HEALTH AND SAFETY PLAN
CENTRAL WATERFRONT SITE RI
WHATCOM WATERWAY SITE CLEANUP

Prepared for

Port of Bellingham
1801 Roeder Ave.
Bellingham, WA 98225

Prepared by

Anchor QEA, LLC
1605 Cornwall Ave.
Bellingham, WA 98225

June 2012

CERTIFICATION PAGE

Halah Voges
Project Manager
Anchor QEA, LLC

Date: June 29, 2012

Julia Labadie
Field Lead
Anchor QEA, LLC

Date: June 29, 2012

The information in this Health and Safety Plan has been designed for the Central Waterfront Site RI presently contemplated by Anchor QEA, LLC (Anchor QEA). Therefore, this document may not be appropriate if the work is not performed by or using the methods presently contemplated by Anchor QEA. In addition, as the work is performed, conditions different from those anticipated may be encountered and this document may have to be modified. Therefore, Anchor QEA only intends this plan to address currently anticipated activities and conditions and makes no representations or warranties as to the adequacy of the Health and Safety Plan for all conditions encountered.

HEALTH AND SAFETY PLAN ACKNOWLEDGEMENT FORM

Project Number: 120007-01 Project Name: Central Waterfront Site RI

My signature below certifies that I have read and understand the policies and procedures specified in this Health and Safety Plan (HASP). For non-Anchor QEA employees, this HASP may include company-specific appendices to this plan developed by entities other than Anchor QEA.

Date	Name (print)	Signature	Company

Date	Name (print)	Signature	Company

SITE EMERGENCY PROCEDURES

Emergency Contact Information

Table A

Site Emergency Form and Emergency Phone Numbers*

Category	Information	
Possible Chemicals of Concern	BTEX, Petroleum	
Minimum Level of Protection	Modified Level D	
Site(s) Location Address	Central Waterfront, Whatcom Waterway, Bellingham, WA	
Emergency Phone Numbers		
Ambulance	911	
Fire	911	
Police	911	
Poison Control	1-800-222-1212	
Client Contact	Brian Gouran	Office: (360) 676-2500
Project Manager (PM)	Halah Voges	Office: (206) 903-3303 Cell: (206) 462-9572
Field Lead (FL)	Julia Labadie	Office: (360) 715-2708 Cell: (719) 659-6308
Corporate Health and Safety Manager (CHSM)	David Templeton	Office: (206) 287-9130 Cell: (206) 910-4279
National Response Center	1-800-424-8802	
Department of Ecology	1-360-956-3262	
EPA Environmental Response Team	1-201-321-6600	

* In the event of any emergency contact the PM and FL.

Table B

Hospital Information

Category	Information
Hospital Name	St. Joseph's Hospital
Address	2901 Squalicum Parkway
City, State	Bellingham, WA
Phone	(360) 734-5400
Emergency Phone	911

Hospital Route Map and Driving Directions

START: A C St & Roeder Ave, Bellingham, Washington 98225

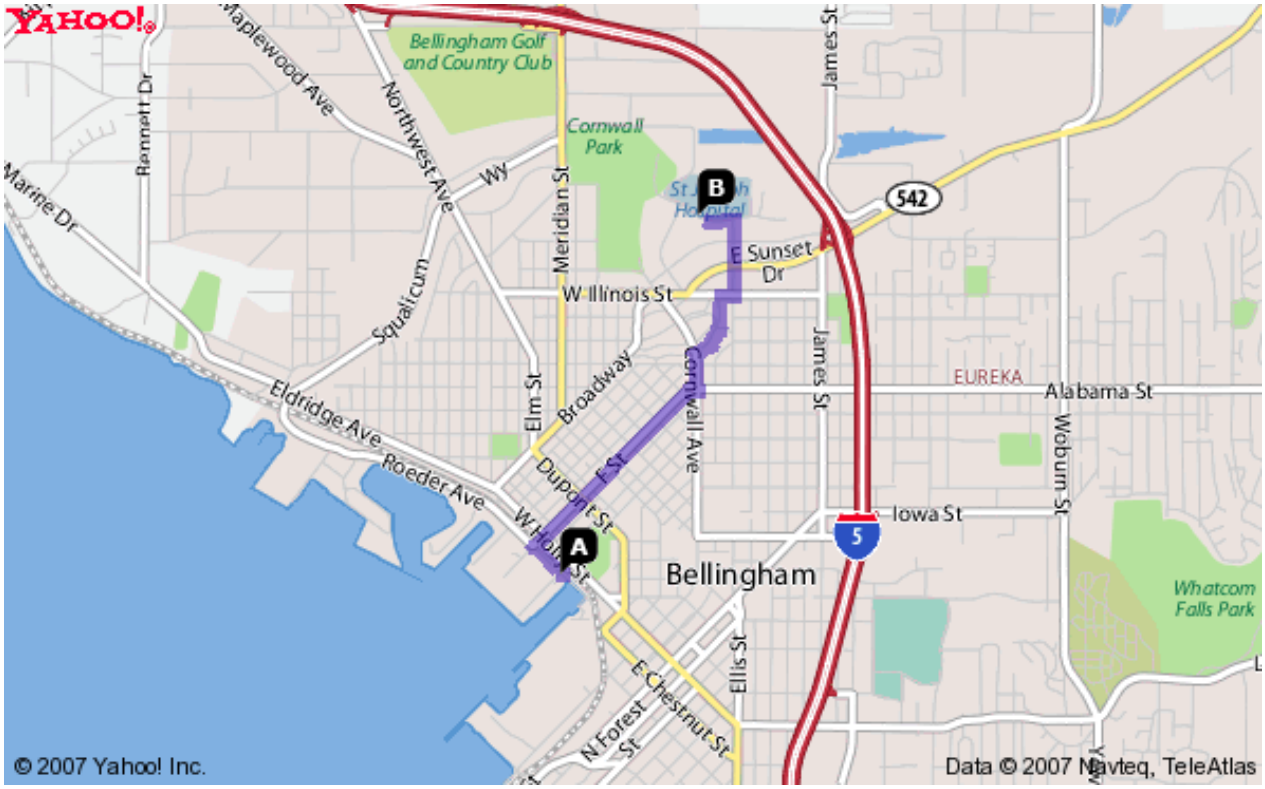
FINISH: B **St. Joseph Hospital**, 2901 Squalicum Pky, Bellingham, Washington 98225

Total Distance: 1.9 miles, Total Time: 9 minutes (approx.)

1. Start at **C Street & Roeder Avenue, Bellingham** going toward **C ST**	go **0.1** miles
2. Turn **RIGHT** on **F Street**	go **0.8** miles
3. Bear **RIGHT** on **Alabama Street**	go **< 0.1** miles
4. Turn **LEFT** on **Cornwall Avenue**	go **0.1** miles
5. Turn **RIGHT** on **South Park Drive**	go **0.1** miles
6. Continue on **Lyle Street**	go **0.1** miles
7. Turn **RIGHT** on **East Illinois Street**	go **< 0.1** miles
8. Turn **LEFT** on **Ellis Street**	go **0.3** miles
9. Turn **LEFT** on **Squalicum Parkway**	go **0.1** miles
10. Arrive at **St. Joseph Hospital** at **2901 Squalicum Parkway, Bellingham,** on the **RIGHT**	

Figure A

Hospital Route Map



Key Safety Personnel

The following people share responsibility for health and safety at the site. See Section 4 of this HASP for a description of the role and responsibility of each.

Client Contact: Brian Gouran	Office: (360) 676-2500
Project Manager (PM): Halah Voges	Office: (206) 903-3303 Cell: (206) 462-9572
Field Lead (FL): Julia Labadie	Office: (360) 715-2708 Cell: (719) 659-6308
Corporate Health and Safety Manager (CHSM): David Templeton	Office: (206) 287-9130 Cell: (206) 910-4279

Emergency Response Procedures

In the event of an emergency, immediate action must be taken by the first person to recognize the event. Use the following steps as a guideline:

- Survey the situation to ensure that it is safe for you and the victim. Do not endanger your own life. Do not enter an area to rescue someone who has been overcome unless properly equipped and trained. Ensure that all protocols are followed. If applicable, review Material Safety Data Sheets (MSDS) to evaluate response actions for chemical exposures.
- Call the appropriate emergency number (911, if available) or direct someone else to do this immediately (see Table A). Explain the physical injury, chemical exposure, fire, or release and location of the incident.
- Have someone retrieve the nearest first aid kit and Automatic External Defibrillator (AED), if available. Note: Only use an AED if you have been properly trained and are currently certified to do so.
- Decontaminate the victim without delaying life-saving procedures (see Section 8).
- Administer first aid and cardiopulmonary resuscitation (CPR), if properly trained, until emergency responders arrive.
- Notify the Project Manager (PM), Field Lead (FL), and owner.

- Complete the appropriate incident investigation reports.

First Aid and CPR Guidelines

Personnel qualified and current in basic first aid and/or CPR procedures may perform those procedures as necessary. Personnel qualified and current in basic first aid and/or CPR are protected under Good Samaritan policies as long as they only perform the basic tasks that they were taught. Do not perform first aid and/or CPR tasks if you have not been trained in first aid and/or CPR.

Injury Management/Incident Notification

Observe the following injury management/incident notification procedures and practices:

Injury Management

- Once a personal injury incident is discovered, the first action will be to ensure that the injured party receives appropriate medical attention.
- If it is safe to do so, the nearest workers will immediately assist a person who shows signs of medical distress or who is involved in an accident.
- Render first aid and call 911 or the appropriate emergency number as soon as possible.
- Escort the injured person to the occupational clinic or hospital or arrange for an ambulance.
- Proceed immediately to Notification Requirements, below.

Notification Requirements

- Directly after caring for an injured person, the work crew supervisor will be summoned. The work crew supervisor will immediately make contact with the PM or other designated individual to alert them of the medical emergency. The work crew supervisor will advise them of the following:
  - Location of the victim at the work site
  - Nature of the emergency
  - Whether the victim is conscious

  - Specific conditions contributing to the injury, if known

- Contact the PM, FL, and owner immediately.
- The PM will contact upper line management, including the Corporate Health and Safety Manager (CHSM).
- The CSHM will facilitate the incident investigation.

All client requirements will also be adhered to pertinent to personal injury incident reporting.

Incident Other Than Personal Injury

All incidents including, but not limited to, fire, explosion, property damage, or environmental release will be responded to in accordance with the site-specific Health and Safety Plan. In general, this includes securing the site appropriate to the incident, turning control over to the emergency responders, or securing the site and summoning appropriate remedial personnel or equipment. Anchor QEA will immediately notify the client of any major incident, fire, equipment or property damage, or environmental incident with a preliminary report. A full report will be provided within 72 hours.

Near-miss Reporting

All near-miss incidents (those that could have reasonably lead to an injury, environmental release, or other incident) must also be reported to the FL and/or PM immediately so they can take action to ensure that such conditions that lead to the near-miss incident can be readily corrected in order to prevent future occurrences.

Spills and Releases of Hazardous Materials

When required, notify the National Response Center and local state agencies. The following information should be provided to the National Response Center:

- Name and telephone number
- Name and address of facility
- Time and type of incident
- Name and quantity of materials involved, if known

- Extent of injuries
- Possible hazards to human health or the environment outside of the facility

The emergency telephone number for the National Response Center is 1-800-424-8802. If hazardous waste has been released or produced through control of the incident, ensure that:

- Waste is collected and contained
- Containers of waste are removed or isolated from the immediate site of the emergency
- Treatment or storage of the recovered waste, contaminated soil or surface water, or any other material that results from the incident or its control is provided
- No waste that is incompatible with released material is treated or stored in the facility until cleanup procedures are completed

Ensure that all emergency equipment used is decontaminated, recharged, and fit for its intended use before operations are resumed.

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LIST OF ACRONYMS AND ABBREVIATIONS

° C	degrees Celsius
° F	degrees Fahrenheit
ACGIH	American Conference of Governmental Industrial Hygienists
AED	Automated External Defibrillator
Anchor QEA	Anchor QEA, LLC
ANSI	American National Standards Institute
APR	Air-Purifying Respirator
CDC	Centers for Disease Control
CFR	Code of Federal Regulations
CHSM	Corporate Health and Safety Manager
COC	chemical of concern
CPR	Cardiopulmonary resuscitation
CRZ	Contamination Reduction Zone
dbA	A-weighted decibel
dB	decibel
DOT	U.S. Department of Transportation
DPT	Direct Push Technology
EPA	U.S. Environmental Protection Agency
eV	electron volts
EZ	Exclusion Zone/Hot Zone
FID	Flame Ionization Detector
FL	Field Lead
GFCI	Ground Fault Circuit Interrupter
H:V	horizontal to vertical
HASP	Health and Safety Plan
HAZMAT	Hazardous Materials
HAZWOPER	Hazardous Waste Operations and Emergency Response
HEPA	High Efficiency Particulate Air
HMIS	Hazardous Material Information System
IDLH	Immediately Dangerous to Life or Health

IP	Ionization Potential
JSA	Job Safety Analysis
kPa	kilopascal
kV	kilovolts
LEL	Lower Explosive Limit
LO/TO	Lockout/Tagout
mg/m^3	Milligrams per cubic meter
MHR	Maximum Heart Rate
MSDS	Material Safety Data Sheets
MUTCD	Manual of Uniform Traffic Control Devices
NEC	National Electrical Code
NFPA	National Fire Protection Association
NIOSH	National Institute for Occupational Safety and Health
NPL	National Priority List
NRR	Noise Reduction Rating
O_2	Oxygen
OEL	Occupational Exposure Limit
OSHA	Occupational Safety and Health Act or Administration
OV	Organic Vapor
OVM	Organic Vapor Monitor
PAHs	Polycyclic Aromatic Hydrocarbon
P.E.	Professional Engineer
PEL	Permissible Exposure Limit
PFD	personal flotation device
PID	Photoionization Detector
PM	Project Manager
PPE	Personal Protective Equipment
ppm	parts per million
PRCS	Permit-Required Confined Spaces
PVC	Polyvinyl Chloride
QLFT	Qualitative Fit Test
REL	Recommended Exposure Limits
RCRA	Resource Conservation and Recovery Act

STEL	Short Term Exposure Limit
SZ	Support Zone/Clean Zone
TLV	Threshold Limit Values
TSD	Treatment, Storage, and Disposal Facility
tsf	ton per square foot
TWA	Time Weighted Average
UL	Underwriters Laboratories Inc.
USCG	U.S. Coast Guard
VOC	Volatile Organic Compound
WBGT	Wet Bulb Globe Temperature

1 INTRODUCTION

This Health and Safety Plan (HASP) has been prepared on behalf of the Port of Bellingham and presents health and safety requirements and procedures that will be followed by Anchor QEA, LLC (Anchor QEA), personnel and, at a minimum, by its subcontractors during work activities at Central Waterfront (the site). This HASP has been developed in accordance with Title 29 of the Code of Federal Regulations (CFR), Part 1910.120 (b), and will be used in conjunction with Anchor QEA's Corporate Health and Safety Program. See Section 1.1 for HASP modification procedures.

The provisions of this HASP are mandatory for all Anchor QEA personnel assigned to the project. Anchor QEA's subcontractors are also expected to follow the provisions of this HASP unless they have their own HASP that covers their specific activities related to this project. Any subcontractor HASPs must include the requirements set forth in this HASP, at a minimum. All visitors to the work site must also abide by the requirements of this HASP and will attend a pre-work briefing where the contents of this HASP will be presented and discussed.

Personnel assigned to work at the project site will be required to read this plan and must sign the Health and Safety Plan Acknowledgement Form to confirm that they understand and agree to abide by the provisions of the HASP.

Subcontractors are ultimately responsible for the health and safety of their employees. Subcontractors may mandate health and safety protection measures for their employees beyond the minimum requirements specified in this HASP.

The objectives of this HASP are to identify potential physical, chemical, and biological hazards associated with field activities; establish safe working conditions and protective measures to control those hazards; define emergency procedures; and describe the responsibilities, training requirements, and medical monitoring requirements for site personnel.

This HASP prescribes the procedures that must be followed during specific site activities. Significant operational changes that could affect the health and safety of personnel, the community, or the environment will not be made without the prior approval of the Project Manager (PM) and the Corporate Health and Safety Manager (CHSM).

Issuance of this approved plan documents that the workplace has been evaluated for hazards. A hazard assessment has been performed and the adequacy of the personal protective equipment (PPE) selected was evaluated as required by 29 CFR 1910.132(d) – Personal Protective Equipment, General Requirements (general industry), 1910.134 – Respiratory Protection, 1926.28 – Personal Protective Equipment (construction industry), and 1926.55 – Gases, vapors, fumes, dusts and mist, and is duly noted by the signature(s) and date appearing on the certification page of this document.

1.1 Health and Safety Plan Modifications

This HASP will be modified by amendment, if necessary, to address changing field conditions or additional work tasks not already described in this document. Modifications will be proposed by the Field Lead (FL) using the "Modification to Health and Safety Plan" form included in Appendix A. Modifications will be reviewed by the CHSM or authorized representative and approved by the PM.

2 SITE DESCRIPTION/BACKGROUND INFORMATION

2.1 Site Description

The Central Waterfront site is located along the northwest shoreline of Whatcom Waterway in Bellingham, Washington. Field activities will be performed within 100 feet of the shoreline. The site includes mostly bulkheaded shoreline and a shallowly sloping beach area that extends into the Waterway. The site is used by Colony Wharf and typically accommodates barge traffic.

2.2 Site Background Information

Anchor QEA is currently conducting remedial design and permitting activities in support of the Whatcom Waterway Site Cleanup project. This work is being performed in accordance with the First Amendment to Consent Decree No. 07-2-02257-7. The design and permitting work is being performed on behalf of the Port of Bellingham and other signatories to the Consent Decree. In addition, ongoing Remedial Investigation and Feasibility Study (RI/FS) activities are being performed at the Central Waterfront site in accordance with Agreed Order No. DE 3441.

During development of the Whatcom Waterway Engineering Design Report and review of existing Central Waterfront RI/FS documents, the Washington Department of Ecology (Ecology) identified information needs relating to shoreline soil and groundwater quality in certain areas along the northern shoreline of the Whatcom Waterway site. This shoreline area is located within both the Whatcom Waterway site (due to the presence of mercury in impacted subsurface sediments) and the Central Waterfront site (due to the presence of petroleum impacted soils and groundwater, as well as sediments contaminated with boatyard-associated contaminants). Ecology specifically identified the need for supplemental data to document current groundwater and porewater quality in portions of this shoreline area, and to evaluate soil quality in an area where capping/stabilization of the shoreline may include limited areas of shoreline cut-back.

The Supplemental Work Plan identifies the methods to be used to collect the information requested by Ecology to address the above-described data gaps. The work described in this document will inform the ongoing Whatcom Waterway design effort, and the results will be

incorporated into the Phase 1 Engineering Design Report. Additionally, this work will inform the anticipated revisions to the Central Waterfront RI/FS, which is currently undergoing Ecology review.

3 SCOPE OF WORK

3.1 Project Scope of Work

This plan addresses health and safety issues involved with the following field tasks:

- Shoreline reconnaissance
- Test pit excavation and soil sampling
- Porewater sampling
- Seep water sampling
- Groundwater sampling

4 AUTHORITY AND RESPONSIBILITIES OF KEY PERSONNEL

This section describes the authority and responsibilities of key Anchor QEA project personnel. The names and contact information for the following key safety personnel are listed in the Emergency Site Procedures section at the beginning of this HASP. Should key site personnel change during the course of the project, a new list will be established and posted immediately at the site. The emergency phone number for the site is **911**, and should be used for all medical, fire, and police emergencies.

4.1 Project Manager

The PM provides overall direction for the project. The PM is responsible for ensuring that the project meets the client's objectives in a safe and timely manner. The PM is responsible for providing qualified staff for the project and adequate resources and budget for the health and safety staff to carry out their responsibilities during the field work. The PM will be in regular contact with the FL and CHSM to ensure that appropriate health and safety procedures are implemented into each project task.

The PM has authority to direct response operations; the PM assumes total control over project activities but may assign responsibility for aspects of the project to others. In addition, the PM:

- Oversees the preparation and organization of background review of the project, the work plan, and the field team.
- Ensures that the team obtains permission for site access and coordinates activities with appropriate officials.
- Briefs the FL and field personnel on specific assignments.
- Together with the FL, sees that health and safety requirements are met.
- Consults with the CHSM regarding unsafe conditions, incidents, or changes in site conditions or the Scope of Work.

4.2 Field Lead

The FL reports to the PM, has authority to direct response operations, and assumes control over on-site activities. The FL will direct field activities, coordinate the technical and health

and safety components of the field program, and is responsible in general for enforcing this site-specific HASP and Corporate HASP requirements. The FL will be the primary point of contact for all field personnel and visitors and has direct responsibility for implementation and administration of this HASP. The FL and any other member of the field crew have the authority to stop or suspend work in the event of an emergency, if conditions arise that pose an unacceptable health and safety risk to the field crew or environment, or if conditions arise that warrant revision or amendment of this HASP. The following include, but are not necessarily limited to, the functions of the FL related to this HASP:

- Conduct and document daily safety meetings, or designate an alternate FL in his or her absence.
- Execute the work plan and schedule.
- Conduct periodic field health and safety inspections to ensure compliance with this HASP.
- Oversee implementation of safety procedures.
- Implement worker protection levels.
- Enforce site control measures to ensure that only authorized personnel are allowed on site.
- Notify, when necessary, local public emergency officials (all personnel on site may conduct this task as needed).
- Follow-up on incident reports to the PM.
- Periodically inspect protective clothing and equipment for adequacy and safety compliance.
- Ensure that protective clothing and equipment are properly stored and maintained.
- Perform or oversee air monitoring in accordance with this HASP.
- Maintain and oversee operation of monitoring equipment and interpretation of data from the monitoring equipment.
- Monitor workers for signs of stress, including heat stress, cold exposure, and fatigue.
- Require participants to use the "buddy" system.
- Provide (via implementation of this HASP) emergency procedures, evacuation routes, and telephone numbers of the local hospital, poison control center, fire department, and police department.
- Communicate incidents promptly to the PM.
- Maintain communication with the CHSM on site activities.

- If applicable, ensure that decontamination and disposal procedures are followed.
- Maintain the availability of required safety equipment.
- Advise appropriate health services and medical personnel of potential exposures.
- Notify emergency response personnel in the event of an emergency and coordinate emergency medical care.

The FL will record health-and-safety-related details of the project in the field logbook. At a minimum, each day's entries must include the following information:

- Project name or location
- Names of all on-site personnel
- Level of PPE worn and any other specifics regarding PPE
- Weather conditions
- Type of field work being performed

The FL will have completed the required Occupational Safety and Health Administration (OSHA) 40-hour Hazardous Waste Operations and Emergency Response (HAZWOPER) training and annual updates, the 8-hour Supervisor training, medical monitoring clearance, and current first aid and cardiopulmonary resuscitation (CPR) training. Other certifications or training may be stipulated based on client or site requirements.

4.3 Corporate Health and Safety Manager

Anchor QEA's CHSM will be responsible for managing on-site health and safety activities and will provide support to the PM and FL on health and safety issues. The specific duties of the CHSM are to:

- Provide technical input into the design and implementation of this HASP.
- Advise on the potential for occupational exposure to project hazards, along with appropriate methods and/or controls to eliminate site hazards.
- Ensure that a hazard assessment has been performed and that the adequacy of the PPE selected was evaluated as required by 29 CFR 1910.132(d), 1910.134, 1926.25, and 1926.55, and is duly noted by the signatures and date appearing on the Certification Page of this document.

- Consult with the FL on matters relating to suspending site activities in the event of an emergency.
- Verify that all on-site Anchor QEA personnel and subcontractors have read and signed the HASP Acknowledgement Form.
- Verify that corrective actions resulting from deficiencies identified by audit and observations are implemented and effective.

The CHSM will have completed the required OSHA 40-hour HAZWOPER training and annual updates, the 8-hour Supervisor training, and have medical monitoring clearance. In addition, the CHSM will have current training in first aid and CPR.

4.4 Project Field Team

All project field team members will attend a project-specific meeting conducted by the FL concerning safety issues and project work task review before beginning work. All field crew, including subcontractors, must be familiar with and comply with this HASP. The field crew has the responsibility to immediately report any potentially unsafe or hazardous conditions to the FL, and all members of the field crew have the authority to stop or suspend work if conditions arise that pose an unacceptable health and safety risk to the field crew or environment, or if conditions arise that warrant revision or amendment of this HASP. The field team reports to the FL for on-site activities and is responsible for:

- Reviewing and maintaining a working knowledge of this HASP
- Safe completion of on-site tasks required to fulfill the work plan
- Compliance with the HASP
- Attendance and participation in daily safety meetings
- Notification to the FL of existing or potential safety conditions at the site
- Reporting all incidents to the FL
- Demonstrating safety and health conscious conduct

Per OSHA 1910.120(e)(3)(i)[1], newly assigned HAZWOPER 40-hour trained field team members must have at least 3 days of field work supervised by an experienced FL (preferably

1 "General site workers (such as equipment operators, general laborers and supervisory personnel) engaged in hazardous substance removal or other activities which expose or potentially expose workers to hazardous

an individual with HAZWOPER Supervisor training). It is the responsibility of the PM to identify such "short service" personnel and ensure that their supervised field experience occurs (or has occurred) and is documented in the project field notes and on the Daily Safety Briefing form (Appendix A).

substances and health hazards shall receive a minimum of 40 hours of instruction off the site, and a minimum of three days actual field experience under the direct supervision of a trained experienced supervisor."

