



HEALTHIER WORKPLACES | A HEALTHIER WORLD

Reopening: Guidance for **Gyms and Workout Facilities**

Guidance Document

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

Overview

Gyms and workout facilities have been very challenged during the COVID-19 pandemic. Many of these businesses have been viewed as “non-essential” by state governments and are closed. Many have been forced to lay off or furlough key employees, which may complicate re-opening as states start to relax shelter-in-place and stay-at-home restrictions.

With such restrictions beginning to lift, gym owners are faced with difficult questions that should be addressed before reopening, such as:

- How can we protect our employees and gym members from COVID-19 while working out at our facility?
- How do we assure gym members that we are doing all we can to protect them from COVID-19?
- How can we minimize the risk of disease transmission if those who are ill or those who have had contact with positive COVID-19 are members of our gyms?
- What do we do if a member is sick or not following guidelines?

SARS-CoV-2, the virus that causes COVID-19, is thought to be spread primarily through aerosolized respiratory droplets at close range. Airborne transmission from exposure to very small droplets over long distances is unlikely. However, there is evidence that this mode of transmission is possible, especially in crowded, indoor spaces. People may also become infected by touching contaminated sources. The virus has been shown to survive in aerosols for hours and on surfaces for days. Infection can occur through eyes, nose, and mouth exposures. There is also strong evidence that people can spread the virus while pre-symptomatic or asymptomatic. Measures can be taken to reduce the risk of transmitting COVID-19 from person-to-person spread through aerosolized respiratory droplets, such as the use of proper disinfecting and cleaning techniques, practicing

physical distancing, personal protective equipment, and controlling the number of clients in the gym at one time.

According to Johns Hopkins School of Medicine and other credible health resources, COVID-19 is not spread through perspiration (sweat), however, items touched by many people in a gym (e.g., barbells, weight machines, aerobic fitness equipment, etc.) could pose a risk for transmission of settled respiratory droplets.

This document offers practical guidance for gym owners to implement interim measures to reduce the risk of transmitting COVID-19. It addresses the key questions above and provides tips for employees and gym members.

What should an Employer do to protect themselves and their members?

Gym owners should continually monitor global (World Health Organization [WHO]), federal (Centers for Disease Control [CDC] and Occupational Safety and Health Administration [OSHA]), state, and local guidelines for changes in recommendations, disinfection strategies, worker protections and other best management practices. Employers should consider forming a knowledgeable team of to monitor, assess, and implement new strategies as they become available. In addition, employers should consider the following strategies for reducing the risk of COVID-19 transmission in regards to physical distancing, ventilation, enhanced cleaning and disinfecting practices, restrooms and showers, personal hygiene, employee wellness, personal protective equipment, training, waste and laundering, and communication. Due to the variety of gyms and workout facilities and sizes, it may not be possible for establishments to implement all of the following, however, trying to tackle the problem from multiple angles can help reduce health risks.



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Physical Distancing

- Limit the number of members in the gym at one time.
- Take into consideration physical distance guidelines for equipment layout and activities.
 - Consider distancing equipment at least 6 feet apart with greater distancing for treadmills and other aerobic fitness equipment where high exertion is common.
 - Aerobic fitness equipment can be arranged in a “X” pattern to provide greater distancing.
 - Physical barriers can also be helpful to create distancing or segregate exercise areas.
- Mark distances for members using tape/markers/paint/signage.
 - Video, photos, and markings are ideal to demonstrate physical distancing measures.
- Train gym personnel on physical distancing guidelines and ways to communicate them to members.
- Use social media and other communication (signage/email/text lists) to educate members on the physical distancing guidelines and procedures.
- Utilize self-check-in or place barrier/partition between front desk employees and members.
- Consider developing online sign-up systems (i.e., first come, first serve) with set-duration (one hour) workout periods.
- Consider creating specific hours for older members that are reservation only with an admittance limit.
- Consider offering planned circuit type workouts that facilitate physical distancing and allow for wiping/disinfection of equipment during recovery between exercises.
- Group exercise classes should only be offered if physical distancing requirements can be maintained and there is no person-to-person physical contact.
- Basketball courts and other areas where sports with physical contact occurs should be closed.
- Saunas and steam baths should be closed or limited to one guest or family unit at a time.
- Employees should monitor physical distancing requirements in large whirlpools or swimming pools in outdoor or well-ventilated spaces, and based on the size of the pool, limit the number of members admitted.
- Personal trainers and employees assisting members with exercise should consider physical distancing.
 - Cloth or disposable face coverings should be worn if physical distancing is not possible.
- Water fountains should be closed, and patrons encouraged to bring their own water.
- Juice bars and other food service areas should follow guidelines for restaurants.
 - Guidance is available on AIHA’s [BackToWork-Safely.org](https://www.backtoworksafely.org) website.
 - Notably, according to the Food and Drug Administration (FDA) and the CDC, there is currently no evidence to support transmission of SARS-CoV-2 associated with food. Existing food safety requirements are already stringent and reduce the likelihood of foodborne disease transmission. Additional measures can be taken to reduce the risk of transmitting SARS-CoV-2 from touching surfaces or from person-to-person spread through respiratory droplets.
- Increase the number of disinfecting wipe stations through the facility.

