



Northern Inter-Tribal Health Authority Inc.



Lunch Room Safety

Due to increase in cases of COVID-19 across Canada, the sharing of any food in the office should be discouraged. This includes but not limited to individually wrapped items, birthday cakes, holiday baking trays, coffee carafes, etc. Please see below the guidelines for the lunchroom area:

- Restrict eating to identified and dedicated eating areas. These areas should have handwashing stations, cleaning, and disinfectant materials.
- Post signage to remind workers to wash their hands before and after eating.
- Maintain a distance of at least two metres (six feet) between persons (physical distancing)
 - Organize chairs and stagger seating arrangement to maintain physical distancing;
 - Post physical distancing signage to remind workers to keep their distance.
- Stagger lunch breaks to reduce the number of staff in the lunchroom at the same time.
- Limit access and use of shared devices like coffee machines, microwave ovens, etc.
- Clean and disinfect tables, microwaves, and other commonly handled items between uses.
- If air circulation is a concern, install negative air units and vents outside the lunchroom.
- Practice good hygiene (hand hygiene, cough, and environmental hygiene).

January 26, 2021

References

1. Infrastructure Health and Safety Association. (2020). Guidance on lunchroom practices during COVID-19. Retrieved from <https://www.ihsa.ca/pdfs/alerts/COVID19/guidance-on-lunchroom-practices-during-covid-19.pdf>
2. Saskatchewan Health Authority. (2020). Keeping Yourself Safe. Retrieve from <https://www.saskhealthauthority.ca/news/service-alerts-emergency-events/covid-19/PPE-infection-prevention-control/Documents/Safety%20Bulletins/Safety%20Bulletin-Keeping%20yourself%20safe%20Dec%2018%202020-Final.pdf>