5 PROJECT-SPECIFIC REQUIREMENTS

This section provides activity-specific levels of protection and air monitoring requirements to be used on this site based on the Scope of Work and the chemicals of concern (COCs).

5.1 Activity-Specific Level of Protection Requirements

Refer to Section 10 of this plan for general requirements for PPE. Level D is the minimum acceptable level for most sites. An upgrade to Modified Level D occurs when there is a possibility that contaminated media can come in contact with the skin or work uniform. An upgrade to Level C occurs when there is a potential for exposure to airborne COCs; i.e., if the results of air monitoring reveal that action levels have been exceeded. Hearing protection must be worn when there are high noise levels. Workers must maintain proficiency in the use and care of PPE that is to be worn.

Table 5-1, Project Job Tasks and Required PPE, describes the specific means of protection needed for each identified work activity.

5.2 Project Air Monitoring Requirements

Refer to Section 11 of this plan for general requirements for air monitoring at the project site, including information on air monitoring equipment. Upgrade from Level D and/or Modified Level D to Level C when the results of air monitoring reveals that action levels have been exceeded.

Table 5-2, Project Air Monitoring Requirements, describes the specific air monitoring required for each identified work activity.

Table 5-1

Project Job Tasks and Required PPE

Job Tasks		PPE Requirements
• Decontamination of equipment • Lifting and moving of Zodiac and Sample Coolers • Operation of sampling equipment but with no anticipated direct contact with sediments, soil, groundwater or decontamination chemicals • Soil and Groundwater	☒	Standard work uniform/coveralls
	☒	Work boots with safety toe
	☒	Traffic Safety Vest
	☒	Chemical-resistant clothing check appropriate garments: ☐ One-piece coverall ☐ Hooded one- or two-piece chemical splash suit ☒ Disposable chemical coveralls ☐ Chemical-resistant hood and apron ☐ Bib-style overalls and jacket with hood **Fabric Type:** Tyvek NOTE: Thick rain pants and coveralls may be substituted for coated Tyvek if sediments are not obviously contaminated with polycyclic aromatic hydrocarbons (PAHs) or related petroleum products. Rain slickers cannot be effectively decontaminated of tar/petroleum contamination.
	☒	Disposable inner gloves (surgical)
	☒	Disposable chemical-resistant outer gloves **Material Type:** Nitrile
	☒	Chemical-resistant boots with safety toe and steel shank or disposable boot covers for safety toe/work boots **Material Type:** Rubber or leather
	☐	Sleeves to be duct-taped over gloves and pants to be duct-taped over boots
	☐	Splash-proof safety goggles
	☒	Safety glasses
	☒	Hard hat
	☐	Hard hat with face shield
	☒	Hearing protectors (**REQUIRED** if site noise levels are greater than 85 decibels [dB] based on an 8-hour time-weighted average [TWA]).
	☐	Two-way radio communication (intrinsically safe, if explosive atmosphere is a potential)
	☐	Long cotton underwear
	☒	U.S. Coast Guard (USCG)-approved personal flotation device (PFD)

Job Tasks		PPE Requirements
sample collection • Porewater and Seep Water collection	☐	USCG-approved float coat and bib-overalls (e.g., full two-piece "Mustang" survival suit or similar) or one-piece survival suit if water temperatures are below 50° F
	☐	Half-face Air-Purifying Respirator (APR) (OSHA/NIOSH-approved)
	☐	Full-face APR (OSHA/NIOSH-approved)
	☐	**Type of Cartridges to be Used:** ☐ **OV or** ☐ **OV/HEPA (if samples are dry)**

Table 5-2
Project Air Monitoring Requirements

Instrument*	Job Tasks / Functions	Measurement	Monitoring Schedule[3]	Actions[1]
FID and/or PID (10.6*eV lamp) - Measures Total Organic Vapors	Conduct air monitoring for volatile organic compounds (VOCs) during activities where contaminated media are present. Make sure that a background reading is taken before the start of activities and periodically thereafter.	0 to 5 ppm above background in breathing zone	Periodically (every 15 to 30 minutes)	Acceptable, continue work.
		> 5 to 25ppm above background	Periodically (every 15 minutes)	Upgrade to Level C[4] protection. Monitor for vinyl chloride, hydrogen cyanide, and benzene using colorimetric detector tubes.
		> 25 ppm above background in breathing zone		Stop work required[2]. Leave work area and contact Project Manager (PM) and Corporate Health and Safety Manager (CHSM) for guidance.

*Note: Instruments must be calibrated according to manufacturer's recommendations.

1 For VOCs, a sustained reading for greater than 2 minutes in excess of the action level will trigger a protective measure.

2 Contact with the CHSM and PM must be made prior to continuance of work. A hazard review must be conducted before proceeding with work. Corrective actions may include temporary work stoppage to allow vapors to dissipate, and then returning to work if air monitoring data permits.
3 Monitoring frequency is from the beginning of each task and at specified intervals thereafter, or when detectable soil contamination is encountered (as indicated by strong, sustained odor, visual evidence of product, or petroleum-discolored soils).
4 Contact the CHSM for respiratory protection fit testing and air purifying cartridge change-out requirements.
ppm – parts per million
mg/m^3 – milligrams per cubic meter

6 RISK ANALYSIS AND CONTROL

The following sections discuss the potential worker health and safety hazards associated with the field tasks described in the Supplemental Work Plan. Controls of these hazards are addressed through the mechanical and physical control measures, use of PPE, monitoring, training, decontamination, emergency response, and safety procedures.

Significant changes in the Supplemental Work Plan covered by this HASP must be communicated to the PM and CHSM, and an amendment to this HASP must be created as needed (see Section 1.1). Any task conducted beyond those identified in the Supplemental Work Plan and this HASP must be evaluated using the Job Safety Analysis (JSA) process prior to conducting the work.

6.1 Job Safety Analysis

Anchor QEA work tasks have been evaluated for their hazards, and JSA documents have been developed that detail the chemical, physical, and biological hazards associated with these tasks, along with the control measures (e.g., engineering controls, administrative controls, and/or PPE) that will be used to ensure that these tasks are conducted in a safe manner.

The PM and FL are responsible for identifying work tasks and project site conditions that are beyond the previously developed JSA documents and for communicating such information to the CHSM. The CHSM will provide support, as needed, to the PM and/or the FL, who will have primary responsibility to develop project-specific JSAs.

The contents of the JSA documents shall be communicated to project personnel during the site orientation meeting and during daily safety meetings when conducting work where the specific JSAs are applicable.

JSA documents applicable to this project are located in Appendix B of this HASP and include the following field tasks:

- Shoreline reconnaissance
- Field Activities

- Porewater and Seep Sampling
- Groundwater Sampling
- Personnel Decontamination
- Tool & Equipment Decontamination
- Test Pit Soil Sampling

6.1.1 Augmented JSA Process

If significant work tasks are identified during the course of the project that were not previously addressed in the JSA documentation supplied in Appendix B of this HASP, then a task-specific JSA document must be developed at the project site prior to conducting the work. The PM and/or FL shall develop this document(s) with input from the CHSM, as needed, and this HASP will be amended to include the document (see Section 1.1 for HASP modification procedures). Project personnel shall be trained on the contents of the developed task-specific JSA prior to its implementation. A copy of the task-specific JSA form used in this process is supplied in Appendix B of this HASP.

6.2 Exposure Routes

Possible routes of exposure to the chemicals potentially encountered on this project include inhalation, dermal contact, and ingestion of dust, mist, gas, vapor, or liquid. Exposure will be minimized by using safe work practices and by wearing the appropriate PPE. A further discussion of PPE requirements is presented in Section 10.

6.2.1 Inhalation

Inhalation of particulates, dust, mist, gas, or vapor during field activities is possible. Whenever possible, work activities will be oriented so that personnel are upwind of the sampling location. An organic vapor monitor (OVM) may be used to monitor ambient air and the breathing zone within the work area for organic compounds. Section 5.2 describes potential OVM action levels and response procedures.

6.2.2 Dermal Contact

Dermal contact with potentially contaminated soil, sediment, or groundwater during field activities is possible. Direct contact will be minimized through the use of appropriate PPE and decontamination procedures.

6.2.3 Ingestion

Direct ingestion of contaminants can occur by inhaling airborne dust, mist, or vapors, or by swallowing contaminants trapped in the upper respiratory tract. Indirect ingestion can occur by introducing the contaminants into the mouth by way of food, tobacco, fingers, or other carriers. Although ingestion of contaminants can occur, proper hygiene, decontamination, and contamination reduction procedures should reduce the probability of this route of exposure.

6.3 Chemicals of Concern Profile

The following table provides a summary profile for the COCs for this project. As available, this profile is based on recent site history and site characterization information. For more detailed and specific information, always refer to the Material Safety Data Sheet (MSDS) or equivalent information for the chemical (see Appendix C).

Table 6-1
Chemicals of Concern Profile

Chemical	Route of Entry	OEL (STEL)	Odor Threshold	TLV	IP (eV)
Benzene	Skin Absorption Hazard, Volatile	5	34-119	0.1	9.25
Toluene	Skin Absorption Hazard, Volatile	150	0.16-37	50	8.82
Ethylbenzene	Skin Absorption Hazard, Volatile	125	0.092-0.6	100	8.72
Xylenes	Skin Absorption Hazard, Volatile	100	20	100	8.5

eV – electron volts
IP – Ionization Potential
TLV – Threshold Limit Value
OEL – Occupational Exposure Limit (identifies the most restrictive exposure limit, e.g., federal or state OSHA permissible exposure limit (PEL), American Conference of Governmental Industrial Hygienists (ACGIH) threshold limit values (TLV), and/or National Institute for Occupational Safety and Health (NIOSH) recommended exposure limit (REL) for the chemicals of concern.
STEL – Short-term exposure limit

7 SITE CONTROL AND COMMUNICATIONS

The primary purposes for site controls are to establish the hazardous area perimeter, to reduce migration of contaminants into clean areas, and to prevent unauthorized access or exposure to hazardous materials by site personnel and the public. Site control is especially important in emergency situations.

7.1 General Site Control Safety Procedures

The following are standard safe work practices that apply to all Anchor QEA site personnel and subcontractors and shall be discussed in the safety briefing prior to initiating work on the site:

- Eating, drinking, chewing gum or tobacco, and smoking are prohibited on site except in designated areas.
- Hands and faces must be washed upon leaving the work area and before eating, drinking, chewing gum or tobacco, and smoking.
- A buddy system will be used. Radio or hand signals will be established to maintain communication.
- During site operations, each worker will consider him/herself as a safety backup to his/her partner.
- Visual contact will be maintained between buddies on-site when performing hazardous duties.
- No personnel will be admitted to the site without the proper safety equipment, training, and medical surveillance certification.
- All personnel must comply with established safety procedures. Any staff member who does not comply with safety policy, as established in this HASP, will be subject to corrective action, potentially including, but not limited to, reprimanded and immediate dismissal.
- Proper decontamination procedures must be followed before leaving a contaminated work area.

7.2 Work Area Access Control

If work is performed in public areas, the following precautions shall be taken to protect both the workers and the public. Access control to the work area will be accomplished by the use of a combination of the following devices and/or methods:

- Fences and/or barricades
- Traffic control devices and/or use of flaggers
- Caution tape
- Other methods to keep the site secure and provide a visual barrier to help keep unauthorized personnel from entering the site and active work areas

7.3 Hazardous Waste Site Work Control Procedures

To prevent contamination from migrating from personnel and equipment, work areas will be clearly specified as an Exclusion Zone/Hot Zone (EZ), Contaminant Reduction Zone (CRZ), or Support Zone/Clean Zone (SZ) prior to beginning operations. Each work area will be clearly identified using signs or physical barriers. At the end of each workday, the site should be secured and/or guarded to prevent unauthorized entry.

Site work zones will include:

- **Exclusion Zone/Hot Zone (EZ).** The EZ will be the "hot zone" or contaminated area inside the site perimeter (or sample collection area of boat). The EZ is the defined area where potential respiratory and/or health hazards exist. All personnel entering the EZ must use the required PPE, as set forth in this HASP, and meet the appropriate training and medical clearance. Entry to and exit from this zone will be made through a designated point. Appropriate warning signs to identify the EZ should be posted (e.g., DANGER, AUTHORIZED PERSONNEL ONLY, PROTECTIVE EQUIPMENT REQUIRED BEYOND THIS POINT). Personnel and equipment decontamination must be performed upon exiting the EZ.
- **Contaminant Reduction Zone (CRZ).** The CRZ, also known as the "warm zone," is a transitional zone between the EZ and the SZ (also known as the "cold zone" or "clean zone"). The CRZ provides a location for removal and decontamination of PPE and tools leaving the EZ. A separate decontamination area will be established for heavy

equipment. All personnel and equipment must exit via the CRZ. If, at anytime, the CRZ is compromised, a new CRZ will be established.

- **Support Zone/Clean Zone (SZ).** This uncontaminated zone will be the area outside the EZ and CRZ and within the geographic perimeters of the site (including boat and processing areas). The SZ is used for support personnel; staging materials; parking vehicles; office, laboratory, and sanitation facilities; and receiving deliveries. Personnel entering this zone may include delivery personnel, visitors, security guards, and others who will not necessarily be permitted in the EZ or CRZ.

A log of all personnel visiting, entering, or working on the site shall be maintained by the FL. No visitor will be allowed in the EZ without showing proof of training and medical certification, per 29 CFR 1910.120(e), (f) (and 29 CFR 1926.1101(k)(9), (m) if appropriate). Visitors will attend a site orientation given by the FL and sign the HASP.

7.4 Site-Specific Work Zone Requirements

This section contains guidelines for maintaining safe conditions when working from a boat, in a roadway, or at an excavation site.

7.4.1 Working at Excavation/Trenching Sites

Observe the following site control practices and procedures when working around excavation and trenching sites:

- A "competent person" is required per Occupational Safety and Health Act (OSHA), 29 CFR 1926 Subpart P.
- Safeguard open excavations by restricting unauthorized access.
- Highlight the work area using prominent warning signs (e.g., cones, sawhorses, or other barricades, and signage) placed a minimum of 10 feet back from the excavation opening.
- Maintain zone definition along the perimeter with a continuous string of yellow or orange caution tape.

7.5 Field Communications

Communications between all Anchor QEA employees and subcontractors at the work site can be verbal and/or non-verbal. Verbal communication can be affected by the on-site background noise and various PPE. See Table 7-1 for a list of the types of communication methods and equipment to use, depending on site conditions. Communication equipment must be checked daily to ensure proper operation. All project personnel must be initially briefed on the communication methods prior to starting work; communication methods should be reviewed in daily safety meetings.

Table 7-1
Field Communication Methods

Type of Communication	Communication Device	Signal
Emergency notification	On-site Telephone or Cellular Telephone	Initiate phone call using applicable emergency numbers
Emergency notification among site personnel	Two-way Radio	Initiate radio communication with Code Red message
Hailing site personnel for non-emergency	Compressed Air Horn	One long blast, one short blast
Hailing site personnel for emergency evacuation	Compressed Air Horn	Three long, continuous blasts
Hailing site personnel for distress, need help	Visual	Arms waved in circle overhead
Hailing site personnel for emergency evacuation	Visual	Arms waved in criss-cross over head
Contaminated air/strong odor	Visual	Hands clutching throat
Break, lunch, end of day	Visual	Two hands together, break apart

8 DECONTAMINATION PROCEDURES AND PRACTICES

8.1 Minimization of Contamination

The following measures will be observed to prevent or minimize exposure to potentially contaminated materials:

Personnel

- Do not walk through spilled materials
- Do not handle, touch, or smell sample media directly
- Make sure PPE has no cuts or tears prior to use
- Protect and cover any skin injuries
- Stay upwind of airborne dusts and vapors
- Do not eat, drink, chew tobacco, or smoke in the work zones

Sampling Equipment and Vehicles/Vessels

- Use care to avoid getting sampled media on the outside of sample containers
- If necessary, bag sample containers before filling with sampled media
- Place clean equipment on a plastic sheet to avoid direct contact with contaminated media
- Keep contaminated equipment and tools separate from clean equipment and tools
- Fill sample containers over a plastic tub to contain spillage
- Clean up spilled material immediately to avoid tracking around the vehicle/vessel

8.2 Decontamination Equipment

All vehicles, vessels, and equipment that have entered potentially contaminated areas will be visually inspected and, if necessary, decontaminated prior to leaving the area. If the level of vehicle contamination is low, decontamination may be limited to rinsing tires and wheel wells with an appropriate detergent and water. If the vehicle is significantly contaminated, steam cleaning or pressure washing may be required. Tools will be cleaned in the same manner. Rinsate from all decontamination activities will be collected for proper disposal. Decontamination of equipment and tools will take place within the CRZ.

The following supplies will be available to perform decontamination activities:

- Wash and rinse buckets
- Tap water and phosphate-free detergent
- Scrub brushes
- Distilled/deionized water
- Deck pump with pressurized freshwater hose (aboard the vessel)
- Pressure washer/steam cleaner, if appropriate
- Paper towels and plastic garbage bags

8.3 Personnel Decontamination

The FL will ensure that all site personnel are familiar with personnel decontamination procedures as listed below. All personnel wearing PPE in a work area (EZ) must undergo decontamination prior to entering the SZ. Personnel will perform the following decontamination procedures:

- Wash and rinse outer gloves and boots in portable buckets to remove gross contamination.
- If suit is heavily soiled, rinse it off.
- Remove outer gloves; inspect and discard if damaged. Leave inner gloves on. Personnel will remove their outer garment and gloves, dispose of them, and properly label container or drum. Personnel will then decontaminate their hard hats and boots with an aqueous solution of detergent or other appropriate cleaning solution. These items then will be hand-carried to the next station. Remove inner gloves.
- Thoroughly wash hands and face before leaving CRZ.
- Sanitize respirators and place in a clean plastic bag.

8.4 Sampling and Processing Equipment Decontamination

To prevent sample cross-contamination, sampling and processing equipment in contact with soil, sediment, or water samples will undergo the following decontamination procedures when work is completed in the CRZ and prior to additional use:

1. Rinse with potable water and wash with scrub brush.
2. Wash with phosphate-free detergent (Alconox®).

3. Visually inspect the sampler and repeat the scrub and rinse step, if necessary. If scrubbing and rinsing with Alconox® is insufficient to remove visually observable tar-related contamination on equipment, the equipment will be scrubbed and rinsed using hexane (or similar type solution) until all visual signs of contamination are absent.
4. Rinse external sampling equipment with potable water three times prior to use. Rinse homogenizing equipment once with potable water and three times with distilled water prior to and between sample processing.

8.5 Handling of Investigation-Derived Waste

All remaining soil or sediment, fluids used for decontamination of sampling equipment, and sample collection disposable wastes (e.g., gloves, paper towels, foil, or others) will be placed into appropriate containers and staged on site for disposal.

8.5.1 Disposable PPE

Disposable PPE may include Tyvek suits, inner latex gloves, and respirator cartridges. Dispose of PPE according to the requirements of the client and state and federal agencies.

8.5.2 Non-disposable PPE

Non-disposable PPE may include respirators and boots and gloves. When decontaminating respirators, observe the following practices and procedures:

- Wipe out the respirator with a disinfecting pad prior to donning.
- Decontaminate the respirator on site at the close of each day with an approved sanitizing solution.

When decontaminating boots and gloves, observe the following practices and procedures:

- Decontaminate the boots or gloves outside with a solution of detergent and water; rinse with water prior to leaving the site.
- Protect the boots or gloves from exposure by covering with disposable covers such as plastic to minimize required decontamination activities.

8.6 Sanitizing of Personal Protective Equipment

Respirators, reusable protective clothing, and other personal articles must not only be decontaminated before being reused, but also sanitized. The insides of masks and clothing become soiled due to exhalation, body oils, and perspiration. Manufacturer's instructions should be used to sanitize respirator masks. If practical, reusable protective clothing should be machine-washed after a thorough decontamination; otherwise, it must be cleaned by hand.

8.7 Emergency Personnel Decontamination

Personnel with medical problems or injuries may also require decontamination. There is the possibility that the decontamination may aggravate or cause more serious health effects. If prompt lifesaving, first aid, and medical treatment are required, decontamination procedures will be omitted. In either case, a member of the site management team will accompany contaminated personnel to the medical facility to advise on matters involving decontamination.

8.8 Containment of Decontamination Fluids

As necessary, spill control measures will be used to contain contaminated runoff that may enter into clean areas. Use plastic sheeting, hay bales, or install a spill control system to prevent spills and contain contaminated water.

8.9 Pressure Washing

The following procedure is required when using high-pressure washing equipment for decontamination purposes:

- Wear modified Level D protection, including a face shield and safety goggles.
- Ensure that other personnel are out of the area prior to decontamination.
- Secure the area around the decontamination pad with cones, caution tape, or barricades.
- Ensure that safe work practices and precautions are taken to minimize the potential for physical injury from high-pressure water spray. Follow the manufacturer's operating instructions.

- The pressure washer wand must be equipped with a safety release handle.
- Ensure that the area is clean after equipment is decontaminated. Barricades, cones, or caution tape must be left in place and secured at all times.

9 HEALTH AND SAFETY TRAINING AND INFORMATIONAL PROGRAMS

This section describes the health and safety training and informational programs that Anchor QEA project site personnel must comply with.

9.1 Initial Project Site Orientation

Work on all Anchor QEA project sites will require participation in an initial health and safety orientation presented by the PM or FL that will consist of, at a minimum, the following topics:

- A review of the contents of this HASP, including the Supplemental Work Plan and associated site hazards and control methods and procedures.
- Provisions of this plan are mandatory for all Anchor QEA personnel assigned to the project.
- Anchor QEA subcontractors are also expected to follow the provisions of this plan unless they have their own HASP that covers their specific activities related to this project and includes the minimum requirements of this HASP.
- All visitors to the work site will also be required to abide by the requirements of this plan.
- Personnel assigned to perform work at the project site, working under the provisions of this HASP, will be required to read the plan and must sign the Health and Safety Plan Acknowledgement Form to confirm that they understand and agree to abide by the provisions of this plan.

9.2 Daily Safety Meetings

Daily safety meetings ("tailgate meetings") make accident prevention a top priority for everyone and reinforce awareness of important accident-prevention techniques. The following daily safety meeting procedures and practices are required:

- Daily safety meetings will be held each morning prior to conducting site activities.
- The Daily Safety Briefing form in Appendix A will be used to document each meeting.
- Copies of the completed Daily Safety Briefing forms will be maintained on-site during the course of the project.

9.3 Hazardous Waste Operations Training

Personnel working on project sites that present a potential exposure to hazardous wastes or other hazardous substances shall be trained in accordance with the requirements of the 29 CFR 1910.120 (HAZWOPER) regulation. Training requirements will consist of the following:

- Field personnel must complete a minimum of 40 hours of hazardous waste activity instruction.
- Field personnel must complete a minimum of 3 days of supervised field instruction.
- Field personnel assigned to the site will also have received 8 hours of refresher training if time lapsed since their previous training has exceeded 1 year.
- On-site managers and supervisors directly responsible for employees engaged in hazardous waste operations will receive an additional 8 hours of supervisory training.
- Field personnel shall be current in first aid/CPR and bloodborne pathogen training.
- Other training may be required depending on the task to be performed (e.g., confined space, excavation/trenching, underground storage tank removal, fall protection, respiratory protection, and hazard communication).

9.4 Hazard Communication Program

The purpose of hazard communication (Employee Right-to-Know) is to ensure that the hazards of all chemicals located at the field project site are communicated to all Anchor QEA personnel and subcontractors according to 29 CFR 1926.59.

Every container of hazardous materials must be labeled by the manufacturer, who must also provide a MSDS upon initial order of the product and upon request thereafter. The actual format may differ from company to company (e.g., National Fire Protection Association [NFPA], Hazardous Material Information System [HMIS], or other), but the labels must contain similar types of information. Maintain manufacturer labels if at all possible. The label may use words or symbols to communicate the following:

- The name of the chemical
- The name, address, and emergency telephone number of the company that made or imported the chemical
- The physical hazards (Will it explode or catch fire? Is it reactive? Is it radioactive?)

- Any important storage or handling instruction
- The health hazards (Is it toxic? Could it cause cancer? Is it an irritant? What is the target organ?)
- The basic protective clothing, equipment, and procedures that are recommended when working with the chemical

MSDS for all chemicals brought onto the site or anticipated to be encountered on site shall be provided in Appendix C of this HASP. These MSDS shall be readily available for reference by site personnel and emergency response personnel.

Hazardous materials received without proper labels shall be set aside and not distributed for use until properly labeled.

If a hazardous chemical is transferred into a portable container (approved safety can), even if it is for immediate use only, the contents of the portable container (for example, acetone, gasoline, etc.) must be identified.