Ventilation

- Encourage outdoor activity and classes if feasible.
- Provide natural ventilation by opening windows and doors whenever possible to increase air flow.



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If windows and doors cannot remain open, provide good indoor air quality by:

- Keeping HVAC system operational to maintain thermal comfort and maximize outdoor air based on system design.
- Maintaining the relative humidity at 40-60%.
- Limiting the use of portable pedestal or overhead ceiling fans.
- If you need assistance on HVAC issues, ask an HVAC professional and see the American Society of Heating, Refrigerating, and Air-Conditioning Engineers' (ASHRAE) [COVID-19 \(Coronavirus\) Preparedness Resources](#) updates for more information.
 - 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 HEPA filtration units.
- If fans, such as pedestal fans or hard mounted fans, are used in the gym, take steps to minimize air from fans blowing from one person directly at another individual. If fans are disabled or removed, employees and members should remain aware of, and take steps to prevent [heat hazards](#).

Enhanced Cleaning and Disinfecting Practices

- Select appropriate disinfectants – consider effectiveness and safety.
 - The U.S. Environmental Protection Agency (EPA) has developed a [list of products](#) that meet EPA's criteria for use against SARS-CoV-2.
 - 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 Safety Data Sheets (SDS) and follow manufacturer specifications for cleaning/disinfecting.
- 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.
- Establish a disinfection routine.
 - Ensure disinfection protocols follow product instructions for application and contact time. All items should be allowed to dry thoroughly after cleaning.
 - Use disposable wipes or rags when available. If not available, ensure rags are maintained, handled, and cleaned per product instructions.
- Consider developing a standard operating procedure, a checklist, or audit system to consistently train employees on enhanced cleaning/disinfecting practices or to track when and how cleaning and disinfecting is conducted. Note that this may be a requirement in some states or local jurisdictions.
- Promote these practices to members – make this visible.
- Provide materials for members to wipe/disinfect equipment before and after exercise at each location/station/piece of equipment.

Restrooms/Showers/Locker Rooms (**NOTE: See [Supplement guidance on use of air dryers](#)**)

- Post signage limiting restroom occupancy to allow for proper physical distancing and to remind employees and members to wash hands before and after using the restroom.
- Minimize touchpoints entering and existing restrooms, if possible.
- If the door cannot be opened without touching the handle, provide paper towels and a trash can by the door so a paper towel can be used when touching the handle and then discarded.



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- Consider controlling access to bathrooms with a key so disinfection measures can be better managed. If a key is used, consider disinfecting it after each use.
- Doors to multi-stall restrooms should be able to be opened and closed without touching handles if possible.
- Place signs indicating that toilet lids (if present) should be closed before and after flushing.
- 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 and air dryers in restrooms.¹
 - The WHO and CDC currently state that hands can be dried using a paper towel or hand dryer.
 - Due to current uncertainties surrounding the transmission of SARS-CoV-2, care should be taken when using a hand dryer or paper towel.
 - The use of touch or push hand dryers is discouraged due to possible surface contamination. If hand dryers are used, consider touchless devices.
- Businesses and employers should work with HVAC professionals to ensure that bathrooms are well ventilated, and if filtration is used, that proper filtration practices are being followed.
- Only allow shower and locker room use if there are partitions or else place signage to maintain proper physical distancing. If partitions or proper distancing are not possible, these facilities should remain closed.
 - Shoes should be worn in locker rooms/showers.
- Increase frequency and efforts to keep bathrooms/showers/locker rooms clean and properly disinfected and maintain a record of sanitary work practices.

