



Association pour la santé environnementale du Québec
Environmental Health Association of Québec

PRE-ENTRY SCREENING AND AGREEMENT

Entry Requirements Checklist for MCS-Safe Environments

Here's a detailed checklist for workers entering a home of an individual with Multiple Chemical Sensitivity (MCS). This checklist is designed to ensure a safe environment and reduce exposure to triggers.

This checklist should be given to the worker before their visit to ensure that they fully understand and agree to comply with each entry requirement.

1. Personal Care and Hygiene

- **Scent-Free Personal Products:** Do not wear any scented personal care products, such as perfume, cologne, scented deodorants, hair products, lotions, or aftershave.
- **Fragrance-Free Soap and Shampoo:** Use only fragrance-free, hypoallergenic soap, shampoo, and conditioner before the visit.
- **Fragrance-Free Detergent:** Ensure clothing worn to the home is washed in fragrance-free detergent. Do not use fabric softener or dryer sheets.
- **Avoid Recent Hand Sanitizer Use:** Refrain from using hand sanitizers, antibacterial soaps, or lotions with fragrances shortly before the visit.
- **No Tobacco Use:** Do not smoke or use any tobacco products before or during the visit, as smoke residues and odors can trigger MCS symptoms.

2. Clothing Requirements

- **Clean, Unscented Clothing:** Wear freshly laundered clothing that is free from scents, chemicals, or tobacco odors.

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- [] **Avoid Carrying Scents:** Refrain from carrying any personal items with fragrances or chemical residues into the home (e.g., scented tissues, gum, or mints).

3. Tools and Equipment

- [] **Unscented Tools:** Ensure all tools and equipment are free from chemical or odor residues. Clean tools thoroughly before entering.

- [] **No Outside Cleaning Agents:** Do not bring any cleaning agents, air fresheners, sprays, or other chemical products into the home. Use only homeowner-provided products.

- [] **Limit Device Use:** Minimize use of electronic devices that may emit heat or odors, as these can sometimes impact air quality.

4. Awareness and Compliance

- [] **Understand MCS Sensitivities:** Familiarize yourself with MCS and understand that chemical exposure can have severe health impacts on the homeowner, similar to extreme allergies.

- [] **Follow Instructions Exactly:** Follow any specific requests from the homeowner, as they are tailored to their unique sensitivities.

- [] **Remain Alert:** If you notice any lingering odors on yourself or equipment before entering, inform the homeowner and take necessary steps to address them.

5. Interaction in the MCS-Sensitive Environment

- [] **Respect Fragrance-Free Zones:** Follow any designated fragrance-free zones strictly and avoid bringing in any personal items with potential scents.

- [] **Keep Noise to a Minimum (If Required):** If the homeowner has sound sensitivities, be mindful of noise levels while working.

- [] **Avoid Opening Scented Items:** Do not open or handle any scented products, including air fresheners, sprays, or other items that could release scents into the air.

- [] **Limit Physical Contact:** Refrain from unnecessary handling of items in the home, as many surfaces are carefully maintained to remain fragrance-free.

This document has been created by the
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Confirmation of Understanding and Agreement

I have read and understand all entry requirements for maintaining a scent-free and MCS-safe environment. I agree to follow these guidelines to ensure the safety and comfort of the homeowner with Multiple Chemical Sensitivity.

Worker Signature: _____

Date: _____

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