10 GENERAL PPE REQUIREMENTS

The minimum level of PPE should be selected according to the hazards that may be encountered during site activities in accordance with established U.S. Environmental Protection Agency (EPA) levels of protection (D and C). Only PPE that meets American National Standards Institute (ANSI) standards shall be worn. Workers must maintain proficiency in the use and care of PPE.

Refer to Section 5 of this plan for site-specific job task and level-of-protection requirements.

10.1 Minimum Requirements – Level D Protection

The minimum level of protection on project sites will be Level D protection, which consists of the following equipment:

- Standard work uniform/coveralls
- Work boots with safety toe (meets ANSI Z41 – 1991 requirements for foot protection)
- Approved safety glasses or goggles (meets ANSI Z87.1 – 1989 requirements for eye protection)
- Hard hat (meets ANSI Z89.1 – 1986 requirements for head protection)
- Traffic safety vest
- Hearing protection when there are high noise levels

Level D protection will be used only when:

- The atmosphere contains no known hazards
- Work functions preclude splashes, immersions, or the potential for unexpected inhalation of, or contact with, hazardous concentrations of chemicals
- Atmospheric concentrations of contaminants are less than the Permissible Exposure Limit (PEL) and/or Threshold Limit Value (TLV)

10.1.1 Modified Level D Protection Requirements

Depending on the Supplemental Work Plan and the potential hazards to be encountered, Level D protection shall be modified to include additional protective equipment such as USCG-approved PFDs, face shields/goggles, chemical-resistant clothing, and disposable

gloves of varying materials depending on the chemical substances involved. An upgrade to Modified Level D occurs when there is a possibility that contaminated media can contact the skin or work uniform.

11 GENERAL AIR MONITORING REQUIREMENTS

11.1 General Requirements

In general, air monitoring shall be conducted when the possibility of hazardous atmospheres, chemical volatilization, or contaminated airborne dust exists (e.g., from intrusive activities involving contaminated soils and/or groundwater, developing new monitoring wells, wells containing known COCs, confined space entry, or others).

Air movers or other engineering controls shall be used to exhaust or dilute solvent vapors emanating from monitoring wells or hazardous atmospheres in confined spaces prior to the use of respiratory protection devices.

Site-specific air monitoring action levels are provided in Section 5.2 of this HASP.

11.2 Real-Time Air Monitoring Equipment

As applicable, organic vapor concentrations shall be monitored in the field with either a photoionization detector (PID) or flame ionization detector (FID). Flammable vapors and/or gasses are monitored with an oxygen/lower-explosive level (O_2/LEL) real-time instrument. Organic vapor measurements are usually taken in the breathing zone of the worker while O_2/LEL measurements are taken at the point of operation (e.g., monitoring well head or auger point).

As applicable, airborne dust/particulate concentrations shall be measured using a real-time aerosol monitor (using a scattered light photometric sensing cell) when there are visible signs of potentially contaminated airborne dust. Both area and personal air monitoring readings are to be taken to characterize site activities.

As applicable, colorimetric detector tubes shall be used to monitor specific COCs such as benzene or vinyl chloride if there is a possibility that they may be present in elevated concentrations based upon the background of the project site, the Supplemental Work Plan, and conditions discovered at the site.

As applicable, other real-time air monitoring equipment, such as hydrogen cyanide meters, may be utilized depending upon the Supplemental Work Plan and COCs.

Air monitoring results shall be documented on the Daily Air Monitoring Record form (see Appendix A) or in the field logbook.

11.3 Time-Integrated Air Monitoring Equipment

Some Anchor QEA projects may require the use of time-integrated air monitoring equipment to determine employee exposures to COCs. Time-integrated air monitoring would be required if there is the possibility that employees would be exposed to concentrations of a COC that approach or exceed an established exposure limit.

Typical time-integrated sampling methods will usually involve the use of personal sampling pumps and associated filter and/or charcoal sampling media, or the use of diffusion-based sampling media. Exposed sampling media is normally sent to an accredited laboratory for analysis.

Contact the CHSM for consultation and assistance with the performance of time-integrated air monitoring activities.

11.4 Equipment Calibration and Maintenance

Calibration and maintenance of air monitoring equipment shall follow manufacturer specifications and must be documented. Recalibration and adjustment of air monitoring equipment shall be completed as site conditions and equipment operation warrant. Record all air monitoring equipment calibration and adjustment information on the Daily Air Monitoring Record form (see Appendix A) and in the field logbook.

11.5 Air Monitoring Action Levels

Air monitoring action levels have been developed that stipulate the chemical concentrations in the breathing zone that require an upgrade in level of PPE.

Air monitoring action levels are typically set at one-half of the OSHA PEL, NIOSH Recommended Exposure Limit (REL), or the American Conference of Governmental Industrial Hygienists (ACGIH) TLVs. The rationale for establishing action levels is based on the available data that characterize COCs in site media.

Air monitoring measurements shall generally be taken in the breathing zone of the worker most likely to have the highest exposure. Transient peaks will not automatically trigger action. Action will be taken when levels are consistently exceeded in a 5-minute period. Similarly, if chemical odors are detected that are a nuisance, bothersome, or irritating, an upgrade in respiratory protection can provide an extra level of comfort or protection when conducting site activities.

11.6 Air Monitoring Frequency Guidelines

In general, conduct periodic air monitoring when:

- It is possible that an immediately dangerous to life or health (IDLH) condition or a flammable atmosphere has developed (e.g., confined space entry or intrusive activities)
- There is an indication that exposures may have risen over established action levels, PELs, or published exposure levels since the last monitoring. Look for a possible rise in exposures associated with the following situations:
  - *Change in site area* – Work begins on a different section of the site.
  - *Change in on-site activity* – One operation ends and another begins.
  - *Change in contaminants* – Handling contaminants other than those first identified.
  - Visible signs of particulate exposure from intrusive activities such as drilling, boring, or excavation.
  - Perceptible chemical odors or symptoms of exposure.
  - Handling leaking drums or containers.
  - Working with obvious liquid contamination (e.g., a spill or lagoon).
  - Conduct air monitoring when the possibility of volatilization exists (such as with a new monitoring well or a well containing known COCs).

12 HEALTH AND SAFETY PROCEDURES AND PRACTICES

In addition to the task-specific JSAs listed in Section 6.1 and presented in Appendix B of this HASP, this section lists the health and safety procedures and practices applicable to this project. For additional information, consult with the PM.

12.1 Physical Hazards and Controls

12.1.1 General Site Activities

Observe the following general procedures and practices to prevent physical hazards:

- Legible and understandable precautionary labels shall be affixed prominently to containers of potentially contaminated soil, sediment, water, and clothing.
- No food or beverages shall be present or consumed in areas that have the potential to contain COCs and/or contaminated materials or equipment.
- No tobacco products or cosmetics shall be present or used in areas that have the potential to contain COCs and/or contaminated materials or equipment.
- An emergency eyewash unit shall be located immediately adjacent to employees who handle hazardous or corrosive materials, including decontamination fluids. All operations involving the potential for eye injury or splash must have approved eyewash units locally available capable of delivering at least 0.4 gallons per minute for at least 15 minutes.
- On a project-specific basis, personnel working on or near bodies of water shall wear USCG-approved PFDs.
- Certain project sites may have newly finished work (e.g., concrete, paving, framing, habitat reconstruction, or sediment caps) that may be damaged by unnecessary contact, or that could cause dangerous conditions for personnel (e.g., slipping, sinking, or tripping). Personnel working in or around these areas shall communicate with the PM, FL, and property owner as needed to prevent damaging new work or entering dangerous conditions.
- Generally, all on-site activities will be conducted during daylight hours. If work after dusk is planned or becomes necessary due to an emergency, adequate lighting must be provided.

- Hazardous work, such as handling hazardous materials and heavy loads and equipment operation, should not be conducted during severe storms.
- All temporary electrical power must have a ground fault circuit interrupter (GFCI) as part of its circuit if the circuit is not part of permanent wiring. All equipment must be suitable and approved for the class of hazard present.

12.1.2 Slip/Trip/Fall

Observe the following procedures and practices to prevent slips, trips, and falls:

- Inspect each work area for slip/trip/fall potential prior to each work task.
- Slip/trip/fall hazards identified must be communicated to all personnel. Hazards identified shall be corrected or labeled with warning signs to be avoided.
- All personnel must be aware of their surroundings and maintain constant communication with each other at all times.

12.1.3 Underground/Overhead Utility Line Contact Prevention

Observe the following underground/overhead utility line contact prevention procedures and practices:

- Prior to conducting work, the PM or FL shall ensure that all existing underground or overhead utilities in the work area are located per the state or local mark-out methods. Documentation of utility mark-out shall be completed using the Utility Contact Prevention Checklist form (see Appendix A). No excavation work is to be performed until all utility mark-outs are verified.
- The PM or FL shall conduct a site survey to search for signs of other buried or overhead utilities. The results of such surveys shall be documented on the Utility Mark-out documentation form.
- The property owner or facility operator shall be consulted on the issue of underground utilities. As-built drawings shall be reviewed, when available, to verify that underground utility locations are consistent with the utility location mark-outs. All knowledge of past and present utilities must be evaluated prior to conducting work.

- If on-site subsurface utility locations are in question, a private locating service shall be contacted to verify locations. If the investigation calls for boreholes in an area not covered by the municipal One-Call system, then a private utility locate firm shall be contacted to determine the location of other underground utilities.
- The PM shall have documented verbal contact and an agreement with the fiber optic company for all work within 50 feet of any fiber optic cables.
- **Only hand digging is permitted within 3 feet of underground high voltage, product, or gas lines.** Once the line is exposed, heavy equipment can be used, but must remain at least 3 feet from the exposed line.
- Elevated superstructures (e.g., drill rig, backhoe, scaffolding, ladders, and cranes) shall remain a distance of 10 feet away from utility lines and 20 feet away from power lines. Distance from utility lines may be adjusted by the FL depending on actual voltage of the lines.
- Overhead utility locations shall be marked with warning tape or flags where equipment has the potential for contacting overhead utilities.

Table 12-1 shows the minimum clearances required for energized overhead electrical lines.

Table 12-1
Overhead Utility Clearance Requirements

Minimum Clearance from Energized Overhead Electric Lines	
Nominal System Voltage	**Minimum Required Clearance**
0 to 50 kV	10 feet
51 to 100 kV	12 feet
101 to 200 kV	15 feet
201 to 300 kV	20 feet
301 to 500 kV	25 feet
501 to 750 kV	35 feet
751 to 1000 kV	45 feet

Notes:
kV – kilovolts
Whenever equipment operations must be performed closer than 20 feet from overhead power lines, the Field Leader (FL) must be notified. When clearance to proceed is received from the FL, the electric utility company must be contacted to turn the power off or physically insulate (protect) the lines if the operation must be performed closer to the power line than is allowed in this table. For voltages not listed on this table, add 0.4 inches per kV to obtain the safe distance between equipment and power lines.

12.1.4 Electric Safety

Observe the following procedures and practices to prevent electric shock:

- General
  - Use only appropriately trained and certified electricians to perform tasks related to electrical equipment. A good rule of thumb is to defer any task that would not normally and reasonably be completed by the average public consumer.
  - Ensure that all equipment is grounded with either an appropriate plug (i.e., "three-pronged") or by using a GFCI.
  - Test all GFCIs prior to use.
  - Use only extension cords that are in good condition—if in doubt, throw it out.
  - Use only 16-gauge, heavy duty, three-wire, Underwriters Laboratories Inc. (UL)-approved three-pronged extension cords
  - Be sure to locate extension cords out of traffic areas or, if this is unavoidable, flag cords and protect workers from tripping over them (i.e., use barricades, tape the cord down, etc.)
  - Do not stage extension cords or powered equipment in wet areas, to the degree possible. Elevate cords and equipment out of puddles.
- Specific
  - If unsure if a task requires specific electrical training, err on the side of caution and contact the PM and FL prior to proceeding.
  - If subsurface work is to be performed, follow the guidelines in Section 12.1.5 and conduct utility locating prior to work and in accordance with local ordinances.
  - If lock out/tag out (LO/TO) procedures are required (i.e., de-energizing machinery or equipment so work may be performed), the equipment owner must provide LO/TO procedures and training. By default, the equipment owner should perform any LO/TO. If it becomes necessary for Anchor QEA personnel to perform LO/TO tasks, contact the PM and FL prior to doing so.
  - Maintain appropriate distance from overhead utilities (see Table 12-1).
  - If unexpected electrical equipment is encountered (i.e., buried wire) assume it is live, stop work, and contact the PM and FL immediately.

12.1.5 Heavy Equipment Operations

Observe the following heavy equipment operations procedures and practices:

- Wear leather gloves while attaching support members to protect against pinching injuries.
- While working from elevated levels greater than 6 feet, ensure that all employees have fall protection that meets OSHA and ANSI Z3591 standards.
- Do not stand under loads that are being raised or lowered with cranes or aerial lifts.
- The subcontractor or Anchor QEA equipment operator must conduct pre-operational inspections of all equipment. In addition, daily inspections will be conducted on the equipment prior to site activities.
- Maintain the appropriate distance from overhead utilities (see Table 12-1):
- Always stay out of the swing radius of all heavy equipment. Always use a spotter during movement of equipment. The spotter and others, as appropriate, shall maintain constant communication with the operator.
- All operators must have adequate training and be qualified to operate the particular heavy equipment unit.
- Conduct a site evaluation to determine proper positioning for the unit. Make sure the surface is level. Cordon off holes, drop-offs, bumps, or weak ground surfaces.
- When using a crane, do not use hands when the load is being lifted or lowered. Use non-conductive tag line to help direct and position the load.
- Never climb a raised platform or stand on the mid-rail or top-rail.
- Tools should always be hung or put into a belt whenever possible

12.1.6 Motor Vehicle Operation

All drivers are required to have a valid driver's license, and all vehicles must have appropriate state vehicle registration and inspection stickers. The use of hand-held wireless devices is prohibited by Anchor QEA while driving any vehicle for business use at any time, for personal use during business hours, and as defined by law. Additionally, site-specific motor vehicle requirements must be followed, if any.

When driving to, from, and within the job site, be aware of potential hazards including:

- Vehicle accidents

- Distractions
- Fatigue
- Weather and road conditions

To mitigate these hazards, observe the following procedures and practices regarding motor vehicle operation:

- Wear a seat belt at all times and make sure that clothing will not interfere with driving.
- Inspect fluid levels and air pressure in tires, adjust mirrors and seat positions appropriately, watch the fuel level, and fill up when the fuel level is low.
- Plan your travel route and check maps for directions or discuss with colleagues.
- Clean windows and mirrors as needed throughout the trip.
- Wear sunglasses as needed.
- Follow a vehicle maintenance schedule to reduce the possibility of a breakdown while driving.
- Stop driving the vehicle, regardless of the speed (i.e., even 5 mph) or location (i.e., a private road), when the potential of being distracted by conversation exists.
- Drivers are prohibited from using hand-held communication devices (e.g., cell phones) while operating any motor vehicle.
- Get adequate rest prior to driving.
- Periodically change your seat position, stretch, open the window, or turn on the radio to stay alert.
- Pull over and rest if you are experiencing drowsiness.
- Check road and weather conditions prior to driving.
- Be prepared to adjust your driving plans if conditions change.
- Travel in daylight hours, if possible.
- Give yourself plenty of time to allow for slowdowns due to construction, accidents, or other unforeseen circumstances.
- Use lights at night and lights and wipers during inclement weather.

12.1.7 Boating Operations

The following precautions shall be followed when conducting boating trailer and launch activities:

- Follow the trailer and boat manufacturers' instructions for securing the boat to the trailer.
- Follow the trailer manufacturer's instructions for securing the trailer to the towing vehicle.
- Prohibit workers from moving into trailer/vehicle pinch points without advising the vehicle operator.
- Use experienced operators when backing trailers on boat ramps.
- Wear proper work gloves when the possibility of pinching or other injury may be caused by moving or handling large or heavy objects.
- Maintain all equipment in a safe condition.
- Launch boats one at a time to avoid collisions.
- Use a spotter for vehicles backing boats to the launch area.
- Understand and review hand signals.
- Wear boots with non-slip soles when launching boats.
- Wear USCG-approved PFDs when working on or near the water.
- Keep ropes and lines coiled and stowed to eliminate trip hazards.
- Maintain three-point contact on dock/pier or boat ladders.
- Ensure that drain plugs are in place, as present.

The following precautions shall be followed when conducting boating operations:

- Maintain a current boater's license(s) as required.
- Wear USCG-approved PFDs for work activities on or near the water.
- Obtain and review information regarding dams that may be present in work areas, particularly with regard to "no boating" zones and safety buoys, cables, and warning signage.
- Maintain boat anchorage devices commensurate with anticipate currents, distance to shore, and water depths.
- Provide a floating ring buoy with at least 90 feet of line in the immediate boat launch/landing areas.

- Step into the center of the boat.
- Keep your weight low when moving on the boat.
- Move slowly and deliberately.
- Steer directly across other boat wakes at a 90-degree angle to avoid capsizing.
- Steer the boat facing forward.
- Watch for floating objects in the water.
- Right-of-way is yielded to vessels on your boat's right, or starboard, and vessels with limited ability to maneuver such as any wind-propelled vessel.

The following precautions shall be followed when working on a boat:

- Observe proper lifting techniques.
- Obey lifting limits (see Section 12.1.19)
- Use mechanical lifting equipment (i.e., pulleys or winches) to move large or awkward loads.
- Wear USCG-approved PFDs for work activities on or near the water.

The safety-related items listed in Table 12-2 shall be available when conducting boating operations:

Table 12-2

Safety Equipment Specific to In-water Work

Additional Safety Equipment for Sampling Vessel per U.S. Coast Guard (USCG) Requirements:	
• Proper vessel registration, numbering, and documentation (registered with state, certificate of vessel registration number displayed, and carrying a valid certificate of number) • USCG-approved personal flotation devices (PFDs; or life jackets) for every person on the sampling vessel (Type II PFD required, Type I PFD preferred as it will turn most unconscious wearers face up in the water) • Appropriate, non-expired, visual distress devices for day and night use from the following: - Three hand-held red flares (day and night), or - One hand-held red flare and two parachute flares (day and night), or - One hand-held orange smoke signal, two floating orange smoke signals (day), and one electric distress light (night only) • Alternate means of propulsion (oars or paddles) • Dewatering device (pump or bailer) • Properly maintained and inspected USCG-approved fire extinguishers (no fixed system = (2) B-1 or (1) B-2 type extinguishers; fixed system = (1) B-1 type extinguisher) • Proper ventilation of gasoline-powered vessels • Sound-producing device (whistle, bell, or horn) • VHF 2-way radio • Proper navigational light display • Throwable life ring with attached line (any vessel larger than 16 feet is required to carry one Type IV [throwable] PFD)	
Additional USCG Recommended Equipment Includes:	
• Extra visual distress signals • Primary and spare anchor • Heaving line • Fenders • First aid kit • Flashlight • Mirror • Searchlight • Sunburn lotion • Tool kit • Spare fuel	• Boat hook • Spare propeller • Mooring line • Food and water • Binoculars • Spare batteries • Sunglasses • Marine hardware • Extra clothing • Spare parts • Pertinent navigational chart(s) and compass

12.1.8 Working Over or Near Water

12.1.8.1 Personal Flotation Devices

PFDs are not required where employees are continuously protected from the hazard of drowning by railings, nets, safety belts, or other applicable provisions.

Type III, Type V, or better USCG-approved International Orange PFD shall be provided and properly worn by all personnel in the following circumstances:

1. On floating pipelines, pontoons, rafts, or stages.
2. On structures extending over or next to the water, except where guard rails or safety nets are provided for employees.
3. Working alone at night where there are drowning hazards, regardless of other safeguards provided.
4. In skiffs, small boats, or launches, unless in an enclosed cabin or cockpit.
5. Whenever there is a drowning hazard.

The following precautions shall be followed when using PFDs:

- Prior to and after each use, the buoyant work vests or life preservers shall be inspected for defects that would alter their strength or buoyancy. Defective devices or devices with less than 13 pounds buoyancy shall be removed from service.
- All PFDs shall be equipped with reflective tape as specified in 46 CFR 25.25-15.
- Thirty-inch USCG-approved ring buoys with at least 150 feet of 600-pound capacity line shall be provided and readily available for emergency rescue operations. The distance between ring buoys shall not exceed 200 feet.
- PFD lights conforming to 46 CFR 161.012 shall be required whenever there is a potential need for life rings to be used after dark. On shore installations, at least one life ring, and every third one thereafter, shall have a PFD light attached. PFD lights on life rings are required only in locations where adequate general lighting (e.g., floodlights or light stanchions) is not provided.

12.1.8.2 Cold Water Work

When the water temperature is below 50° F, field personnel working on or near water shall wear either a float coat and bib-overalls (e.g., a full two-piece "Mustang" survival suit or similar), or a one-piece survival suit. Suits or float coats shall be USCG approved. If extremely cold or severe weather conditions are forecast, work activities should be postponed. Work activities will be continually reviewed and adjustments made if wearing a survival suit during work activities potentially poses a hazard due to warm air temperatures,

or limited mobility or agility. In addition, proximity of water work to shore and scope/duration/timing of work activities will be considered when stipulating the above requirement. Overall, if water craft will be used during work, or work will be conducted near water, it is imperative that site specific conditions are considered and evaluated so that proper safeguards and procedures are in place prior to beginning work.

In addition to considering the use of apparel appropriate for anticipated air, weather, and water conditions, field teams shall identify any procedures necessary for cold-water "man-overboard" scenarios. These procedures should be identified in the site-specific HASP, described in the JSA used for boating activities and, if prudent, practiced before work.

12.1.9 Excavation and Trenching Activities

Observe the following practices and procedures when performing excavation and trenching work:

The purpose of this procedure is to describe the company requirements for excavation and trenching safety. These requirements are based on the federal OSHA excavation standard found in 29 CFR 1926, Subpart P. Local regulations should also be consulted for the state in which the work is being performed.

With very few exceptions, protective systems must be designed and installed to protect employees who enter excavations of 5 feet or more in depth. Accepted protective systems include sloping, shoring, and shielding.

The protective system must be designed by a registered Professional Engineer (P.E., civil), and plans must be available for inspections on site, under prescribed conditions.

12.1.9.1 Definitions

Angle of Repose – The greatest angle above the horizontal plane at which a material will lie without sliding.

Benching – A method of protecting employees from cave-ins by excavating the sides of an excavation to form one or a series of horizontal levels of steps, usually with vertical or near-vertical surfaces between levels.

Competent Person – An employee who is capable of identifying existing and predictable hazards in the surroundings or working conditions that are unsanitary, hazardous, or dangerous to employees, and who has the authority to take prompt corrective measures to eliminate them.

Excavation – Any man-made cut, cavity, trench, or depression in an earth surface, including its sides, walls, or faces, formed by earth removal.

Registered Professional Engineer – An individual currently registered as a P.E. (preferably civil) in the state where work is to be performed.

Sheeting – Members of a shoring system that retain the earth in position, and in turn are supported by other members of the shoring system.

Shield – A structure that is able to withstand the forces imposed on it by a cave-in and thereby protect employees within the structure. Shields can be permanent structures or can be designed to be portable and moved along as work progresses. Shields may be pre-manufactured or job-built in accordance with CFR 1926.652(c)(3) or (c)(4). Shields used in trenches are usually referred to as "trench boxes" or "trench shields."

Shoring – Structure such as a metal hydraulic, mechanical, or timber shoring system that supports the sides of an excavation and that is designed to prevent cave-ins.

Sloping – A method of protecting employees from cave-ins by excavating to form sides of a trench that are inclined away from the excavation so as to prevent cave-ins. The angle of incline required to prevent a cave-in varies with differences in such factors as the soil type, environmental conditions of exposure, and application of surcharge loads.

Support System – A structure such as underpinning, bracing, or shoring, that provides support to an adjacent structure, underground installation, or the sides of an excavation.

Trench – A narrow (in relation to its length) excavation made below the surface of the ground. In general, the depth is greater than the width at the bottom, but the width of a trench at the bottom is not greater than 15 feet.

Type A Soil – Cohesive soils with an unconfined compressive strength of 1.5 tons per square foot (tsf) (144 kilopascal [kPa]) or greater. Examples of cohesive soils are: clay, silty clay, sandy clay, clay loam, and, in some cases, silty clay loam and sandy clay loam. Cemented soils such as caliche and hardpan are also considered Type A. However, soil is NOT Type A if:

- The soil is fissured
- The soil is subject to vibration from heavy traffic, pile driving, or similar effects
- The soil has been previously disturbed
- The soil is part of a sloped, layered system where the layers dip into the excavation on a slope of 4H:1V or greater
- The material is subjected to other factors that would require it to be classified as a less stable material

Type B Soil – This classification refers to:

- Cohesive soil with an unconfined compressive strength greater than 0.5 tsf (48 kPa), but less than 1.5 tsf (144 kPa)
- Granular, cohesionless soils including angular gravel (similar to crushed rock), silt, silt loam, sandy loam, and, in some cases, silty clay loam and sandy clay loam
- Previously disturbed soils except those that would otherwise be classified as Type C soil
- Soil that meets the unconfined compressive strength or cementation requirements for Type A, but is fissured or subjected to vibration
- Dry rock that is not stable

- Material that is part of a sloped, layered system where the layers dip into the excavation on a slope less steep than 4H:1V, but only if the material would otherwise be classified as Type B

Type C Soil – This classification refers to:

- Cohesive soil with an unconfined compressive strength of 0.5 tsf (48 kPa) or less
- Granular soils including gravel, sand, and loamy sand
- Submerged soil or soil from which water is freely seeping
- Submerged rock that is not stable
- Material in a sloped, layered system where the layers dip into the excavation or a slope of 4H:1V or steeper

12.1.9.2 Pre-Excavation Requirements

Underground Installations – Prior to opening an excavation, the estimated locations of underground utilities such as sewer, telephone, fuel, electric, water, or any other underground installations that may reasonably be expected to be encountered during the excavation work shall be determined.

