

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 <u>http://nrbhss.ca/en/workplaces</u>.

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: <u>http://nrbhss.ca/en/workplaces</u>.

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: <u>http://nrbhss.ca/en/workplaces</u>.



## Questions?

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



## 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 MEASUR	ES		
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.			
b) Frequent, periodic reminder of measures to prevent COVID-19 contamination.			
c) Posting in strategic locations: questionnaire on symptoms, respiratory etiquette, hand hygiene, physical distancing, appropriate use of certified masks.			
Comments / Recommendation			
2. Exclusion of symptomatic workers	Present	To be improved	Lacking
<ul> <li>a) Respect for the isolation measures for cases and contacts established by the Nunavik RDPH For further information, consult the new document "MEMO CONSTRUCTION" <u>https://nrbhss.ca/en/workplaces</u>.</li> </ul>			
<ul> <li>b) System in place for daily checks of workers' state of health (oral or written questionnaire posters on self-assessment in bedrooms).</li> </ul>	′		
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.			
Comments / Recommendation			
3. Multidimensional means for preventing COVID-19 established at the same time	Present	To be improved	Lacking
a) <u>Vaccination</u> recommended (3 doses)			
b) <u>Minimized contacts</u> : organize work and breaks/meals so as to limit the number of person present at the same time in the same room.			
c) <u>Adequate use (covering nose, mouth and chin) of certified masks<sup>1</sup> at all times indoors</u> , ever 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: <u>http://nrbhss.ca/en/workplaces</u> (Respirator tab).			
d) <u>Physical distancing</u> : at least two metres at all times as much as possible.			
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/o mobile HEPA filtration unit. For vehicles, ensure fresh-air intake through mechanica ventilation (not recirculated) and leave windows partly open. For further details on HEPA	r 🗆 I		



ventilation/filtration, consult: <u>http://nrbhss.ca/en/workplaces</u> (Airborne transmission of COVID-19 virus tab).

- f) <u>Respect for respiratory etiquette</u>: cough and sneeze into the crook of the elbow or a tissue that should be discarded in a waste container, then wash hands.
- g) <u>Hand hygiene</u>: Ensure presence of a sink with clean running water of appropriate temperature in each washroom along with soap and a hand dryer or disposable paper towels. In other locations, use of hydroalcoholic gel is adequate for hands that are not visibly soiled. Wash hands before and after these activities: arriving at and leaving the site, handling a mask, meals, breaks, use of washrooms and smoking.
- h) <u>Daily cleaning (or at each work shift) of work and living surfaces<sup>2</sup></u>: all frequently touched surfaces in the bathrooms, kitchen, break and meal room, and other according to arrangements for sharing tools, vehicles, etc. Use cleaning products in accordance with the manufacturer's recommendations and scrub well.

Comments / Recommendation

4. Cafeteria, break and meal rooms		Present	To be improved	Lacking
<ul> <li>a) Organization of break and meal schedules in order at the same time to <b>obtain food</b>, respect for physicertified masks at all times.</li> </ul>				
<ul> <li>b) Exclusion of workers in isolation and/or awaiting tes to the recommendations under Point 2.c).</li> </ul>	t results and/or with symptoms, according			
c) Certified masks to be removed only for eating once after the meal and before leaving the table. Meal s use of certified masks at all times.				
<ul> <li>d) Natural ventilation and/or mechanical ventilation up to one hour after workers have left (according and meal room.</li> </ul>				

*Comments / Recommendation* 

5. Camp and lodgings	Present	To be improved	Lacking
a) Adequate use of certified masks at all times for circulation outside bedrooms.			
b) Respect for physical distancing at all times (entrances, corridors, dining room, kitchen, bathrooms, locker rooms).			
c) Natural ventilation and/or mechanical ventilation and/or portable, constant HEPA filtration (according to point 3. e).			
d) Quality of indoor air <sup>3</sup> : maintain the ventilation and heating systems and maintain humidity levels at 30% to 50% in order to improve comfort and prevent flu-like symptoms.			
e) Workers responsible for cleaning their own bedrooms (usual cleaning products, see point 3 h).			

au-quebec/qualite-de-l-air-et-salubrite/parametres-de-confort.



<sup>&</sup>lt;sup>1</sup> To protect workers against COVID-19, the following masks must be used: medical masks compliant with ASTM F2100 standards or EN 14683 type IIR; masks certified by the *Bureau de normalisation du Québec (BNQ)* in accordance with Attestation Document 1922-900 (<u>BNQ Web site</u>); any respirator fitted with a particle filter, as defined in the standard "Selection, Care and Use of Respirators" (CSA Z94.4-18), such as N95 or P100 respirators. Source: <u>https://www.cnesst.gouv.qc.ca/en/prevention-and-safety/covid-19/covid-19-toolkit</u> (Physical distancing tab).

<sup>&</sup>lt;sup>2</sup> Details on use of cleaning and disinfection products: <u>https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html</u>. <sup>3</sup> References: <u>https://www.cchst.ca/oshanswers/chemicals/iag\_intro.html</u>, <u>https://www.inspg.gc.ca/gualite-de-l-air-et-salubrite-intervenir-ensemble-dans-l-habitation-</u>

f) Individual bedroom for each worker.			
g) Posting in strategic locations: questionnaire on symptoms, respiratory etiquette, hand hygiene, physical distancing, adequate use of certified masks.			
Comments / Recommendation			
6. Locker Rooms	Present	To be improved	Lacking
a) Adequate use of certified masks at all times.			
b) Respect for physical distancing of at least two metres at all times.			
Comments / Recommendation			
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).			
b) Daily cleaning (or more often) of surfaces touched by workers (door handles, steering wheel, control buttons, seats).			
Comments / Recommendation			
8. Respect for established protective measures against COVID	Present	To be improved	Lacking
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<ul> <li>a) Information and reminders for workers, employer representatives, suppliers, subcontractors, partners and clientele.</li> <li>b) No in-person get-togethers or meetings as much as possible.</li> <li>c) Contact-free deliveries (materials, merchandise, food) whenever possible.</li> <li><i>Comments / Recommendation</i></li> <li>9. Getting around in the community</li> <li>a) Not allowed for persons in isolation and/or awaiting test results and/or with symptoms, whether or not vaccinated; consult <u>https://nrbhss.ca/fr/nunavik-voyage#etape%202</u>.</li> <li>b) For others, minimized movements in the community, adequate use of certified masks at all</li> </ul>	Present	improved	

