

**Health & Safety Plan  
Aggregate Yard Landscape Berm Project  
Fairfield, Connecticut**

**March 2018**



*Prepared for:*  
The Town of Fairfield

*Prepared by:*



**Osprey Environmental Engineering, LLC.  
Clinton, Connecticut**

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**APPENDICES**

- Attachment A – HASP Amendment Form
- Attachment B – Site Location Map
- Attachment C – Signature Page
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## **1.0 Introduction and Regulatory Requirements**

### 1.1 Introduction and Site Entry Requirements

This document describes the health and safety guidelines developed for the regrading of an existing aggregate stockpile in accordance with the attached drawings and to relocate excess fill for off-site reuse and/or disposal. The procedures and guidelines contained herein are based upon the best available information at the time of the plan's preparation. The Project Manager will revise specific requirements when new information is received or conditions change. Any amendments to this plan will be incorporated into the safety procedures. Where applicable, specific Occupational Safety and Health Administration (OSHA) standards or other guidance will be cited and employed.

All activities covered by this HASP must be conducted in complete compliance with this HASP and with all applicable federal, state, and local health and safety regulations. Personnel covered by this HASP who cannot or will not comply will be excluded from site activities.

The provisions of the HASP will be communicated to each employee involved with the proposed project being conducted at the site, including subcontractor employees. A site copy of the HASP will be available on site at all times and copies are available for distribution to all workers upon request.

### 1.2 Applicability

This plan addresses the safety procedures that will be followed by all personnel involved in this project. This plan does not supersede any Federal, OSHA, State, or Local regulations. In the event of a conflict between this plan and a regulation, the more stringent of the two will be enforced.

### 1.3 Key Personnel

It is the shared responsibility of the key personnel identified below, to ensure that the requirements of this HASP are implemented. Some of the site specific responsibilities include:

- 1) Assuring that all personnel to whom this HASP applies, including any subcontractors, have received site familiarization training consistent with the requirements of this HASP;
- 2) Providing the Project Manager with updated information regarding conditions at the site and the scope of site work; and,
- 3) Coordinating the activities of all employees and subcontractors and ensuring that they are aware of the pertinent health and safety requirements for this project.

Key personnel applicable to this site include:

Project Manager: Scott Bartlett 203-767 2128 (cell phone)

Site Supervisor: Carlos Monteiro 203 650 1811 (cell phone)

#### *1.3.1 Emergency Spill Response Notifications*

The Site supervisor or his or her designee will notify the office of Osprey Environmental Engineering (Osprey) at the numbers listed below to report a release, should one occur. Osprey will be the Response Manager or their designee will contact the appropriate agencies to report the incident and initiate spill response activities, personnel and equipment.

Response Manager (RM): Robert Grabarek 860 669 8651 (office) 203 627 4998 (cell)

### 1.4 Weekly Safety Meetings

Weekly safety meetings will be held at the start of each week to ensure that all personnel understand site conditions and operating procedures, to ensure that personal protective equipment (PPE) is being used correctly, and to address worker health and safety concerns. If work conditions should change during the course of a work shift, all personnel will be informed of the change in site conditions.

### 1.5 Management of Change/Modification of the HASP

#### *1.5.1 Management of Change*

The procedures in this HASP have been developed based on knowledge developed from previous projects of similar scope and work tasks. Every effort has been made to address the potential chemical and physical hazards that may be encountered during the implementation of the proposed construction activities. However, unanticipated site-specific conditions or situations may occur during the implementation of this project. Also, the Site Supervisor may elect to perform certain tasks in a manner that is different from what was originally intended due to a change in field conditions. As such, this HASP must be considered a working document that is subject to change to meet the needs of this dynamic project.

#### *1.5.2 HASP Modification*

Should significant information become available regarding potential on-site hazards, it may be necessary to modify this HASP. All proposed modifications to this HASP must be reviewed and approved by the Project Manager before such modifications are implemented. Any significant modifications must be incorporated into the written document as an addendum and the HASP must be reissued. The Site Supervisor will ensure that all personnel covered by this HASP receive notification of all issued addenda.

### 1.6 Hazard Communication Requirements

Each employer and its subcontractors that have employees reporting to the site shall inform the Site Supervisor of all hazardous substances brought to the site and provide Safety Data Sheets (SDS's) to the Project Manager. The Project Manager or other designated representative shall be responsible for informing all site personnel and visitors of potential hazards. Each employer shall be responsible for providing other employees with information about labeling systems and precautionary measures. SDS's from all employers shall be stored in one conspicuous location accessible to all site personnel and visitors.

## **2.0 GENERAL OPERATIONS**

### 2.1 Site Background

The proposed activity is the construction of a landscaped berm and closure of a landfill. The subject landfill was operated as a satellite landfill at the Town of Fairfield Department of Public Works Facility (DPW) at 90 Richard White Way in the town of Fairfield, CT. The site is approximately 6 acres in size and is a dirt covered lot that contains stockpiles of concrete, stone and asphalt materials. The site is located in the larger 124 acre Town of Fairfield complex that contains the Department of Public Works building and yards to the northwest, a pond to the west, a bus parking lot to the north, a composting facility to the east and salt marshes to the southeast, south, and southwest.

Records indicated that landfill operations at the subject site began in the late 1960's and consisted of excavating and removing soils in the salt marsh to 10-20' below the water table, filling the excavations with municipal solid waste (MSW), and backfilling. This activity was discontinued in the 1970's after which the landfill was covered with soil and brush and some open burning of brush occurred. This was subsequently discontinued and the site was used as an aggregate recycling yard for storage of soil, concrete, and asphalt that was processed and mixed for reuse by the Town and other entities.

The landfill underlying the aggregate recycling yard has been undisturbed since it was closed and converted to an aggregate recycling facility. The proposed activities associated with this project are the construction of a landscaped berm, and the capping of the landfill with low permeability materials. The site is proposed to continue to be used as a recycling and storage yard by the DPW in conjunction with other existing DPW parcel activities. The existing aggregate stockpiles will be regraded to form a berm to provide a visual and noise barrier between DPW operations and the surrounding residential neighborhoods, with excess materials being removed from the site. The formation of the berm and installation of low permeability cover materials as well as groundwater monitoring wells is anticipated to be completed within one year of initiation. Activities associated with the removal of remaining stockpile materials and the installation of the remaining low permeability cover materials is anticipated to take an additional four years.