The property owner and/or utility location service shall be contacted within the established pre-notification time, advised of the proposed work, and asked to delineate the location of all underground utilities. Employees should be careful to protect and preserve the utility markings until they are no longer required for safe excavation. At least 3 feet of clearance between any underground utility and the cutting edge or point of powered excavation equipment will be maintained until the precise location of the utility is determined. Initial excavation within this 3-foot area will be conducted manually.

Surface Encumbrances – All surface encumbrances (e.g., trees, poles, or boulders) that may create a hazard to employees shall be removed or supported.

Vehicular Traffic – Employees exposed to vehicular traffic shall be provided with, and shall wear, warning vests or other suitable garments marked with or made of reflectorized or high-visibility material. Traffic control devices (e.g., barricades, signs, cones, or flagpersons)

shall be specified and used in accordance with regulations applicable to the roadway or area in which excavation activities are occurring.

12.1.9.3 Training

Those who supervise the entry of personnel into an excavation, a "Competent Person," must have completed a training course that included instruction in:

- Types of hazards associated with excavation operations
- Safe work practices and techniques
- A review of applicable federal, state, and local regulations
- A review of this procedure

Employees who enter excavations are required to complete a site-specific training session to enable them to recognize unsafe conditions in and around the excavation. This training can be conducted during a tailgate safety meeting that emphasizes the specific excavation hazards that may be encountered.

Training documentation shall be maintained in the project files. As part of the standard employee supervision process, training shall be complemented with on-the-job instruction and reinforcement of accepted practices to the extent necessary to ensure compliance with this procedure and all other applicable regulations.

12.1.9.4 Excavation Work Practices

General – Each employee working within an excavation shall be protected from cave-ins by an adequate protective system designed in accordance with 29 CFR 1926 Subpart P, except when the excavation is made entirely in stable rock or when the excavation is less that 5 feet deep and examination of the ground by a competent person provides no indication of a potential cave-in. A competent person shall ensure that protective systems, when required, are installed and maintained per the design specifications. No employees shall be permitted to enter an excavation unless it is absolutely essential to do so and all requirements of this procedure are met.

Supervision – Work in an excavation shall be supervised at all times by a competent person. This individual will remain outside of the excavation at all times, and will be responsible for identifying any unusual developments aboveground that may warn of impending earth movement.

Soil Classification – Based on their training, the competent person will classify each soil or rock deposit as stable rock, Type A, Type B, or Type C. When layers of soil or rock exist, the weakest layer will be classified; however, each layer may be classified individually when a more stable layer lies under a less stable layer. If the properties or conditions of a soil or rock deposit change in any way, re-evaluation will be required.

Access and Egress – Structural ramps that are used solely by employees as a means of access or egress from excavations shall be designed by a competent person. Structural ramps used for access or egress of equipment shall be designed by a competent person qualified in structural design, and shall be constructed in accordance with the design.

A stairway, ladder, ramp or other safe means of egress shall be located in trench excavations that are 4 or more feet in depth so as to require no more than 25 feet of lateral travel for employees.

Protective Systems – Protective systems shall be designed in accordance with 29 CFR 1926.652(b) or (c) and shall have the capacity to resist, without failure, all loads that are intended or could reasonably be expected to be applied or transmitted to the system.

Exposure to Falling Loads – No employees shall be permitted underneath loads handled by lifting or digging equipment. Employees shall be required to stand away from any vehicle being loaded or unloaded to avoid being struck by spillage or falling materials. Operators may remain in the cabs of vehicles being loaded or unloaded provided the vehicles are equipped with a cab shield and/or canopy adequate to protect the operator from shifting or falling materials.

Warning System for Mobile Equipment – When mobile equipment is operated adjacent to an excavation, and the operator does not have a clear and direct view of the edge of the

excavation, a warning system shall be utilized such as barricades, hand or mechanical signals, or stop logs.

Hazardous Atmospheres (see related information in Tables 5-1, 5-2, and 7-1) – Where an oxygen-deficient (less that 19.5% O_2) or hazardous atmosphere exists, or could reasonably be expected to exist, the excavation shall be tested before employees enter. Testing shall be conducted as often as necessary to ensure that the atmosphere remains safe. Some excavations may be considered confined spaces that require compliance with appropriate procedures (see Section 12.1.17). Adequate precautions shall be taken to prevent employee exposure to oxygen-deficient or hazardous atmospheres. As appropriate, ventilation and/or respiratory protective devices shall be used (see Table 7-1).

Water Accumulation Hazards – Employees shall not work in excavations in which there is accumulated water, or in excavations in which water is accumulating, unless adequate precautions have been taken to protect employees against the hazards posed by water accumulation. If water is controlled or prevented from accumulating by the use of water removal equipment, the process shall be monitored by a competent person to ensure proper operation.

If the excavation work interrupts the natural drainage of surface water (e.g., streams or run-off channels), diversion ditches, dikes, or other suitable means shall be used to prevent surface water from entering the excavation and to provide adequate drainage of the area adjacent to the excavation. Excavations subject to run-off from heavy rains shall be regularly inspected by a competent person.

Stability of Adjacent Structures – Structures adjoining an excavation shall be evaluated to assess their stability. Excavation below the level of the base or footing of any foundation or retaining wall that could reasonably be expected to pose a hazard to employees shall only be permitted when:

- A support system (underpinning) is provided to ensure the safety of employees and the stability of the structure
- The excavation is in stable rock

- A registered P.E. has determined that the structure will be unaffected by the excavation
- A registered P.E. has determined that such excavation will not pose a hazard to employees

Sidewalks, pavements, and other surface structures shall not be undermined unless a support system or another method of protection is provided to protect employees from the possible collapse of such structures.

Protection from Loose Rock or Soil – Employees shall be protected from loose rock or soil that could fall or roll from the excavation face or edge. Such protection could consist of scaling to remove loose materials, or the installation of protective barriers. All spoil shall be placed at least 2 feet from the edge of the excavation. It is strongly recommended that spoil be placed 4 or more feet from the excavation edge so as not to cover surface indicators of subsidence (such as fissures or cracks).

Inspections – A competent person shall make daily inspections of excavations, adjacent areas, and protective systems for evidence of conditions that could result in a cave-in, indications of failure of protective systems, hazardous atmospheres, or other hazardous conditions. The inspection shall be made prior to start of work, and as needed throughout the shift. Inspections shall be made after each rainstorm or other hazard-increasing event, and will be documented. Where the inspection finds evidence of any hazardous condition, exposed employees shall immediately be removed from the hazardous area until necessary precautions have been taken.

Fall Protection – Where employees or equipment are permitted to cross over excavations, walkways or bridges shall be provided. Standard guard rails shall be provided where walkways are 6 feet or more above lower levels. Adequate barriers or other types of physical protection shall be provided at all remotely located excavations. All wells, pits, or shafts, shall be barricaded or covered, and shall be backfilled as soon as possible.

12.1.10 Noise

Excessive noise is hazardous not only because of its potential to damage hearing, but also because of its potential to disrupt communications and instructions. The following procedures and practices shall be followed to prevent noise-related hazards:

- All employees will have access to disposal ear plugs with a Noise Reduction Rating of not less than 30.
- Ear plugs must be worn in any environment where workers must raise their voices to be heard while standing at a distance of 3 feet or less.
- Ear plugs must be worn by any personnel operating concrete cutting or sawing equipment.

Hearing protection is required for workers operating or working near noisy equipment or operations, where the noise level is greater than 85 A-weighted decibels (dbA) (Time Weighted Average [TWA]), as well as personnel working around heavy equipment. The FL will determine the need and appropriate testing procedures, (i.e., sound level meter and/or dosimeter) for noise measurement.

When needed, a sound level meter will be used to measure noise levels at selected locations in the work area and on the site perimeter. When used, noise monitoring equipment must be calibrated before and after each shift.

If continuous noise levels are found to exceed 85 dbA at any location within the work area, warning signs will be posted. Workers and visitors will be notified that hearing protection is required. Appropriate hearing protection (i.e., ear plugs or ear muffs) will be worn whenever personnel or visitors are working in that location. A supply of ear plugs will be maintained on site.

Action levels in Table 12-3 will trigger the use of appropriate hearing protection (plugs or muffs). Hearing protection must be able to attenuate noise below 90 dbA (8-hour TWA). Each hearing protection or device has a Noise Reduction Rating (NRR) assigned by EPA. The calculation for a hearing protection device's effectiveness is:

$$\text{Noise reading dbA} - (\text{NRR} - 7\text{dB}) < 90 \text{ dbA}$$

Table 12-3
Noise Exposure Action Levels

Instrument	Measurement	Action
Type I or Type II Sound Level Meter or Dosimeter	> 80 dbA to 85 dbA	Hearing protection recommended. Limit work duration to 8-hour shifts.
	> 85 dbA to 90 dbA	Hearing protection required. Limit work duration to 8-hour shifts.
	> 90 dbA to 115 dbA	Hearing protection required. Investigate use of engineering controls. Limit work duration to 8-hour shifts.
	> 115 dbA	Stop work. Consult CHSM.

12.1.11 Lifting and Material Handling

Observe the following procedures and practices for lifting and material handling:

- Use leather gloves when handling metal, wire rope, sharp debris, or transporting materials (e.g., wood, piping, drums, etc.).
- The size, shape, and weight of the object to be lifted must first be considered. No individual employee is permitted to lift any object that weighs over 60 pounds. Multiple employees or mechanical lifting devices are required for objects over the 60-pound limit.
- Plan a lift before doing it. Bend at the knees and lift with the legs; keep the natural curves of the back; do not use back muscles.
- Check the planned route for clearance.
- Use the buddy system when lifting heavy or awkward objects.
- Do not twist your body while lifting.
- Know the capacity of any handling device (e.g., crane, forklift, chain fall, or come-along) that you intend to use.
- Use tag lines to control loads.
- Ensure that your body, material, tools, and equipment are safe from such unexpected movement as falling, slipping, rolling, tripping, bowing, or any other uncontrolled motion.
- Trucks (i.e., flat beds) hauling equipment or materials must not be moved once rigging has been released.

- Chock all material and equipment (such as pipe, drums, tanks, reels, trailers, and wagons) as necessary to prevent rolling.
- Tie down all light, large-surface-area material that might be moved by the wind.
- When working at heights, secure tools, equipment, and wrenches against falling.
- Do not store materials or tools on ducts, lighting fixtures, beam flanges, hung ceilings, or similar elevated locations.
- Fuel-powered tools used inside buildings or enclosures shall be vented and checked for excessive noise.

12.1.12 Cleaning Equipment

Observe the following procedures and practices when cleaning equipment:

- Wear appropriate PPE to avoid skin and eye contact with isopropyl alcohol, Alconox®, or other cleaning materials.
- Stand upwind to minimize any potential inhalation exposure.
- Dispose of spent cleaning solutions and rinses accordingly.

12.2 Environmental Hazards and Controls

12.2.1 Heat Stress

Observe the following general procedures and practices regarding heat stress:

- Increase the number of rest breaks and/or rotate workers in shorter work shifts.
- Watch for signs and symptoms of heat stress and fatigue (see Section 12.2.1.1).
- During hot months, plan work for early morning or evening.
- Use ice vests when necessary.
- Rest in cool, dry areas.

12.2.1.1 Signs, Symptoms, and Treatment

Adverse climatic conditions are important considerations in planning and conducting site operations. High ambient temperature can result in health effects ranging from transient heat fatigue, physical discomfort, reduced efficiency, personal illness, and increased accident probability to serious illness or death. Heat stress is of particular concern when chemical

protective garments are worn since they prevent evaporative body cooling. Wearing PPE places employees at considerable risk of developing heat stress.

Heat stress is caused by a number of interacting factors, including environmental conditions, clothing, workload, and the individual characteristics of the worker. Because heat stress is probably one of the most common (and potentially serious) illnesses, regular monitoring and other preventive precautions are vital.

Heat Rash. Heat rash can be caused by continuous exposure to hot and humid air and skin abrasion from sweat-soaked clothing. The condition is characterized by a localized red skin rash and reduced sweating. Heat rash reduces the ability to tolerate heat. To treat, keep skin hygienically clean and allow it to dry thoroughly after using chemical protective clothing.

Heat Cramps. Heat cramps are caused by profuse perspiration with inadequate electrolytic fluid replacement. This often robs the larger muscle groups (stomach and quadriceps) of blood, which can cause painful muscle spasms and pain in the extremities and abdomen. To treat, remove the employee to a cool place and give sips of water or an electrolytic drink. Watch for signs of heat exhaustion or heat stroke.

Heat Exhaustion. Heat exhaustion is a mild form of shock caused by increased stress on various organs to meet increased demand to cool the body. Onset is gradual and symptoms should subside within 1 hour. Symptoms include a weak pulse; shallow breathing; pale, cool, moist skin; profuse sweating; dizziness; and fatigue. To treat, remove the employee to a cool place and remove as much clothing as possible. Give sips of water or electrolytic solution and fan the person continuously to remove heat by convection. Do not allow the affected person to become chilled. Treat for shock if necessary.

Heat Stroke. Heat stroke is the most severe form of heat stress; the body must be cooled immediately to prevent severe injury and/or death. ***This is a medical emergency!*** Symptoms include red, hot, dry skin; a body temperature of 105° F or higher; no perspiration; nausea; dizziness and confusion; and a strong, rapid pulse. Since heat stroke is a true medical emergency, transport the patient to a medical facility immediately. Prior to transport, remove as much clothing as possible and wrap the patient in a sheet soaked with water. Fan

the patient vigorously while transporting to help reduce body temperature. If available, apply cold packs under the arms, around the neck, or any other place where they can cool large surface blood vessels. If transportation to a medical facility is delayed, reduce body temperature by immersing the patient in a cool-water bath (however, be careful not to over-chill the patient once body temperature is reduced below 102° F). If this is not possible, keep the patient wrapped in a sheet and continuously douse with water and fan.

12.2.1.2 Prevention

The implementation of preventative measures is the most effective way to limit the effects of heat-related illnesses. During periods of high heat, adequate liquids must be provided to replace lost body fluids. Replacement fluids can be a 0.1% saltwater solution, a commercial mix such as Gatorade, or a combination of these with fresh water. The replacement fluid temperature should be kept cool, 50° F to 60° F, and should be placed close to the work area. Employees must be encouraged to drink more than the amount required to satisfy thirst. Employees should also be encouraged to salt their foods more heavily during hot times of the year.

Cooling devices such as vortex tubes or cooling vests can be worn beneath impermeable clothing. If cooling devices are worn, only physiological monitoring will be used to determine work activity.

All workers are to rest when any symptoms of heat stress are noticed. Rest breaks are to be taken in a cool, shaded rest area. Employees shall remove chemical protective garments during rest periods and will not be assigned other tasks.

All employees shall be informed of the importance of adequate rest and proper diet, including the harmful effects of excessive alcohol and caffeine consumption.

12.2.1.3 Monitoring

Heat stress monitoring should be performed when employees are working in environments exceeding 90° F ambient air temperature. If employees are wearing impermeable clothing, this monitoring should begin at 77° F. There are two general types of monitoring that the

health and safety representative can designate to be used: wet bulb globe temperature (WBGT), and physiological. The Heat Stress Monitoring Record form (see Appendix A) will be used to record the results of heat stress monitoring.

Note that some states such as Washington and California have specific regulatory standards for protection of employees from heat stress-related injuries.

Wet Bulb Globe Temperature (WBGT). The WBGT index is the simplest and most suitable technique to measure the environmental factors that most nearly correlate with core body temperature and other physiological responses to heat. When WBGT exceeds 25° C (77° F), the work regiment in Table 12-4 should be followed.

Table 12-4
Permissible Heat Exposure Threshold Limit Values

Work/Rest Regimen	Workload		
	Light	Moderate	Heavy
Continuous work	86° F (30.0° C)	80° F (26.7° C)	77° F (25.0° C)
75% work, 25% rest each hour	87° F (30.6° C)	82° F (28.0° C)	78° F (25.9° C)
50% work, 50% rest, each hour	89° F (31.4° C)	85° F (29.4° C)	82° F (27.9° C)
25% work, 75% rest, each hour	90° F (32.2° C)	88° F (31.1° C)	86° F (30.0° C)
These TLVs are based on the assumption that nearly all acclimated, fully-clothed workers with adequate water and salt intake should be able to function effectively under the given working conditions without exceeding a deep body temperature of 100.4° F (38° C).			

(From OSHA Technical Manual, Section III: Chapter 4 - Heat Stress)

The TLVs denoted in Table 12-4 apply to physically fit and acclimatized individuals wearing light, summer clothing. If heavier clothing that impedes sweat or has a higher insulation value is required, the permissible heat exposure TLVs should be adjusted based on the WBGT Correction Factors in Table 12-5.

Table 12-5
WBGT Correction Factors

Clothing Type	WBGT Correction
Summer lightweight working clothing	32° F (0° C)
Cotton coveralls	28° F (-2° C)
Winter work clothing	25° F (-4° C)
Water barrier, permeable	86° F (-6° C)
Fully encapsulating	14° F (-10° C)

Physiological. Physiological monitoring can be used in lieu of, or in addition to, WBGT. This monitoring can be self-performed once the health and safety representative demonstrates appropriate techniques to affected employees. Since individuals vary in their susceptibility to heat, this type of monitoring has its advantages. The two parameters that are to be monitored at the beginning of each rest period are:

- **Heart Rate** – The maximum heart rate (MHR) is the amount of work (beats) per minute a healthy person's heart can be expected to safely deliver. Each individual will count his/her radial (wrist) pulse for 1 minute as early as possible during each rest period. If the heart rate of any individual exceeds 75% of their calculated MHR (MHR = 200 - age) at the beginning of the rest period, then the work cycle will be decreased by one-third. The rest period will remain the same. An individual is not permitted to return to work until his/her sustained heart rate is below 75% of their calculated MHR.
- **Temperature** – Each individual will measure his/her temperature with a thermometer for 1 minute as early as possible in the first rest period. If the temperature exceeds 99.6° F at the beginning of the rest period, then the work cycle will be decreased by one-third. The rest period will remain the same. An individual is not permitted to return to work if his/her temperature exceeds 100.4° F

12.2.1.4 Training

Employees potentially exposed to heat stress conditions will be instructed on the contents of this procedure. This training can be conducted during daily tailgate safety meetings.

12.2.2 Cold Stress

Observe the following procedures and practices regarding cold stress:

- Take breaks in heated shelters when working in extremely cold temperatures.
- Upon entering the shelter, remove the outer layer of clothing and loosen other layers to promote evaporation of perspiration.
- Drink warm liquids to reduce the susceptibility to cold stress.
- Be aware of cold stress symptoms, including shivering, numbness in the extremities, and sluggishness.
- Provide adequate insulating dry clothing to maintain warmth if work is performed in air temperature below 40° F. Wind chill cooling rates and the cooling power of air are critical factors. The higher the wind speed and the lower the temperature in the work area, the greater the insulation value of the protective clothing required.
- If the air temperature is 32° F or less, hands should be protected.
- If only light work is involved and if the clothing on the worker may become wet on the job site, the outer layer of the clothing in use should be impermeable to water. With more severe work under such conditions, the outer layer should be water repellent, and the outer wear should be changed as it becomes wetted. The outer garments should include provisions for easy ventilation in order to prevent wetting of the inner layer by sweat.
- If available clothing does not give adequate protection to prevent cold injury, work should be modified or suspended until adequate clothing is made available, or until weather conditions improve.
- Implement a buddy system in which workers are responsible for observing fellow workers for early signs and symptoms of cold stress.

12.2.2.1 Signs, Symptoms, and Treatment

Cold stress can range from frostbite to hypothermia. The signs and symptoms of cold stress are listed below. The appropriate guidelines should be followed if any personnel exhibit these symptoms:

Frostbite. Frostbite is characterized by pain in the extremities and loss of manual dexterity. "Frostnip," or reddening of the tissue, is accompanied by a tingling or loss of sensation in the extremities and continuous shivering.

Hypothermia. Hypothermia is characterized by pain in the extremities and loss of manual dexterity, with severe, uncontrollable shivering, and an inability to maintain the level of activity. Symptoms include excessive fatigue, drowsiness, irritability, or euphoria. Severe hypothermia includes clouded consciousness, low blood pressure, pupil dilation, cessation of shivering, unconsciousness, and possible death.

Remove the patient to a warm, dry place. If the patient's clothing is wet, remove it and replace it with dry clothing. Keep the patient warm. Re-warming of the patient should be gradual to avoid stroke symptoms. Dehydration, or the loss of body fluids, may result in a cold injury due to a significant change in blood flow to the extremities. If the patient is conscious and alert, warm sweet liquids should be provided. Coffee and other caffeinated liquids should be avoided because of diuretic and circulatory effects. Extremities affected by frostbite should be gradually warmed up and returned to normal temperature. Moist compresses should be applied; begin with lukewarm compresses and slowly increase the temperature as changes in skin temperature are detected. Keep the patient warm and calm and remove them to a medical facility as soon as possible.

12.2.3 Inclement Weather

Observe the following procedures and practices regarding inclement weather:

- Stop outdoor work during electrical storms (lightning strikes), hailstorms, high winds, and other extreme weather conditions such as extreme heat or cold
- Take cover indoors or in a vehicle
- Listen to local forecasts for warnings about specific weather hazards such as tornadoes, hurricanes, and flash floods

12.2.4 Insects/Spiders

Observe the following general procedures and practices regarding insects/spiders:

- Tuck pants into socks
- Wear long sleeves
- Use insect repellent
- Avoid contact by always looking ahead to where you will be walking, standing, sitting, leaning, grabbing, lifting, or reaching
- Check for signs of insect/spider bites, such as redness, swelling, and flu-like symptoms

The most dangerous spiders to humans in North America are black widows and brown spiders (also known as brown recluse or fiddleback spiders). A guide to identifying these spiders is presented in Table 12-6.

Table 12-6
North American Hazardous Spider Identification Guide

Hazardous Spider Identification Guide	
Black Widow Spider • Abdomen usually shows hourglass marking. • Female is 3 to 4 centimeters in diameter. • Have been found in well casings and flush-mount covers. • Not aggressive, but more likely to bite if guarding eggs. • Light, local swelling and reddening are early signs of a bite, followed by intense muscular pain, rigidity of the abdomen and legs, difficulty breathing, and nausea. • If bitten, see a physician as soon as possible.	
Brown Spiders (aka Brown Recluse or Fiddleback) • Found in the central and southern United States, although in some other areas, as well. • 1/4-to-1/2-inch-long body, and size of a silver dollar. • Hide in baseboards, ceiling cracks, and undisturbed piles of material. • Bite may either go unnoticed or may be followed by a severe localized reaction, including scabbing, necrosis of the affected tissue, and very slow healing. • If bitten, see a physician as soon as possible.	

12.2.5 Bees and Wasps

Many encounters with bees and wasps occur when nests built in well casings or excavation areas are disturbed. Before opening a well casing, take a few moments to observe whether or not insects are entering or exiting. If they are flying to and from the casing, avoid it if possible. If you must be in an area where disturbing a nest is likely, be sure to wear long pants and a long-sleeved shirt. Stinging insects fly around the top of their target, so if you get into trouble, pull a portion of your shirt over your head and run away.

If you get stung, look for a stinger, and, if present, remove it as soon as possible. Several over-the-counter products or a simple cold compress can be used to alleviate the pain of the sting. If the sting is followed by severe symptoms, or if it occurs in the neck or the mouth, seek medical attention immediately because swelling could cause suffocation.

If you need to destroy a nest, consult with the PM and project FL first. Commercially available stinging insect control aerosols are very effective, but could potentially contaminate the well. Once the nest is destroyed, fine mesh may be applied over the exit and entry points of a well casing to prevent re-infestation.

12.2.6 Mosquitoes

Mosquitoes in the United States have been known to carry West Nile Virus, St. Louis encephalitis, and Dengue Fever. To avoid mosquito bites:

- Apply insect repellent containing DEET (N,N-diethyl-meta-toluamide) when outdoors. DEET is very effective, but could potentially contaminate samples.
- Read and follow the product directions whenever you use insect repellent.
- Wear long-sleeved clothes and long pants treated with repellent to further reduce your risk, or stay indoors during peak mosquito feeding hours (dusk until dawn).
- Limit the number of places available for mosquitoes to lay their eggs by eliminating standing water sources from around the work area.
- If you need to destroy a nest, consult with the PM and project FL first.
- Check to see if there is an organized mosquito control program near the project site. If no program exists, work with the local government officials to establish a program.

