



2nd Wind Oxygen Bars COVID-19 Safety Plan

Operating oxygen bar services at special events must be planned around assessing the risks and developing a specific plan and procedures to mitigate the risk of staff and the public being exposed to or infected with the Coronavirus. The plan must be compliant with the guidelines and directives set by the CDC and your Regional Health & Safety Authorities. Health & Safety authorities could change levels of protection as the severity of the regional environment fluctuates so it's very important to adapt and adhere to the safety standards as they change.

We do recommend to customers with existing breathing health concerns such as asthma and COPD consult their physician before using an oxygen bar. We also recommend pregnant women consult their OBGYN before using an oxygen bar. Oxygen bars are safe for children, adults and the elderly as long as there is no underlying breathing health issues. Breathing oxygen is a detoxifier and promotes healing, speeds up the body's recovery after exertion and improves cell metabolism.

Due to the design and construction of our equipment with one way check valves and the amount of pressure and constant flow that comes out of the oxygen bar equipment, there is no way possible that someone with the coronavirus who breathes oxygen through their nose hose could contaminate the equipment's internal components. It has always been common practice that every oxygen bar patron receive a brand new personal nose hose for their oxygen session then discard it after use. Nose hoses are never to be re-used but recommended to be recycled with Soft Plastics.

These **4 Safety steps** in order from most effective to least effective, are the actions required to achieve the highest level of protection while at the Oxygen Bar:

1. **Elimination** - Physical distancing measures. Maintain at least 2 meters or 6 feet of distance between each person. This can be achieved by reducing the density of people and contact duration.
2. **Engineered controls** – Physical barriers like plexi-glass or fencing where 6 feet of distance cannot be achieved. Increased ventilation. Clearly marked traffic flow. Separate 'Entry Only' and 'Exit Only' routes. One way traffic, stanchions or rope dividers and floor stickers for flow direction and line-ups.

3. **Administrative controls** – Rules and Guidelines. Minimize cash transactions and promote Credit and Debit card transactions. Use hand sanitizer after handling cash and cards. Implement enhanced hygiene protocols. Frequent and proper hand washing, avoid touching eyes, nose and mouth. Cough into your sleeve. Use serving tongs when handing out personal nose pieces to customers. Provide No-touch waste baskets.
4. **PPE (Personal Protective Equipment)** – Where physical distancing cannot be achieved, a non-medical mask must be used. Other personal protection considerations are disposable gloves, plexi face shields, protective gowns (depending on risk level). PPE should not be used as the only control measure. It should only be used in combination with the above **Safety steps**.

Know the difference between cleaning, sanitizing and disinfecting

Cleaning physically removes germs, dirt, and impurities from surfaces or objects. Cleaning works by using soap (or detergent) then wipe grime and germs from surfaces with a clean cloth (preferably microfiber), or rinse with water. Detergent contains a surfactant that breaks surface tension allowing dirt and grime to be easily removed. This process does not kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.

Sanitizing lowers the number of germs on surfaces or objects to a safe level, as judged by public health standards or requirements. This process works by cleaning surfaces and objects using a germ killing solution in water then wiping dry with a clean cloth to remove germs and lower the risk of spreading infection.

Disinfecting kills germs on surfaces or objects by using a germ killing disinfectant. This process requires that the product remain on the surface for a certain period of **contact time** (3-10 minutes, depending on the type of chemical and dilution strength). This does not necessarily clean dirty surfaces or remove germs, but by killing germs on a surface after cleaning, it can further lower the risk of spreading infection. After contact time has been reached, the surface must be rinsed or wiped clean to remove residue disinfectant solution.

Clean and disinfect correctly

Always follow label directions on cleaning products and disinfectants. Every Consumer cleaning product that you find in the supermarket will have instructions on the container and if you are using a Commercial product, you need to read and follow the SDS (Safety Data Sheet) instructions within the GHS (Global Harmonized System). This system replaces the MSDS (Material Safety Data Sheet) within WHMIS (Workplace Hazardous Materials Information System). Make sure it states that EPA has approved the product for effectiveness against Covid-19 and other viruses.