2.2 Scope of Work

The following are the proposed activities during the course of the project:

1. Mobilize materials and equipment on site.
2. Install erosion and sediment control around perimeter of area to be excavated and maintain controls until the work is completed and the soil surfaces are permanently stabilized (vegetated).
3. Maintain chain link fence and gate with lock around work site for site control.
4. Post applicable Danger, Warning and Notice signs around the perimeter of the work site identifying hazards.
5. Remove all trees, brush, shrubbery and landscaping.
6. Throughout the period of relocation activities, dust control shall be maintained with calcium and or water.
7. If contaminated soils are encountered, they shall be loaded into water tight containers and covered when full or staged on 30 mil poly sheeting surrounded with silt fence and covered with 10 mil sheeting.
8. Load and transport contaminated soils to a licensed disposal facility.
9. Dress landscaped areas with topsoil, perform finished grading and hydroseed or otherwise vegetate in accordance with the attached drawings.
10. Fertilize hydroseeded areas.
11. Demobilize materials and equipment.

**3.0 SITE HAZARD ANALYSIS**

This Site Hazard Analysis identifies the general and task-specific hazards associated with site-specific operations and present an analysis of documented or potential chemical and physical hazards that exist at the site. Every effort will be made to reduce or eliminate these hazards. Those, which cannot be eliminated, will be guarded against by use of engineering controls and/or PPE. It should be noted that the nature of removal work assignment may require the use of the following procedures/programs which will be included in “Standard Operating Guidelines”, or as attachments to this HASP as applicable: these included, but are not limited to Emergency Response and Spill Containment Programs.

3.1 Chemical Hazards

The on site chemical hazards possibly present may include Petroleum hydrocarbons (oils) or heavy (RCRA8) metals above:

- > CT Department of Environmental Protection (DEEP) Remediation Standards Regulations (RSRs) Direct Exposure Criteria (DEC) values (long term exposure thresholds) or;
- > Applicable NIOSH Recommended Exposure Limits (RELs) (8-hour daily exposure thresholds).

The former are long term values and will be primarily used to assess reuse of soils, and the latter are on-site safety limits that will drive an evaluation of work methods and engineering controls should they be approached. PELs will be periodically checked if soil laboratory analytical values significantly exceed DEC criteria. Should conditions be observed or laboratory analyses indicate the potential presence of other chemical hazards on the site, additional analysis will be performed and an addendum to this HASP will be completed. The table below summarizes the chemical hazards anticipated at the site.

MATERIALS	EXPOSURE ROUTES	RSR DIRECT EXPOSURE CRITERIA LIMITS (DECS) – mg/kg	NIOSH RECOMMENDED EXPOSURE LIMITS (RELs) ppm
Petroleum hydrocarbons (ETPH)	Inhalation, Skin Absorption, Skin and/or Eye Contact, Ingestion	<b>Residential – 500 Industrial – 2,500</b>	Not available
Lead	Inhalation, Ingestion, Skin and/or Eye Contact	<b>Residential – 400, Industrial – 1,000</b>	0.05 mg/m <sup>3</sup>
Arsenic		<b>Residential – 10, Industrial – 10</b>	0.01 mg/m <sup>3</sup>

Personnel will be removed from the work site and placed under observation immediately if the following symptoms occur:

- Dizziness or stupor
- Nausea, headache, or cramps
- Irritation of the eyes, nose, or throat
- Euphoria
- Chest pains or coughing
- Rashes or burns

### 3.2 Physical Hazards

Based on available information concerning the site, the physical hazards that may be encountered during the excavation and remediation activities include the following:

- Slips, trips, and falls
- Cuts and bruises
- Strains/muscle pulls
- Use of heavy equipment
- Excessive noise (85 dBA or greater)
- Excavations/confined space
- Street traffic and site vehicle/heavy equipment traffic
- Heat stress
- Natural hazards

A summary of the potential physical hazards for each planned construction activity is provided in Section Error: Reference source not found. General considerations for the physical hazards are discussed in the following sections.

#### *3.2.1 Slips, Trips, and Falls*

Site personnel may slip, trip, or fall over equipment or as a result of uneven terrain during the work, or may fall into soil excavations. As a result, workers will take precautions to keep equipment organized and to mark the edge of the excavations, as appropriate, with caution tape or barriers. Should excavations remain open during off hours, warning signs will be posted and barricades with blinking lights and/or bright orange safety fence will be placed along the perimeter.

#### *3.2.2 Soft Tissue Injury*

Site personnel may be exposed to hazards that can cause soft tissue injuries such as lacerations or contusions (bruising) during work at this site. As a result, a first aid kit will be kept on-site so that workers can disinfect and bandage minor cuts and bruises. To prevent these injuries, workers will wear long-sleeved shirts and trousers and will use caution when using heavy equipment.

#### *3.2.3 Strains/Muscle Pulls*

Site personnel may experience strains or muscle pulls as a result of manually lifting heavy objects during the work. To prevent these injuries, workers will be trained in the proper method to lift heavy objects and cautioned against lifting objects that are too heavy, cumbersome, or awkward for one person.

#### *3.2.4 Use of Heavy Equipment*

Most of the work will involve the use of heavy equipment and machinery. Site personnel will exercise caution when working in the vicinity of this equipment to avoid being struck and/or the breathing of exhaust fumes. All vehicles will be equipped with back-up alarms to warn workers about back-up

movements. In addition, workers should be situated upwind of equipment exhaust whenever possible. Site personnel will remain outside of equipment blind spots, and maintain communication with the equipment operator via radio, standard hand signals, and/or eye contact, as conditions indicate is appropriate. Workers shall not enter the operational area or swing radius of any heavy equipment unless their location, and/or travel path, is specifically acknowledged by the equipment operator.

### *3.2.5 Excessive Noise*

Use of heavy machinery while conducting this work may expose employees to excessive noise levels. Exposure to noise can result in the following:

- 1) Temporary hearing losses where normal hearing returns after a rest period;
- 2) Interference with speech communication and the perception of auditory signals;
- 3) Interference with the performance of complicated tasks; and,
- 4) Permanent hearing loss due to repeated exposure resulting in nerve damage.

Since personal noise monitoring will not be conducted during the proposed activities, employees must follow this general rule of thumb: If the noise levels are such that you must elevate your voice to communicate with someone who is 5 feet away from you, you need to be wearing hearing protection. This rule of thumb indicates that workers in the vicinity of operating equipment may be exposed to noise levels in excess of 85 dBA.

Hearing protection in the form of ear muffs or ear plugs (with noise reduction rating (NRR) of 35 or greater shall be utilized by all equipment operators and site workers who are potentially exposed to noise levels in excess of 85 dBA. It is anticipated that most locations within the work zone (exclusion zone) will expose workers to noise levels in excess of 85 dBA while equipment is operating.

Workers unfamiliar with the selection of hearing protection available on site shall seek assistance from their supervisor.

### *3.2.6 Excavations/Confined Spaces*

**Confined Spaces** - During the course of the work, excavation of trenches will be performed in such a manner as to **avoid** the creation of confined spaces. **In no case shall the soil excavations exceed 5 feet in depth and, therefore, constitute a confined space, which is defined by OSHA as any space that is large enough and so configured that a worker can enter and perform work, that has limited means for entry or exit, and that is not designed for continuous worker occupancy.** Workers will not enter any excavation that is 5 feet in depth or greater.