13 MEDICAL SURVEILLANCE PROGRAM

This section describes the medical surveillance program that Anchor QEA field personnel must comply with when working on sites where there is a potential for exposure to hazardous wastes or other hazardous substances.

13.1 General Requirements

Anchor QEA employees shall be enrolled in a medical surveillance program in compliance with OSHA standards (29 CFR 1910.120(f)) under the following circumstances:

If they are involved with any of the following operations:

- *Cleanup operations* required by a governmental body, whether federal, state, local, or other involving hazardous substances that are conducted at uncontrolled hazardous waste sites (including, but not limited to, the EPA's National Priority List [NPL] sites, state priority list sites, sites recommended for the EPA NPL, and initial investigation of government-identified sites that are conducted before the presence or absence of hazardous substances has been ascertained).
- *Corrective actions* involving cleanup operations at sites covered by the Resource Conservation and Recovery Act of 1976 (RCRA) as amended (42 U.S.C. 6901 et seq)
- *Voluntary cleanup operations* at sites recognized by federal, state, local, or other governmental bodies as uncontrolled hazardous waste sites.
- *Operations involving hazardous wastes* that are conducted at treatment, storage, and disposal (TSD) facilities regulated by 40 CFR Parts 264 and 265 pursuant to RCRA or by agencies under agreement with the EPA to implement RCRA regulations.
- *Emergency response operations* for releases of, or substantial threats of releases of, hazardous substances without regard to the location of the hazard.

And, if the employee(s) meets the following criteria:

- Are or may be exposed to hazardous substances or health hazards at or above the established PEL, above the published exposure levels for these substances, without regard to the use of respirators, for 30 days or more per year.

In addition, employees are required to be enrolled in the medical surveillance program if they meet any of the following conditions:

- Wear a respirator for 30 days or more per year
- Are injured, become ill, or develop signs or symptoms due to possible overexposure involving hazardous substances or health hazards from an emergency response or hazardous waste operations
- Are members of a Hazardous Materials (HAZMAT) team

Anchor QEA employees required to be enrolled in a medical surveillance program under 29 CFR 1910.120(f) shall have medical examinations and consultations made available to them by Anchor QEA on the following schedule:

- Prior to assignment
- At least once every 12 months unless the attending physician believes a longer interval (not greater than biennially) is appropriate
- At termination of employment or reassignment to an area where the employee would not be covered if the employee has not had an examination within the last 6 months
- As soon as possible upon notification that the employee has developed signs or symptoms indicating possible overexposure to hazardous substances or health hazards, or that the employee has been injured or exposed above the PEL or published exposure levels in an emergency situation
- At more frequent times, if the examining physician determines that an increased frequency of examination is medically necessary

The content of medical examinations or consultations made available to employees shall be determined by the attending physician but shall include, at a minimum, a medical and work history with special emphasis on symptoms related to the handling of hazardous substances and health hazards, and to fitness for duty including the ability to wear any required PPE under conditions (i.e., temperature extremes) that may be expected at the work site.

The attending physician shall provide Anchor QEA with a written opinion for each examined employee that contains the following information:

- Whether the employee has any detected medical conditions that would place the employee at an increased risk of impairment of the employee's health from hazardous waste operations work, emergency response, or respirator use
- Any recommended limitations on the employee's assigned work
- A statement that the employee has been informed of the results of the medical examination and any medical conditions that require further examination or treatment

The written opinion obtained by Anchor QEA shall not reveal specific findings or diagnoses unrelated to occupational exposures. Medical surveillance and other employee-related medical records shall be retained for at least the duration of employment plus 30 years.

13.2 Crew Self Monitoring

All personnel will be instructed to look for and inform each other of any deleterious changes in their physical or mental condition during the performance of all field activities. Examples of such changes are as follows:

- Headaches
- Dizziness
- Nausea
- Blurred vision
- Cramps
- Irritation of eyes, skin, or respiratory system
- Changes in complexion or skin color
- Changes in apparent motor coordination
- Increased frequency of minor mistakes
- Excessive salivation or changes in papillary response
- Changes in speech ability or speech pattern
- Symptoms of heat stress or heat exhaustion
- Symptoms of hypothermia

If any of these conditions develop, the affected person will be moved from the immediate work location and evaluated. If further assistance is needed, personnel at the local hospital

will be notified, and an ambulance will be summoned if the condition is thought to be serious. If the condition is the result of sample collection or processing activities, procedures and/or PPE will be modified to address the problem.

APPENDIX A
HEALTH AND SAFETY LOGS AND FORMS

ANCHOR QEA

DATE: _____

PROJECT NAME: _____

PROJECT NO: _____

DAILY SAFETY BRIEFING

PERSON CONDUCTING MEETING: _____ **HEALTH & SAFETY OFFICER:** _____ **PROJECT MANAGER:** _____

TOPICS COVERED:

- ☐ Emergency Procedures and Evacuation Route
- ☐ Directions to Hospital
- ☐ HASP Review and Location
- ☐ Safety Equipment Location
- ☐ Proper Safety Equipment Use
- ☐ Employee Right-to-Know/MSDS Location
- ☐ Fire Extinguisher Location
- ☐ Eye Wash Station Location
- ☐ Buddy System
- ☐ Self and Coworker Monitoring
- ☐ Lines of Authority
- ☐ Communication
- ☐ Site Security
- ☐ Vessel Safety Protocols
- ☐ Work Zones
- ☐ Vehicle Safety and Driving/Road Conditions
- ☐ Equipment Safety and Operation
- ☐ Proper Use of PPE
- ☐ Decontamination Procedures
- ☐ Other:
- ☐ Lifting Techniques
- ☐ Slips, Trips, and Falls
- ☐ Hazard Exposure Routes
- ☐ Heat and Cold Stress
- ☐ Overhead and Underfoot Hazards
- ☐ Chemical Hazards
- ☐ Flammable Hazards
- ☐ Biological Hazards
- ☐ Eating/Drinking/Smoking

WEATHER CONDITIONS: _____

DAILY WORK SCOPE: _____

SITE-SPECIFIC HAZARDS: _____

SAFETY COMMENTS: _____

ATTENDEES

PRINTED NAME	SIGNATURE

FIELD SAFETY EQUIPMENT CHECKLIST

The following is a list of safety-related gear that may be appropriate depending on the type of work being conducted. The purpose of this checklist is twofold: 1) ensure that all field crew members think about appropriate safety gear needs before heading to the worksite; and 2) provide an extensive list of gear to consider in order to serve as a reminder of potential safety gear needs during a field effort.

☐ **Safety Briefing Log or Notebook**

Personal Protective Gear
- ☐ Rain pants and jacket
- ☐ Hard hats
- ☐ Boots (steel-toed, if appropriate)
- ☐ Safety glasses
- ☐ Ear protection
- ☐ Nitrile gloves (inner and outer pair)
- ☐ Tyvek overalls
- ☐ H_2S sensor
- ☐ Flashlight
- ☐ EpiPen (inquire if any field staff use one)
- ☐ Other:

Warm Weather Safety Gear
- ☐ Sunscreen
- ☐ Water
- ☐ Hat
- ☐ Light clothes

Cold Weather Safety Gear
- ☐ Warm clothes (preferably synthetics)
- ☐ Hat
- ☐ Gloves
- ☐ Boot warmers
- ☐ Thermos of warm drink/soup

Communications
- ☐ Notify office staff of day's field plan
- ☐ Walkie Talkies
- ☐ Cell phones
- ☐ Satellite phone (if appropriate)
- ☐ Contact numbers (other field crew members, PM, others to notify that you are accessing site)

General Gear for Work Near Water
- ☐ Life jacket
- ☐ Boots or waders (hip or chest)
- ☐ Throwline

Boat Safety Gear

U.S. Coast Guard Required Gear:
- ☐ 1. Personal flotation device (PFD), preferably life jacket, for each occupant
- ☐ 2. Fire extinguisher (filled to operable range)
- ☐ 3. Flares (unexpired)
- ☐ 4. Horn
- ☐ 5. Navigation lights

- ☐ First aid kit
- ☐ Bowline and stern line
- ☐ Anchor and anchor line
- ☐ Paddle
- ☐ Spare propeller and linchpin
- ☐ Appropriate personal protective gear (boots or waders) to step onto shore if necessary
- ☐ Drain plug (and spare)
- ☐ Boat fuel and oil
- ☐ Weather radio (if appropriate)
- ☐ Weather, tides, and currents forecasts
- ☐ Warm clothes/blanket in dry bag

ANCHOR QEA

DATE: _____

PROJECT NAME: _____

PROJECT NO: _____

MODIFICATION TO HEALTH AND SAFETY PLAN

MODIFICATION: _____

_____

_____

_____

_____

REASON FOR MODIFICATION: _____

_____

_____

_____

_____

_____

_____

SITE PERSONNEL BRIEFED

NAME: _____ **DATE:** _____

NAME: _____ **DATE:** _____

NAME: _____ **DATE:** _____

NAME: _____ **DATE:** _____

NAME: _____ **DATE:** _____

NAME: _____ **DATE:** _____

NAME: _____ **DATE:** _____

NAME: _____ **DATE:** _____

NAME: _____ **DATE:** _____

NAME: _____ **DATE:** _____

NAME: _____ **DATE:** _____

APPROVALS

FIELD LEAD: _____ _____ _____

Printed Name | Signature | Date

PROJECT MANAGER: _____ _____ _____

Printed Name | Signature | Date

ANCHOR QEA

DATE: _____

PROJECT NAME: _____

PROJECT NUMBER: _____

LOCATION: _____

HEAT STRESS MONITORING RECORD

Employee Name	Monitoring Results												
	Initial Reading Time:	First Work Period Time:		Second Work Period Time:		Third Work Period Time:		Fourth Work Period Time:		Fifth Work Period Time:		Sixth Work Period Time:	
	WBGT (°F):	WBGT (°F):		WBGT (°F):		WBGT (°F):		WBGT (°F):		WBGT (°F):		WBGT (°F):	
	Air Temp (°F):	Air Temp (°F):		Air Temp (°F):		Air Temp (°F):		Air Temp (°F):		Air Temp (°F):		Air Temp (°F):	
	Initial Temp:	Initial Temp:	Final Temp:	Initial Temp:	Final Temp:	Initial Temp:	Final Temp:	Initial Temp:	Final Temp:	Initial Temp:	Final Temp:	Initial Temp:	Final Temp:
	Initial H.R.:	Initial H.R.:	Final H.R.:	Initial H.R.:	Final H.R.:	Initial H.R.:	Final H.R.:	Initial H.R.:	Final H.R.:	Initial H.R.:	Final H.R.:	Initial H.R.:	Final H.R.:
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Notes:

Completed by:

Printed Name _____ Signature _____ Date _____

EMPLOYEE EXPOSURE/INJURY INCIDENT/SPILL/NEAR MISS REPORT

EMPLOYEE NAME: _____ **DATE:** _____

PROJECT NAME/NO: _____ **TIME:** _____

TYPE OF OCCURRENCE: ☐ employee exposure ☐ injury incident ☐ spill ☐ near miss

SITE NAME AND LOCATION: _____

SITE WEATHER (clear, rain, snow, etc.): _____

NATURE OF ILLNESS/INJURY: _____

SYMPTOMS: _____

ACTION TAKEN: ☐ rest ☐ first aid ☐ medical

TRANSPORTED BY: _____

WITNESSED BY: _____

HOSPITAL NAME: _____ **TREATMENT:** _____

DESCRIBE IN DETAIL HOW THIS EXPOSURE/INJURY INCIDENT/SPILL/NEAR MISS OCCURRED (if a spill, list the name of the compounds, quantities, and method of clean-up/containment): _____

WHAT WAS THE PERSON DOING AT THE TIME OF THE ACCIDENT/INCIDENT?: _____

LIST PERSONAL PROTECTIVE EQUIPMENT WORN: _____

WHAT IMMEDIATE ACTION WAS TAKEN TO PREVENT RECURRENCE?: _____

Employee:

Printed Name	Signature	Date

Supervisor:

Printed Name	Signature	Date

Site Safety Representative:

Printed Name	Signature	Date

NOTE: Use additional page(s) if necessary.

DAILY AIR MONITORING RECORD

PROJECT NAME: _____ **DATE:** _____

PROJECT NUMBER: _____ **LOCATION:** _____

TEMPERATURE: _____

CONDITIONS: _____

_____

_____

_____

COC	Instrument	S/N	Calibration Date	Calibration Gas/Method	Calibration by
Organic vapors					
Particulates					
O_2					
Other:					
Other:					
Other:	Draeger				

Time	Location/Description	Organic Vapor (ppm)	O_2%	CG %LEL	Other	Other

Notes:

Completed by:

_____ _____ _____

Printed Name Signature Date

APPENDIX B
JOB SAFETY ANALYSIS (JSA) DOCUMENTS

Shoreline Reconnaissance

Project Name: Central Waterfront Site RI – Whatcom Waterway Site Cleanup	**Project Number:** 120007-01 (080007-01)	**JSA Number:** 001	**Issue Date:** June 5, 2012
Location: Bellingham, Washington	**Contractor:** Anchor QEA, LLC	**Analysis by:** Julia Labadie	**Analysis Date:** June 5, 2012
Work Operation: Shoreline Reconnaissance	**Superintendent/Competent Person:** TBD	**Revised by:** Julia Labadie	**Revised Date:** June 5, 2012
Required Personal Protective Equipment (PPE): Modified Level D – • Long pants, steel-toed boots, hard hat, reflective vest, rain gear (optional). • Depending on activity, the following PPE may also be required: safety glasses/ splash goggles, nitrile or PVC gloves, Tyvek coveralls, and Coast Guard-approved personal floatation device (PFD).		**Reviewed by:** Mark Larsen	**Reviewed Date:** June 5, 2012
		Approved by: Mark Larsen	**Approved Date:** June 5, 2012

Work Activity	Potential Hazards	Preventive or Corrective Measures	Inspection Requirements
Boat activities	Marine Operation Hazards	• Follow the Marine Safety Standard Operating Procedures when working near or on the water.	• Inspect PFD daily.

Shoreline Reconnaissance

Work Activity	Potential Hazards	Preventive or Corrective Measures	Inspection Requirements
Loading/unloading onto vessel	General	• Secure boat. • Use rails or assistance from someone on the dock. • Be cautious when entering or exiting the vessel. With one hand on the boat, quickly lower straight down into the center of the craft. Never jump into or off of a vessel. • If others are boarding, have them step along the fore and aft centerline of the boat while the boat is held in place along the pier. • Avoid directly carrying anything on or off the vessel. Load the items off the pier or have someone hand them to you one by one. • Never overload the vessel. • Keep weight toward center of the boat and center of gravity as low as possible. • Distribute equipment evenly on vessel.	
Shoreline reconnaissance	Slips, Trips, Falls	• Be aware of potentially unstable and slippery surfaces (logs, rip rap, debris) and tripping hazards on shoreline. • Wear footwear that has sufficient traction to reduce risk of slipping (wear steel-toed rubber boots). • Proceed carefully on floating docks and ramps. • Keep all areas clean and free of debris to deter any unnecessary trips and falls. • Notify the Field Lead of any unsafe conditions.	
	Slips, Trips, Falls Off Boat/ Drowning Hazards	• Wear U.S. Coast Guard-approved personal flotation device (PFD). • Be aware of any obstacles on boat deck.	• PFDs should be inspected daily prior to use.

Shoreline Reconnaissance

Work Activity	Potential Hazards	Preventive or Corrective Measures	Inspection Requirements
Shoreline reconnaissance	Hydrocarbon exposure (e.g., Benzene inhalation)	• Perform regular air monitoring of breathing zone (within 1 foot of mouth)using a PID if sheen is observed or HC odors are present. • If PID reading is over 5 ppm above background, move at least 10 feet away to an area with fresh air, preferably upwind of area. • Continue to monitor breathing zone with PID, and only return to area if an upwind option is available, or if breathing zone conditions become safe. • If field personnel become faint or light-headed, stop work and move to an area with fresh air.	• Ensure PID is calibrated and functioning properly.
	Rain	• Wear appropriate PPE (rain gear). • Be aware of slip hazards, puddles, and electrical hazards when working near water.	• Inspect PPE for rip/tears before heading into field.

Shoreline Reconnaissance

Work Activity	Potential Hazards	Preventive or Corrective Measures	Inspection Requirements
Operating Around Machinery	Barge Ramp Lockout/Tagout Procedures	• When working around or under barge ramp, use lockout/tagout procedures to ensure safety, as specified in Section 2.2.18 and 29 CFR 1910.147. • Ensure that machinery/equipment is shut down and locked out prior to entering area. • Familiarize staff with shut-down procedure: metal girder with pins locks start/stop button, sledge hammer needed to activiate. • De-activate the energy isolating device (remove from energy source) so that machine is isolated from energy source. • Lock out the energy-isolating device with a lock. • Stored residual energy must be dissipated or restrained by methods such as grounding, repositioning, bleeding down, etc. • Talk to Port tenants – tag ramp and ensure that tenants are not using ramp during reconnaissance work.	

Training Requirements:

- All personnel working on hazardous waste sites must receive appropriate training as required by 29 CFR 1910.120(e), including, but not limited to, initial 40-hour, 8-hour supervisor, and annual 8-hour refresher training. All boat operators must have successfully completed an appropriate state boating safety course as required.
- All assigned employees are required to familiarize themselves with the contents of this JSA before starting a work activity and review it with their supervisor during their daily safety meeting.

Field Activities

Project Name: Central Waterfront Site RI – Whatcom Waterway Site Cleanup	**Project Number:** 120007-01	**JSA Number:** 002	**Issue Date:** June 26, 2012
Location: Bellingham, Washington	**Contractor:** Anchor QEA, LLC	**Analysis by:** Julia Labadie	**Analysis Date:** June 25, 2012
Work Operation: Field Activities	**Superintendent/Competent Person:** TBD	**Revised by:** Julia Labadie	**Revised Date:** June 26, 2012
Required Personal Protective Equipment (PPE): Modified Level D – • Long pants, steel-toed boots, hard hat, reflective vest, rain gear (optional). • Depending on activity, the following PPE may also be required: safety glasses/ splash goggles, nitrile or PVC gloves, Tyvek coveralls, Coast Guard-approved personal floatation device (PFD), and waders.		**Reviewed by:** Mark Larsen	**Reviewed Date:** June 26, 2012
		Approved by: Mark Larsen	**Approved Date:** June 26, 2012

Work Activity	Potential Hazards	Preventive or Corrective Measures	Inspection Requirements
Outdoor, Physical Activity	Slips, Trips, Falls	• Be aware of potentially slippery surfaces and tripping hazards. • Wear footwear that has sufficient traction to reduce risk of slipping. • Wear steel-toed rubber boots versus over-the-shoe rubber boots. • Work slowly during transit. Jumping, running, and horseplay are prohibited. • Keep all areas clean and free of debris to deter any unnecessary trips and falls. • Clean up all spills immediately. • Notify the Field Lead of any unsafe conditions.	

Field Activities

Work Activity	Potential Hazards	Preventive or Corrective Measures	Inspection Requirements
Outdoor, Physical Activity (cont.)	Heat Stress	• Adjust work schedules, as necessary. • Perform work during cooler hours of the day, if possible, or at night, if possible and if adequate lighting can be provided. • Provide shelter (air-conditioned, if possible) or shaded areas to protect personnel during rest periods. • Maintain body fluids at normal levels. • Train workers to recognize the symptoms of heat-related illness.	• Monitor workers' physical conditions. • Monitor outside temperature versus worker activity.
	Cold Stress	• Provide shelter (enclosed, heated environment) to protect personnel during rest periods. • Educate workers to recognize the symptoms of frostbite and hypothermia. • Have a dry change of clothing available. • Train workers to recognize the symptoms of cold-related illness.	• Monitor workers' physical conditions. • Monitor outside temperature versus worker activity.
	Rain	• Wear appropriate PPE (rain gear). • Be aware of slip hazards, puddles, and electrical hazards when working near water.	• PPE should be inspected daily prior to use.
	Sunshine	• Have sunscreen available for ultraviolet protection. • Have water available for dehydration.	
	Lightning	• Do not begin or continue work until lightning subsides for 20 minutes. • Immediately head for shore if on the water and lightning is observed. • If you are not able to get to shore, disconnect and do not use or touch the major electronic equipment, including the radio, throughout the duration of the storm.	

Field Activities

Work Activity	Potential Hazards	Preventive or Corrective Measures	Inspection Requirements
Outdoor, Physical Activity (cont.)	High Winds, Dust Storm	• Wear goggles if dust/debris is visible.	
	Pollen	• Take medication (i.e., antihistamine) to minimize allergic reaction to pollen. • Wear dust mask, if necessary.	• PPE should be inspected daily prior to use.
	Biological Hazards (flora [poison ivy, poison oak, etc.] and fauna [ticks, bees, mosquitoes, snakes, etc.])	• Personnel will be aware of potential exposure to biological hazards. • Wear appropriate clothing (i.e., hat, long-sleeve shirt, long pants, leather gloves, boots, Tyvek coveralls, as appropriate), and insect repellant. • Personnel will wear thick gloves when clearing plants or debris from work area.	

Training Requirements:

- All personnel working on hazardous waste sites must receive appropriate training as required by 29 CFR 1910.120(e), including, but not limited to, initial 40-hour, 8-hour supervisor, and annual 8-hour refresher training. All boat operators must have successfully completed an appropriate state boating safety course as required.
- All assigned employees are required to familiarize themselves with the contents of this JSA before starting a work activity and review it with their supervisor during their daily safety meeting.

Porewater and Seep Sampling

Project Name: Central Waterfront Site RI – Whatcom Waterway Site Cleanup	**Project Number:** 120007-01	**JSA Number:** 003	**Issue Date:** June 26, 2012
Location: Bellingham, Washington	**Contractor:** Anchor QEA, LLC	**Analysis by:** Julia Labadie	**Analysis Date:** June 25, 2012
Work Operation: Porewater and Seep Sampling	**Superintendent/Competent Person:** TBD	**Revised by:** Julia Labadie	**Revised Date:** June 26, 2012
Required Personal Protective Equipment (PPE): Modified Level D – • Long pants, steel-toed boots, hard hat, reflective vest, rain gear (optional). • Depending on activity, the following PPE may also be required: safety glasses/ splash goggles, nitrile or PVC gloves, Tyvek coveralls, Coast Guard-approved personal floatation device (PFD), and waders.		**Reviewed by:** Mark Larsen	**Reviewed Date:** June 26, 2012
		Approved by: Mark Larsen	**Approved Date:** June 26, 2012

Work Activity	Potential Hazards	Preventive or Corrective Measures	Inspection Requirements
Boat activities	Marine Operation Hazards	• Follow the Marine Safety Standard Operating Procedures when working near or on the water.	• Inspect PFD daily.

Porewater and Seep Sampling

Work Activity	Potential Hazards	Preventive or Corrective Measures	Inspection Requirements
Loading/unloading onto vessel	General	• Secure boat (Zodiac) before loading/unloading personnel or equipment. • Use rails or assistance from someone on the dock. • Be cautious when entering or exiting the vessel. With one hand on the boat, quickly lower straight down into the center of the craft. Never jump into or off of a vessel. • If others are boarding, have them step along the fore and aft centerline of the boat while the boat is held in place along the pier. • Avoid directly carrying anything on or off the vessel. Load the items off the pier or have someone hand them to you one by one. • Never overload the vessel. • Keep weight toward center of the boat and center of gravity as low as possible. • Distribute equipment evenly on vessel.	
Seep and Porewater Sampling along Shoreline	Slips, Trips, Falls	• Be aware of potentially unstable and slippery surfaces (logs, rip rap, debris) and tripping hazards on shoreline. • Wear footwear that has sufficient traction to reduce risk of slipping (wear steel-toed rubber boots or waders). • Keep all sampling areas clean and free of debris to deter any unnecessary trips and falls. • Notify the Field Lead of any unsafe conditions.	
	Slips, Trips, Falls Off Boat/ Drowning Hazards	• Wear U.S. Coast Guard-approved personal flotation device (PFD). • Be aware of any obstacles on boat deck and along shoreline.	• PFDs should be inspected daily prior to use.

Porewater and Seep Sampling

Training Requirements:

- All personnel working on hazardous waste sites must receive appropriate training as required by 29 CFR 1910.120(e), including, but not limited to, initial 40-hour, 8-hour supervisor, and annual 8-hour refresher training. All boat operators must have successfully completed an appropriate state boating safety course as required.
- All assigned employees are required to familiarize themselves with the contents of this JSA before starting a work activity and review it with their supervisor during their daily safety meeting.

