

HEALTH AND SAFETY PLAN

**Wisconsin Department of Natural Resources
Laundry Basket
Groundwater Monitoring Project**

PROJECT SITE NAME

Laundry Basket, 300 S. Main Street, Luck, WI
BRRTS#02-49-544893

PROJECT LOCATION

NE 1/4, SW 1/4, Section 28, T36N, R17W

July 26, 2023



**Wisconsin Department of Natural Resources
Laundry Basket
Groundwater Monitoring Project**

TABLE OF CONTENTS

- A. BACKGROUND**
- B. EMERGENCY REFERENCES**
 - B1. HOSPITAL ROUTE**
- C. SITE CHARACTERIZATION**
- D. HEALTH AND SAFETY EVALUATION - PHYSICAL/CONSTRUCTION
HAZARDS OF CONCERN**
- E. TRAINING REQUIREMENTS**
- F. ENVIRONMENTAL MONITORING**
- G. HAZARD ASSESSMENT**
- H. SITE ACTIVITIES**
- I. MEDICAL REQUIREMENTS**
- J. SITE SAFETY PROCEDURES**
- K. PERSONAL PROTECTIVE EQUIPMENT (PPE)**
- L. DECONTAMINATION**
- M. EMERGENCY PLAN**
- N. FIRST AID**
- O. SITE HEALTH AND SAFETY PLAN REVIEW**
- P. ADDENDUM TO SITE HEALTH AND SAFETY PLAN**
- Q. SITE HEALTH AND SAFETY PLAN FOLLOW-UP REPORT**
- R. INCIDENT REPORT**

**Wisconsin Department of Natural Resources
Laundry Basket - Groundwater Monitoring
HEALTH AND SAFETY PLAN**

A. BACKGROUND

SITE NAME Laundry Basket, Village of Luck, Polk County, WI WDNR BRRTS#02-49-544893	Project Type Locate all groundwater monitoring wells and open and collect groundwater elevations, field data and samples
LOCATION NE 1/4, SW 1/4, Section 28, T36N, R17W, Polk County, WI	Laundry Basket 300 S. Main Street Luck, WI
SITE HISTORY: Open Environmental Investigation, Site history available on BRRTS on the Web	
SCOPE OF PROJECT: Groundwater sampling	
SITE SAFETY COORDINATOR	Jason Christopherson
PROJECT MANAGER	Dave Larsen
PROJECT ENVIRONMENTAL CONSULTANT	REI ENGINEERING, INC.
CONSULTANT ADDRESS/ CONTACT INFO.	4080 N. 20TH AVE, WAUSAU, WI 54401 715-675-9784

B. EMERGENCY REFERENCES (POST ON SITE)

SITE	Laundry Basket
DESIGNATED HOSPITAL	St. Croix Health 235 E. State Street St. Croix Falls, WI 54024

EMERGENCY RESOURCES	TELEPHONE NUMBERS/CHANNEL
AMBULANCE	911
HOSPITAL EMERGENCY CENTER	911 OR 715-685-5500
POISON CONTROL CENTER	800-222-1222
POLK COUNTY SHERIFF'S DEPARTMENT	911
VILLAGE OF LUCK FIRE DEPARTMENT	911

EMERGENCY CONTACTS	
PROJECT MANAGER	Dave Larsen
OFFICE	(715) 675-9784
MOBILE	(715) 551-3434
PROJECT SAFETY MANAGER	Jason Christopherson
OFFICE	(715) 675-9784
MOBILE	(715) 348-6471
NATIONAL SPILL RESPONSE CENTER	(800) 424-8802

C. SITE CHARACTERIZATION

SITE NAME Laundry Basket

SITE HISTORY

The Site has been the subject of remedial investigation since 2006. It was originally operated as a gas station until 1973. The site transitioned to a dry cleaner operation until it closed in 2009. Both petroleum and chlorinated Volatile Organic Compounds exist at the site. Site investigation activities have identified CVOCs including tetrachloroethylene (PCE), trichloroethylene (TCE) and daughter compounds cis-1,2-dichloroethylene (cis 1,2 DCE) and vinyl chloride (VC) in soil and groundwater. Groundwater monitoring shows that enforcement standard (ES) and preventive action limit (PAL) exceedances persist at the source property and continue to expand off site to the west and northwest towards the City of Luck municipal well #2. The monitoring well network is comprised of 38 wells, all of which will be sampled to determine the current extent of CVOC contamination in groundwater.