**Excavation Safety** - The following precautions must be implemented during excavation in order to assure the protection of workers against the hazards associated with sidewall collapse of the excavated slopes.

- Excavations will be inspected daily by the competent person. Excavations with side slopes greater than 2:1 (horizontal:vertical) shall be assessed for potential for slope failure, and if present, employees shall not enter the downslope area.
- No employee shall walk or work underneath loads handled by digging equipment. Employees must stand away from soil stockpile areas to avoid being struck by any spillage or falling materials.

### *3.2.7 Exposure to street traffic and site vehicle/heavy equipment traffic*

Nearly all of the construction activities will involve the use of vehicles and heavy equipment. As a result, site personnel must use extreme caution to avoid being struck by vehicles and must prevent unauthorized vehicles from entering the work area.

All site workers exposed to street traffic from outside the construction site shall wear an ANSI Class 2 safety vest and avoid turning their back to any traffic without a spotter. All site workers, regardless of exposure to street traffic are encouraged to utilize an ANSI Class 2 safety vest as conditions site visibility conditions dictate. Additionally, site workers must communicate with on site vehicle and equipment operators when working in their vicinity. If necessary, acceptable travel paths may be marked out utilizing



flagging or traffic cones in order to identify work locations or acceptable travel paths to operators.

The public must be protected from the hazards associated with site operations. Where necessary, public access will be restricted. If site activities impact the normal flow of traffic on adjacent streets, flaggers or police details, as appropriate, will be utilized to maintain safe operations.

*3.2.8 Heat Stress*

Adverse climate conditions primarily heat in excess of 70 degrees F, and or working in chemical protective clothing, are important considerations in planning and conducting site operations. Heat-related illnesses range from heat fatigue to heat stroke, with heat stroke being the most serious condition. The effects of ambient temperature can cause physical discomfort, loss of efficiency, and personal injury, and can increase the probability of accidents. In particular, protective clothing that decreases the body’s ventilation can be an important factor leading to heat-related illnesses.

To reduce the possibility of heat-related illness, workers should drink plenty of fluids and establish a work schedule that will provide sufficient rest periods for cooling down. Personnel shall maintain an adequate supply of non-caffeinated drinking fluids on site for personal hydration. Workers should be aware of signs and symptoms of heat-related illnesses, as well as first aid for these conditions. These are summarized in the table below.

The following Evaluation Scheme for Heat Stress Chart is extracted from the 2001 TLV’s and BEI’s by the ACGIH.

Heat Related Illnesses	Signs	Symptoms	Response Measures
Heat Rash of Prickly Heat	Red Rash on Skin	Intense Itching and Inflammation	Increase fluid intake, rest, and observe affected worker
Heat Cramps	Heavy Sweating, Poor Muscle Coordination	Muscle Spasms, Pain in Hands, Feet, and/or Abdomen	Increase fluid intake, rest in AC, observe affected worker
Heat Exhaustion	Heavy Sweating; Pale, Cool, Moist Skin; Poor Muscle Coordination; Dizzy/Fainting	Weakness, Headache, Dizziness, Nausea, Confusion, Inappropriate responses	Remove worker to cooled area out of sun, intake fluids, and rest until symptom free
Heat Stroke	Dry skin, Loss of consciousness, Possibly red and hot skin	Reduced or no sweating, rapid bounding pulse, unconscious, confused, nausea	<b>EMERGENCY</b> contact 911 Remove patient to cool shady location Comfort and cool patient

*3.2.9 Exposure to Cold*

A cold environment forces the body to work harder to maintain its temperature. Cold air, water, and snow all draw heat from the body, which can lead to accidents due to forgetfulness, inability to use hands, and exhaustion. They can also lead to dangerous health conditions. The quiet symptoms of potentially deadly cold-related ailments often go undetected until the worker’s health is endangered. Cold related illnesses can develop when ambient temperatures are 50 degrees F or less, especially if the person is wet.

Danger signs of cold stress include uncontrolled shivering, slurred speech, clumsy movements, fatigue, and cold related and confused behavior. If these signs are observed, call for emergency help. The most common

cold related conditions include hypothermia, frostbite, and trench foot.

### *Hypothermia*

Hypothermia occurs when body heat is lost faster than it can be replaced. The onset of symptoms normally begins when the core body temperature drops below the normal 98.6°F to around 95°F.

Symptoms include:

- Numbness, stiffness, drowsiness.
- Persistent shivering.
- Slow or irregular breathing and heart rate.
- Slurred speech and poor coordination.
- Blue lips and fingers.
- Cool, pale skin with puffiness in the face.
- Irrational or confused behavior.
- Reduced mental alertness.

As the body temperature continues to fall, most symptoms will worsen and shivering will stop. Workers may be unable to walk or stand. Once the body temperature falls to around 85°F, severe hypothermia will develop and the person may become unconscious. At 78°F (25.5°C), the person could die.

Treatment depends on the severity of the hypothermia. For cases of mild hypothermia:

- Move the victim to a warm area and have him or her stay active.
- Remove wet clothes, replace with dry clothes or blankets, and cover the head.
- Have the victim drink a warm (not hot) sugary drink, and avoid drinks with caffeine.
- For more severe cases do all of the above, plus:
- Contact emergency medical personnel.
- Cover all extremities completely.
- Place very warm objects, such as hot packs or water bottles on the victim's head, neck, chest, and groin. Arms and legs should be warmed last.
- Treat the worker very gently and do not apply external heat to re-warm. Hospital treatment is required.

### *Frostbite*

Frostbite occurs when the skin actually freezes and loses water. Frostbite is a common injury caused by exposure to severe cold or by contact with extremely cold objects. Frostbite occurs more readily from touching cold metal objects than from exposure to cold air. That's because heat is rapidly transferred from skin to metal. In severe cases, amputation of the frostbitten area may be required. Frostbite usually occurs when the temperatures are 30°F (-1.1°C) or lower. Wind chill factors can allow frostbite to occur in above freezing temperatures. Frostbite typically affects the feet and hands.

Symptoms include:

- Tingling, stinging, or aching of the exposed area.
- Skin goes from white/grayish yellow to reddish violet to black.
- Begins with feeling very cold, then numb.
- Skin may blister.
- No signs or symptoms of anything bad happening!

Do not rub the affected areas when caring for frostbite; this could cause greater injury. Warm up frozen parts with clothing, blankets, or room-temperature water. Once warm, exercise the part, but do not walk on frostbitten feet. If there is a chance that the affected part will get cold again, do not warm. Warming and re-cooling will cause severe tissue damage.

### *Trench Foot*

Trench foot is caused by prolonged exposure to a wet, cold environment, or actual immersion in cold water. It is similar to frostbite, but considered less severe. Symptoms include:

- Tingling or itching sensation

- Burning or other pain
- Blisters and swelling

First-aid treatment for trench foot includes moving to a dry area and carefully washing and drying the affected area. Slowly warm the feet and rest with a slight elevation.

