

Adjustment of preventive measures in the workplace in green zones



The Commission des normes, de l'équité, de la santé et de la sécurité du travail (CNESST) offers several tools to support workplaces in the context of COVID-19. The measures proposed in these tools are part of a hierarchical approach to prevention.

The progression of COVID-19 vaccination coverage and the improvement of the epidemiological situation have allowed the CNESST to gradually adjust preventive measures in the workplace. As the situation evolves, the CNESST will be able to rapidly review the proposed adjustments.

These adjustments are subject to the occupational health and safety laws and regulations in effect (e.g. the requirement to wear respiratory protection when exposed to asbestos or silica, or to wear eye protection when welding).

Modifications to certain preventive measures

This document modifies some of the measures presented in the [Workplace Guide to Sanitary Standards – COVID 19](#), as well as in the [additional control measures](#).

These recommendations are established based on those of the [Institut national de santé publique du Québec](#) and the [Réseau de santé publique en santé au travail](#) (RSPSAT). At all times, workplaces experiencing a COVID-19 outbreak must follow the measures recommended by the public health authorities.

These adjustments do not apply to care settings and living environments (seniors' residences, prisons, youth centres, etc.) when there are individuals carrying the COVID 19 virus, showing symptoms compatible with COVID-19 or having had contact with a confirmed case. For more information, see the [decision-making tool](#).

Measures		Green zones	Section(s) of the guide concerned
Exclusion of symptomatic people		Mandatory (no change)	Exclusion of symptomatic people from the workplace
Telework		Gradual return	Physical distancing
Quality mask ¹	Indoors	2 metre distancing OR physical barriers OR use of a quality mask ²	Physical distancing
	In transit ³	2 metre distancing OR physical barriers OR use of a quality mask ⁴	Physical distancing
	Outdoors	1 metre distancing OR physical barriers OR use of a quality mask ²	Physical distancing
Protective eyewear		Optional	Physical distancing
Hand hygiene		Mandatory (no change)	Hand hygiene
Cough and sneeze etiquette		Mandatory (no change)	Respiratory etiquette
Cleaning of shared tools and equipment		Optional	Maintenance of hygiene measures for tools, equipment and frequently touched surfaces
Cleaning and disinfection of surfaces		Applicable regulatory requirements ⁵	Maintenance of hygiene measures for tools, equipment and frequently touched surfaces

1. Quality masks are:

- medical masks that comply with standard ASTM F2100 or EN 14683 Type IIR;
- masks certified by the Bureau de normalisation du Québec (BNQ) in accordance with the [1922-900 certification booklet](#) (BNQ website);
- any respiratory protective equipment (RPE) with a particulate filter as defined in the standard Selection, use and care of respirators (CSA Z94.4-18) such as an N95 or P100 respirator.

2. Wearing a quality mask at all times is not necessary, but recommended. Workers must respect physical distancing measures OR be protected by a physical barrier OR wear a quality mask.

3. For example: in a car, truck, bus, airplane or elevator.

4. If there is a physical barrier or if quality masks are used, it is not necessary to reduce the occupation rate.

5. For the applicable rules, see the CNESST's [COVID-19 Toolkit](#) and the [INSPQ's website](#).