

COVID-19 Preventive Measures in the Workplace

Construction Sites Guidelines

June 8, 2020 (revised June 15, 2020)

Monitoring the State of health of workers on the job site

- Employers must keep a **registry** of workers on site every day.
- They must **identify** workers who may be at high risk of COVID-19. To do so, before allowing a worker on a work site, employers need to ask the following questions:
 - Have you been outside the community and in a region considered at [high risk](#) in the last 2 weeks?
 - Workers answering yes must [Self-isolate](#)
 - Are you in contact with someone who has COVID-19?
 - Workers answering yes must [Self-isolate](#)
 - Do you have any of the following symptoms: cough, fever, difficulty breathing, sudden loss of sense of taste or smell?
 - Workers answering yes must call the local CMC (see Appendix A or <https://www.creehealth.org/about-us/contacts>)
- Employers must also monitor the state of **health** of each of their workers on a daily basis, by asking the following question upon arrival at the work site:
 - **Do you have any of these symptoms: cough, fever, difficulty breathing, sudden loss of sense of taste or smell?**
 - Workers answering yes to this question must call the local CMC (see Appendix A or <https://www.creehealth.org/about-us/contacts>)
 - *Please note: Temperature taking is not recommended because the results are unreliable, especially for people who work outdoors.*

If there is a **case of COVID-19 in the work place**, the public health authorities will have to conduct an investigation to determine the level of contact with other people. Depending on the assessment, other workers might also have to be tested and self-isolate for 14 days.

General precautionary measures

In order to prevent COVID-19 transmission on the work site, employers also need to make sure the following [precautionary measures](#) are followed.

- Promote **hand hygiene** ([poster](#))
 - All workers must be given the opportunity to clean their hands before entering the work site, when they leave the work site, before eating, before breaks, before smoking, and when using the toilet.
 - Provide the necessary materials
 - Running water, soap, hydro-alcoholic solutions, non-contact garbage cans, disposable paper towel, etc.). Wash hands frequently with soap and water for at least 20 seconds.
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 - Alcohol-based gel (60% or more) if soap and water are not available.

- Avoid touching eyes, nose or mouth with potentially contaminated hands.
- Follow **respiratory etiquette** ([poster](#))
 - Coughing into a bent elbow or into a tissue that is discarded immediately after use, then wash hands as soon as possible.
- Promote **physical distancing** measures, ([poster](#))
 - Employers must make every effort to ensure that work is arranged in such a way that workers can maintain a distance of **2 metres (6 feet)** from each other.
 - Work must be scheduled to avoid having a large number of workers in the same place at the same time
 - Always keep the same groups of workers for teamwork and keep as few workers as possible in these groups.
 - *Note: Respect a distance of two meters between individuals. Coming across someone who is less than two meters away for a few minutes without contact is not a risk.*
 - In addition, workers must be instructed to:
 - Avoiding all physical contact (e.g. handshakes, hugs, etc.).
 - Avoid sharing material and equipment (e.g. tablets, pencils, communication devices, cigarettes, change or paper money, etc.) and use digital rather than paper documents.
 - Avoid face-to-face meetings and gatherings and limit non-essential outings and travel
- If tasks absolutely require that **work within two meters of each other** for a period of at least 15 min without physical barriers:
 - It is recommended that they wear a procedural mask and protective eyewear in addition to the gloves usually worn.
 - Wearing a visor that covers the face including the chin could be an alternative to the procedure mask and protective eyewear.
 - This measure is recommended only if wearing protective eyewear or visors do not pose a risk to worker safety (e.g. light diffraction problem).
 - Before leaving the working area:
 - Safely remove gloves, protective eyewear and procedural masks and dispose of them in the trash or in dedicated resealable containers or bags, then discard them.
 - Disinfect reusable equipment (e.g. eye protection or visor if reusable) with a product suitable for the equipment.
 - Wash your hands or use a hydro-alcoholic solution after removing the equipment.
- For **company vehicles** and heavy machinery where two workers are seated less than two meters apart:
 - Have the same people in the same vehicle to avoid multiple interactions; also maintain the same position, driver or co-driver, for the entire shift as much as possible.
 - Clean the dashboard, steering wheel, stick shift and door handles with alcohol-soaked wipes or a hydro-alcoholic solution regularly during the shift, especially before eating (if inside the vehicle) and where drivers and co-drivers are required to alternate.

- Ensure adequate **presence of toilets** on site
 - A toilet must be made available to workers from the first day of work. Adding sanitary facilities beyond the number required by regulations can help reduce contact between workers.
 - For work sites with 25 workers or more, flushing toilets and sinks are required in accordance with the *Safety Code for the construction industry*.
 - A sink containing clean water must be placed at the disposal of workers for each flushing toilet. It must be maintained in good operating condition.
 - The following products must also be placed at the disposal of workers:
 - Soap or another cleansing agent a hand dryer, roller towels or paper towels;
 - Where paper towels are used, waste paper baskets, contactless if possible, must be used for their disposal.