*Wind Chill*

Wind chill involves the combined effect of air temperature and air movement. Wind chill is the combination of air temperature and wind speed. For example, when the air temperature is 40°F (4.4°C) and the wind speed is 35 mph, your exposed skin receives conditions equivalent to the air temperature of 11°F (-11.7°C). When air speed and temperature produce a chill temperature of -25.6°F (-32°C), continuous skin exposure should not be permitted.

Unprotected skin will freeze only at temperatures below 30.2°F (-1°C), regardless of wind speed. When weather information is not available, the following signs may help to estimate wind speeds in the field:

- 5 mph/hour (8 km) light flag just moves.
- 10 mph/hour (16 km) light flag is fully extended by the wind.
- 15 mph/hour (24 km) raises a newspaper sheet off the ground.
- 20 mph/hour (32 km) wind capable of blowing snow.

**Wind Chill Table**

Wind Speed (mph)	Actual Temperature Reading in Degrees Fahrenheit (F <sup>0</sup> )									
	50	40	30	20	10	0	-10	-20	-30	
Equivalent Chill Temperature (F <sup>0</sup> )										
0	50	40	30	20	10	0	-10	-20	-30	
5	48	37	27	26	6	-5	-15	-26	-36	
10	40	28	16	4	-9	-24	-33	-46	-58	
15	36	22	9	-5	-18	-32	-45	-58	-72	
20	32	18	4	-10	-25	-39	-53	-67	-82	
25	30	16	0	-15	-29	-44	-59	-74	-88	
30	28	13	-2	-18	-33	-48	-63	-79	-94	
35	27	11	-4	-20	-35	-51	-67	-82	-98	
40	26	10	-6	-21	-37	-53	-69	-85	-100	
Over 40 Little Added Effect	Little danger for properly clothed person if less than one hour exposures with dry skin.				Danger. Exposed flesh may freeze within one minute			Great danger. Exposed flesh may freeze within 30 seconds.		

*Engineering Controls*

Engineering controls can be effective in reducing the risk of cold stress. Engineering controls include:

- Radiant heaters used to warm workers.
- Shielding work areas from drafts or wind will reduce wind chill.
- Insulating material on equipment handles, when temperatures drop below 30°F (-1.1°C).
- Heated shelters such as trailers should be available nearby
- Encourage workers to use these shelters at regular intervals
- Workers entering the shelter should remove their outer layer of clothing and loosen other clothing to let sweat evaporate.

#### *Protective Clothing*

Protective clothing is critical to avoiding cold stress. The type of fabric also makes a difference. Cotton loses its insulation value when it becomes wet. Wool, on the other hand, retains its insulation even when wet. The following are recommendations for working in cold environments:

- Wear at least three layers of clothing:
  - An outer layer to break the wind and allow some ventilation (like nylon).
  - A middle layer of down or wool to absorb sweat and provide insulation even when wet.
  - An inner layer of cotton or synthetic weave to allow ventilation.
- If conditions are wet as well as cold, ensure that the outer clothing worn is waterproof or at least water-repellent. Wind-resistant fabrics may also be required under some conditions.
- Wear a hat. Up to 40 percent of body heat can be lost when the head is left exposed.
- Wear insulated boots or other footwear.
- Keep a change of dry clothing available in case work clothes become wet.
- Do not wear tight clothing. Loose clothing allows better ventilation.
- Workers who get hot while working should open their jackets, but keep hats and gloves on.

#### *Work Practices and Other Precautions*

Work practices and planning are important preventative measures. Instruct your workers to:

- Wear proper clothing for cold/wet conditions, including layers that can be adjusted to changing conditions. Workers should wear at least three layers of protective clothing, a hat, and insulated boots.
- Stay dry (wet clothing can draw heat from the body quickly).
- If possible, perform heavy work during the warmer parts of the day.
- Avoid touching gasoline, kerosene, or other fluids or metal objects with bare or wet hands.
- Take a frequent, short break in warm, dry shelters to allow their bodies to warm up.
- Try to work in pairs to keep an eye on each other and watch for signs of cold stress.
- Have a backup when working in isolated cold environments, whether indoors or outdoors.
- In addition to work practices, encourage the use of these precautions:
  - Recognize the environmental and workplace conditions that may be dangerous.
  - Understand the effects of wind chill.
  - Know the signs of cold-induced illnesses and injuries and what to do to help co-workers.
  - Avoid drinks with caffeine (coffee, tea, sodas, or hot chocolate) and alcohol.
  - Get enough rest, since energy is needed to keep muscles warm.
  - Drink plenty of liquids for adequate blood circulation. It is easy to become dehydrated in cold weather. Warm, sweet beverages (sugar water, sports-type drinks) are recommended.
  - Eat warm, high-calorie foods, such as hot pasta dishes.
  - Understand that certain health conditions, such as poor physical condition, diabetes, hypertension, or cardiovascular disease, may increase risks.
  - Know the effects of medications, which may increase the risk of cold disorders by reducing normal body reactions to cold.
  - Avoid smoking or chewing tobacco.

### 3.2.10 General Hazards

**Lighting** - Work areas must have adequate lighting for employees to see and work to identify hazards (5-foot candles minimum comparable to a single 75-100 watt bulb). The provisions outlined in 29 CFR 1910.120 (m) shall apply.

**Electrical Power** - All electrical power must have a ground fault circuit interrupter as part of the circuit. All equipment must be suitable and approved for the class of hazard. The provisions outlined in 29 CFR 1926, Subpart K, shall apply.

**Eye Protection** - All operations involving the potential for eye injury, splash, etc., shall have approved eye wash units locally available as per 29 CFR 1910.151 (c) and require all workers at the site to utilize eye protection meeting the impact protection requirements established by ANSI Z87.

**Biological Hazards – Poison Ivy** may be found at the site. It is highly recommended that all personnel entering into an area with poison ivy wear a minimum of a tyvek coverall, to avoid skin contact. **Ticks** can transmit several diseases, including Rocky Mountain spotted fever, a disease that occurs in the eastern portion of the US, and Lyme Disease. Heavily vegetated areas of a site may have ticks. It is highly recommended that all personnel walking through such areas wear a tyvek coverall and latex boot covers taped at all joints. Additionally, workers may achieve some protection against ticks through the application of DEET containing insect repellent. All employees working in areas prone to containing ticks, shall self perform a tick check of their entire body within 8 hours of completing work at the site.

**Fire Protection/Fire Prevention** - Operations involving the potential for fire hazards shall be conducted in a manner as to minimize the risk. Non-sparking tools and fire extinguishers shall be used or available as appropriate. Sources of ignition shall be removed. When necessary, explosion-proof instruments and/or bonding and grounding will be used to prevent fire or explosion. The provisions outlined in 29 CFR 1910, Subpart L, shall apply.