Groundwater Sampling

Project Name: Central Waterfront Site RI – Whatcom Waterway Site Cleanup	**Project Number:** 120007-01	**JSA Number:** 004	**Issue Date:** June 26, 2012
Location: Bellingham, Washington	**Contractor:** Anchor QEA, LLC	**Analysis by:** Julia Labadie	**Analysis Date:** June 25, 2012
Work Operation: Groundwater Sampling	**Superintendent/Competent Person:** TBD	**Revised by:** Julia Labadie	**Revised Date:** June 26, 2012
Required Personal Protective Equipment (PPE): Modified Level D – • Long pants, steel-toed boots, hard hat, reflective vest, rain gear (optional). • Depending on activity, the following PPE may also be required: safety glasses/ splash goggles, nitrile or PVC gloves, Tyvek coveralls, Coast Guard-approved personal floatation device (PFD), and waders.		**Reviewed by:** Mark Larsen	**Reviewed Date:** June 26, 2012
		Approved by: Mark Larsen	**Approved Date:** June 26, 2012

Work Activity	Potential Hazards	Preventive or Corrective Measures	Inspection Requirements
Groundwater Gauging and Sampling	Sharp Objects	• Wear cut resistant work gloves when the possibility of lacerations or other injury may be caused by sharp edges or objects • Maintain all hand and power tools in a safe condition • Keep guards in place during use	
	Handling Heavy Objects	• Observe proper lifting techniques • Obey sensible lifting limits (60 lb. maximum per person manual lifting) • Use mechanical lifting equipment (hand carts, trucks) to move large, awkward loads	

Groundwater Sampling

Work Activity	Potential Hazards	Preventive or Corrective Measures	Inspection Requirements
Groundwater Gauging and Sampling (cont.)	Slips, Trips, Falls	• Clear work areas of equipment, tools, vegetation, excavated material, and debris • Mark, identify, or barricade other obstructions	
	Inhalation and Skin Contact with Hazardous Substances	• Provide workers proper skin, eye, and respiratory protection based on the exposure hazards present • Review hazardous properties of site contaminants with workers before operations begin • Monitor breathing zone air to determine levels of contaminants • Follow proper procedures for handling/preserving/packaging/labeling analytical samples; chemicals/preserving agents • Follow proper decontamination procedures to prevent ingestion of contaminants	
	Battery Handling/ Electrical Shock	• Inspect pump and battery for bare/exposed wiring or loose connections • Verify DC current leads are correctly connected to battery • Do not perform battery connections with wet hands or gloves	
	Caught between/ Pinch Points	• Inspect moving parts and guards on pump before operations begin • Make sure guards are in place before operating pump	
	High/Low Ambient Temperature	• Monitor for Heat/Cold stress • Provide fluids to prevent worker dehydration • Follow work/rest schedule	

Groundwater Sampling

Training Requirements:

- All personnel working on hazardous waste sites must receive appropriate training as required by 29 CFR 1910.120(e), including, but not limited to, initial 40-hour, 8-hour supervisor, and annual 8-hour refresher training. All boat operators must have successfully completed an appropriate state boating safety course as required.
- All assigned employees are required to familiarize themselves with the contents of this JSA before starting a work activity and review it with their supervisor during their daily safety meeting.

Personnel Decontamination

Project Name: Central Waterfront Site RI – Whatcom Waterway Site Cleanup	**Project Number:** 120007-01	**JSA Number:** 005	**Issue Date:** June 26, 2012
Location: Bellingham, Washington	**Contractor:** Anchor QEA, LLC	**Analysis by:** Julia Labadie	**Analysis Date:** June 25, 2012
Work Operation: Personnel Decontamination	**Superintendent/Competent Person:** TBD	**Revised by:** Julia Labadie	**Revised Date:** June 26, 2012
Required Personal Protective Equipment (PPE): Modified Level D – • Long pants, steel-toed boots, hard hat, reflective vest, rain gear (optional). • Depending on activity, the following PPE may also be required: safety glasses/ splash goggles, nitrile or PVC gloves, Tyvek coveralls, Coast Guard-approved personal floatation device (PFD), and waders.		**Reviewed by:** Mark Larsen	**Reviewed Date:** June 26, 2012
		Approved by: Mark Larsen	**Approved Date:** June 26, 2012

Work Activity	Potential Hazards	Preventive or Corrective Measures	Inspection Requirements
Decontaminate personnel exiting the Exclusion Zone	General	• Personnel should use appropriate PPE to reduce exposure. • Collect rinse water and dispose of per appropriate standard operating procedures. • Follow decontamination procedures.	• PPE should be inspected daily prior to use.
	Site Hazardous Material Exposure	• Training and safety awareness of potential exposure to chemicals of concern at the site and decontamination procedure. • Review chemicals of concern. • Appropriate PPE will be worn.	• PPE should be inspected daily prior to use.

Personnel Decontamination

Work Activity	Potential Hazards	Preventive or Corrective Measures	Inspection Requirements
Decontaminate personnel exiting the Exclusion Zone (cont.)	Slips, Trips, Falls	• Be aware of potentially slippery surfaces and tripping hazards. • Wear footwear that has sufficient traction to reduce risk of slipping. • Wear steel-toed rubber boots versus over-the-shoe rubber boots. • Work slowly during transit. Jumping, running, and horseplay are prohibited. • Keep all areas clean and free of debris to deter any unnecessary trips and falls. • Clean up all spills immediately. • Notify the Field Lead of any unsafe conditions.	
	Heat Stress	• Adjust work schedules, as necessary. • Perform work during cooler hours of the day, if possible, or at night, if possible and if adequate lighting can be provided. • Provide shelter (air-conditioned, if possible) or shaded areas to protect personnel during rest periods. • Maintain body fluids at normal levels. • Train workers to recognize the symptoms of heat-related illness.	• Monitor workers' physical conditions. • Monitor outside temperature versus worker activity.
	Cold Stress	• Provide shelter (enclosed, heated environment) to protect personnel during rest periods. • Educate workers to recognize the symptoms of frostbite and hypothermia. • Have a dry change of clothing available. • Train workers to recognize the symptoms of cold-related illness.	• Monitor workers' physical conditions. • Monitor outside temperature versus worker activity.

Personnel Decontamination

Training Requirements:

- All personnel working on hazardous waste sites must receive appropriate training as required by 29 CFR 1910.120(e), including, but not limited to, initial 40-hour, 8-hour supervisor, and annual 8-hour refresher training. All boat operators must have successfully completed an appropriate state boating safety course as required.
- All assigned employees are required to familiarize themselves with the contents of this JSA before starting a work activity and review it with their supervisor during their daily safety meeting.

Tool and Equipment Decontamination

Project Name: Central Waterfront Site RI – Whatcom Waterway Site Cleanup	**Project Number:** 120007-01	**JSA Number:** 006	**Issue Date:** June 26, 2012
Location: Bellingham, Washington	**Contractor:** Anchor QEA, LLC	**Analysis by:** Julia Labadie	**Analysis Date:** June 25, 2012
Work Operation: Tool and Equipment Decontamination	**Superintendent/Competent Person:** TBD	**Revised by:** Julia Labadie	**Revised Date:** June 26, 2012
Required Personal Protective Equipment (PPE): Modified Level D – • Long pants, steel-toed boots, hard hat, reflective vest, rain gear (optional). • Depending on activity, the following PPE may also be required: long sleeves if handling potentially contaminated media, safety glasses/ splash goggles, nitrile or PVC gloves, Tyvek coveralls, Coast Guard-approved PFD.		**Reviewed by:** Mark Larsen	**Reviewed Date:** June 26, 2012
		Approved by: Mark Larsen	**Approved Date:** June 26, 2012

Work Activity	Potential Hazards	Preventive or Corrective Measures	Inspection Requirements
Process items through decontamination	Site Hazardous Material Exposure	• Training and safety awareness of potential exposure to chemicals of concern at the site and decontamination procedure. • Review chemicals of concern. • Appropriate PPE will be worn. • Personnel will follow appropriate decontamination procedures.	• PPE should be inspected daily prior to use.

Tool and Equipment Decontamination

Work Activity	Potential Hazards	Preventive or Corrective Measures	Inspection Requirements
Process items through decontamination (cont.)	Slips, Trips, Falls	• Be aware of potentially slippery surfaces and tripping hazards. • Wear footwear that has sufficient traction to reduce risk of slipping. • Wear steel-toed rubber boots versus over-the-shoe rubber boots. • Work slowly during transit. Jumping, running, and horseplay are prohibited. • Keep all areas clean and free of debris to deter any unnecessary trips and falls. • Clean up all spills immediately. • Notify the Field Lead of any unsafe conditions.	
	Heat Stress	• Adjust work schedules, as necessary. • Perform work during cooler hours of the day, if possible, or at night, if possible and if adequate lighting can be provided. • Provide shelter (air-conditioned, if possible) or shaded areas to protect personnel during rest periods. • Maintain body fluids at normal levels. • Train workers to recognize the symptoms of heat-related illness.	• Monitor workers' physical conditions. • Monitor outside temperature versus worker activity.
	Cold Stress	• Provide shelter (enclosed, heated environment) to protect personnel during rest periods. • Educate workers to recognize the symptoms of frostbite and hypothermia. • Have a dry change of clothing available. • Train workers to recognize the symptoms of cold-related illness.	• Monitor workers' physical conditions. • Monitor outside temperature versus worker activity.

Tool and Equipment Decontamination

Training Requirements:

- All personnel working on hazardous waste sites must receive appropriate training as required by 29 CFR 1910.120(e), including, but not limited to, initial 40-hour, 8-hour supervisor, and annual 8-hour refresher training. All boat operators must have successfully completed an appropriate state boating safety course as required.
- All assigned employees are required to familiarize themselves with the contents of this JSA before starting a work activity and review it with their supervisor during their daily safety meeting.

Test Pit Excavation and Soil Sampling

Project Name:	Project Number:	JSA Number:	Issue Date:
Central Waterfront Site RI – Whatcom Waterway Site Cleanup	120007-01	007	June 26, 2012
Location:	**Contractor:**	**Analysis by:**	**Analysis Date:**
Bellingham, Washington	Anchor QEA, LLC	Julia Labadie	June 25, 2012
Work Operation:	**Superintendent/Competent Person:**	**Revised by:**	**Revised Date:**
Test Pit Excavation and Soil Sampling	TBD	Julia Labadie	June 26, 2012
Required Personal Protective Equipment (PPE): Modified Level D – • Long pants, steel-toed boots, hard hat, reflective vest, rain gear (optional). • Depending on activity, the following PPE may also be required: long sleeves if handling potentially contaminated media, safety glasses/ splash goggles, nitrile or PVC gloves, Tyvek coveralls, Coast Guard-approved PFD.		**Reviewed by:** Mark Larsen	**Reviewed Date:** June 26, 2012
		Approved by: Mark Larsen	**Approved Date:** June 26, 2012

Work Activity	Potential Hazards	Preventive or Corrective Measures	Inspection Requirements
Test Pit Soil Sampling	Inhalation of Contaminated Dust, Inhalation of Volatile Contaminants, Ingestion of Contaminants, Skin/Eye Contact with Contaminated Materials	• Wear appropriate PPE. • Contact 911 as necessary. • If a person breathes in a large amount of organic vapor, move the exposed person to fresh air, rinse mouth. Have a trained person perform CPR if breathing stops. • If exposure to contaminated materials occurs, promptly wash contaminated skin using soap or mild detergent and water. Rinse eyes with large amounts of water. • Keep the affected person warm and at rest.	PPE should be inspected daily prior to use.

Test Pit Excavation and Soil Sampling

Work Activity	Potential Hazards	Preventive or Corrective Measures	Inspection Requirements
Test Pit Soil Sampling	Slips, Trips, Falls	• Be aware of potentially slippery surfaces and tripping hazards. • Wear footwear that has sufficient traction to reduce risk of slipping. • Wear steel-toed rubber boots versus over-the-shoe rubber boots. • Work slowly during transit. Jumping, running, and horseplay are prohibited. • Keep all areas clean and free of debris to deter any unnecessary trips and falls. • Clean up all spills immediately. • Notify the Field Lead of any unsafe conditions.	
	Noise Exposure	• Hearing protection will be worn in high noise areas by all field personnel (including Archaeological Monitor) or when working around heavy machinery or equipment (action level of 85 decibels [dBA] averaged over an 8-hour day).	PPE should be inspected daily prior to use.
	Pinch Points	• Maintain awareness of procedures underway and be attentive of sampling operations. • Maintain distance when backhoe is in operation.	Maintain eye contact with backhoe operator before approaching bucket.
	Overhead Hazards	• Backhoe and backhoe bucket.	Maintain eye contact with backhoe operator before approaching bucket.
	Muscle Strain/Injuries from Improper Lifting	• Personnel will utilize proper lifting techniques or ask for assistance with moving/lifting objects.	

Test Pit Excavation and Soil Sampling

Work Activity	Potential Hazards	Preventive or Corrective Measures	Inspection Requirements
Test Pit Soil Sampling	Heat Stress	• Adjust work schedules, as necessary. • Perform work during cooler hours of the day, if possible, or at night, if possible and if adequate lighting can be provided. • Provide shelter (air-conditioned, if possible) or shaded areas to protect personnel during rest periods. • Maintain body fluids at normal levels. • Train workers to recognize the symptoms of heat-related illness.	Monitor workers' physical conditions. Monitor outside temperature versus worker activity.
	Cold Stress	• Provide shelter (enclosed, heated environment) to protect personnel during rest periods. • Educate workers to recognize the symptoms of frostbite and hypothermia. • Have a dry change of clothing available. • Train workers to recognize the symptoms of cold-related illness.	Monitor workers' physical conditions. Monitor outside temperature versus worker activity.
	Rain	• Wear appropriate PPE (rain gear). • Be aware of slip hazards, puddles, and electrical hazards when working near water.	PPE should be inspected daily prior to use.
	Sunshine	• Have sunscreen available for ultraviolet protection. • Have water available for dehydration.	
	Lightning	• Do not begin or continue work until lightning subsides for 20 minutes.	

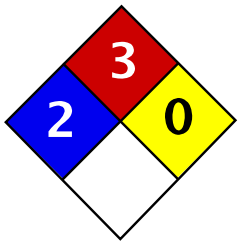
Test Pit Excavation and Soil Sampling

Work Activity	Potential Hazards	Preventive or Corrective Measures	Inspection Requirements
Test Pit Soil Sampling	Biological Hazards (flora [poison ivy, poison oak, etc.] and fauna [ticks, bees, mosquitoes, snakes, etc.])	• Personnel will be aware of potential exposure to biological hazards. • Wear appropriate clothing (hat, long-sleeve shirt, long pants, leather gloves, boots, Tyvek coveralls, as appropriate), and insect repellant. • Personnel will wear thick gloves when clearing plants or debris from work area.	•

Training Requirements:

- All personnel working on hazardous waste sites must receive appropriate training as required by 29 CFR 1910.120(e), including, but not limited to, initial 40-hour, 8-hour supervisor, and annual 8-hour refresher training. All boat operators must have successfully completed an appropriate state boating safety course as required.
- All assigned employees are required to familiarize themselves with the contents of this JSA before starting a work activity and review it with their supervisor during their daily safety meeting.

APPENDIX C
MATERIAL SAFETY DATA SHEETS (MSDS)



Health	2
Fire	3
Reactivity	0
Personal Protection	H

Material Safety Data Sheet
Benzene MSDS

Section 1: Chemical Product and Company Identification

Product Name: Benzene

Catalog Codes: SLB1564, SLB3055, SLB2881

CAS#: 71-43-2

RTECS: CY1400000

TSCA: TSCA 8(b) inventory: Benzene

CI#: Not available.

Synonym: Benzol; Benzine

Chemical Name: Benzene

Chemical Formula: C6-H6

Contact Information:

Sciencelab.com, Inc.
14025 Smith Rd.
Houston, Texas 77396

US Sales: **1-800-901-7247**
International Sales: **1-281-441-4400**

Order Online: ScienceLab.com

CHEMTREC (24HR Emergency Telephone), call:
1-800-424-9300

International CHEMTREC, call: 1-703-527-3887

For non-emergency assistance, call: 1-281-441-4400

Section 2: Composition and Information on Ingredients

Composition:

Name	CAS #	% by Weight
Benzene	71-43-2	100

Toxicological Data on Ingredients: Benzene: ORAL (LD50): Acute: 930 mg/kg [Rat]. 4700 mg/kg [Mouse]. DERMAL (LD50): Acute: >9400 mg/kg [Rabbit]. VAPOR (LC50): Acute: 10000 ppm 7 hours [Rat].

Section 3: Hazards Identification

Potential Acute Health Effects:
Very hazardous in case of eye contact (irritant), of inhalation. Hazardous in case of skin contact (irritant, permeator), of ingestion. Inflammation of the eye is characterized by redness, watering, and itching.

Potential Chronic Health Effects:
CARCINOGENIC EFFECTS: Classified A1 (Confirmed for human.) by ACGIH, 1 (Proven for human.) by IARC.
MUTAGENIC EFFECTS: Classified POSSIBLE for human. Mutagenic for mammalian somatic cells. Mutagenic for bacteria and/or yeast.
TERATOGENIC EFFECTS: Not available.
DEVELOPMENTAL TOXICITY: Classified Reproductive system/toxin/female [POSSIBLE].
The substance is toxic to blood, bone marrow, central nervous system (CNS).
The substance may be toxic to liver, Urinary System.
Repeated or prolonged exposure to the substance can produce target organs damage.

Section 4: First Aid Measures

Eye Contact:
Check for and remove any contact lenses. In case of contact, immediately flush eyes with plenty of water for at least 15 minutes. Cold water may be used. WARM water MUST be used. Get medical attention immediately.

Skin Contact:
In case of contact, immediately flush skin with plenty of water. Cover the irritated skin with an emollient. Remove contaminated clothing and shoes. Wash clothing before reuse. Thoroughly clean shoes before reuse. Get medical attention.

Serious Skin Contact:
Wash with a disinfectant soap and cover the contaminated skin with an anti-bacterial cream. Seek immediate medical attention.

Inhalation:
If inhaled, remove to fresh air. If not breathing, give artificial respiration. If breathing is difficult, give oxygen. Get medical attention if symptoms appear.

Serious Inhalation:
Evacuate the victim to a safe area as soon as possible. Loosen tight clothing such as a collar, tie, belt or waistband. If breathing is difficult, administer oxygen. If the victim is not breathing, perform mouth-to-mouth resuscitation. Seek medical attention.

Ingestion:
Do NOT induce vomiting unless directed to do so by medical personnel. Never give anything by mouth to an unconscious person. If large quantities of this material are swallowed, call a physician immediately. Loosen tight clothing such as a collar, tie, belt or waistband.

Serious Ingestion: Not available.

Section 5: Fire and Explosion Data

Flammability of the Product: Flammable.

Auto-Ignition Temperature: 497.78°C (928°F)

Flash Points: CLOSED CUP: -11.1°C (12°F). (Setaflash)

Flammable Limits: LOWER: 1.2% UPPER: 7.8%

Products of Combustion: These products are carbon oxides (CO, CO2).

Fire Hazards in Presence of Various Substances:
Highly flammable in presence of open flames and sparks, of heat.
Slightly flammable to flammable in presence of oxidizing materials.
Non-flammable in presence of shocks.

Explosion Hazards in Presence of Various Substances:
Risks of explosion of the product in presence of mechanical impact: Not available.
Risks of explosion of the product in presence of static discharge: Not available.
Explosive in presence of oxidizing materials, of acids.

Fire Fighting Media and Instructions:
Flammable liquid, soluble or dispersed in water.
SMALL FIRE: Use DRY chemical powder.
LARGE FIRE: Use alcohol foam, water spray or fog.

Special Remarks on Fire Hazards:
Extremely flammable liquid and vapor. Vapor may cause flash fire.
Reacts on contact with iodine heptafluoride gas.

Dioxygenyl tetrafluoroborate is as very powferful oxidant. The addition of a small particle to small samples of benzene, at ambient temperature, causes ignition.
Contact with sodium peroxide with benzene causes ignition.
Benzene ignites in contact with powdered chromic anhydride.
Virgorous or incandescent reaction with hydrogen + Raney nickel (above 210 C) and bromine trifluoride.

Special Remarks on Explosion Hazards:
Benzene vapors + chlorine and light causes explosion.
Reacts explosively with bromine pentafluoride, chlorine, chlorine trifluoride, diborane, nitric acid, nitryl perchlorate, liquid oxygen, ozone, silver perchlorate.
Benzene + pentafluoride and methoxide (from arsenic pentafluoride and potassium methoxide) in trichlorotrifluoroethane causes explosion.
Interaction of nitryl perchlorate with benzene gave a slight explosion and flash.
The solution of permanganic acid (or its explosive anhydride, dimaganese heptoxide) produced by interaction of permanganates and sulfuric acid will explode on contact with benzene.
Peroxodisulfuric acid is a very powferful oxidant. Uncontrolled contact with benzene may cause explosion.
Mixtures of peroxomonsulfuric acid with benzene explodes.

Section 6: Accidental Release Measures

Small Spill: Absorb with an inert material and put the spilled material in an appropriate waste disposal.

Large Spill:
Flammable liquid.
Keep away from heat. Keep away from sources of ignition. Stop leak if without risk. Absorb with DRY earth, sand or other non-combustible material. Do not touch spilled material. Prevent entry into sewers, basements or confined areas; dike if needed. Be careful that the product is not present at a concentration level above TLV. Check TLV on the MSDS and with local authorities.

Section 7: Handling and Storage

Precautions:
Keep locked up.. Keep away from heat. Keep away from sources of ignition. Ground all equipment containing material. Do not ingest. Do not breathe gas/fumes/ vapor/spray. In case of insufficient ventilation, wear suitable respiratory equipment. If ingested, seek medical advice immediately and show the container or the label. Avoid contact with skin and eyes. Keep away from incompatibles such as oxidizing agents, acids.

Storage:
Store in a segregated and approved area. Keep container in a cool, well-ventilated area. Keep container tightly closed and sealed until ready for use. Avoid all possible sources of ignition (spark or flame).

Section 8: Exposure Controls/Personal Protection

Engineering Controls:
Provide exhaust ventilation or other engineering controls to keep the airborne concentrations of vapors below their respective threshold limit value. Ensure that eyewash stations and safety showers are proximal to the work-station location.

Personal Protection:
Splash goggles. Lab coat. Vapor respirator. Be sure to use an approved/certified respirator or equivalent. Gloves.

Personal Protection in Case of a Large Spill:
Splash goggles. Full suit. Vapor respirator. Boots. Gloves. A self contained breathing apparatus should be used to avoid inhalation of the product. Suggested protective clothing might not be sufficient; consult a specialist BEFORE handling this product.

Exposure Limits:

TWA: 0.5 STEL: 2.5 (ppm) from ACGIH (TLV) [United States]
TWA: 1.6 STEL: 8 (mg/m3) from ACGIH (TLV) [United States]
TWA: 0.1 STEL: 1 from NIOSH
TWA: 1 STEL: 5 (ppm) from OSHA (PEL) [United States]
TWA: 10 (ppm) from OSHA (PEL) [United States]
TWA: 3 (ppm) [United Kingdom (UK)]
TWA: 1.6 (mg/m3) [United Kingdom (UK)]
TWA: 1 (ppm) [Canada]
TWA: 3.2 (mg/m3) [Canada]
TWA: 0.5 (ppm) [Canada]Consult local authorities for acceptable exposure limits.

Section 9: Physical and Chemical Properties

Physical state and appearance: Liquid.

Odor:
Aromatic. Gasoline-like, rather pleasant.
(Strong.)

Taste: Not available.

Molecular Weight: 78.11 g/mole

Color: Clear Colorless. Colorless to light yellow.

pH (1% soln/water): Not available.

Boiling Point: 80.1 (176.2°F)

Melting Point: 5.5°C (41.9°F)

Critical Temperature: 288.9°C (552°F)

Specific Gravity: 0.8787 @ 15 C (Water = 1)

Vapor Pressure: 10 kPa (@ 20°C)

Vapor Density: 2.8 (Air = 1)

Volatility: Not available.

Odor Threshold: 4.68 ppm

Water/Oil Dist. Coeff.: The product is more soluble in oil; log(oil/water) = 2.1

Ionicity (in Water): Not available.

Dispersion Properties: See solubility in water, diethyl ether, acetone.

Solubility:
Miscible in alcohol, chloroform, carbon disulfide oils, carbon tetrachloride, glacial acetic acid, diethyl ether, acetone.
Very slightly soluble in cold water.

Section 10: Stability and Reactivity Data

Stability: The product is stable.

Instability Temperature: Not available.

Conditions of Instability: Heat, ignition sources, incompatibles.

Incompatibility with various substances: Highly reactive with oxidizing agents, acids.

Corrosivity: Non-corrosive in presence of glass.

Special Remarks on Reactivity:
Benzene vapors + chlorine and light causes explosion.
Reacts explosively with bromine pentafluoride, chlorine, chlorine trifluoride, diborane, nitric acid, nitryl perchlorate, liquid oxygen, ozone, silver perchlorate.
Benzene + pentafluoride and methoxide (from arsenic pentafluoride and potassium methoxide) in trichlorotrifluoroethane causes explosion.
Interaction of nitryl perchlorate with benzene gave a slight explosion and flash.
The solution of permanganic acid (or its explosive anhydride, dimaganese heptoxide) produced by interaction of permanganates and sulfuric acid will explode on contact with benzene.
Peroxodisulfuric acid is a very powferful oxidant. Uncontrolled contact with benzene may cause explosion.
Mixtures of peroxomonsulfuric acid with benzene explodes.

Special Remarks on Corrosivity: Not available.

Polymerization: Will not occur.

Section 11: Toxicological Information

Routes of Entry: Absorbed through skin. Dermal contact. Eye contact. Inhalation.

