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The index references are to page numbers of the Regulatory Updates, section numbers of the commentary, and to section numbers and parts of the Canada Labour Code and its regulations. Where the references are to section numbers and parts of the Canada Labour Code and its regulations, the following acronyms will appear before the section number or part:

- Canada Labour Code — CLC
- Canada Occupational Health and Safety Regulations — Reg. 86-304
- Administrative Monetary Penalties (Canada Labour Code) Regulations — Reg. 2020-260
- Aviation Occupational Safety and Health Regulations — Reg. 2011-87
- Coal Mining Occupational Health and Safety Regulations — Reg. 90-97
- Coal Mining Safety Commission Regulations — Reg. 90-98
- Exemptions from and Modifications to Hours of Work Provisions — Reg. 2021-200
- Maritime Occupational Health and Safety Regulations — Reg. 2010-120
- Oil and Gas Occupational Safety and Health Regulations — Reg. 87-612
- On Board Trains Occupational Safety and Health Regulations — Reg. 87-184
- Policy Committees, Work Place Committees and Health and Safety Representatives Regulations — Reg. 2015-164
- Standards for Work-Integrated Learning Activities Regulations — Reg. 2020-145
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