

# Janitorial Safety Tip Sheet

A series of health and safety tips to prevent work-related injuries in the janitorial industry



May 2020

Issue 3, Volume 1



## The CDC currently recommends wearing a mask to protect others.

These recommendations are for general custodial work in industries with a low risk of exposure to people with COVID-19, using a mask is currently not required for WA workers. For workers in higher risk situations, who may need respiratory protection, please see the [latest guidelines from the CDC](#).

**Making a mask:** This video shows you how to make one without sewing: [How to Make Your Own Face Covering](#).

If you have a sewing machine, try these: [How to Make a DIY Face Mask \(that has a filter\)](#), OR, [How to Sew a Fitted Cotton Face Mask](#).

## Some important things to know about homemade masks:

- Use tightly woven but breathable material.
- Consider layering the material.
- Make a mask that is close-fitting around your nose and mouth (snug).
- Make more than one so when one gets dirty you have another.
- They must be breathable! If you have asthma or any condition that makes breathing difficult consult a doctor before wearing a mask.

## How to wear and use a homemade mask:

- **Wash your hands thoroughly** before putting on the mask, and immediately after taking the mask off.
- The mask should **cover your nose and mouth**.
- The used mask may not look dirty but needs to **be washed in hot water, and dried at high temperatures, after EACH use**. When your breath gets a mask damp, they may be less effective, change often if needed.
- **Use the elastic or ties to remove the mask.**
  - Never remove your mask by touching the mask material itself.



## Benefits of wearing a homemade mask:

- Wearing a homemade mask may not protect you from COVID-19, but **it will protect others** if you are sick.
- By wearing a mask, it **reminds people to keep a safe distance from each other**, and
- **Prevents you from touching your mouth, nose, and parts of your face with an unwashed hand.**
- **Even when wearing a homemade mask, you should continue to practice social distancing** (keep 6 feet away from others, avoid close contact).