Personal Hygiene

- Establish “before and after” workout and locker room hand washing or sanitizing for all members and employees.
- Provide hand washing stations at the front of the establishment or alternatively, hand sanitizer that contains at least 60% ethanol or 70% isopropyl alcohol if wash stations are not feasible.
- Make hand sanitizer stations available throughout work and public places. Stations should also be placed in convenient locations, such as at entrances, exits, near elevators, and restrooms. Touch-free hand sanitizer dispensers should be installed where possible.
- At minimum, employees should wash their hands after they have been in a public place, after touching their face covering, after blowing their nose, coughing, or sneezing, after using the restroom, after touching any common contact surfaces, and before eating. **Avoid touching eyes, nose, or mouth with unwashed hands.**
- Employees should wash hands with clean, running water, apply soap, lather and scrub for at least 20 seconds, then rinse. Dry hands using a clean paper towel or air dry. When soap and water can't be used, use an alcohol-based hand sanitizer that contains at least 60% ethanol or 70% isopropyl alcohol. Any use of alcohol-based hand sanitizers should follow local and State guidelines.

Employee Wellness

- Encourage those who are sick or at greater risk to stay home. This includes:
 - People with underlying medical conditions.
 - People who live with elderly people or those who are at risk.
 - People with upper respiratory or flu-like symp-

¹NOTE VERSION CHANGE: In version 2 of this guidance document, in the section titled “Restrooms” it stated to disconnect or tape off the hand dryer. NOTE: See [Supplement guidance on use of air dryers](#).



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- toms or who live with someone with these clinical symptoms.
- People with COVID-19, people who live with someone with COVID-19, or who have been exposed to someone with COVID-19.
 - Employers should educate employees to recognize the [symptoms of COVID-19](#) and provide instructions on what to do if they develop symptoms. At a minimum, any worker should immediately notify their supervisor, their health care provider, and the local health department, who will provide guidance on what actions need to be taken.
 - Health checks and reporting requirements of individuals infected with COVID-19 should be explained to employees prior to reopening and again once operations have resumed.
 - Communicate to employees the importance of being vigilant when monitoring symptoms and staying in touch with their employer or manager if or when they start to feel sick.
 - Revisit your leave or sick program to allow for time off and follow all HR Policies and HIPAA/other regulatory requirements.
 - Conduct employee temperature screening and wellness checks before each shift. **(NOTE: be sure to comply with OSHA's Access to Employee Exposure Medical Records standard for confidentiality.)**
 - Temperature screening methods can include manual (use non-contact infrared thermometers) or thermal camera meeting [FDA recommendations](#). Additional screening information/guidance can be found on the [CDC website](#).
 - Assign an employee to manage and conduct the temperature screenings while following CDC guidelines in the above link. If this is not possible, employees can self-check their own temperature.
 - Screening should be done in a manner such that the privacy of employees is respected.
 - Perform a visual inspection for other signs of illness (e.g., flushed cheeks, rapid or difficulty breathing without recent physical activity, fatigue, extreme fussiness, cough).
 - Employees who have a fever of 100.4° F (38°C) or above, or other signs of illness should not be admitted to the facility.
 - Employers can consider incorporating a wellness questionnaire with questions such as:
 - Have you, or a person you have been in close contact with, been diagnosed with COVID-19 within the last 14 days? (close contact is 6 feet or less for more than 10 minutes.)
 - Have you experienced any cold or flu-like symptoms in the last 72 hours (to include fever, shortness of breath, cough, sore throat, difficulty breathing, nausea, vomiting, and diarrhea)?
 - Have you traveled to an international or domestic “hot spot” in the last 14 days?
 - There are a number of examples available for wellness questionnaires (see Resources below).
 - Require employees who have symptoms or signs (i.e., fever, cough, or shortness of breath) or who have a sick family member at home with COVID-19 to notify their supervisor and stay home.
 - Sick employees should follow the CDC-recommended steps. Employees should not return to work until the criteria to discontinue home isolation are met in consultation with healthcare providers and state and local health departments. Consider waiving requirements for medical documentation during the pandemic, as CDC has advised people with mild illness NOT to go to the doctor's office or emergency room.
 - If employee is sick or receives positive COVID-19 test results, results should be reported to employer. In the case of a positive COVID-19 test result, the employee must stay home until cleared for physical



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return to the workplace by their medical provider, following the CDC's [Discontinuation of Isolation for Persons with COVID - 19 Not in Healthcare Settings](#).

