for the Following Symptoms
People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. It is important to note that symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:
- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle aches or pain (not associated with physical activity)
- Sore throat
- New loss of taste or smell
- Congestion or runny nose (not related to usual allergies)

This list is not all possible symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, diarrhea, stomach cramps, or soft stool (not related to a known medical condition).

If you, or someone you live with, are exhibiting these signs and symptoms or have been diagnosed with COVID-19, do not report to work or visit Blodgett Forest Research Station. Seek appropriate medical care and inform your supervisor and/or Station Manager, Ariel Roughton as soon as possible that you are unable to work on-site.

When to Seek Emergency Medical Attention
Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately
- Trouble breathing
• Persistent pain or pressure in the chest
• New confusion
• Inability to wake or stay awake
• Bluish lips or face

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

COVID-19 PREVENTION MEASURES AND EPIDEMIOLOGICAL CASE INVESTIGATIONS
Symptom screening procedures, rapid identification and isolation of COVID-positive individuals, COVID-19 case investigations, and contract tracing are all part of a broader public health containment strategy that can reduce but not eliminate risk of communicable disease spread. The following disease control measures will be used to prevent the spread of COVID-19.

• Require staff and visitors to conduct daily COVID-19 self-monitoring symptom checks prior to arriving at the Blodgett Forest and for the duration of their stay.
• Staff and visitors should utilize the Daily Symptom Screener and be prepared to present the resulting daily certificate, upon request.
• Field station personnel are not health professionals and will not help individuals determine whether any symptoms they experience might be COVID-related. Individuals must make their own determination as to whether their symptoms might be COVID-related; the CDC Self-Checker accessible online at https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html should also be utilized if concerns arise, or individuals should consult with their primary medical care provider.
• Any individuals with COVID-like symptoms should immediately self-isolate and report to their supervisor and the Station Manager that they are unable to work, and consult with their primary medical care provider for guidance, including testing, if appropriate.
• Visitors that develop signs/symptoms of COVID-19 should return home, if well and able to do so; out-of-area visitors should self-isolate on-site and follow the direction of medical personnel or local public health officials.
• To reiterate, researchers and staff should self-isolate and consult with their primary care provider if they suspect they have COVID-19, but should be referred to Occupational Health on campus at UC Berkeley for contact tracing if they test positive and for return to work clearance/issues. Occupational Health can be reached at: 510-332-7192 (hotline) or 510-642-6891 (front desk).
• Do not share private health information; individuals have no obligation to share specific symptoms, medical conditions, or other personal information with a supervisor or other members of a research group.
• The Station Manager may be asked to assist with communication and follow up with the appropriate investigating authority and/or Local Public Health Authority to initiate epidemiological case investigation activities. Additionally:
  o For students: University Health Services perform epidemiological case investigations with respect to all student cases, in consultation with local public health departments, and facilitate isolation, quarantine, and other responsive interventions.
  o For faculty and staff: Locations perform epidemiological case investigations through Occupational Health.
CONTACT TRACING
“Contact tracing” refers to a disease control measure employed by public health authorities to prevent spread of communicable diseases. Contact Tracing requires extensive training and other qualifications, strong supervision, and access to social and medical support for patients and contacts. Contact tracing normally is the responsibility of and performed by local public health departments. Universities and colleges responding to communicable disease on campus typically play a role and work closely with, and under the direction of their respective health departments, they may facilitate epidemiological case investigation and other related activities.

ENFORCEMENT
All staff and visitors (including researchers residing off-site) are expected to comply with these protocols. Researchers and students who choose to disregard these protocols may be asked to leave. The station manager, Ariel Roughton will initially handle all disciplinary actions (including verbal and/or written warnings) and the Berkeley Forests Directors will make final decisions if a community member is asked to leave. While in most circumstances we will provide a warning and an opportunity for an individual to correct their behavior, we reserve the right to immediately dismiss an individual if they wantonly put others at risk, or their behavior seriously threatens the health and integrity of the community.

New norms, new expectations. Communities all over the world are establishing new norms and new expectations for how we care for each other. Until the pandemic passes, life at the field station will be different. We will wear face covers. We will wave from afar rather than greeting each other with bear hugs. Some staff will continue to work from home, or maybe stagger schedules. But some things will not change. Our commitment to researchers is unwavering. Through all of this, creating and nurturing an environment of trust is essential. We will not get everything right, and the best way to get through this together will be to trust that we did the best we could at the time.