**Utilities** - Overhead and underground utility hazards shall be identified and or inspected prior to conducting operations involving potential contact. All underground utilities will be marked by the designated agency before subsurface activity commences.

## 3.3 General Safety Rules

All site personnel involved with the construction activities will follow the safe work practices listed below.

- All personnel assigned to perform field activities at the site must be adequately trained and thoroughly briefed on anticipated hazards, protective equipment to be worn, safety practices to be followed, emergency procedures, and communications. This will be accomplished by performing a tailgate or pre-work safety meeting prior to initiating activities at the site each week or prior to new employees working at the site. Additional safety briefings shall be conducted at the discretion of personnel at the site.
- The construction activities will take place only during daylight hours unless adequate artificial lighting is provided.
- Eating, drinking, chewing gum or tobacco, smoking, or any practice that increases the probability of hand-to-mouth transfer and ingestion of potentially contaminated materials is prohibited in any work area.
- Contact with contaminated soil, groundwater, or other potentially impacted materials should be avoided. Personnel should not walk or kneel in puddles, mud, and other discolored surfaces.
- In addition, personnel should not lean, sit, or place equipment on vehicles or the ground, unless necessary.
- Traffic coned, barrels, or concrete barriers will be used to direct traffic away from the work activities that take place near moving traffic. In addition, when working in areas with vehicle traffic workers will wear



#### 4.0 PERSONAL PROTECTIVE EQUIPMENT (PPE)

The following table provides a description of the minimum PPE levels and components required for work activities at the site. This table also provides air monitoring equipment requirements that may apply for the identified work activities. Note: Hearing protection may be necessary, in accordance with Error: Reference source not found above, at any PPE level.

Work Activity	Initial PPE Level	PPE Components	Air Monitoring
Mobilization to site, Site survey and Set-Up	Level D	Hard hat, Safety glasses, Traffic safety vests, Steel-toed work boots, Leather protective gloves	
General Site Work Site Clearing, Excavation, Demolition, Landscaping	Level D	Hard hat, Safety glasses, Traffic safety vests, Steel-toed work boots, Leather protective gloves	PID - when working in areas with exposed impacted soil
Work Zone Breakdown and Demobilization	Level D	Hard hat, Safety glasses, Traffic safety vests, Steel-toed work boots, Leather protective gloves	

#### 5.0 AIR MONITORING

Air-monitoring objectives may include any of the following:

- Identify and quantify airborne (soil particulate and volatile organic compound) contaminants on-site and offsite;
- Track changes in air contaminants that occur over the lifetime of the project or removal action (if applicable);
- Ensure proper selection of work practices and engineering controls;
- Determine the adequate level of worker protection;
- Assist in defining work zones;
- Identify additional medical monitoring needs in any given area of the site.

##### 5.1 General Requirements

Air monitoring using direct instruments shall be performed:

- When observed conditions indicate an atmospheric hazard may be present.
- When a different type of operation is initiated which presents the potential for the development of a hazardous atmosphere.
- When prescribed by other applicable regulations.

Air monitoring criteria will be determined based on the identified hazard and industry standard sampling methods and procedures. All air monitoring data will be documented and submitted to the Project Manager, and made available in the site project management files for review by all interested persons. Air monitoring instruments will be calibrated and maintained in accordance with the manufacturer's specifications

#### 6.0 SOIL MONITORING

Soil monitoring objectives may include any of the following:

- Identify and quantify soil contaminants as they relate to DEEP Direct Exposure Criteria (DEC) values;

- Ensure proper selection of work practices and engineering controls;
- Determine the adequate level of worker protection;
- Evaluate the suitability of the soils for reuse or for other disposal methods.
- Identify additional medical monitoring needs in any given area of the site.

### 6.1 General Requirements

Soil monitoring using direct instruments and soil sampling for laboratory analysis shall be performed:

- At scheduled intervals (every 500 cubic yards or ~55' by 60' by 4' deep) or when work begins on a different portion of the site and observed conditions indicate a new hazard may be present
- When contaminants other than those previously identified are being handled
- When prescribed by other applicable regulations

Soil monitoring criteria will be determined based on the identified hazard and industry standard sampling methods and procedures. All monitoring data will be compared to DEC and REL criteria and will be documented and submitted to the Project Manager and made available in the site project management files for review by all interested persons. Monitoring instruments will be calibrated and maintained in accordance with the manufacturer's specifications

Soil analytical data will be compared to applicable DEC numerical criteria. Where concentrations of constituents exceed DEC criteria for residential standards, the soils shall not be reused for those purposes. Where soils exceed industrial/commercial criteria and exceed aggregate recycling criteria, they shall not be released for off-site reuse.

## **7.0 SITE CONTROL**

The primary purpose for site controls is to establish the work area perimeter, to reduce migration of contaminants into clean areas, and to prevent access or exposure to hazardous conditions by unauthorized persons. At the end of each workday, the site will be secured to prevent unauthorized entry.

### Security Procedures

The following procedures will be implemented to ensure that site security is maintained.

- Fencing will be maintained around all site hazards during the removal action.
- Signage will be posted with the appropriate project contact name and number.
- All equipment and supplies will be secured inside a locked command post area.
- It is recommended that personal belongings and "high-theft" items (i.e., computers, air monitoring instruments, etc.) be removed from the site at the end of each workday.

## **8.0 DECONTAMINATION PROCEDURES (If Required)**

### 8.1 Equipment Decontamination

If contaminated soils are discovered and equipment becomes contaminated it must be decontaminated or discarded upon exit from the site. If the equipment is decontaminated, then the Health and Safety Representative shall be responsible for ensuring that the item has been sufficiently cleaned prior to exiting from the site. Any waste material that is generated through decontamination procedures will be stored in a designated area until disposal arrangements are finalized.

The decontamination solution for this site is soap and water. Decontamination solution will be changed daily (at a minimum) and collected and stored on site until disposal arrangements are finalized.

### 8.2 Decontamination Waste Handling

Solid wastes generated by decontamination, including discarded protective clothing, will be containerized and



disposed of in an approved manner. Rinse water produced from washing activities will also be containerized and disposed of appropriately.

### 8.3 Decontamination Equipment Needs

The following equipment may be used for decontamination, as appropriate:

- Plastic drop cloths
- Plastic 30 or 55 gallon containers or plastic buckets
- Hand-operated garden-type sprayers
- Brushes
- Decontamination solution (commercially available detergent and water)

### **9.0 IMPACTED MATERIAL CONTAINMENT AND DISPOSAL (If Required)**

A housekeeping program will be implemented during the work to avoid the spread of any soil contaminants.

