

COVID-19 Workplace Safety

Gyms and fitness centers
Getting Open, Staying Open



MICHIGAN DEPARTMENT OF
**LABOR & ECONOMIC
OPPORTUNITY**

HOW A MASK WORKS

Research shows that masks can greatly reduce the chance of spreading COVID-19, especially when approximately 40% of those who have COVID-19 may be asymptomatic. We can only contain the virus and keep Michigan open if everyone stays careful and masks up when they leave home, whether they feel sick or not.



COVID-19 spreads mainly among people who are in close contact.



All of us have droplets in coughs and sneezes that can carry COVID-19 to others.



Coughs spray droplets at least 6 feet. Sneezes travel as far as 27 feet. Droplets also may spread when we talk or raise our voice.



These droplets can land on your face or in your mouth, eyes and nose.



When you wear a mask, it keeps more of your droplets with you.



A mask also adds an extra layer of protection between you and other people's droplets.

CHANCE OF TRANSMISSION

Highest

High

Medium

Low

Lowest

Practically None

ASYMPTOMATIC OR SICK



without mask



without mask



with mask



with mask



social distancing



staying home

UNINFECTED



without mask



with mask



without mask



with mask



social distancing



staying home



Gyms and fitness centers

Guidance and state expectations

Specific Guidelines

- Limit capacity in the facility to 25% of the total occupancy limits.
- Mandate wearing of facial coverings at all times except when swimming.
- Regularly disinfect exercise equipment, including immediately after use. If patrons are expected to disinfect, post signs encouraging patrons to disinfect equipment.
- Ensure that ventilation systems operate properly.
- Close steam rooms and saunas, jacuzzies and cold plunge pools.



Specific Guidelines cont'd.

- Maintain accurate records, including date and time of entry and exit, names of patrons and contact information, to aid with contact tracing; and deny entry to any visitor who does not provide at a minimum their name and phone number.
- To the extent feasible, configure workout stations or implement protocols to enable six feet of distance between individuals during exercise sessions.

[View the factsheet on gyms and fitness center guidance.](#)



Materials Available

Michigan.gov/COVIDWorkplaceSafety

- Posters
- Videos
- Fact Sheets
- Industry Specific Guidelines
- & More



WORKPLACE GUIDELINES AND SAFETY

We're all anxious to get Michigan back to work, but we must ensure that we are properly prepared to reopen our economy safely. Learn more about how we can do that by checking out our resources for your industry, or for industry as a whole.

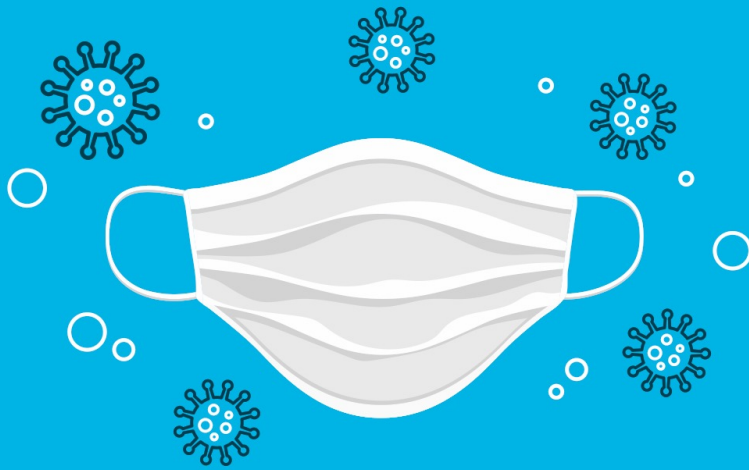
[GENERAL BUSINESS RESOURCES](#)

GUIDELINES BY INDUSTRY

PRE K-12 SCHOOLS	MEAT AND PROCESSING	PRINTABLE POSTERS
GYMS/FITNESS CENTERS	SPORTS/ENTERTAINMENT	PERSONAL CARE SERVICES
IN-HOME SERVICES	OFFICES	RESEARCH LABORATORIES
RESTAURANTS AND BARS	HEALTHCARE	RETAIL
MANUFACTURING	GENERAL INDUSTRY	CONSTRUCTION



**NO MASK
NO ENTRY**



IT'S THE LAW



waiting area

IS

CLOSED

PLEASE WAIT *in* YOUR CAR

Michigan.gov/COVIDWorkplaceSafety



**KNOW
YOUR
RIGHTS**

EMPLOYEE

For more information on employee rights
visit bit.ly/KnowYourEmploymentRights.



MIOSHA Hotline



Employers and employees with questions regarding workplace safety and health may contact MIOSHA using the new hotline at **855-SAFE-C19 (855-723-3219)**.



MIOSHA Ambassador Program

AMBASSADOR PROGRAM

- New MIOSHA Ambassador Program offers one-on-one guidance to help businesses understand regulations and Executive Orders on workplace safety.
- Ambassadors are beginning to visit businesses statewide now to offer education and support.
- Ambassadors will not propose citations or issue penalties.

[View the ambassador program toolkit.](#)



Websites

- **Covid-19 Workplace Safety**
Michigan.gov/COVIDWorkplaceSafety
- **MEDC PMBC PPE Procurement**
MichiganBusiness.org/PPE
- **MI Symptoms App**
MISymptomApp.State.Mi.us
- **MI Safe Start**
Michigan.gov/MSafeStart
- **Mask up, Michigan**
Michigan.gov/MaskUp



Questions?



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