Safety is non-negotiable. We will follow the recommendations and guidelines issued by public health officials and/or infectious disease experts so as not to expose our staff and visitors to unacceptable health risks.

COMPLIANCE EVALUATIONS AND DEFICIENCY CORRECTION
The Station Manager will coordinate and facilitate monitoring of this plan as noted below:
- Ensure staff and approved visitors have access to hand washing facilities and/or proper hand sanitizers.
- Monitor the work environment, including common areas, to verify furniture configurations, work-flow, and general employee / pedestrian traffic patterns support adequate physical distancing protocols of 6 ft. or more.
- Provide and document training on this Worksite Specific Safety Plan.
- Direct staff and visitors to notify the Station Manager in the event of deficiencies or potential workplace hazards that could increase the risk of exposure to COVID-19.
- Document corrective actions to mitigate any noted deficiencies or COVID-19 workplace hazards.
- The Station Manager maintains the right to refuse entry or use of the field station if non-compliance is observed.
- Other compliance evaluation checks: ________________________________
COVID-19 Field Station Plan: Blodgett Forest Research Station
Visitor Checklist

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<th>Department/Group/Project:</th>
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<tr>
<td>Field Team Leader Name, Phone, Email:</td>
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<tr>
<td>PI/Supervisor Name, Phone, Email:</td>
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<tr>
<td>Worksite Location:</td>
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<td>Project Dates:</td>
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**Institutional Review & Approvals:**
- Departmental Approval
- Register travel > 100 miles via UC Away: [https://ehs.ucop.edu/away/#](https://ehs.ucop.edu/away/#); for international travel follow approval process at [https://globalengagement.berkeley.edu/faculty-staff/international-travel-resources](https://globalengagement.berkeley.edu/faculty-staff/international-travel-resources)
- Project-specific (Reserve Manager, partner agency, dive control board, IACUC, etc.):

**Required Training/Safety Brief:** Along with discussing work goals and plans, review safe work practices identified in this checklist with all participants.

- [EHS 207: UC Berkeley Guidelines on Protecting Workers from COVID-19](https://ehs.ucop.edu/207/) is accessible via the UC Learning Center (calnet-login required*, takes ~15 minutes to complete)*intended for UC Berkeley personnel
- Perform daily health screening, prior to arrival at the field station and for the duration of your fieldwork, using the [Daily Symptom Screener](https://ehs.ucop.edu/away/#).
- Review physical distancing, equipment handling, disinfection procedures, signs/symptoms of COVID-19, communication options in the field, check in procedures, and emergency procedures.
- Team members should have dedicated PPE, provisions, and supplies, if feasible, to minimize sharing.
- Team members have the right to refuse participation without fear of penalty if they feel conditions are unsafe.
- Each team member should be asymptomatic for at least two weeks prior to fieldwork and will not participate should they feel ill or have reasonable cause to believe they have been exposed to COVID-19.
- Maintain reliable communication to receive updates or get assistance; maintain a frequent check-in schedule.
- Remain aware of local public health requirements and campus policies regarding COVID-19.
- Review responsible conduct in the field, community; minimize contact with the public during the pandemic.
- Maintain flexibility to alter plans at any time, self-isolate, or return home.
- Follow campus reporting protocol, if you, a colleague, or an immediate family member tests positive.

**Continuity Planning:**
- Utilize video meetings for training, planning, and discussion, when possible, to minimize in-person interactions.
- Cross-train multiple people on critical tasks; document protocols in detail.
- Discuss how to prioritize the most time-critical tasks, if team members are unable to work.
- Consider dividing into smaller field teams that will work separately from other teams for the season.

**Transportation to Worksite:**
- Avoid public transportation.
- Meet at the worksite (each team member should have their own field vehicle). If not feasible, exceptions of two persons per vehicle allowed with supervisor approval. Both must wear face covers and keep windows open.
- All common areas should be wiped with a disinfectant prior to and after use of the vehicle.
- Other precautions:

**Provisions:**
- Each team member should be responsible for their own field provisions for the workday.
- Water, food, snacks, etc., should all be prepared and brought from home, if possible.
- Each team member should have at least two gallons of drinking water available per workday.
- If coolers are used, each team member should have their own designated cooler.
- Stops to make purchases should be kept to a minimum in order to lessen contact with the public.