Properly disinfecting a surface is a 2 step process. If a surface is visibly dirty, you must first clean using a cleaning product with a surfactant then wipe with a microfiber cloth. Secondly, you kill the remaining germs using a disinfecting solution. Spray and wipe it on then let it sit without drying for ‘Contact’ or ‘Kill’ time, then wipe away using a microfiber cloth. Contact time typically varies between 4 – 10 minutes depending on the product ingredients and dilution. If a surface is not visibly dirty, you can clean it with an EPA-registered product that both cleans (reduces surface tension) and disinfects (kills germs). This can reduce your procedure down to one step. Again, you must make sure to read the directions carefully, as there may be a separate procedure for using the product as a cleaner or as a disinfectant. Disinfectants are usually stronger than a sanitizing solution so it’s very important to rinse all disinfectant solutions away with water or remove with a clean dry micro-fiber cloth after contact time has been achieved. If the disinfectant chemical is not completely removed or left to dry on the surface, it could re-activate and cause irritation and rashes when it comes in contact with the skin. The best cloth to use is a microfiber because of the ability for it to grab and remove grime and germs. A cotton cloth will remove some grime and germs but spreads and pushes it around more than it picks up and removes it.

Clean and disinfect surfaces and objects that are touched often

Develop a ‘Touch map’ that outlines high touch areas such as aroma stations, oxygen tubing, counter tops, plexi-glass dividers, chairs and bar stools, ON/OFF switches, POS terminals, phones, merchandise, shared equipment etc. Develop a procedure and schedule for cleaning/disinfecting touch points. Use disinfecting wipes on electronic items that are touched often but pay close attention to the



directions for using disinfecting wipes. It may be necessary to use more than one wipe to keep the surface wet for the stated length of Contact time. Make sure that the electronics can withstand cleaning, sanitizing and disinfecting with wipes or liquid spray solutions. When cleaning electronic equipment like laptops, iPads and POS systems, avoid using a paper towel as it may scratch your equipment. Instead, use a microfiber cloth for best results. Keep cotton swabs or a small art brush handy for reaching small spaces. Another alternative is to use a can of compressed air to dislodge dust and dirt from small areas like keyboards. Spray cleaning solution on cloth instead of directly on to electronics or gadgets. Never spray cleaning agents directly on your electronics. They have various entry points and ventilation holes that might get damaged if you spray directly on the equipment. Spray your cleaning cloth first and then wipe the item down. You can also apply hand sanitizer to a microfiber cloth to wipe electronic equipment.

Use products safely

Pay close attention to hazard warnings and directions on product labels and SDS (Safety Data Sheet). Cleaning products and disinfectants often call for the use of gloves or eye protection (PPE). For example, gloves should always be worn to protect your hands when working with bleach or quaternary solutions. Do not mix cleaners and disinfectants unless the labels indicate it is safe to do so. Combining certain products such as chlorine bleach and ammonia cleaners can result in serious injury or death as mixing them could create chlorine gas. Ensure that oxygen bar staff who use cleaners and disinfectants read and understand all instructions for use and safe handling. It's highly recommended that instructional materials and training be provided. Train your staff on how to avoid cross-contamination when removing gloves. Have your staff read the COVID-19 Safety Plan and Cleaning Procedures then sign and date a 'COVID Orientation' form acknowledging that they have read, understand and will follow the policies and procedures within. Keep a record of the COVID-19 Safety Plan and signed COVID Orientation forms in a 'Staff Training' or 'Crew Talk' binder . Keep it up to date and on site for inspection from Health and Safety authorities. Your COVID Safety Plan should include the 4 Safety Steps, Operational and Cleaning Procedures, SDS sheets for cleaning and disinfecting products. COVID Staff Orientation forms, Customer attendance forms.



