

# How to limit the spread of COVID-19 at work

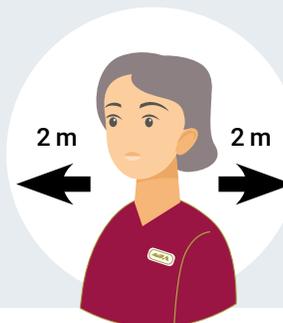
ORDER OF PRIORITY OF CONTROL MEASURES



1

## IDEAL: Maintain a physical distance of 2 metres

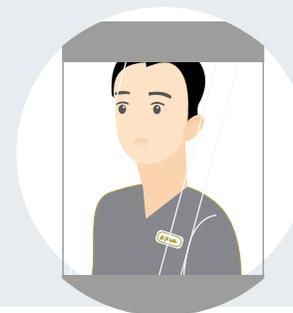
A distance of at least 2 m is maintained between the worker and any other person (worker, customer, supplier, etc.) at all times.



2

## OTHERWISE: Use a physical barrier

A physical barrier (e.g., Plexiglas) must be installed between the worker and any other person (worker, customer, supplier, etc.).



3

## AS A LAST RESORT: Wear the required protective equipment

If measures 1 and 2 cannot be applied, the worker must wear a procedure mask AND protective eyewear (safety goggles or visor).



A face covering is NOT appropriate protective equipment at work. It can be worn by workers **in addition to** the measures described above.



Procedure mask



Face covering

These recommendations are based on the document *Hierarchy of Control Measures in the Workplace* (June 12, 2020) published by the Institut national de santé publique du Québec (INSPQ).

## Additional information on control measures – COVID-19

The employer must take the necessary measures to protect the worker's health, safety and physical well-being. In particular, they must provide the worker with all the means and protective equipment required free of charge. The CNESST's health standards guides set out five principles that must be followed to control the risks associated with COVID-19.

The principle of physical distancing brings together three key measures:

- 1. The employer must review the organization of work to ensure that a distance of at least 2 metres is maintained between the worker and any other person (worker, customer, supplier, etc.) at all times.**
2. When this is not possible and if the workplace layout allows, physical barriers (for example, a Plexiglas panel) are installed between the worker and any other person.
3. As a last resort, when the worker must interact with another person within 2 metres, they must wear the following two items of protective equipment:
  - Procedure mask **AND**
  - Protective eyewear (safety goggles or visor)

Workers may wear only a procedure mask if **ALL** workers **wear a procedure mask** and do not have any interaction with customers. Protective eyewear remains mandatory for interactions within 2 metres, without a physical barrier, with customers wearing a face covering.

A visor alone does not provide sufficient protection. However, where a rigorous risk analysis shows that wearing a procedure mask poses a risk to the worker's health or safety, wearing a visor alone that covers the face down to the chin may be **an exceptional solution** used as a last resort.

Brief and infrequent interaction such as passing someone in a corridor or staircase without protective equipment is a negligible and acceptable risk. According to the INSPQ, this type of brief interaction with other people should not exceed 15 minutes per shift on a cumulative basis. It is suggested that the movements required during a shift be assessed, taking any unforeseen movements into account.

## Wearing a reusable face covering is NOT appropriate at work

A reusable **face covering** is intended to protect individuals around the wearer against the projection of droplets. For the time being, there are no manufacturing standards or quality criteria recognized in Canada that govern the production of face coverings. This type of protection may be considered an additional measure. It can be worn by workers in addition to the measures explained above.

A **procedure mask** protects the worker and the people around them against the projection of droplets. Its manufacturing quality is certified (ASTM F2100 or equivalent), its filtration is more efficient, its fit is generally better and it usually offers greater breathability than a face covering.

## Impact of the decree on wearing a face covering in indoor public places

This decree makes wearing a face covering in certain enclosed or partially enclosed places mandatory **for the public**, but changes little for workers. For workers, the CNESST's COVID-19 occupational health and safety standards guides continue to apply.

For more details or to learn about the obligations of employers and workers, consult the COVID-19 toolkit published by the CNESST.

Produced in collaboration with the Institut de recherche Robert-Sauvé en santé et sécurité du travail, the Direction générale de la santé publique, the Institut national de santé publique du Québec, the Réseau de la santé publique en santé au travail, the Fédération des chambres de commerce du Québec, the Conseil du patronat du Québec, the Canadian Federation of Independent Business, the Fédération des travailleurs et travailleuses du Québec, the Confederation of National Trade Unions and the Centrale des syndicats démocratiques.