**Fueling Vehicles/Service Stops:**
- Maintain physical distancing from anybody at the fuel location, store, etc.
- Be cognizant of what you touch at any service stations, stores, etc.
- Use disinfecting wipes on handles or buttons before you touch them; or single-use towels as a barrier.
- Use hand sanitizer prior to re-entering your vehicle; wash hands with soap and water as soon as possible.
- Other precautions:
Universal Safe Practices:
- Maintain physical distancing of at least 6 feet, whenever feasible.
- Keep from touching face (specifically eyes, mouth and nose); follow CDC guidance to Prevent Getting Sick.
- Wear a face cover in common areas, include outdoors when in proximity to others.
- Wash hands with soap and water frequently for at least 20 seconds.
- Use hand sanitizer when soap and water are not available.
- Cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow. Throw used tissues in the trash and immediately wash your hands.
- Clean and disinfect frequently touched surfaces.

Supplies, Cleaning, & Disinfection: Shared surfaces, equipment and gear should be cleaned, disinfected and dried before use. Any disinfecting product used should be on the EPA List-N, e.g. Clorox disinfecting wipes, Lysol multi-surface cleaner, Envirocleanse-A, Peroxide Multisurface Cleaner & Disinfectant, CleanWell INSIDE)
- Hand soap
- Hand sanitizer (> 60% alcohol)
- Single-use paper towels
- Disposable nitrile gloves
- Disinfectant:
- Tissues
- Extra face covers
- Carry a thermometer in your first aid kit
- Personal water bottles
- Other:

Emergency Procedures: List participants or attach roster; all team members must be able to provide clear and precise directions to the worksite. ☐ Cell phone service available ☐ If no cell service, describe communication plan and check-in procedures; or attach project field safety plan and directions to nearest hospital.

Marshall Hospital
1100 Marshall way
Placerville, CA
530-626-2678

Health Screening: Within the past 14 days,
- I have not had signs/symptoms of COVID-19 which are new or not explained by a pre-existing condition
- I have not travel outside of the US
- I have not had close contact with someone diagnosed with COVID-19
- If I develop signs/symptoms of COVID-19, I will notify the Reserve Manager immediately and self-isolate.

Reference: Signs and Symptoms of COVID-19 (per CDC May 13, 2020)
Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms or combinations of symptoms may have COVID-19 and should stay home, monitor symptoms, and call their medical provider:
- Cough
- Shortness of breath or difficult breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

Seek emergency medical care immediately:
- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

Campus Resources
Emergency Medical Response: 911
Campus Police Emergency Number: 1-510-642-3333
UC Berkeley COVID-19 Updates: https://news.berkeley.edu/coronavirus/
University Health Services Occupational Health Clinic: http://www.uhs.berkeley.edu/ or 1-510-642-6891
Office of Environment, Health & Safety (EH&S): http://ehs.berkeley.edu/ or 1-510-642-3073
UC Berkeley EH&S Field Safety Resources: http://ehs.berkeley.edu/field-safety
UC Travel Insurance 24/7 Assistance: 1-800-527-0218 or assistance@uhcglobal.com
Prior to starting work at Blodgett Forest, all personnel must complete required training, initial and date this training record form, and return a copy to your supervisor and the field station manager.

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<th>Initial</th>
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<tr>
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<td>&quot;Home&quot; campus/institution/agency required COVID-19 training</td>
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<td>For UC Berkeley personnel: EHS 207 UC Berkeley Guidelines on Protecting Workers from COVID-19&quot; is accessible via the UC Learning Center (calnet-login required, takes ~15 minutes to complete).</td>
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<tr>
<td></td>
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<td>Review of this written COVID-19 Field Station Plan for Blodgett Forest (Worksite Specific Safety Plan)</td>
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<tr>
<th>Initial</th>
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By signing this document, I acknowledge that I have received training regarding the above items. I understand that it is my responsibility to follow this Worksite Specific Safety Plan and to implement measures that mitigate the potential of a COVID-19 outbreak.

Name (printed) ______________________________ Name (signature) ______________________________ Date ________________