

Daily Self-Check

Name: _____
Please print

Team & Title: _____

Date: _____

Boulder Crest takes maintaining a safe & healthy workplace seriously. We also want to respect your privacy. We are not doing temperature checks which are, or have been done, in other businesses.

We ask each person who comes to work each day at Boulder Crest to complete a self-check before they come into any of our work sites. If you work remotely, you do not need to complete this self-check when you are not at a work site. However, if you are coming into any BC facility the self-check is required.

How it works

Review yourself over the most recent 24 hours by answering the statements below. For example, if you normally are short of breath because you are trying to lose weight or walking excessively causes this, you would mark no for item 3 below. But, if you **developed** shortness of breath in the **last 24 hours**, you would mark yes for item 3 below.

If you answered No to items 1 – 11 and Yes to item 12, then come to work and bring this with you. When you arrive to work turn this in to your supervisor or other designated employee/area.

If you answered Yes to any of items 1 – 11; before your start time, call your supervisor immediately to review your ability to come to work.

1. Yes No I have a fever of 100.4 or higher.
2. Yes No I have a cough.
3. Yes No I have shortness of breath.

4. Yes No I have respiratory difficulties.
5. Yes No I have chills.
6. Yes No I have repeated shaking with chills.

7. Yes No I have a headache.
8. Yes No I have muscle pain.
9. Yes No I have a new loss of taste or smell.

10. Yes No I am sick.
11. Yes No I have been exposed to someone who has COVID-19 or its symptoms.
12. Yes No I am fit to work.

I attest that my responses above are true and accurate.

Name: _____

Please sign