



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

Resources for Developing a Scent-Free Policy

Here are several resources that provide comprehensive guidance on implementing scent-free policies, understanding Multiple Chemical Sensitivity (MCS), and educating staff and visitors on the importance of a fragrance-free environment. These can help a center or organization create a safe and inclusive space for people with MCS.

1. Resources on MCS

-Link: https://aseq-ehaq.ca/pdf/Resources_MCS.pdf

2. The Empowering Community and Removal of Barriers (ECRoB) Project

The Empowering Community and Removal of Barriers (ECRoB) project aims to increase awareness and create accessible environments for individuals with Multiple Chemical Sensitivity (MCS) through education, advocacy, and partnerships. It focuses on building capacity within communities and organizations to support those with MCS by promoting inclusive policies, knowledge sharing, and sustainable practices that enhance accessibility and reduce exposure to harmful chemicals.

-Link: <https://aseq-ehaq.ca/en/ecrob/>

3. Canadian Centre for Occupational Health and Safety (CCOHS): Scent-Free Policy for the Workplace

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This resource offers guidelines on creating and implementing scent-free policies in workplaces. It includes information on why scent-free policies are needed and tips for educating staff.

-Link: CCOHS Scent Free Policy Guidelines -

https://www.ccohs.ca/oshanswers/hsprograms/scent_free.html

4. Canadian Human Rights Commission (CHRC): Environmental Sensitivities and Scent-Free Policies

The CHRC provides a comprehensive guide on accommodating environmental sensitivities/Multiple Chemical Sensitivity, including the development of scent-free policies, as part of their commitment to human rights in the workplace and public spaces.

-Link: CHRC Environmental Sensitivities Guide - <https://www.chrc-ccdp.gc.ca/en/resources/publications/environmental-sensitivities-and-scent-free-policies>)

5. Environmental Health Association of Québec (ASEQ-EHAQ): Scent-Free Toolkit

ASEQ-EHAQ offers a toolkit designed to help institutions implement fragrance-free policies. It includes a sample policy, educational materials, and signage templates to promote a fragrance-free environment.

-Link: ASEQ-EHAQ Scent-Free Toolkit - <https://aseq-ehaq.ca/en/resources/fragrance/>

6. Multiple Chemical Sensitivity: A Guide for Employers and Service Providers

This guide provides insights into MCS, its symptoms, triggers, and the importance of fragrance-free policies in accommodating individuals with this medical condition.

- Link: MCS Guide for Employers and Service Providers - <https://aseq-ehaq.ca/en/workplace-accommodation/>

7. Scent-Free Zone Signs and Posters

ASEQ-EHAQ Signage Toolkit: Includes printable posters and signs to indicate scent-free zones and educate visitors and staff.

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-Link: ASEQ-EHAQ Signage - <https://aseq-ehaq.ca/en/toolkit/>

These resources will help a center or organization develop a comprehensive scent-free policy, educate staff and visitors, and implement fragrance-free practices to create a safe environment for people with MCS and fragrance sensitivities.

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