This program will include the following:

- Periodic policing of the work areas for contaminated debris and wind-blown trash.
- Periodic changing of wash and rinse water used for decontamination purposes.
- Periodic removal of all garbage bags and containers used to dispose of discarded PPE. Contaminated materials will be disposed in an approved manner.
- If applicable excavated soil will be staged temporarily at designated location for characterization purposes. Erosion controls, including the construction and maintenance of berms, silt fences, and hay bales, will be placed around each soil pile and around the perimeter of the soil management area to prevent migration and possible cross contamination of other soil piles and/or beyond the soil management area. Impacted soil stockpiles will be underlain with poly sheeting. Where stockpiles remain exposed to elements which promote dispersion via run-off or generation of dust, the stockpiles will be covered with poly-sheeting.
- The excavated soil will be disposed of in an approved manner.

### **10.0 EMERGENCY RESPONSE PLAN**

Site personnel must be prepared for emergencies such as: illnesses or injuries, chemical exposure, fires, explosions, spills, leaks, releases of harmful contaminants, or sudden changes in the weather. The following sections outline the general procedures for emergencies. Emergency information should be posted as appropriate.

#### 10.1 Emergency Contacts

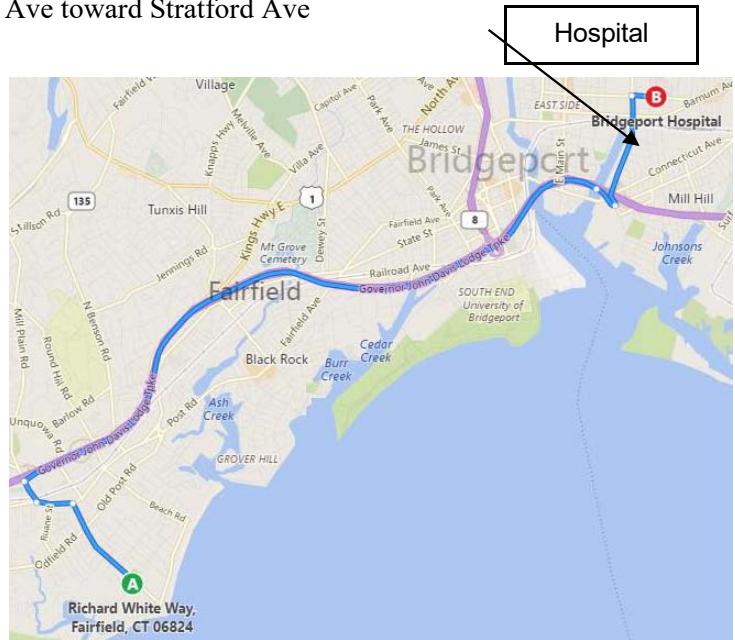
Fire/EMS:	Fairfield Fire Department	911
Police:	Fairfield Police Department	911
Hospital Name:	Bridgeport Hospital	203 384 3000 (24 hour)
State of Connecticut Department of Public Health:		(860) 509-8000

#### 10.2 Directions from the Site to the Hospital

Bridgeport Hospital  
267 Grant Street  
Bridgeport, CT 06610

1. Depart Richard White Way toward Reef Rd
2. Turn left onto Reef Rd

3. Turn left onto US-1 / Post Rd
4. Bear right onto Mill Plain Rd
5. Take ramp right for I-95 North toward New Haven
6. At exit 29, take ramp right for Seaview Ave toward Stratford Ave
7. Turn left onto Seaview Ave
8. Turn right onto Grant S
9. Turn left onto road
10. Arrive on the right



**Map to Hospital**

### 10.3 Additional Emergency Numbers

Agency for Toxic Substances and Disease Registry (ATSDR)	404-639-0615 (24 hour)
Center for Disease Control	404-639-3535
Chemical Transportation Emergency Center	800-424-9300
Compressed Gas Association	703-412-0900
EPA Environmental Response Team	201-321-6660
National Response Center	800-424-8802
NIOSH Technical Information Line	800-356-4674
OSHA- Region I	617-565-9860
Boston, MA	
State Emergency Response Committee:	
CT Emergency Management Agency	860-566-2074
State Environmental Agency:	
CT Department of Energy & Environmental Protection	860-424-3338
U.S. EPA Region I: Emergency Line	617-223-7265 (24 hour)
U.S. Department of Transportation:	202-366-4488
(CFR 49 information)	

#### 10.4 Emergency Equipment Available On Site

<u>Communications Equipment</u>	<u>Location</u>
On Site Cell Phones: On site Supervisor	
Emergency Alarms/Horns:	(Three Long Blasts)
<u>Medical Equipment</u>	
First Aid Kits:	On site Supervisor
<u>Fire-Fighting Equipment</u>	
Fire Extinguishers:	Work Area
Inspection Date:	See Inspection Tag on Extinguishers
<u>Spill or Leak Equipment</u>	
Absorbent Boom/Pads:	Sorbent Pads, On site Supervisor
Dry Absorbent:	Speedy-Dry, On site Supervisor

#### 10.5 Emergency Contingency Plan

In the event of an emergency at the site, the Site Supervisor will coordinate and initiate the emergency contingency plan as applicable. The company will initiate shutdown procedures when activities are judged by the Site Supervisor (or local authorities) to involve an imminent danger condition. In the case of a major emergency, the Site Supervisor will support the Local Fire Department's response, as may be required.

This plan shall be periodically reviewed and amended as necessary to maintain currency with new or changing site conditions or information. The plan will be rehearsed and discussed as part of the general site health and safety training program. In addition, the plan should be fully reviewed with any agencies, which may be responding to an emergency at the site.

The following are designated as Key Personnel for the removal action.

<u>Title</u>	<u>Name</u>	<u>Phone</u>
Response Manager (RM):	Robert Grabarek	860 669 8651 (office) 203 627 4998 (cell)
Site Supervisor:	Carlos Monteiro	203 650 1811 (cell phone)

##### 10.5.1 Implementation

The Site Supervisor must assess possible hazards to human health or the environment that may result from any emergency situation. The Emergency Contingency Plan will be implemented in any of the following situations:

- **Fire**
  - 1) A fire occurs on site, which could cause the release of toxic fumes or other contaminants.
  - 2) A fire occurs on site, which could possibly spread, to off-site areas.
  - 3) An uncontrolled fire from off-site areas that could threaten site activities.
  - 4) Use of water, or water and chemical fire suppressants that could result in uncontained contaminated runoff.
- **Spills or Hazardous Material Release**
  - 1) The spill could cause the release of toxic vapors or fumes into the atmosphere in concentrations higher than the PEL, STEL, or IDLH's recommended by the Federal NIOSH and OSHA Regulations, or EPA's site safety plan levels.
  - 2) A spill that cannot be contained on site, resulting in a potential for off-site soil contamination

and/or ground or surface water pollution.

- **Severe Weather Conditions Requiring Emergency Shut Down**

- 1) Sighting of a tornado in the area.
- 2) A tornado warning is in effect for the area.
- 3) A lightning storm is underway in the area (storm center less than 5 miles away).
- 4) A hurricane warning is in effect in the area.