Toxicity to Animals:
WARNING: THE LC50 VALUES HEREUNDER ARE ESTIMATED ON THE BASIS OF A 4-HOUR EXPOSURE.
Acute oral toxicity (LD50): 930 mg/kg [Rat].
Acute dermal toxicity (LD50): >9400 mg/kg [Rabbit].
Acute toxicity of the vapor (LC50): 10000 7 hours [Rat].

Chronic Effects on Humans:
CARCINOGENIC EFFECTS: Classified A1 (Confirmed for human.) by ACGIH, 1 (Proven for human.) by IARC.
MUTAGENIC EFFECTS: Classified POSSIBLE for human. Mutagenic for mammalian somatic cells. Mutagenic for bacteria and/or yeast.
DEVELOPMENTAL TOXICITY: Classified Reproductive system/toxin/female [POSSIBLE].
Causes damage to the following organs: blood, bone marrow, central nervous system (CNS).
May cause damage to the following organs: liver, Urinary System.

Other Toxic Effects on Humans:
Very hazardous in case of inhalation.
Hazardous in case of skin contact (irritant, permeator), of ingestion.

Special Remarks on Toxicity to Animals: Not available.

Special Remarks on Chronic Effects on Humans:
May cause adverse reproductive effects (female fertility, Embryotoxic and/or foetotoxic in animal) and birth defects.
May affect genetic material (mutagenic).
May cause cancer (tumorigenic, leukemia))
Human: passes the placental barrier, detected in maternal milk.

Special Remarks on other Toxic Effects on Humans:
Acute Potential Health Effects:
Skin: Causes skin irritation. It can be absorbed through intact skin and affect the liver, blood, metabolism,and urinary system.
Eyes: Causes eye irritation.
Inhalation: Causes respiratory tract and mucous membrane irritation. Can be absorbed through the lungs. May affect behavior/Central and Peripheral nervous systems (somnolence, muscle weakness, general anesthetic, and

other symptoms similar to ingestion), gastrointestinal tract (nausea), blood metabolism, urinary system.
Ingestion: May be harmful if swallowed. May cause gastrointestinal tract irritation including vomiting. May affect behavior/Central and Peripheral nervous systems (convulsions, seizures, tremor, irritability, initial CNS stimulation followed by depression, loss of coordination, dizziness, headache, weakness, pallor, flushing), respiration (breathlessness and chest constriction), cardiovascular system, (shallow/rapid pulse), and blood.

Section 12: Ecological Information

Ecotoxicity: Not available.

BOD5 and COD: Not available.

Products of Biodegradation:
Possibly hazardous short term degradation products are not likely. However, long term degradation products may arise.

Toxicity of the Products of Biodegradation: The products of degradation are less toxic than the product itself.

Special Remarks on the Products of Biodegradation: Not available.

Section 13: Disposal Considerations

Waste Disposal:
Waste must be disposed of in accordance with federal, state and local environmental control regulations.

Section 14: Transport Information

DOT Classification: CLASS 3: Flammable liquid.

Identification: : Benzene UNNA: 1114 PG: II

Special Provisions for Transport: Not available.

Section 15: Other Regulatory Information

Federal and State Regulations:
California prop. 65: This product contains the following ingredients for which the State of California has found to cause cancer, birth defects or other reproductive harm, which would require a warning under the statute: Benzene
California prop. 65 (no significant risk level): Benzene: 0.007 mg/day (value)
California prop. 65: This product contains the following ingredients for which the State of California has found to cause cancer which would require a warning under the statute: Benzene
Connecticut carcinogen reporting list.: Benzene
Connecticut hazardous material survey.: Benzene
Illinois toxic substances disclosure to employee act: Benzene
Illinois chemical safety act: Benzene
New York release reporting list: Benzene
Rhode Island RTK hazardous substances: Benzene
Pennsylvania RTK: Benzene
Minnesota: Benzene
Michigan critical material: Benzene
Massachusetts RTK: Benzene
Massachusetts spill list: Benzene
New Jersey: Benzene
New Jersey spill list: Benzene
Louisiana spill reporting: Benzene
California Director's list of Hazardous Substances: Benzene

TSCA 8(b) inventory: Benzene
SARA 313 toxic chemical notification and release reporting: Benzene
CERCLA: Hazardous substances.: Benzene: 10 lbs. (4.536 kg)

Other Regulations:
OSHA: Hazardous by definition of Hazard Communication Standard (29 CFR 1910.1200).
EINECS: This product is on the European Inventory of Existing Commercial Chemical Substances.

Other Classifications:

WHMIS (Canada):
CLASS B-2: Flammable liquid with a flash point lower than 37.8°C (100°F).
CLASS D-2A: Material causing other toxic effects (VERY TOXIC).

DSCL (EEC):
R11- Highly flammable.
R22- Harmful if swallowed.
R38- Irritating to skin.
R41- Risk of serious damage to eyes.
R45- May cause cancer.
R62- Possible risk of impaired fertility.
S2- Keep out of the reach of children.
S26- In case of contact with eyes, rinse immediately with plenty of water and seek medical advice.
S39- Wear eye/face protection.
S46- If swallowed, seek medical advice immediately and show this container or label.
S53- Avoid exposure - obtain special instructions before use.

HMIS (U.S.A.):

Health Hazard: 2

Fire Hazard: 3

Reactivity: 0

Personal Protection: h

National Fire Protection Association (U.S.A.):

Health: 2

Flammability: 3

Reactivity: 0

Specific hazard:

Protective Equipment:
Gloves.
Lab coat.
Vapor respirator. Be sure to use an approved/certified respirator or equivalent. Wear appropriate respirator when ventilation is inadequate.
Splash goggles.

Section 16: Other Information

References: Not available.

Other Special Considerations: Not available.

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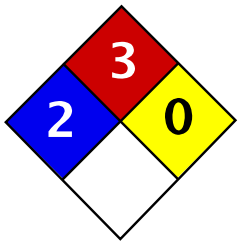

Health	2
Fire	3
Reactivity	0
Personal Protection	H

Material Safety Data Sheet
Ethylbenzene MSDS

Section 1: Chemical Product and Company Identification

Product Name: Ethylbenzene

Catalog Codes: SLE2044

CAS#: 100-41-4

RTECS: DA0700000

TSCA: TSCA 8(b) inventory: Ethylbenzene

CI#: Not available.

Synonym: Ethyl Benzene; Ethylbenzol; Phenylethane

Chemical Name: Ethylbenzene

Chemical Formula: C8H10

Contact Information:

Sciencelab.com, Inc.
14025 Smith Rd.
Houston, Texas 77396

US Sales: **1-800-901-7247**
International Sales: **1-281-441-4400**

Order Online: ScienceLab.com

CHEMTREC (24HR Emergency Telephone), call:
1-800-424-9300

International CHEMTREC, call: 1-703-527-3887

For non-emergency assistance, call: 1-281-441-4400

Section 2: Composition and Information on Ingredients

Composition:

Name	CAS #	% by Weight
Ethylbenzene	100-41-4	100

Toxicological Data on Ingredients: Ethylbenzene: ORAL (LD50): Acute: 3500 mg/kg [Rat].

Section 3: Hazards Identification

Potential Acute Health Effects:
Hazardous in case of eye contact (irritant), of ingestion, of inhalation. Slightly hazardous in case of skin contact (irritant, permeator).

Potential Chronic Health Effects:
Slightly hazardous in case of skin contact (irritant, sensitizer).
CARCINOGENIC EFFECTS: Classified 2B (Possible for human.) by IARC.
MUTAGENIC EFFECTS: Mutagenic for mammalian somatic cells. Mutagenic for bacteria and/or yeast.
TERATOGENIC EFFECTS: Not available.
DEVELOPMENTAL TOXICITY: Not available.
The substance may be toxic to central nervous system (CNS).
Repeated or prolonged exposure to the substance can produce target organs damage.

Section 4: First Aid Measures

Eye Contact:
Check for and remove any contact lenses. In case of contact, immediately flush eyes with plenty of water for at least 15 minutes. Cold water may be used. WARM water MUST be used. Get medical attention.

Skin Contact: Wash with soap and water. Cover the irritated skin with an emollient. Get medical attention if irritation develops.

Serious Skin Contact: Not available.

Inhalation:
If inhaled, remove to fresh air. If not breathing, give artificial respiration. If breathing is difficult, give oxygen. Get medical attention.

Serious Inhalation:
Evacuate the victim to a safe area as soon as possible. Loosen tight clothing such as a collar, tie, belt or waistband. If breathing is difficult, administer oxygen. If the victim is not breathing, perform mouth-to-mouth resuscitation. WARNING: It may be hazardous to the person providing aid to give mouth-to-mouth resuscitation when the inhaled material is toxic, infectious or corrosive. Seek medical attention.

Ingestion:
Do NOT induce vomiting unless directed to do so by medical personnel. Never give anything by mouth to an unconscious person. Loosen tight clothing such as a collar, tie, belt or waistband. Get medical attention if symptoms appear.

Serious Ingestion: Not available.

Section 5: Fire and Explosion Data

Flammability of the Product: Flammable.

Auto-Ignition Temperature: 432°C (809.6°F)

Flash Points:
CLOSED CUP: 15°C (59°F). (Tagliabue.) OPEN CUP: 26.667°C (80°F) (Cleveland) (CHRIS, 2001)
CLOSED CUP: 12.8 C (55 F) (Bingham et al, 2001; NIOSH, 2001)
CLOSED CUP: 21 C (70 F) (NFPA)

Flammable Limits: LOWER: 0.8% - 1.6%UPPER: 6.7% - 7%

Products of Combustion: These products are carbon oxides (CO, CO2).

Fire Hazards in Presence of Various Substances: Highly flammable in presence of open flames and sparks, of heat.

Explosion Hazards in Presence of Various Substances:
Risks of explosion of the product in presence of mechanical impact: Not available.
Risks of explosion of the product in presence of static discharge: Not available.
Slightly explosive in presence of heat.

Fire Fighting Media and Instructions:
Flammable liquid, soluble or dispersed in water.
SMALL FIRE: Use DRY chemical powder.
LARGE FIRE: Use alcohol foam, water spray or fog.

Special Remarks on Fire Hazards:
Vapor may travel considerable distance to source of ignition and flash back. Vapors may form explosive mixtures with air. When heated to decomposition it emits acrid smoke and irritating fumes.

Special Remarks on Explosion Hazards: Vapors may form explosive mixtures in air.

Section 6: Accidental Release Measures

Small Spill: Absorb with an inert material and put the spilled material in an appropriate waste disposal.

Large Spill:
Flammable liquid.
Keep away from heat. Keep away from sources of ignition. Stop leak if without risk. Absorb with DRY earth, sand or other non-combustible material. Do not touch spilled material. Prevent entry into sewers, basements or confined areas; dike if needed. Be careful that the product is not present at a concentration level above TLV. Check TLV on the MSDS and with local authorities.

Section 7: Handling and Storage

Precautions:
Keep away from heat. Keep away from sources of ignition. Ground all equipment containing material. Do not ingest. Do not breathe gas/fumes/ vapor/spray. Avoid contact with eyes. Wear suitable protective clothing. In case of insufficient ventilation, wear suitable respiratory equipment. If ingested, seek medical advice immediately and show the container or the label. Keep away from incompatibles such as oxidizing agents.

Storage:
Store in a segregated and approved area. Keep container in a cool, well-ventilated area. Keep container tightly closed and sealed until ready for use. Avoid all possible sources of ignition (spark or flame). Sensitive to light. Store in light-resistant containers.

Section 8: Exposure Controls/Personal Protection

Engineering Controls:
Provide exhaust ventilation or other engineering controls to keep the airborne concentrations of vapors below their respective threshold limit value. Ensure that eyewash stations and safety showers are proximal to the work-station location.

Personal Protection:
Splash goggles. Lab coat. Vapor respirator. Be sure to use an approved/certified respirator or equivalent. Gloves.

Personal Protection in Case of a Large Spill:
Splash goggles. Full suit. Vapor respirator. Boots. Gloves. A self contained breathing apparatus should be used to avoid inhalation of the product. Suggested protective clothing might not be sufficient; consult a specialist BEFORE handling this product.

Exposure Limits:
TWA: 100 STEL: 125 (ppm) from OSHA (PEL) [United States]
TWA: 435 STEL: 545 from OSHA (PEL) [United States]
TWA: 435 STEL: 545 (mg/m3) from NIOSH [United States]
TWA: 100 STEL: 125 (ppm) from NIOSH [United States]
TWA: 100 STEL: 125 (ppm) from ACGIH (TLV) [United States]
TWA: 100 STEL: 125 (ppm) [United Kingdom (UK)]
TWA: 100 STEL: 125 (ppm) [Belgium]
TWA: 100 STEL: 125 (ppm) [Finland]
TWA: 50 (ppm) [Norway]
Consult local authorities for acceptable exposure limits.

Section 9: Physical and Chemical Properties

Physical state and appearance: Liquid.

Odor: Sweetish. Gasoline-like. Aromatic.

Taste: Not available.

Molecular Weight: 106.16 g/mole

Color: Colorless.

pH (1% soln/water): Not available.

Boiling Point: 136°C (276.8°F)

Melting Point: -94.9 (-138.8°F)

Critical Temperature: 617.15°C (1142.9°F)

Specific Gravity: 0.867 (Water = 1)

Vapor Pressure: 0.9 kPa (@ 20°C)

Vapor Density: 3.66 (Air = 1)

Volatility: 100% (v/v).

Odor Threshold: 140 ppm

Water/Oil Dist. Coeff.: The product is more soluble in oil; log(oil/water) = 3.1

Ionicity (in Water): Not available.

Dispersion Properties: See solubility in water, diethyl ether.

Solubility:
Easily soluble in diethyl ether.
Very slightly soluble in cold water or practically insoluble in water.
Soluble in all proportions in Ethyl alcohol.
Soluble in Carbon tetrachloride, Benzene.
Insoluble in Ammonia.
Slightly soluble in Chloroform.
Solubility in Water: 169 mg/l @ 25 deg. C.; 0.014 g/100 ml @ 15 deg. C.

Section 10: Stability and Reactivity Data

Stability: The product is stable.

Instability Temperature: Not available.

Conditions of Instability: Heat, ingnition sources (flames, sparks, static), incompatible materials, light

Incompatibility with various substances: Reactive with oxidizing agents.

Corrosivity: Not considered to be corrosive for metals and glass.

Special Remarks on Reactivity:
Can react vigorously with oxidizing materials.
Sensitive to light.

Special Remarks on Corrosivity: Not available.

Polymerization: Will not occur.

Section 11: Toxicological Information

Routes of Entry: Absorbed through skin. Inhalation.

Toxicity to Animals: Acute oral toxicity (LD50): 3500 mg/kg [Rat].

Chronic Effects on Humans:
CARCINOGENIC EFFECTS: Classified 2B (Possible for human.) by IARC.
MUTAGENIC EFFECTS: Mutagenic for mammalian somatic cells. Mutagenic for bacteria and/or yeast.
May cause damage to the following organs: central nervous system (CNS).

Other Toxic Effects on Humans:
Hazardous in case of ingestion, of inhalation.
Slightly hazardous in case of skin contact (irritant, permeator).

Special Remarks on Toxicity to Animals:
Lethal Dose/Conc 50% Kill:
LD50 [Rabbit] - Route: Skin; Dose: 17800 ul/kg
Lowest Published Lethal Dose/Conc:
LDL[Rat] - Route: Inhalation (vapor); Dose: 4000 ppm/4 H

Special Remarks on Chronic Effects on Humans:
May cause adverse reproductive effects and birth defects (teratogenic) based on animal test data.
May cause cancer based on animals data. IARC evidence for carcinogenicity in animals is sufficient. IARC evidence of carcinogenicity in humans inadequate.
May affect genetic material (mutagenic).

Special Remarks on other Toxic Effects on Humans:
Acute Potential Health Effects:
Skin: Can cause mild skin irritation. It can be absorbed through intact skin.
Eyes: Contact with vapor or liquid can cause severe eye irritation depending on concentration. It may also cause conjunctivitis. At a vapor exposure level of 85 - 200 ppm , it is mildly and transiently irritating to the eyes; 1000 ppm causes further irritation and tearing; 2000 ppm results in immediate and severe irritation and tearing; 5,000 ppm is intolerable (ACGIH, 1991; Clayton and Clayton, 1994). Standard draize test for eye irritation using 500 mg resulted in severe irritation (RTECS)
Inhalation: Exposure to high concentrations can cause nasal, mucous membrane and respiratory tract irritation and can also result in chest constriction and, trouble breathing, respiratory failure, and even death. It can also affect behavior/Central Nervous System. The effective dose for CNS depression in experimental animals was 10,000 ppm (ACGIH, 1991). Symptoms of CNS depression include headache, nausea, weakness, dizziness, vertigo, irritability, fatigue, lightheadedness, sleepiness, tremor, loss of coordination, judgement and conciousness, coma, and death. It can also cause pulmonary edema. Inhalation of 85 ppm can produce fatigue, insomnia, headache, and mild irritation of the respiratory tract (Haley & Berndt, 1987).
Ingestion: Do not drink, pipet or siphon by mouth. May cause gastroinestinal/digestive tract irritation with Abdominal pain, nausea, vomiting. Ethylbenzene is a pulmonary aspiration hazard. Pulmonary aspiration of even small amounts of the liquid may cause fatal pneumonitis. It may also affect behavior/central nervous system with

Section 12: Ecological Information

Ecotoxicity:
Ecotoxicity in water (LC50): 14 mg/l 96 hours [Fish (Trout)] (static). 12.1 mg/l 96 hours [Fish (Fathead Minnow)] (flow-through)]. 150 mg/l 96 hours [Fish (Blue Gill/Sunfish)] (static). 275 mg/l 96 hours [Fish (Sheepshead Minnow)]. 42.3 mg/l 96 hours [Fish (Fathead Minnow)](soft water). 87.6mg/l 96 hours [Shrimp].

BOD5 and COD: Not available.

Products of Biodegradation:
Possibly hazardous short term degradation products are not likely. However, long term degradation products may arise.

Toxicity of the Products of Biodegradation: The products of degradation are less toxic than the product itself.

Special Remarks on the Products of Biodegradation: Not available.

Section 13: Disposal Considerations

Waste Disposal:
Waste must be disposed of in accordance with federal, state and local environmental control regulations.

Section 14: Transport Information

DOT Classification: CLASS 3: Flammable liquid.

Identification: : Ethylbenzene UNNA: 1175 PG: II

Special Provisions for Transport: Not available.

Section 15: Other Regulatory Information

Federal and State Regulations:
Connecticut hazardous material survey.: Ethylbenzene
Illinois toxic substances disclosure to employee act: Ethylbenzene
Illinois chemical safety act: Ethylbenzene
New York release reporting list: Ethylbenzene
Rhode Island RTK hazardous substances: Ethylbenzene
Pennsylvania RTK: Ethylbenzene
Minnesota: Ethylbenzene
Massachusetts RTK: Ethylbenzene
Massachusetts spill list: Ethylbenzene
New Jersey: Ethylbenzene
New Jersey spill list: Ethylbenzene
Louisiana spill reporting: Ethylbenzene
California Director's List of Hazardous Substances: Ethylbenzene
TSCA 8(b) inventory: Ethylbenzene
TSCA 4(a) proposed test rules: Ethylbenzene
TSCA 8(d) H and S data reporting: Ethylbenzene: Effective Date: 6/19/87; Sunset Date: 6/19/97
SARA 313 toxic chemical notification and release reporting: Ethylbenzene

Other Regulations:
OSHA: Hazardous by definition of Hazard Communication Standard (29 CFR 1910.1200).
EINECS: This product is on the European Inventory of Existing Commercial Chemical Substances.

Other Classifications:

WHMIS (Canada):
CLASS B-2: Flammable liquid with a flash point lower than 37.8°C (100°F).
CLASS D-2A: Material causing other toxic effects (VERY TOXIC).
CLASSE D-2B: Material causing other toxic effects (TOXIC).

DSCL (EEC):
R11- Highly flammable.
R20- Harmful by inhalation.
S16- Keep away from sources of ignition - No smoking.
S24/25- Avoid contact with skin and eyes.
S29- Do not empty into drains.

HMIS (U.S.A.):

Health Hazard: 2

Fire Hazard: 3

Reactivity: 0

Personal Protection: h

National Fire Protection Association (U.S.A.):

Health: 2

Flammability: 3

Reactivity: 0

Specific hazard:

Protective Equipment:
Gloves.
Lab coat.
Vapor respirator. Be sure to use an approved/certified respirator or equivalent. Wear appropriate respirator when ventilation is inadequate.
Splash goggles.

Section 16: Other Information

References:
-Manufacturer's Material Safety Data Sheet.
-Fire Protection Guide to Hazardous Materials, 13th ed., National Fire Protection Association (NFPA)
-Registry of Toxic Effects of Chemical Substances (RTECS)
-Chemical Hazard Response Information System (CHRIS)
-Hazardous Substance Data Bank (HSDB)
-New Jersey Hazardous Substance Fact Sheet
-Ariel Global View
-Reprotext System

Other Special Considerations: Not available.

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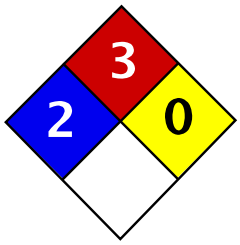

Health	2
Fire	3
Reactivity	0
Personal Protection	H

Material Safety Data Sheet
Toluene MSDS

Section 1: Chemical Product and Company Identification

Product Name: Toluene

Catalog Codes: SLT2857, SLT3277

CAS#: 108-88-3

RTECS: XS5250000

TSCA: TSCA 8(b) inventory: Toluene

CI#: Not available.

Synonym: Toluol, Tolu-Sol; Methylbenzene; Methacide; Phenylmethane; Methylbenzol

Chemical Name: Toluene

Chemical Formula: C6-H5-CH3 or C7-H8

Contact Information:

Sciencelab.com, Inc.
14025 Smith Rd.
Houston, Texas 77396

US Sales: **1-800-901-7247**
International Sales: **1-281-441-4400**

Order Online: ScienceLab.com

CHEMTREC (24HR Emergency Telephone), call: 1-800-424-9300

International CHEMTREC, call: 1-703-527-3887

For non-emergency assistance, call: 1-281-441-4400

Section 2: Composition and Information on Ingredients

Composition:

Name	CAS #	% by Weight
Toluene	108-88-3	100

Toxicological Data on Ingredients: Toluene: ORAL (LD50): Acute: 636 mg/kg [Rat]. DERMAL (LD50): Acute: 14100 mg/kg [Rabbit]. VAPOR (LC50): Acute: 49000 mg/m 4 hours [Rat]. 440 ppm 24 hours [Mouse].

Section 3: Hazards Identification

Potential Acute Health Effects:
Hazardous in case of skin contact (irritant), of eye contact (irritant), of ingestion, of inhalation. Slightly hazardous in case of skin contact (permeator).

Potential Chronic Health Effects:
CARCINOGENIC EFFECTS: A4 (Not classifiable for human or animal.) by ACGIH, 3 (Not classifiable for human.) by IARC.
MUTAGENIC EFFECTS: Not available.
TERATOGENIC EFFECTS: Not available.
DEVELOPMENTAL TOXICITY: Not available.
The substance may be toxic to blood, kidneys, the nervous system, liver, brain, central nervous system (CNS). Repeated or prolonged exposure to the substance can produce target organs damage.

Section 4: First Aid Measures

Eye Contact:
Check for and remove any contact lenses. In case of contact, immediately flush eyes with plenty of water for at least 15 minutes. Get medical attention.

Skin Contact:
In case of contact, immediately flush skin with plenty of water. Cover the irritated skin with an emollient. Remove contaminated clothing and shoes. Wash clothing before reuse. Thoroughly clean shoes before reuse. Get medical attention.

Serious Skin Contact:
Wash with a disinfectant soap and cover the contaminated skin with an anti-bacterial cream. Seek immediate medical attention.

Inhalation:
If inhaled, remove to fresh air. If not breathing, give artificial respiration. If breathing is difficult, give oxygen. Get medical attention.

Serious Inhalation:
Evacuate the victim to a safe area as soon as possible. Loosen tight clothing such as a collar, tie, belt or waistband. If breathing is difficult, administer oxygen. If the victim is not breathing, perform mouth-to-mouth resuscitation. WARNING: It may be hazardous to the person providing aid to give mouth-to-mouth resuscitation when the inhaled material is toxic, infectious or corrosive. Seek medical attention.

Ingestion:
Do NOT induce vomiting unless directed to do so by medical personnel. Never give anything by mouth to an unconscious person. If large quantities of this material are swallowed, call a physician immediately. Loosen tight clothing such as a collar, tie, belt or waistband.

Serious Ingestion: Not available.

Section 5: Fire and Explosion Data

Flammability of the Product: Flammable.

Auto-Ignition Temperature: 480°C (896°F)

Flash Points: CLOSED CUP: 4.4444°C (40°F). (Setaflash) OPEN CUP: 16°C (60.8°F).

Flammable Limits: LOWER: 1.1% UPPER: 7.1%

Products of Combustion: These products are carbon oxides (CO, CO2).

