

Preventive Measures against COVID-19 Recommended for Construction Sites in the Nunavik Communities

Updated February 8, 2022, Revised February 25, 2022

The present recommendations apply to the construction sites in the communities where the epidemiological situation requires preventive measures adapted according to current directives of the Nunavik Department of Public Health.

NOTE: For directives on rapid tests, quarantine, and management of cases and contacts, refer to the “MEMO CONSTRUCTION” at <http://nrbhss.ca/en/workplaces>.

The measures recommended in the present document take into account the transmission of COVID-19 through inhalation of aerosols. **All the measures are complementary and should apply concurrently**, to the extent possible, in accordance with the tasks at hand. They are intended to prevent transmission through inhalation of aerosols that carry the COVID-19 virus and its variants and, by extension, limit the risk of outbreak. Their application guarantees that activities may resume or continue in an optimally safe work environment. Note that these preventive measures against COVID-19 are in addition to the usual work and safety measures.

The preventive measures mentioned in the present document were taken from various references, some of which are listed on our Web page: <http://nrbhss.ca/en/workplaces>.

This document will be updated as needed, according to advances in scientific knowledge on the contagiousness and seriousness of the disease. For the latest version and for more detailed information on the various topics linked to workplace preventive measures, consult our Web page: <http://nrbhss.ca/en/workplaces>.



Questions?

If you have any questions concerning COVID-19 in the workplace, write us at: workplace-covid.nrbhss@ssss.gouv.qc.ca.



Worker's Claim

Any worker testing positive for COVID-19 and who believes the infection occurred at the workplace should fill out the form for workers' claims. According to a recent decision by the *Tribunal administratif du travail (TAT)*, the employer may be responsible for supporting the worker in this process.

For further information and to obtain the form for worker's claims:

<https://www.cnesst.gouv.qc.ca/fr/organisation/documentation/formulaires-publications/reclamation-travailleur>.

CHECKLIST OF ESTABLISHED PREVENTIVE MEASURES

1. Information sent on measures to prevent COVID-19	Present	To be improved	Lacking
a) Written policy on prevention of COVID-19 and procedure in case of COVID-19 symptoms updated regularly, known by and available to workers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b) Frequent, periodic reminder of measures to prevent COVID-19 contamination.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c) Posting in strategic locations: questionnaire on symptoms, respiratory etiquette, hand hygiene, physical distancing, appropriate use of certified masks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Comments / Recommendation</i>			
2. Exclusion of symptomatic workers	Present	To be improved	Lacking
a) Respect for the isolation measures for cases and contacts established by the Nunavik RDPH. For further information, consult the new document "MEMO CONSTRUCTION" https://nrbhss.ca/en/workplaces .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b) System in place for daily checks of workers' state of health (oral or written questionnaire, posters on self-assessment in bedrooms).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c) Procedure for management and isolation of symptomatic workers known and posted in each bedroom. These workers should be isolated in a single room with private bathroom and should eat alone with contactless service. If not possible, arrange for alternative housing other than the camp.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Comments / Recommendation</i>			
3. Multidimensional means for preventing COVID-19 established at the same time	Present	To be improved	Lacking
a) <u>Vaccination</u> recommended (3 doses)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b) <u>Minimized contacts</u> : organize work and breaks/meals so as to limit the number of persons present at the same time in the same room.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c) <u>Adequate use (covering nose, mouth and chin) of certified masks¹ at all times indoors</u> , even beyond a distance of two metres, regardless of the duration of interactions, and outdoors when within two metres of others. May be removed when alone in a closed room (e.g., when eating alone in own bedroom). Change masks every four hours or more frequently when soiled, damaged or wet. Note that respirators, including disposable N95 respirators, provide better protection against aerosols inhalation. Respirators offer the protection of choice, and are preferable for workers interacting indoors with other persons not wearing a certified mask . For further details on respirators, consult: http://nrbhss.ca/en/workplaces (Respirator tab).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d) <u>Physical distancing</u> : at least two metres at all times as much as possible.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e) <u>Portable HEPA ventilation and filtration</u> : ventilate work and living spaces as well as vehicles, using natural ventilation (open windows 5 minutes per hour or 10-15 minutes four times per day or more often if possible) and/or mechanical ventilation with fresh-air intake and/or mobile HEPA filtration unit. For vehicles, ensure fresh-air intake through mechanical ventilation (not recirculated) and leave windows partly open. For further details on HEPA	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

f) Individual bedroom for each worker.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g) Posting in strategic locations: questionnaire on symptoms, respiratory etiquette, hand hygiene, physical distancing, adequate use of certified masks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Comments / Recommendation</i>			
6. Locker Rooms	Present	To be improved	Lacking
a) Adequate use of certified masks at all times.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b) Respect for physical distancing of at least two metres at all times.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Comments / Recommendation</i>			
7. Vehicles	Present	To be improved	Lacking
a) Vehicles to be used by one worker at a time, otherwise adequate use of certified masks at all times, natural ventilation (windows partly opened) and mechanical ventilation (not recirculated).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b) Daily cleaning (or more often) of surfaces touched by workers (door handles, steering wheel, control buttons, seats).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Comments / Recommendation</i>			
8. Respect for established protective measures against COVID	Present	To be improved	Lacking
a) Information and reminders for workers, employer representatives, suppliers, subcontractors, partners and clientele.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b) No in-person get-togethers or meetings as much as possible.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c) Contact-free deliveries (materials, merchandise, food) whenever possible.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Comments / Recommendation</i>			
9. Getting around in the community	Present	To be improved	Lacking
a) Not allowed for persons in isolation and/or awaiting test results and/or with symptoms, whether or not vaccinated; consult https://nrbhss.ca/fr/nunavik-voyage#etape%202 .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b) For others, minimized movements in the community, adequate use of certified masks at all times inside public buildings and outdoors when within two metres from other persons.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c) Observance of Nunavik RDPH's recommendations; instructions are subject to change.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Comments / Recommendation</i>			