#### 10.5.2 Emergency Response Procedures

The initial response to any emergency will be directed towards protecting human health and safety, and then the environment. Secondary considerations will be contaminant identification, containment, treatment, and disposal. If an emergency is within the on-site emergency response capabilities, the Site Supervisor will implement the necessary emergency action. If an emergency is beyond the capabilities of the operating crew, the Site Supervisor will notify the local Fire and Police Departments, and any other appropriate agencies.

#### **Identification of Hazardous Materials**

The Site Supervisor will immediately identify the character, exact source, amount and extent of any release. The initial identification method will be the visual analysis of the material and location of the release. If the released material cannot be identified, actual samples will be taken for analysis.

#### **Hazard Assessment**

The Site Supervisor will assess possible hazards to human health or the environment that may result from a release, fire, or severe weather conditions. The Site Supervisor will assess the hazards posed by an incident through the following steps, as appropriate:

- 1) Identify the material(s) in the incident.
- 2) Consult appropriate references to determine potential adverse effects of exposure/release pathways and the quantities of material involved.
- 3) Identify exposure and/or release pathways and the quantities of material involved.

#### **Specific Control Procedures**

##### ***Fire***

When an on-site fire appears imminent, or is occurring, all site activity shall cease. The Site Supervisor will assess the severity of the situation and decide whether or not the emergency is controllable with existing portable fire extinguishers, site equipment, or materials at hand. Fire fighting will not be performed if the risk to operating personnel appears high. The Fire Department will be called in all situations in which fires occurred.

If the situation appears uncontrollable, and poses a direct threat to human life, the warning signal will be activated to all personnel to secure emergency equipment and immediately evacuate the area and report to the designated meeting point for a personnel count. The Site Supervisor will alert personnel when danger has passed, as determined by fire department personnel.

All equipment used in the emergency will be immediately cleaned, refurbished, or decontaminated for use in the event of any future emergency.

##### ***Spill or Hazardous Material Release***

If a hazardous waste or material release results in a probable hazardous material release, the information will be immediately relayed to the Site Supervisor. The Site Supervisor will assess the magnitude and potential seriousness of the release by reviewing the following information:

- 1) SDS's of the material spilled or releases, if known.

- 2) Source of the release or spillage of hazardous material.
- 3) An estimate of the quantity released and the rate at which it is being released.
- 4) The direction in which the release is moving.
- 5) Personnel who may be or may have been in contact with the material, or air release, and possible injury or sickness as a result.
- 6) Potential for fire resulting from the situation.
- 7) Estimate of area under the influence of the situation.

In the event of a spill or release, all personnel not involved with emergency response activity will be evacuated from the immediate area to the designated meeting place. The area will be taped or barricaded. Based on air monitoring data, evacuation procedures may be implemented or area activities will resume.

#### ***Severe Weather Conditions Requiring Emergency Shut Down***

The Site Supervisor or designated representative will monitor weather reports issued by the National Weather Service (NWS).

When a tornado is sighted in the area, when a tornado warning has been issued, or when a lightning storm occurs, the information will be immediately relayed to the Site Supervisor. The Site Supervisor will institute emergency shutdown procedures in the case of a tornado sighting, and all personnel shall proceed indoors for a head count after completing appropriate shutdown procedures. In the case of a tornado warning or lightning storm, procedures shall be stopped and all personnel shall stand by for emergency procedures as issued by the Site Supervisor. When the storm passes, the Site Supervisor will inspect on-site equipment to ensure its readiness for operation. If any emergency equipment has been damaged, the equipment will be repaired or replaced before site activities resume.

If a hurricane warning issued by the NWS is in effect in the area, the Site Supervisor will issue shutdown orders.

If the Site Supervisor inspection indicates a fire or release has occurred as the result of severe weather condition, the Site Supervisor will follow the procedures outlined above.

#### ***Prevention or Recurrence or Spread of Fires, Explosion, or Release***

The Site Supervisor will investigate the cause of any incident. If a cause or likely cause can be established, necessary steps to reduce or eliminate a recurrence will be implemented. These changes will be identified in an amendment to this safety plan.

#### ***Storage and Treatment of Released Material***

Immediately after an emergency, the Site Supervisor will make arrangements for treatment, storage, or disposal of recovered wastes and contaminated material. Recovered wastes will be analyzed for disposal parameters along with other wastes on site.

#### ***Post-emergency Equipment Maintenance***

After an emergency event, all emergency equipment will be cleaned and/or decontaminated so that it is serviceable for use or it will be replaced. Before operations are resumed, an inspection of all safety equipment will be conducted. As appropriate, State and Local authorities, will be notified that post-emergency equipment maintenance has been performed, and operations can resume.

#### ***Emergency Equipment***

In preparation for a fire or a release of hazardous materials, the following list of fire fighting, containment, and emergency equipment will be available at the site operations area.

- 1) Fire extinguishers: Dry chemical type ABC, 10lb and 20 lb.

Type A is capable of extinguishing fires involving ordinary combustible material such as wood, cloth, paper, rubber, and many plastics. Type B is capable of extinguishing fires involving

flammable liquids, oils, greases, tar, oil base paints, lacquers, and flammable gas. Type C is capable of extinguishing fires involving energized electrical equipment. All extinguishers must comply with National Fire Code Standards for portable fire extinguishers. Type ABC is appropriate for all three types of fires.

2) Firefighting equipment

The Fairfield Fire Department will be contacted in the event of a fire, which can not be extinguished with the fire extinguishers provided on-site.

3) Spill and containment materials:

Loose, dry, absorbent material (e.g., vermiculite or multipurpose sorbent) to contain and absorb spills.

Steel-type shovels with wooden handles for the physical containment of any released hazardous constituents.

Wrenches and tools for tightening fittings and valves. The nature of the contaminants may require some of these tools to be non-sparking.

4) Emergency alarm systems will be conducted to ensure that it is distinctive and recognizable above ambient background noise. The alarm system will conform to 29 CFR 1910.165.

5) First aid supplies and Bloodborne Pathogens Exposure Control Kit.

6) A completely stocked first aid kit will be maintained at the site.

Protective clothing and equipment

- Hard hats and steel-toed boots.
- Face shields and protective eyeglasses.

7) Emergency Cleanup Equipment.

Required resources that may not be available at the site will be immediately obtained from local commercial sources.

### ***Evacuation Plan***

The first person recognizing an emergency situation that threatens human health or the environment shall notify the Site Supervisor, who will evacuate the situation and determine the need for a site evacuation. The evacuation plan consists of:

- The signal to evacuate, as indicated by the emergency alarm signal (air horn).
- Leaving the area quickly by the nearest safe exit. Operating personnel are to escort visitors out of the immediate area. Personnel are to escort visitors out of the immediate area. Personnel are to take note, before leaving, of where the emergency situation exists so they do not jeopardize their safety by walking into that area. All machinery will shut off.
- Assembling in the designated meeting area, personnel count and further instructions.
- The Site Supervisor further directing actions as necessary and initiating the proper notification procedures for the agencies involved. No one is to return to the site unless so instructed by the Site Supervisor.

