Integrate current CDC guidelines to develop safe workplace lactation spaces

Pandemic Considerations for Lactating Workers in California

Caroline Wick
Lactation Accommodation Program Coordinator
06/29/2020
Lactation Room Safety in the Context of COVID19
3 Step Process

1. **Compare** CDC Guidelines: Care for Breastfeeding Women*, How to Keep your Breast Pump Kit Clean, and Cleaning and Disinfecting Your Facility.

2. **Integrate** CDC recommendations into CA State workplace lactation accommodations.

3. **Examine & Discuss** areas that need enhancements.

---

*Using inclusive and nongendered lactation terminology is preferred.*
Compare CDC Guidelines & Recommendations
Using inclusive and nongendered lactation terminology is preferred.

**Care for Breastfeeding Women**
- Recommends guideline for Disinfecting Facilities for workplace lactation rooms
- Recommends guideline on how to properly clean and sanitize breast pumps
- Wash hands before touching pump or bottle parts and clean all parts after each use
- Wear cloth masks

**How to Keep Your Breast Pump Kit Clean**
- Wash hands with soap and water for 20 seconds or apply hand sanitizer before and after expressing
- Clean dials, power switch, and countertop with disinfectant wipe

**Cleaning and Disinfecting Your Facility**
- Wash hands with soap and water for 20 seconds or apply hand sanitizer.
- Clean high touch surfaces including tables, doorknobs, light switches, countertops, handles, sinks, dials
- Soft surfaces to be laundered or disinfect using EPA disinfectants
- More frequent cleaning and disinfection

*Using inclusive and nongendered lactation terminology is preferred.*
Integrate CDC recommendations into workplace lactation accommodations
Integrate CDC Guidelines into CA Labor Code 1030-1034

(a) An employer shall provide an employee with the use of a room or other location for the employee to express milk in private.

- Follow CDC Care For Breastfeeding Women*
- More frequent cleaning and disinfecting
- Wear cloth mask

(b) A lactation room or location shall not be a bathroom and shall be in close proximity to the employee’s work area, shielded from view, and free from intrusion while the employee is expressing milk.

- Soft surfaces to be laundered or disinfect using EPA disinfectants
- Employers would provide breastfeeding employees with a private, non-bathroom space for milk expression.

(c) (1) Be safe, clean, and free of hazardous materials, as defined in Section 6382.

- More frequent cleaning and disinfecting
- Provide disinfecting wipes
- Follow CDC Guidelines for Cleaning and Disinfecting Your Facility
- Wear cloth mask

*Using inclusive and nongendered lactation terminology is preferred.
**Integrate CDC Guidelines into CA Labor Code 1030-1034**

(c) (2) Contain a surface to place a breast pump and personal items. (3) Contain a place to sit

- Follow CDC Guideline for Cleaning and Disinfecting Your Facility
- Soft surfaces to be laundered or disinfect using EPA disinfectants

(c) (4) Have access to electricity or alternative devices, including, but not limited to, extension cords or charging stations, needed to operate an electric or battery-powered breast pump

- Clean dials, power switch, and countertop with disinfectant wipe

(d) The employer shall provide access to a sink with running water and a refrigerator suitable for storing milk in close proximity to the employee’s workspace.

- Provide cleaning supplies: soap, paper towel, hand sanitizer
- Clean high touch surfaces including tables, doorknobs, light switches, countertops, handles, sinks, dials
- Wash hands with soap and water for 20 seconds or apply hand sanitizer.
Examine & Discuss areas that needs enhancements
Examine & Discuss areas that need enhancements

Discuss with partners areas that need enhancements and follow CDC Guidelines.

Identify partners: internal departments or active vendors within your workplace that provide oversight on cleaning facilities, and workplace safety.

Examine your current workplace lactation accommodation protocols, and distinguish what areas need enhancements based off CDC guidelines.

Compare CDC Guidelines

Integrate CDC recommendations into workplace lactation accommodation policies

Evaluate
**Examine** areas that need enhancements based off CDC guidelines.

**Identify** partners: internal departments or active vendors within your workplace that provide oversight on cleaning facilities, and workplace safety.

**Discuss** with partners areas that need enhancements and follow CDC Guidelines.

### Lactation Rooms*

<table>
<thead>
<tr>
<th>Daily</th>
<th>Monthly</th>
<th>What to Expect</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Trash bins and receptacles are emptied.</td>
<td>- Interior of mini-refrigerator is wiped clean and disinfected.</td>
<td>Lactation room users are expected to keep area neat without leaving personal items behind. All lights work. Soap dispensers, faucets, door handles, and other fixtures are clean. All supplies including disinfectant wipes are stocked. Sinks and floor are all clean and disinfected.</td>
</tr>
<tr>
<td>- Dispensers are checked and filled as needed.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Large debris is removed from the floor and tile is dust-mopped, sprayed with disinfectant, and mopped thoroughly or vacuumed if carpet.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- All surfaces are sprayed with disinfectant and scrubbed.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Breast pump trolleys are sprayed with disinfectant and wiped.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Breast pumps are spot-cleaned. Towel is sprayed with disinfectant then wiped.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Floor stains are spot-cleaned with a wet mop.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Furniture is wiped with disinfectant spray.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Cabinet surfaces and refrigerator exterior are wiped with PDI wipes.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Lactation Room

Welcome

This room is reserved for lactation use only
Please report misuse: lactationprogram@ucsf.edu

Please clean equipment and furniture before and after use
with wipes provided

Thank you for being courteous
by avoiding loud conversations and
strong-smelling foods in shared spaces

Please be sure to take all personal items with you
including pump parts

FOR MORE INFORMATION, VISIT:
tiny.ucsf.edu/UCSFpump

QUESTIONS OR FEEDBACK?
LactationProgram@ucsf.edu
LOCATION (Required)

Does this room need attention?

Location: SON 2T1

Report Now: fixit.ucsf.edu

Call: 415.476.2021

we can help.
“If expressing breast milk either by hand expression or with a breast pump, the mother* should clean her hands, as instructed above, before touching any pump or bottle parts and wear a cloth face covering.”

CDC Guidelines
Care for Breastfeeding Women

*Using inclusive and nongendered lactation terminology is preferred.
Lactation Room Signage
In the context of COVID-19

LACTATION ROOM STATION REMINDERS
1. Please disinfect table tops, chairs, and dials on hospital grade pump before and after each use.
2. Please wear your mask at all times.

LACTATION ROOM REMINDERS!
1. Wear face masks at all times.
2. Use provided hand sanitizer or wash hands at sink after entering room.
Lactation Room Curtain Upgrade

- Changed quickly, without ladder or special tools
- Patented technology minimizes risk and costs associated with cross contamination from pathogens
- Eliminates acquisition and replacement costs of standard curtains
Lactation Room Safety in the Context of COVID19
3 Step Process

1. Compare CDC Guidelines: Care for Breastfeeding Women*, How to Keep your Breast Pump Kit Clean, and Cleaning and Disinfecting Your Facility.

2. Integrate CDC recommendations into CA State workplace lactation accommodations.

3. Examine & Discuss areas that need enhancements.

*Using inclusive and nongendered lactation terminology is preferred.
Integrate current CDC guidelines to develop safe workplace lactation spaces

Citations