Handle waste properly

Place lined no-touch waste baskets where they are easy accessible so that your customers can easily dispose of their personal nose piece after use. Throw other disposable items used to clean surfaces and items in the trash immediately after use. Avoid touching used tissues and other waste when emptying waste baskets. Wash your hands with soap and water after emptying waste baskets or touching used tissues and similar waste.

Registration/Contact tracing

Number each oxygen station and collect first, last names and telephone number or email address of every patron who attends the oxygen bar and where they sit. Retain this information for 30 days in case there is a need for contact tracing for the medical health officer, in which case the information must be provided to the Health officer.

Safe Work Procedures for Oxygen Bar Operations

Before, During and After your event

Before

- Stay at home if you're sick or have recently been exposed to someone with the Coronavirus.
- Thoroughly wash your hands as soon as you arrive on site to set up or prepare for opening to the public. Use alcohol base Hand Sanitizer between hand washing (70% alcohol).
- Implement Step 2 (Engineered Controls) of the 4 Safety steps into your setup and layout of your space (plexi-glass or physical barriers, separate Entry/ Exit, clearly marked direction flow using floor signs, stanchions etc).
Number each Oxygen bar station.



- Ensure that you have an ample supply of PPE for staff and easy access to hand sanitizer for patrons and staff.
- Keep your COVID Safety Plan binder on site for easy access and referral.
- When you have finished setting up and preparing for opening, follow the correct procedures to clean and disinfect all touch points using your EPA certified products. Make sure that the correct 'Contact time' has been achieved then thoroughly remove all cleaning and disinfecting solutions from touch points using a clean microfiber cloth.

During

- Always maintain physical distance (6 feet or 2 meters)
- Wear a mask when physical distancing can't be achieved.
- Collect and record in your Attendance Log the first/last names and telephone number or email address of every patron who attends the oxygen bar and their seat number.
- Use serving tongs to distribute personal nose pieces to patrons.
- Have patrons dispose of used nose pieces into a lined waste basket.
- Sanitize touch points of each oxygen bar station between customer visits.
- Be diligent with frequent hand washing and sanitizing.

After

- Sanitize all touch points before striking equipment (Plexi-barriers, aroma stations, counters, stools, POS equipment etc.)
- Strike gear being mindful of personal safety (no touching face, wear gloves, wash hands when finished loading gear)
- Keep Attendance records in your COVID Safety Plan binder for at least 30 days

Safe Removal of disposable Gloves



1
Grasp the outside of one glove at the wrist. Do not touch your bare skin.



2
Peel the glove away from your body, pulling it inside out.



3
Hold the glove you just removed in your gloved hand.



4
Peel off the second glove by putting your fingers inside the glove at the top of your wrist.



5
Turn the second glove inside out while pulling it away from your body, leaving the first glove inside the second.



6
Continue to pull the glove down and over the inside-out glove being held in your gloved hand.



examples of plexi-glass barriers



How to maximize microfiber use

1 BEGIN with open, clean Microfiber cloth

2 FOLD Microfiber cloth in half

3 FOLD Microfiber cloth in quarters

4 CLEAN surfaces with two exposed sides of cloth

5 OPEN Microfiber cloth once to change sides

6 REFOLD to expose two fresh cleaning sides

7 OPEN cloth fully once four sides have been used

8 REPEAT steps 2 through 7 to use all eight sides

TIP Always track sides being used to prevent cross-contamination

To fully utilize your microfiber cloth, fold it into 4 squares and clean using one square at a time. When the first square is dirty, turn it over to use the other side. When the 2nd side is soiled, unfold it to reveal 2 more clean sides. When they are soiled, you can unfold and fold the back side of the cloth to utilize 4 more squares. When the cloth is fully soiled, wash in hot water without laundry detergent or soap. The dirt and germs will release from the cloth when you wash just in hot water. Washing microfiber with soap softens the cloth and reduces the ability for it to grab and remove dirt and germs. When doing an oxygen bar event, start with a good supply of clean microfiber cloths in a container marked ‘Clean microfiber’. When it is dirty, put it in a separate container labeled ‘Dirty microfiber’.