- Ensure **adequate disinfection**:
 - Frequency of disinfection of **toilets** at least twice per shift, i.e.: once in the middle of the shift and once at the end of the shift.
 - Frequency of **lunch room cleaning**: should be done before breaks and before lunchtime and at the end of the shift.
 - **Frequently-touched surfaces** (refrigerators, microwaves, tables, counters, door handles, telephones, computer accessories, pencils, etc.) with the usual cleaning and disinfecting products on each shift, or whenever a new user takes over the workspace.
 - For disinfection of work equipment and vehicles see below

- Promote wearing **personal protective equipment** The usual practice of wearing work gloves should be maintained.
 - The usual practice of wearing gloves should be maintained.
 - Remove gloves before entering the vehicle cabin (interior) and before eating, placing them in a resealable bag or container.
 - Wash hands with soap and water or a hydro-alcoholic solution each time gloves are removed.
 - Put gloves back on if necessary once outside the vehicle cabin or dining area for routine tasks.

- Remove **work clothes** at the end of the shift. Proceed with cleaning according to usual procedures, and ensure that they are properly dried.

Additional measures for specific contexts

Outdoor workers:

- *Working outdoors does not generally represent a high risk of transmission, particularly when physical distancing is possible. However, it is preferable to observe the following:*
 - Prevent unnecessary gatherings.
 - Have workers in small teams of the same workers to avoid multiplying interactions.
 - Maintain the same position during tasks as much as possible.
 - Avoid sharing tools and equipment.
 - Clean tools and equipment on every shift and after every use if they are shared between the workers with the usual cleaning products.
 - If physical distancing is not possible, see “General Precautionary Measures” above.

Handling and exchanging paper documents:

- Wherever possible, minimize the handling and exchange of paper documents (e.g. construction plans and specifications, purchase orders for receipt of materials).
 - When paper documents are required: Place the documents on a clean surface to read and annotate them, while respecting a 2-metre distance between individuals.
 - Do not share a pen with others; everyone must use their own. Provide extra pens that can be left with individuals who must sign documents and did not bring their own pen.

Areas acting as bottlenecks (e.g. site entrance, dining and break areas):

- Avoid line-ups of people standing close together in these areas.
 - If necessary, slightly displace shift and break schedules.
 - Hydroalcoholic solutions should be made available on the construction site and in rooms.
 - Posters reminding people of the importance of hand hygiene, respiratory etiquette and social distancing should be posted in these areas.

Meal times:

- Ensure thorough hand-washing before and after eating.
- Have the workers eat in rooms large enough so that there is a distance of more than two meters between each of them. Arrange for additional trailers if necessary.
 - If no other room is available, modify meal period schedules so as to have a limited number of workers in the dining room at all times.
 - Have workers who are in the same group eat together at the same time, in the same room, day after day.
 - If workers are eating outdoors, ensure that the minimum distance of two meters between workers is respected.
- Remind workers not to share food, exchange cups, glasses, plates, silverware, and ensure dishes are washed in hot water with soap.
- Instead of community water coolers with dispensers, provide individual water bottles to avoid having many people touching the dispenser.
- Pay attention to mobile canteens and ensure that only one person serves the workers in order to limit contact with utensils and serving dishes.

Breaks:

- Ensure that physical distancing measures are applied during breaks (e.g. avoid gatherings). If necessary, space breaks.
- Do not share objects or food (e.g. cigarettes, coffee mugs, etc.).
- Bring as few personal items as possible on site.
- Remove non-essential items (magazines, newspapers) from common areas.

Appendix A - COMMUNITY MIYUPIMAATISIIUUN CENTRES (CMCs)

Chisasibi Hospital / CMC
21 Maamuu Road
Chisasibi, QC J0M 1E0
Emergency (819) 855-9011
Regular business (819) 855-2844
Admin fax (819) 855-9060

Eastmain CMC
143 Nouchimi Street
Eastmain, QC J0M 1W0
Emergency (819) 977-5194 (cell)
Phone (819) 977-0241
Fax (819) 977-0342

Mistissini CMC
302 Queen Street
Mistissini, QC G0W 1C0
Phone (418) 923-3376
Administration Fax (418) 923-3123
Clinical Fax (418) 923-3240

Nemaska CMC
7 Lakeshore Road / Box 29
Nemaska, QC J0Y 3B0
Phone (819) 673-2511
Fax (819) 673-2554

Oujé-Bougoumou CMC
68 Opataca Meskino
Oujé-Bougoumou, QC G0W 3C0
Phone (418) 745-3901
Fax (418) 745-3043

Waskaganish CMC
2 Taktachun Meskaneu
Box 390
Waskaganish, QC J0M 1R0
Phone (819) 895-8833
Fax (819) 895-8871

Waswanipi CMC
1 Aspen West
Waswanipi, QC J0Y 3C0
Phone (819) 753-2511
Fax (819) 753-2362

Wemindji CMC
60 Maquatua Road / Box 90
Wemindji, QC J0M 1L0
Phone (819) 978-0225
Fax (819) 978-3075

Whapmagoostui CMC
Whapmaku Street
Whapmagoostui, QC J0Y 3C0
Emergency (819) 929-3307
Appointments (819) 929-3512/3212
Fax (819) 929-3526