- If an employee tests positive:
 - 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.
 - The employee shall be isolated to the area they are in currently and removed from the work site for a minimum of 14 days.
 - Any individuals having “close contact” (within approximately 6 feet) with the sick employee should also be isolated from the work site for 14 days; and all other employees should continue to follow physical distancing rules. Communicate and reinforce with employees, while maintaining PII and HIPAA requirements, that they may have been exposed and to closely monitor their health, temperature, and current symptoms as identified by the CDC. Contact tracing and sharing of employee information should be done under the guidance of Human Resources due to privacy requirements of HIPAA, ADA, and EEOC. See the CDC's [“Coronavirus Disease 2019 \(COVID-19\) General Business Frequently Asked Questions”](#).
 - Enhanced cleaning and disinfecting should be done immediately by trained personnel, who should wear appropriate face coverings and gloves, dispose of gloves after use, and wash hands and face when complete. Visibly dirty surfaces shall be cleaned using a detergent or soap and water PRIOR to disinfection.

- For disinfection, use only EPA-registered disinfectants on [List-N](#).

Other Control Measures

- Although not necessary if hand-washing protocols are rigorously followed, consider providing disposable gloves to employees.
 - If gloves are worn, they must be changed regularly and are not a substitution for handwashing.
- Provide or encourage employees to wear cloth or disposable face coverings, depending on local requirements and for those who cannot maintain physical distancing as part of the job (**NOTE: Cloth or disposable face coverings primarily protect other people. A cloth or disposable face covering is not a substitute for physical distancing.**)
- Ensure that training is provided for all Personal Protective Equipment (PPE) worn and for all disinfectant products used.

NOTE: If an employer chooses to provide or the employee supplies their own N95 respirator, please fully consider all the potential OSHA requirements.

Training

- Provide instruction and training to employees on how to:
 - Properly put on and remove gloves.
 - Clean and disinfect surfaces according to product specifications.
 - Correctly use face coverings and/or respirators. As noted above, if an employer chooses to provide an N95 respirator, consider all the potential OSHA requirements.
- Provide Safety Data Sheets (SDS) for cleaning and disinfection products and ensure employees are aware of the hazards of use. Incorporate new hazards into existing OSHA Hazard Communications Program.



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- Employees should receive, at minimum, awareness training on cleaning and disinfection products used in the workplace following OSHA Hazard Communication Standards. For employees who will use cleaning and disinfecting products, training should also include proper use, PPE, disposal, and all precautionary measures.
- Implement and inform employees of supportive workplace policies as applicable:
 - Flexible sick leave policies consistent with public health guidance. Providing paid sick leave is an important way to encourage employees to stay home when sick.
 - Consider not requiring a COVID-19 test result or a healthcare provider's note for employees who are sick to validate their illness in order to qualify for sick leave. If you do require a doctor's note from your employees to verify that they are healthy and able to return to work, be aware that healthcare provider offices and medical facilities may be extremely busy and not able to provide such documentation in a timely manner. Get more information related to the [Americans with Disabilities Act during the COVID-19 pandemic](#).
 - Flexibility to stay home to care for a sick family member.
 - 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's](#) and the [Equal Employment Opportunity Commission's](#) websites.
 - Employee assistance program and community resources to help employees manage stress and receive support.
 - Encourage employees at increased risk for severe illness to request special accommodations 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 providing instruction on hand hygiene, respiratory hygiene, and cough etiquette. This should include signs **with labels** for non-English readers, as needed.

Waste and Laundering

- Single-use items and used disinfection materials can be treated as regular waste, following regular safety guidelines.
- Any reused cloth materials should be washed and dried on the highest temperature setting allowable for the fabric.
- Towels should be washed and dried on the highest temperature settings allowable for the fabric. Disposable gloves and face coverings should be worn when employees handle dirty laundry.
- Deeper cleaning and disinfecting protocols should be developed and implemented in cases where confirmed cases of COVID-19 are discovered. Refer to AIHA's [Workplace Cleaning for COVID-19](#).