Fire Hazards in Presence of Various Substances:
Flammable in presence of open flames and sparks, of heat.
Non-flammable in presence of shocks.

Explosion Hazards in Presence of Various Substances:
Risks of explosion of the product in presence of mechanical impact: Not available.
Risks of explosion of the product in presence of static discharge: Not available.

Fire Fighting Media and Instructions:
Flammable liquid, insoluble in water.
SMALL FIRE: Use DRY chemical powder.
LARGE FIRE: Use water spray or fog.

Special Remarks on Fire Hazards: Not available.

Special Remarks on Explosion Hazards:
Toluene forms explosive reaction with 1,3-dichloro-5,5-dimethyl-2,4-imidazolididione; dinitrogen tetraoxide;

concentrated nitric acid, sulfuric acid + nitric acid; N_2O_4; $AgClO_4$; BrF_3; Uranium hexafluoride; sulfur dichloride. Also forms an explosive mixture with tetranitromethane.

Section 6: Accidental Release Measures

Small Spill: Absorb with an inert material and put the spilled material in an appropriate waste disposal.

Large Spill:
Toxic flammable liquid, insoluble or very slightly soluble in water.
Keep away from heat. Keep away from sources of ignition. Stop leak if without risk. Absorb with DRY earth, sand or other non-combustible material. Do not get water inside container. Do not touch spilled material. Prevent entry into sewers, basements or confined areas; dike if needed. Call for assistance on disposal. Be careful that the product is not present at a concentration level above TLV. Check TLV on the MSDS and with local authorities.

Section 7: Handling and Storage

Precautions:
Keep away from heat. Keep away from sources of ignition. Ground all equipment containing material. Do not ingest. Do not breathe gas/fumes/ vapor/spray. Wear suitable protective clothing. In case of insufficient ventilation, wear suitable respiratory equipment. If ingested, seek medical advice immediately and show the container or the label. Avoid contact with skin and eyes. Keep away from incompatibles such as oxidizing agents.

Storage:
Store in a segregated and approved area. Keep container in a cool, well-ventilated area. Keep container tightly closed and sealed until ready for use. Avoid all possible sources of ignition (spark or flame).

Section 8: Exposure Controls/Personal Protection

Engineering Controls:
Provide exhaust ventilation or other engineering controls to keep the airborne concentrations of vapors below their respective threshold limit value. Ensure that eyewash stations and safety showers are proximal to the work-station location.

Personal Protection:
Splash goggles. Lab coat. Vapor respirator. Be sure to use an approved/certified respirator or equivalent. Gloves.

Personal Protection in Case of a Large Spill:
Splash goggles. Full suit. Vapor respirator. Boots. Gloves. A self contained breathing apparatus should be used to avoid inhalation of the product. Suggested protective clothing might not be sufficient; consult a specialist BEFORE handling this product.

Exposure Limits:
TWA: 200 STEL: 500 CEIL: 300 (ppm) from OSHA (PEL) [United States]
TWA: 50 (ppm) from ACGIH (TLV) [United States] SKIN
TWA: 100 STEL: 150 from NIOSH [United States]
TWA: 375 STEL: 560 (mg/m^3) from NIOSH [United States]
Consult local authorities for acceptable exposure limits.

Section 9: Physical and Chemical Properties

Physical state and appearance: Liquid.

Odor: Sweet, pungent, Benzene-like.

Taste: Not available.

Molecular Weight: 92.14 g/mole

Color: Colorless.

pH (1% soln/water): Not applicable.

Boiling Point: 110.6°C (231.1°F)

Melting Point: -95°C (-139°F)

Critical Temperature: 318.6°C (605.5°F)

Specific Gravity: 0.8636 (Water = 1)

Vapor Pressure: 3.8 kPa (@ 25°C)

Vapor Density: 3.1 (Air = 1)

Volatility: Not available.

Odor Threshold: 1.6 ppm

Water/Oil Dist. Coeff.: The product is more soluble in oil; log(oil/water) = 2.7

Ionicity (in Water): Not available.

Dispersion Properties: See solubility in water, diethyl ether, acetone.

Solubility:
Soluble in diethyl ether, acetone.
Practically insoluble in cold water.
Soluble in ethanol, benzene, chloroform, glacial acetic acid, carbon disulfide.
Solubility in water: 0.561 g/l @ 25 deg. C.

Section 10: Stability and Reactivity Data

Stability: The product is stable.

Instability Temperature: Not available.

Conditions of Instability: Heat, ignition sources (flames, sparks, static), incompatible materials

Incompatibility with various substances: Reactive with oxidizing agents.

Corrosivity: Non-corrosive in presence of glass.

Special Remarks on Reactivity:
Incompatible with strong oxidizers, silver perchlorate, sodium difluoride, Tetranitromethane, Uranium Hexafluoride.
Frozen Bromine Trifluoride reacts violently with Toluene at -80 deg. C.
Reacts chemically with nitrogen oxides, or halogens to form nitrotoluene, nitrobenzene, and nitrophenol and halogenated products, respectively.

Special Remarks on Corrosivity: Not available.

Polymerization: Will not occur.

Section 11: Toxicological Information

Routes of Entry: Absorbed through skin. Dermal contact. Eye contact. Inhalation. Ingestion.

Toxicity to Animals:
WARNING: THE LC50 VALUES HEREUNDER ARE ESTIMATED ON THE BASIS OF A 4-HOUR EXPOSURE.
Acute oral toxicity (LD50): 636 mg/kg [Rat].
Acute dermal toxicity (LD50): 14100 mg/kg [Rabbit].
Acute toxicity of the vapor (LC50): 440 24 hours [Mouse].

Chronic Effects on Humans:
CARCINOGENIC EFFECTS: A4 (Not classifiable for human or animal.) by ACGIH, 3 (Not classifiable for human.) by IARC.
May cause damage to the following organs: blood, kidneys, the nervous system, liver, brain, central nervous system (CNS).

Other Toxic Effects on Humans:
Hazardous in case of skin contact (irritant), of ingestion, of inhalation.
Slightly hazardous in case of skin contact (permeator).

Special Remarks on Toxicity to Animals:
Lowest Published Lethal Dose:
LDL [Human] - Route: Oral; Dose: 50 mg/kg
LCL [Rabbit] - Route: Inhalation; Dose: 55000 ppm/40min

Special Remarks on Chronic Effects on Humans:
Detected in maternal milk in human. Passes through the placental barrier in human. Embryotoxic and/or foetotoxic in animal. May cause adverse reproductive effects and birth defects (teratogenic). May affect genetic material (mutagenic)

Special Remarks on other Toxic Effects on Humans:
Acute Potential Health Effects:
Skin: Causes mild to moderate skin irritation. It can be absorbed to some extent through the skin.
Eyes: Cauess mild to moderate eye irritation with a burning sensation. Splash contact with eyes also causes conjunctivitis, blepharospasm, corneal edema, corneal abraisons. This usually resolves in 2 days.
Inhalation: Inhalation of vapor may cause respiratory tract irritation causing coughing and wheezing, and nasal discharge. Inhalation of high concentrations may affect behavior and cause central nervous system effects characterized by nausea, headache, dizziness, tremors, restlessness, lightheadedness, exhilaration, memory loss, insomnia, impaired reaction time, drowsiness, ataxia, hallucinations, somnolence, muscle contraction or spasticity, unconsciousness and coma. Inhalation of high concentration of vapor may also affect the cardiovascular system (rapid heart beat, heart palpitations, increased or decreased blood pressure, dysrhythmia,), respiration (acute pulmonary edema, respiratory depression, apnea, asphyxia), cause vision disturbances and dilated pupils, and cause loss of appetite.
Ingestion: Aspiration hazard. Aspiration of Toluene into the lungs may cause chemical pneumonitis. May cause irritation of the digestive tract with nausea, vomiting, pain. May have effects similar to that of acute inhalation.
Chronic Potential Health Effects:
Inhalation and Ingestion: Prolonged or repeated exposure via inhalation may cause central nervous system and cardiovascular symptoms similar to that of acute inhalation and ingestion as well liver damage/failure, kidney damage/failure (with hematuria, proteinuria, oliguria, renal tubular acidosis), brain damage, weight loss, blood (pigmented or nucleated red blood cells, changes in white blood cell count), bone marrow changes, electrolyte imbalances (Hypokalemia, Hypophostatemia), severe, muscle weakness and Rhabdomyolysis.
Skin: Repeated or prolonged skin contact may cause defatting dermatitis.

Section 12: Ecological Information

Ecotoxicity:
Ecotoxicity in water (LC50): 313 mg/l 48 hours [Daphnia (daphnia)]. 17 mg/l 24 hours [Fish (Blue Gill)]. 13 mg/l 96 hours [Fish (Blue Gill)]. 56 mg/l 24 hours [Fish (Fathead minnow)]. 34 mg/l 96 hours [Fish (Fathead minnow)]. 56.8 ppm any hours [Fish (Goldfish)].

BOD5 and COD: Not available.

Products of Biodegradation:
Possibly hazardous short term degradation products are not likely. However, long term degradation products may

arise.

Toxicity of the Products of Biodegradation: The products of degradation are less toxic than the product itself.

Special Remarks on the Products of Biodegradation: Not available.

Section 13: Disposal Considerations

Waste Disposal:
Waste must be disposed of in accordance with federal, state and local environmental control regulations.

Section 14: Transport Information

DOT Classification: CLASS 3: Flammable liquid.

Identification: : Toluene UNNA: 1294 PG: II

Special Provisions for Transport: Not available.

Section 15: Other Regulatory Information

Federal and State Regulations:
California prop. 65: This product contains the following ingredients for which the State of California has found to cause cancer, birth defects or other reproductive harm, which would require a warning under the statute: Toluene
California prop. 65 (no significant risk level): Toluene: 7 mg/day (value)
California prop. 65 (acceptable daily intake level): Toluene: 7 mg/day (value)
California prop. 65: This product contains the following ingredients for which the State of California has found to cause birth defects which would require a warning under the statute: Toluene
Connecticut hazardous material survey.: Toluene
Illinois toxic substances disclosure to employee act: Toluene
Illinois chemical safety act: Toluene
New York release reporting list: Toluene
Rhode Island RTK hazardous substances: Toluene
Pennsylvania RTK: Toluene
Florida: Toluene
Minnesota: Toluene
Michigan critical material: Toluene
Massachusetts RTK: Toluene
Massachusetts spill list: Toluene
New Jersey: Toluene
New Jersey spill list: Toluene
Louisiana spill reporting: Toluene
California Director's List of Hazardous Substances.: Toluene
TSCA 8(b) inventory: Toluene
TSCA 8(d) H and S data reporting: Toluene: Effective date: 10/04/82; Sunset Date: 10/0/92
SARA 313 toxic chemical notification and release reporting: Toluene
CERCLA: Hazardous substances.: Toluene: 1000 lbs. (453.6 kg)

Other Regulations:
OSHA: Hazardous by definition of Hazard Communication Standard (29 CFR 1910.1200).
EINECS: This product is on the European Inventory of Existing Commercial Chemical Substances.

Other Classifications:

WHMIS (Canada):
CLASS B-2: Flammable liquid with a flash point lower than 37.8°C (100°F).
CLASS D-2A: Material causing other toxic effects (VERY TOXIC).

DSCL (EEC):
R11- Highly flammable.
R20- Harmful by inhalation.
S16- Keep away from sources of ignition - No smoking.
S25- Avoid contact with eyes.
S29- Do not empty into drains.
S33- Take precautionary measures against static discharges.

HMIS (U.S.A.):

Health Hazard: 2

Fire Hazard: 3

Reactivity: 0

Personal Protection: h

National Fire Protection Association (U.S.A.):

Health: 2

Flammability: 3

Reactivity: 0

Specific hazard:

Protective Equipment:
Gloves.
Lab coat.
Vapor respirator. Be sure to use an approved/certified respirator or equivalent. Wear appropriate respirator when ventilation is inadequate.
Splash goggles.

Section 16: Other Information

References: Not available.

Other Special Considerations: Not available.

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Last Updated: 11/06/2008 12:00 PM

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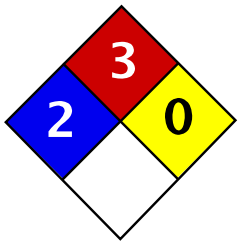

Health	2
Fire	3
Reactivity	0
Personal Protection	H

Material Safety Data Sheet
Xylenes MSDS

Section 1: Chemical Product and Company Identification

Product Name: Xylenes

Catalog Codes: SLX1075, SLX1129, SLX1042, SLX1096

CAS#: 1330-20-7

RTECS: ZE2100000

TSCA: TSCA 8(b) inventory: Xylenes

CI#: Not available.

Synonym: Xylenes; Dimethylbenzene; xylol; methyltoluene

Chemical Name: Xylenes (o-, m-, p- isomers)

Chemical Formula: C6H4(CH3)2

Contact Information:

Sciencelab.com, Inc.
14025 Smith Rd.
Houston, Texas 77396

US Sales: **1-800-901-7247**
International Sales: **1-281-441-4400**

Order Online: ScienceLab.com

CHEMTREC (24HR Emergency Telephone), call:
1-800-424-9300

International CHEMTREC, call: 1-703-527-3887

For non-emergency assistance, call: 1-281-441-4400

Section 2: Composition and Information on Ingredients

Composition:

Name	CAS #	% by Weight
Xylenes	1330-20-7	100

Toxicological Data on Ingredients: Xylenes: ORAL (LD50): Acute: 4300 mg/kg [Rat]. 2119 mg/kg [Mouse]. DERMAL (LD50): Acute: >1700 mg/kg [Rabbit].

Section 3: Hazards Identification

Potential Acute Health Effects: Hazardous in case of skin contact (irritant, permeator), of eye contact (irritant), of ingestion, of inhalation.

Potential Chronic Health Effects:
CARCINOGENIC EFFECTS: 3 (Not classifiable for human.) by IARC.
MUTAGENIC EFFECTS: Not available.
TERATOGENIC EFFECTS: Not available.
DEVELOPMENTAL TOXICITY: Not available.
The substance may be toxic to blood, kidneys, liver, mucous membranes, bone marrow, central nervous system (CNS).
Repeated or prolonged exposure to the substance can produce target organs damage.

Section 4: First Aid Measures

Eye Contact:
Check for and remove any contact lenses. In case of contact, immediately flush eyes with plenty of water for at least 15 minutes. Get medical attention.

Skin Contact:
In case of contact, immediately flush skin with plenty of water. Cover the irritated skin with an emollient. Remove contaminated clothing and shoes. Wash clothing before reuse. Thoroughly clean shoes before reuse. Get medical attention.

Serious Skin Contact:
Wash with a disinfectant soap and cover the contaminated skin with an anti-bacterial cream. Seek immediate medical attention.

Inhalation:
If inhaled, remove to fresh air. If not breathing, give artificial respiration. If breathing is difficult, give oxygen. Get medical attention if symptoms appear.

Serious Inhalation:
Evacuate the victim to a safe area as soon as possible. Loosen tight clothing such as a collar, tie, belt or waistband. If breathing is difficult, administer oxygen. If the victim is not breathing, perform mouth-to-mouth resuscitation. Seek medical attention.

Ingestion:
Do NOT induce vomiting unless directed to do so by medical personnel. Never give anything by mouth to an unconscious person. Loosen tight clothing such as a collar, tie, belt or waistband. Get medical attention if symptoms appear.

Serious Ingestion: Not available.

Section 5: Fire and Explosion Data

Flammability of the Product: Flammable.

Auto-Ignition Temperature: 464°C (867.2°F)

Flash Points: CLOSED CUP: 24°C (75.2°F). (Tagliabue.) OPEN CUP: 37.8°C (100°F).

Flammable Limits: LOWER: 1% UPPER: 7%

Products of Combustion: These products are carbon oxides (CO, CO2).

Fire Hazards in Presence of Various Substances:
Highly flammable in presence of open flames and sparks, of heat.
Non-flammable in presence of shocks.

Explosion Hazards in Presence of Various Substances:
Risks of explosion of the product in presence of mechanical impact: Not available.
Slightly explosive in presence of open flames and sparks, of heat.

Fire Fighting Media and Instructions:
Flammable liquid, soluble or dispersed in water.
SMALL FIRE: Use DRY chemical powder.
LARGE FIRE: Use alcohol foam, water spray or fog. Cool containing vessels with water jet in order to prevent pressure build-up, autoignition or explosion.

Special Remarks on Fire Hazards: Vapors may travel to source of ignition and flash back.

Special Remarks on Explosion Hazards:
Vapors may form explosive mixtures with air.
Containers may explode when heated.

May polymerize explosively when heated.
An attempt to chlorinate xylene with 1,3-Dichloro-5,5-dimethyl-2,4-imidazolidindione (dichlorohydrantoin) caused a violent explosion

Section 6: Accidental Release Measures

Small Spill: Absorb with an inert material and put the spilled material in an appropriate waste disposal.

Large Spill:
Flammable liquid.
Keep away from heat. Keep away from sources of ignition. Stop leak if without risk. Absorb with DRY earth, sand or other non-combustible material. Do not touch spilled material. Prevent entry into sewers, basements or confined areas; dike if needed. Be careful that the product is not present at a concentration level above TLV. Check TLV on the MSDS and with local authorities.

Section 7: Handling and Storage

Precautions:
Keep away from heat. Keep away from sources of ignition. Ground all equipment containing material. Do not ingest. Do not breathe gas/fumes/ vapor/spray. Wear suitable protective clothing. In case of insufficient ventilation, wear suitable respiratory equipment. If ingested, seek medical advice immediately and show the container or the label. Avoid contact with skin and eyes. Keep away from incompatibles such as oxidizing agents, acids.

Storage:
Store in a segregated and approved area. Keep container in a cool, well-ventilated area. Keep container tightly closed and sealed until ready for use. Avoid all possible sources of ignition (spark or flame).

Section 8: Exposure Controls/Personal Protection

Engineering Controls:
Provide exhaust ventilation or other engineering controls to keep the airborne concentrations of vapors below their respective threshold limit value. Ensure that eyewash stations and safety showers are proximal to the work-station location.

Personal Protection:
Splash goggles. Lab coat. Vapor respirator. Be sure to use an approved/certified respirator or equivalent. Gloves.

Personal Protection in Case of a Large Spill:
Splash goggles. Full suit. Vapor respirator. Boots. Gloves. A self contained breathing apparatus should be used to avoid inhalation of the product. Suggested protective clothing might not be sufficient; consult a specialist BEFORE handling this product.

Exposure Limits:
TWA: 100 (ppm) [Canada]
TWA: 435 (mg/m3) [Canada]
TWA: 434 STEL: 651 (mg/m3) from ACGIH (TLV) [United States]
TWA: 100 STEL: 150 (ppm) from ACGIH (TLV) [United States]
Consult local authorities for acceptable exposure limits.

Section 9: Physical and Chemical Properties

Physical state and appearance: Liquid.

Odor: Sweetish.

Taste: Not available.

Molecular Weight: 106.17 g/mole

Color: Colorless. Clear

pH (1% soln/water): Not available.

Boiling Point: 138.5°C (281.3°F)

Melting Point: -47.4°C (-53.3°F)

Critical Temperature: Not available.

Specific Gravity: 0.864 (Water = 1)

Vapor Pressure: 0.9 kPa (@ 20°C)

Vapor Density: 3.7 (Air = 1)

Volatility: Not available.

Odor Threshold: 1 ppm

Water/Oil Dist. Coeff.: The product is more soluble in oil; log(oil/water) = 3.1

Ionicity (in Water): Not available.

Dispersion Properties: Not available.

Solubility:
Insoluble in cold water, hot water.
Miscible with absolute alcohol, ether, and many other organic liquids.

Section 10: Stability and Reactivity Data

Stability: The product is stable.

Instability Temperature: Not available.

Conditions of Instability: Heat, ignition sources, incompatibles

Incompatibility with various substances: Reactive with oxidizing agents, acids.

Corrosivity: Non-corrosive in presence of glass.

Special Remarks on Reactivity: Store away from acetic acid, nitric acid, chlorine, bromine, and fluorine.

Special Remarks on Corrosivity: Not available.

Polymerization: Will not occur.

Section 11: Toxicological Information

Routes of Entry: Absorbed through skin. Dermal contact. Eye contact. Inhalation.

Toxicity to Animals:
WARNING: THE LC50 VALUES HEREUNDER ARE ESTIMATED ON THE BASIS OF A 4-HOUR EXPOSURE.
Acute oral toxicity (LD50): 2119 mg/kg [Mouse].

Acute dermal toxicity (LD50): >1700 mg/kg [Rabbit].
Acute toxicity of the vapor (LC50): 5000 4 hours [Rat].

Chronic Effects on Humans:
CARCINOGENIC EFFECTS: 3 (Not classifiable for human.) by IARC.
May cause damage to the following organs: blood, kidneys, liver, mucous membranes, bone marrow, central nervous system (CNS).

Other Toxic Effects on Humans: Hazardous in case of skin contact (irritant, permeator), of ingestion, of inhalation.

Special Remarks on Toxicity to Animals:
Lowest Lethal Dose:
LDL [Human] - Route: Oral; Dose: 50 mg/kg
LCL [Man] - Route: Oral; Dose: 10000 ppm/6H

Special Remarks on Chronic Effects on Humans:
Detected in maternal milk in human. Passes through the placental barrier in animal. Embryotoxic and/or foetotoxic in animal.
May cause adverse reproductive effects (male and femael fertility (spontaneous abortion and fetotoxicity)) and birth defects based animal data.

Special Remarks on other Toxic Effects on Humans:
Acute Potential Health Effects:
Skin: Causes skin irritation. Can be absorbed through skin.
Eyes: Causes eye irritation.
Inhalation: Vapor causes respiratory tract and mucous membrane irritation. May affect central nervous system and behavior (General anesthetic/CNS depressant with effects including headache, weakness, memory loss, irritability, dizziness, giddiness, loss of coordination and judgement, respiratory depression/arrest or difficulty breathing, loss of appetite, nausea, vomiting, shivering, and possible coma and death). May also affects blood, sense organs, liver, and peripheral nerves.
Ingestion: May cause gastrointestinal irritation including abdominal pain, vomiting, and nausea. May also affect liver and urinary system/kidneys. May cause effects similar to those of acute inhalation.
Chronic Potential Health Effects:
Chronic inhalation may affect the urinary system (kidneys) blood (anemia), bone marrow (hyperplasia of bone marrow) brain/behavior/Central Nervous system. Chronic inhalation may alsocause mucosal bleeding.
Chronic ingestion may affect the liver and metabolism (loss of appetite) and may affect urinary system (kidney damage)

Section 12: Ecological Information

Ecotoxicity: Not available.

BOD5 and COD: Not available.

Products of Biodegradation:
Possibly hazardous short term degradation products are not likely. However, long term degradation products may arise.

Toxicity of the Products of Biodegradation: The products of degradation are less toxic than the product itself.

Special Remarks on the Products of Biodegradation: Not available.

Section 13: Disposal Considerations

Waste Disposal:
Waste must be disposed of in accordance with federal, state and local environmental control regulations.

Section 14: Transport Information

DOT Classification: CLASS 3: Flammable liquid.

Identification: : Xylenes UNNA: 1307 PG: III

Special Provisions for Transport: Not available.

Section 15: Other Regulatory Information

Federal and State Regulations:
Connecticut hazardous material survey.: Xylenes
Illinois chemical safety act: Xylenes
New York acutely hazardous substances: Xylenes
Rhode Island RTK hazardous substances: Xylenes
Pennsylvania RTK: Xylenes
Minnesota: Xylenes
Michigan critical material: Xylenes
Massachusetts RTK: Xylenes
Massachusetts spill list: Xylenes
New Jersey: Xylenes
New Jersey spill list: Xylenes
Louisiana spill reporting: Xylenes
California Director's List of Hazardous Substances: Xylenes
TSCA 8(b) inventory: Xylenes
SARA 302/304/311/312 hazardous chemicals: Xylenes
SARA 313 toxic chemical notification and release reporting: Xylenes
CERCLA: Hazardous substances.: Xylenes: 100 lbs. (45.36 kg)

Other Regulations:
OSHA: Hazardous by definition of Hazard Communication Standard (29 CFR 1910.1200).
EINECS: This product is on the European Inventory of Existing Commercial Chemical Substances.

Other Classifications:

WHMIS (Canada):
CLASS B-2: Flammable liquid with a flash point lower than 37.8°C (100°F).
CLASS D-2A: Material causing other toxic effects (VERY TOXIC).

DSCL (EEC):
R10- Flammable.
R21- Harmful in contact with skin.
R36/38- Irritating to eyes and skin.
S2- Keep out of the reach of children.
S36/37- Wear suitable protective clothing and gloves.
S46- If swallowed, seek medical advice immediately and show this container or label.

HMIS (U.S.A.):

Health Hazard: 2

Fire Hazard: 3

Reactivity: 0

Personal Protection: h

National Fire Protection Association (U.S.A.):

Health: 2

Flammability: 3

Reactivity: 0

Specific hazard:

Protective Equipment:
Gloves.
Lab coat.
Vapor respirator. Be sure to use an approved/certified respirator or equivalent. Wear appropriate respirator when ventilation is inadequate.
Splash goggles.

Section 16: Other Information

References: Not available.

Other Special Considerations: Not available.

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