Three levels of evacuation may be declared:

A: Evacuation of immediate work area

B: Evacuation of work areas and close surrounding areas

C: Evacuation of any areas beyond the site area proper, in the opinion of the local fire department or other agency, is threatened by the subject incident.

### ***Reporting, Critique, and Follow-up***

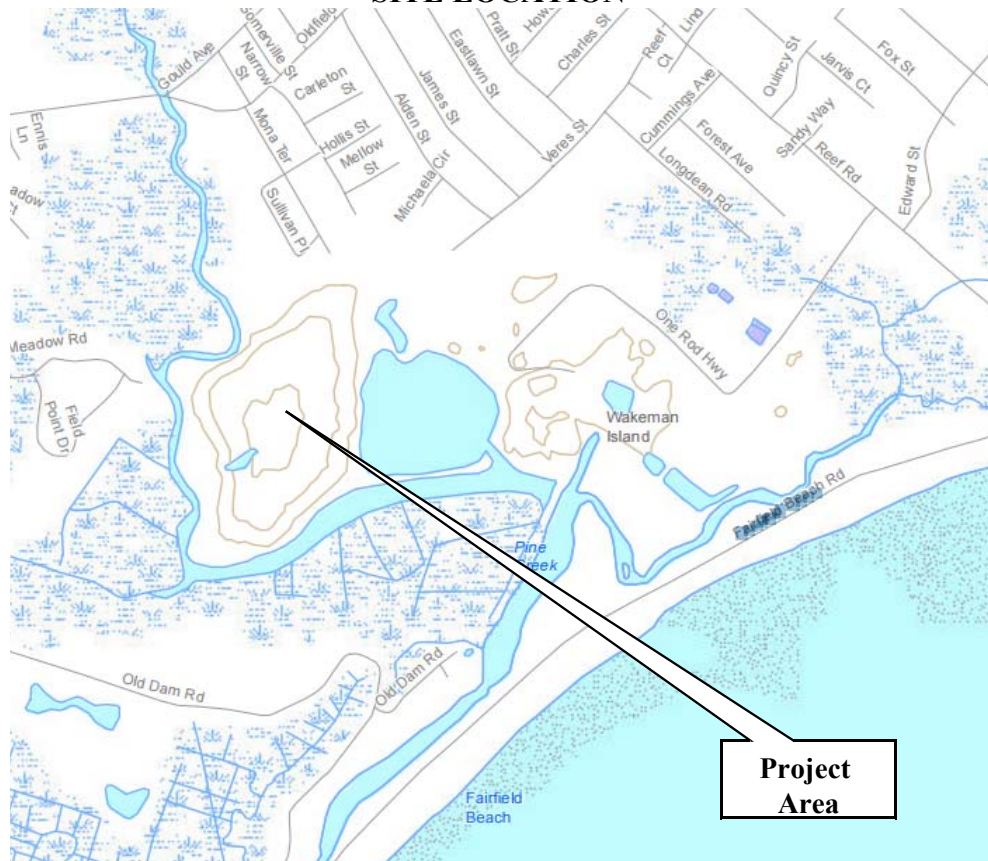
The Site Supervisor will note, in appropriate site logs, the implementation of any portion of the contingency plan. The log entries will include:

- The date, time, and type of incident (e.g., fire, explosion, personnel injured).

- A description of the cause, actions taken, materials (and volumes involved), and other information appropriate for the incident.
- A critique of the effectiveness of the emergency response actions taken.
- Depending on the nature of the incident, the Site Supervisor may:
- Report the incident to the Regional Response Center for further assistance and coordination with other agencies.
- Include details of the incident in a Pollution Report (POLREP) to be transmitted as soon as possible, but not later than 24 hours after the incident.

Amend site work/safety plans as applicable and appropriate, to eliminate or mitigate the possibility of recurrence of the incident.

**ATTACHMENT A  
SITE LOCATION**





**ATTACHMENT B**

**HEALTH AND SAFETY PLAN AMENDMENT  
For the Landscape Berm Project, Fairfield, Connecticut**

All documents to the Safety Plan will be incorporated into the text (as applicable) and documented below.

SITE SAFETY PLAN AMENDMENT # \_\_\_\_: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

DATE: \_\_\_\_\_

REASON FOR AMENDMENT: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

ALTERNATE SAFEGUARD PROCEDURES: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

REQUIRED CHANGES IN PPE: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**SIGNATURES:**

Project Manager	Date	Health and Safety Manager	Date
Site Safety Representative	Date	(Insert Title)	Date



## ATTACHMENT D GLOSSARY OF ACRONYMS

ACM	-	Asbestos-Containing Material
ANSI	-	American National Standards Institute
APR	-	Air Purifying Respirator
ACGIH	-	American Conference of Governmental Industrial Hygienists
BNA	-	Extractable Bases/Neutrals and Acids
CERCLA	-	Comprehensive Environmental Response, Compensation, and Liability Act
CFR	-	Code of Federal Regulations
CGI	-	Combustible Gas Indicator
CTR	-	Connecticut Tank Removal, Inc.
CRC	-	Contamination Reduction Corridor
CRZ	-	Contamination Reduction Zone
CSEP	-	Confined Space Entry Permit
CZ	-	Clean Zone
DECON	-	Decontamination
DEP	-	Department of Environmental Protection
DOT	-	Department of Transportation
ERRS	-	Emergency Rapid Response Services
HNU-PID	-	HNU Photoionization Detector
EZ	-	Exclusion Zone
IDLH	-	Immediately Dangerous to Life or Health
LEL	-	Lower Explosive Limit
mR/hr	-	Milliroentgen Per Hour
NCP	-	National Contingency Plan
NIOSH	-	National Institute for Occupational Safety and Health
OERR	-	Office of Emergency and Remedial Response
OSC	-	On-Scene Coordinator
OSHA	-	Occupational Safety and Health Administration
OVA	-	Organic Vapor Analyzer
PCB	-	Polychlorinated Biphenyl
PEL	-	Permissible Exposure Limit
POLREP	-	Pollution Report
PPB	-	Parts Per Billion
PPE	-	Personal Protective Equipment
PPM	-	Parts Per Million
PRP	-	Potentially Responsible Party
RM	-	Response Manager
SCBA	-	Self-Contained Breathing Apparatus
STEL	-	Short-Term Exposure Limit
SOP	-	Standard Operating Procedure
SPCC	-	Spill Prevention Controls and Countermeasures
START	-	Superfund Technical Assessment and Response Team
TLV	-	Threshold Limit Value
TWA	-	Time Weighted Average
U.S. EPA	-	U.S. Environmental Protection Agency
VOC	-	Volatile Organic Compound