Communication

- It is strongly recommended that gyms require all patrons wear a cloth or disposable face covering while on the premises.
- Communicate to members what the fitness center is doing to mitigate the spread of COVID-19 (e.g., disinfection routine, health policies for employees, and health and safety measures in place).
- Consider communicating to members when gym attendance may not be a good option (e.g. taking care of someone who is COVID-19 positive, exhibiting symptoms of COVID-19, being in a high-risk category, etc.).
- Communicate that the fitness center has the right to refuse service to anyone exhibiting symptoms or not following guidelines (e.g., physical distancing).



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- Platforms for communication could include social media, websites, and indoor/outdoor signage.

What should an Employee do to protect themselves and the members?

- Employees should evaluate their health continuously; if they are sick, have a fever or symptoms, or someone at home is sick, then they should remain home. **NOTE: Employer HR Policies, HIPAA guidelines and other laws should be followed at all times.**
- Maintain cloth or disposable (or better if you have it) face covering, clean or replace frequently, and use at minimum when unable to maintain physical distancing of 6-feet.
- Depending on local requirements, in alignment with CDC recommendations, wear a cloth or disposable face covering whenever physical distancing cannot be maintained (indoors or outdoors). Ensure the face covering is properly maintained and cleaned. Additional information on cloth face coverings can be found on [CDC's website](#). **(NOTE: Cloth or disposable face coverings primarily protect other people. A cloth or disposable face covering is not a substitute for physical distancing.)**
- With the exception of children less than two, and individuals who have difficulty breathing, are unconscious, or otherwise unable to remove a face covering without assistance, CDC recommends that all people wear a cloth or disposable face covering in public settings and when around people who don't live in their household, especially when other physical distancing measures are difficult to maintain.
- Non-medical cloth or disposable face coverings or cloth or disposable face coverings are NOT Personal Protective Equipment (PPE), but they do offer some protection to others and should be worn while near other people in common spaces or shared workspaces. They are not a substitute for physical distancing, engineering controls, cleaning and disinfecting, proper hygiene, or staying home while sick.
- Remove cloth or disposable face coverings correctly and wash hands after handling or touching a used face covering.
- Wash cloth face coverings after each use. Cloth face coverings can be included with regular laundry. Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the face covering. Use the highest heat setting and leave in the dryer until completely dry. If air drying, lay flat and allow to completely dry. If possible, place in direct sunlight.
- Maintain good hygiene practices (washing hands with soap and water for at least 20 seconds or a hand sanitizer with at least 60% ethanol or 70% isopropyl alcohol). For more information, refer to [CDC's handwashing guidelines](#).
- If an employee tests positive for COVID-19:
 - Stay home and isolate until cleared for physical return to the workplace by your medical provider, following the CDC's [Discontinuation of Isolation for Persons with COVID -19 Not in Healthcare Settings](#).
 - Contact your supervisor and report your results as soon as possible.
 - Notify your supervisor about others in the workplace with whom you came into contact.
- At minimum, employees should wash their hands after they have been in a public place, after touching their face covering, after blowing their nose, coughing, or sneezing, after using the restroom, after touching any common contact surfaces, and before eating. **Avoid touching eyes, nose, or mouth with unwashed hands.**



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- Employees should wash hands with clean, running water, apply soap, lather and scrub for at least 20 seconds, then rinse. Dry hands using a clean paper towel or air dry. When soap and water can't be used, use an alcohol-based hand sanitizer that contains at least 60% ethanol or 70% isopropyl alcohol. Any use of alcohol-based hand sanitizers should follow local and State guidelines.
- Let your employer know if you have concerns about PPE that may be provided to you and that you are properly instructed on how to use it. [The CDC has recommended sequences for donning and doffing PPE.](#)
- Cover your mouth and nose with a tissue when you cough or sneeze and throw used tissues in the trash. If you don't 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.
- Avoid using lifting gloves and other items that are not easily cleaned.
- As you enter and leave the building, wear a cloth or disposable face covering (or better if you have it).
- Even if the gym does not require all patrons wear a cloth or disposable face covering while on the premises and during your workout, it is recommended to wear one.
- Use a disinfecting wipe to wipe down each piece of equipment you use before and after use and dispose of the wipe appropriately.
- Wash your hands before and after you leave the building if possible. If not, use alcohol-based hand sanitizer that contains at least 60% ethanol or 70% isopropyl alcohol when you enter and before you leave the building.
- Remember physical distancing requirements in locker rooms.

