Technical Solutions
COVID-19 Safety Briefing

Protect Yourself & Others

Huntington
Ingalls
Industries

COVID-19 Safety Briefing

Technical Solutions developed this updated training to provide guidance and direction while on company property.

Employees assigned to customer sites should continue to follow additional guidance set by the customer.
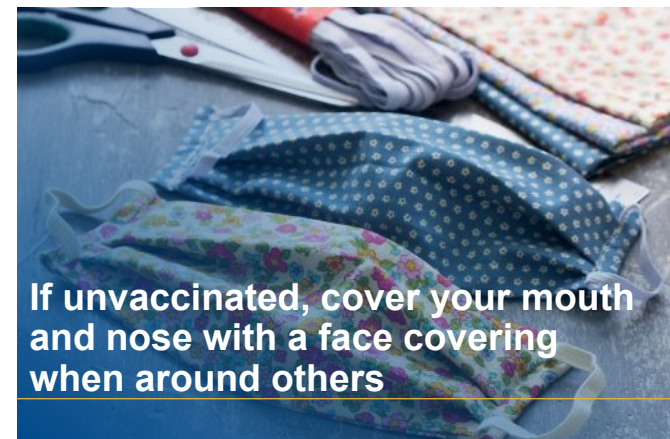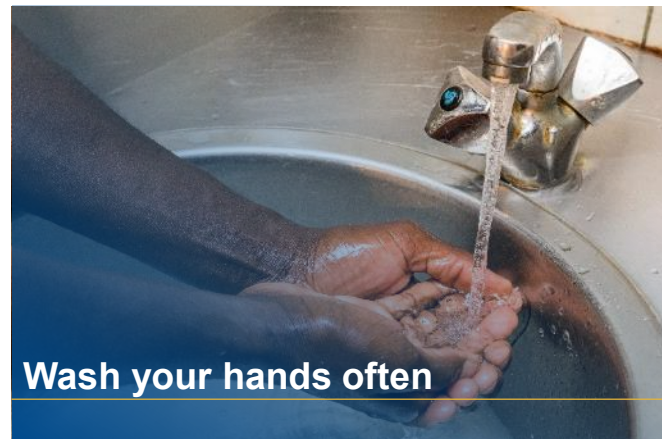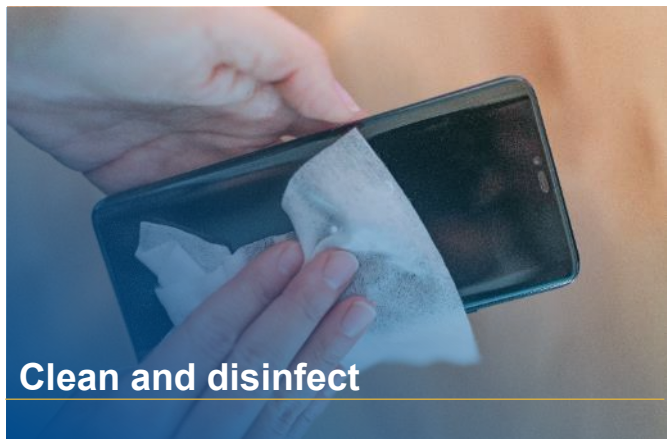
Technical Solutions will continue to adhere to all COVID-related guidance provided by the CDC.

The U.S. Center's for Disease Control and Prevention (CDC) recommends continuing many of the same protective measures, even though COVID rates are decreasing and many people are getting vaccinated.

HARD STUFF DONE RIGHT

Protecting Yourself and Others

By taking a few basic measures, you can help stop the spread of COVID-19 and keep yourself, your loved ones and your communities safe.

Know how it spreads

Get vaccinated

If unvaccinated, avoid close contact

Clean and disinfect

Wash your hands often

If unvaccinated, cover your mouth and nose with a face covering when around others

COVID-19 Vaccine

- **Message from Mike Petters, president and CEO of Huntington Ingalls Industries:**
  - "I strongly recommend that all of you, if you are able, get the vaccination."

- **If you received your COVID-19 vaccine, please self-report by logging into your UPoint account from www.hiibenefits.com.**
  - Once logged in, click the "COVID-19 Self-Reporting" banner at the top of your homepage, read the instructions and fill out the brief questionnaire.

Specific Safety Measures at Worksites

In addition to protecting yourself, it is imperative to follow these specific guidelines while inside an HII Technical Solutions facility.

- Unvaccinated employees and visitors shall wear a face covering and practice social distancing

- Refrain from congregating unless required to facilitate working.

- Go home and stay home if you start developing flu-like symptoms or feel sick.

- Follow established visitor protocols when visiting other facilities.

- Clean and disinfect surfaces before/after use, especially in shared use areas.

- If unvaccinated, wear a company-provided or personal face covering unless it interferes with mandatory PPE.

- All visitors under your sponsorship must complete the COVID-19 Visitor Form.*

HARD STUFF DONE RIGHT

Hand Washing

Follow these five steps every time.

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap and apply soap.

2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers and under your nails.

3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

4. **Rinse** your hands well under clean, running water.

5. **Dry** your hands using a clean towel or air dry them.

It is important to wash your hands to keep yourself and those around you healthy.

https://www.cdc.gov/healthywater/hygiene/hand/handwashing.html

During COVID-19, wash your hands …

- If you have touched an item or surface that may be frequently touched by other people, such as door handles, tables, gas pumps, shopping carts or electronic cashier registers/screens, etc.
- Before touching your eyes, nose or mouth because that's how germs enter our bodies.