Worker Rights

AIHA believes that basic protections are worker rights, as well as an essential ingredient of occupational health and safety systems, and that employers must provide a safe and healthful work environment.

What a Member can do to minimize the transmission of COVID-19

- If you are sick stay home. If you have a temperature stay home. If someone in your house is sick, stay home. If you have allergies and can't control sneezing, stay home.
- Use online gym/workout services where you can.
- Pre-plan your workout routine to avoid lingering/socializing to allow other members to workout due to reduced occupancy/distancing.
- Limit the items you touch within the gym to only the items you will use.

- Maintain a distance of at least 6 feet from other members and employees when walking throughout the gym to the extent possible.
- Cover your mouth and nose with a tissue when you cough or sneeze and throw used tissues in the trash. If you don't 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.

Resources

- [Association of Fitness Studios](#)
 - [Tips for Employers](#) (courtesy US Chamber of Commerce Foundation/CDC)
 - [Tips for Members](#)
- [IDEA: Health & Fitness Association](#)



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- CDC Health Screening “[Should we be screening employees for COVID-19 symptoms?](#)” section of General Business Frequently Asked Questions
- Numerous [wellness questionnaire examples](#) are available online
- The EPA has developed a [list of disinfectants](#) for use against SARS-CoV-2
- [American Cleaning Institute’s COVID-19 Resources](#)
- AIHA’s Indoor Environmental Quality Committee developed these guidance documents about reopening and cleaning buildings after closures due to COVID-19: [Recovering from COVID-19 Building Closures](#) and [Workplace Cleaning for COVID-19](#).
- AIHA’s [Considerations on the Safe Use of UVC Radiation](#)
- AIHA’s [Focus on Construction Health: COVID-19](#)
- AIHA’s [Effective and Safe Practices: Guidance for Custodians, Cleaning and Maintenance Staff](#)
- AIHA’s [Employers Guide to COVID-19 Cleaning & Disinfection in Non-Healthcare Workplaces](#)
- AIHA’s [Reducing Risk of COVID-19 Using Engineering Controls](#)
- AIHA’s [PPE for SARS-CoV-2](#)
- AIHA’s [Use of Real Time Detection Systems](#)
- AIHA’s [Proper Use of Respirators for Healthcare Workers & First Responders](#)
- AIHA’s [Workers Rights White Paper](#)

AIHA®

AIHA is the association for scientists and professionals committed to preserving and ensuring occupational and environmental health and safety (OEHS) in the workplace and community. Founded in 1939 as the American Industrial Hygiene Association® (AIHA®), we support our members with our expertise, networks, comprehensive education programs and other products and services that help them maintain the highest professional and competency standards. More than half of AIHA’s nearly 8,500 members are Certified Industrial Hygienists (CIH), and many hold other professional designations. AIHA serves as a resource for those employed across the public and private sectors, as well as to the communities in which they work. For more information, visit [AIHA.org](#).

About Occupational and Environmental Health and Safety Professionals

Occupational and environmental health and safety (OEHS) professionals (also known as industrial hygienists) practice the science of anticipating, recognizing, evaluating, controlling and confirming workplace conditions that may cause workers’ injury or illness. Through a continuous improvement cycle of planning, doing, checking and acting, OEHS professionals make sure workplaces are healthy and safe.

- Get additional resources at AIHA’s [Coronavirus Outbreak Resource Center](#).
- Find a qualified industrial hygiene and OEHS professionals near you in our [Consultants Listing](#).



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These guidance documents were primarily developed for those smaller business that don't have readily available occupational health and safety resources, and designed to help business owners, employers, employees and consumers implement science-backed procedures for limiting the spread of the coronavirus. They are subject to any local, state, or federal directives, laws, or orders about operating a business and should only be used if they do not conflict with any such orders.

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