HARD STUFF DONE RIGHT

How to Properly Wear a Face Mask

CDC recommends unvaccinated people wear face coverings:

- In public settings

- At events and gatherings

- Anywhere they will be around other people

Cloth face coverings should …

- Have two or more layers of washable, breathable fabric.

- Completely cover your nose and mouth.

- Fit snugly against the sides of your face and not have gaps.

- Have a nose wire to prevent air from leaking out of the top of the mask.

https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html

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When to Stay Home

You should leave work immediately and stay home if …

- You feel sick

- Your temperature is 100.4 or greater

- You have been exposed to COVID-19 and you are unvaccinated

- You have been diagnosed with COVID-19

- You have been told by a health care provider to stay home

Older adults and people who have severe underlying medical conditions seem to be at higher risk for developing more serious complications from COVID-19 illness.
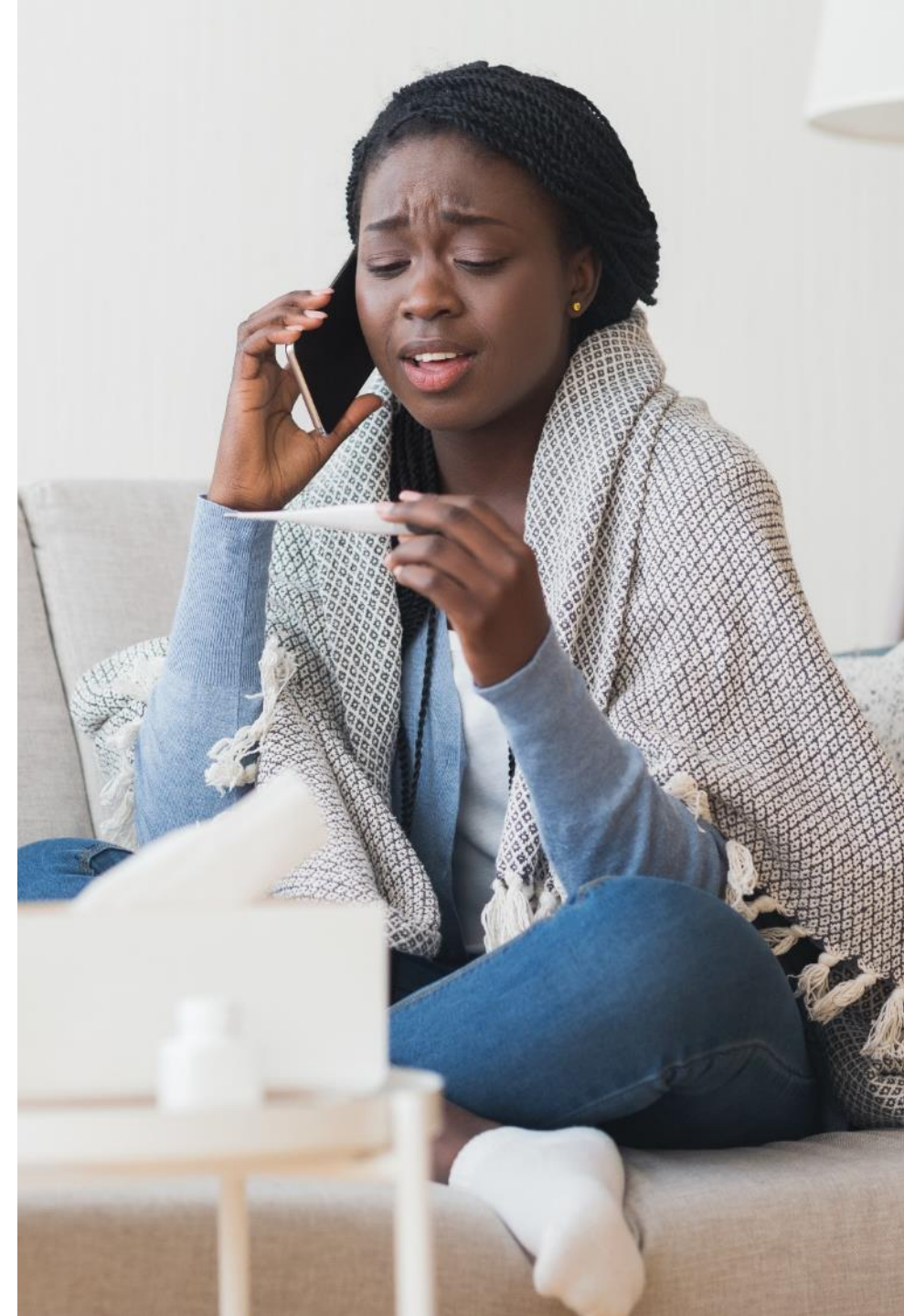
https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html#

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Personal Responsibility

Follow this guidance before entering an HII Technical Solutions facility:

- It is recommended that all persons get vaccinated for COVID-19.

- Monitor your health by taking your temperature before entering any work site.

  - Must not be 100.4 or higher.

- If you have been exposed or tested positive for COVID-19, be sure to complete any mandated quarantine or isolation requirements. See additional COVID-19 guidance.

- Keep in contact with your supervisor for direction on re-entering facilities after being sick or exposed.

HARD STUFF DONE RIGHT

Conclusion

Thank you for adhering to this guidance.

For the latest guidance and updates, visit Technical Solutions' Coronavirus Resource Portals:

Internal link: https://portal.hii-tsd.com/sites/tsdroot/Pages/stories/covid-19.aspx
External link: https://tsd.huntingtoningalls.com/coronavirusinfo/

Questions? Email crisismanagement@hii-tsd.com