SCOPE OF WORK

Upon securing access agreements, travel the area to locate all 38 groundwater monitoring wells. Photos of each well will be taken to document conditions.

- A. Remove flushmount and well cap and allow time for well to equilibrate. Collect groundwater elevation using water level meter. Water level will be washed and rinsed upon placement into each well.
- B. YSI with flow through cell will be used to collect field parameters. Once parameters have stabilized, samples will be collected using low flow sampling techniques. Samples will be placed into laboratory prepared jars to be submitted to a state certified laboratory for analysis.
- C. Purge water and rinse water will be containerized and disposed of at licensed WWTP.
- D. Used PPE and other waste created through sampling will be containerized and disposed of at licensed landfill.
- E. Water samples will be collected and placed into laboratory prepared jars. Chain of custody will be completed and will accompany samples through entire possession until shipped through courier to lab.

SITE REGULATORY STATUS

Wisconsin Department of Natural Resources Bureau of Remediation and Redevelopment standards
OSHA 1910 Occupational Health and Safety Standards

CHARACTERIZATION OF POTENTIAL WASTES

Solid waste: no solid waste should be encountered. Any disposable PPE worn during site sampling activities will be containerized and disposed at licensed facility.

SITE FEATURES AND HAZARDS: Groundwater monitoring wells are located in various parts of the Village and vehicular traffic will be a potential concern when accessing and sampling wells.

HISTORY OF PUBLIC COMPLAINT AND AGENCY ACTIONS: N/A

D. HEALTH AND SAFETY EVALUATION - PHYSICAL /CONSTRUCTION HAZARDS OF CONCERN

HAZARD	APPLICABILITY	TASK #	PROTECTION PROCEDURE
Noise	X	all	Hearing protection should be worn if >85dB
Heat - Ambient Air	X	all	Frequent Intake of fluids:rest if temp >100 degrees F
Heat - Hot process - Steam			Ensure guarding and personal protection from burns
Heat - Hot process - Incineration			Ensure guarding and personal protection from burns
Cold	X	all	Warm clothing if symptoms develop - go to warm area
Rain	X	all	Wear rain gear, watch footing on wet surfaces
Snow			Warm clothing - watch footing on slippery surfaces
Electrical Storms	X	all	Discontinue operations
Confined Space Entry			Follow confined space permitting and entry procedures
Hot work - Welding/Cutting/Brazing			Comply with OSHA requirements
Heavy lifting/moving	X	all	Utilize proper lifting techniques
Rough terrain	X	all	Watch footing
Housekeeping	X	all	Maintain order on jobsite
Structural Integrity			Have integrity of structures verified before work begins
Neighborhood	X	all	Awareness of area: comply with contingency/ER Plans
Remote area	X	all	Comply with contingency/ER plans
Compressed gases			
Using boats			Have flotation devices and rescue equipment available
Working over water			Have flotation devices and rescue equipment available
Traffic			Obey all traffic regulations: maintain awareness
Explosives			Training and proper handling/storage
Heavy Equipment operation			Only licensed operators; equipment inspections required
Lifting Equipment operation			Only licensed operators; equipment inspections required
Cranes			Only licensed operators; equipment inspections required
Manlifts			Only licensed operators; equipment inspections required
Working at high elevations			Utilize appropriate fall protection
Ladders			Verify integrity of ladders; support and tie off
Scaffolding			Verify integrity of scaffolding; periodic training required
Excavation/Trenching			Comply with OSHA requirements; trench boxes, sloping of walls
Materials handling			Follow use and storage instructions: consult MSDS
Hazardous materials use/ storage			Consult MSDS
Flammable liquids/ gases			Consult MSDS
Oxidizers			Consult MSDS
Corrosives			Consult MSDS
Demolition			Awareness of specific exposures; hard hat, steel toes
Utilities - underground			Have located before any work commences
Utilities - overhead			Keep objects more that 20 feet from power lines
Electrical - general			Comply with OSHA regulations
Electrical - high voltage			Comply with OSHA regulations
Hand tools	X	all	Use appropriate tools for task
Powered hand tools	X	all	Follow operating instructions
Extension cords			Use appropriate cords, check for fraying & grounding
High pressure water			follow operating procedures
Personal Protective Equipment (PPE)	X	all	Use appropriate PPE for task
Other			
Other			
Other			
TASK #	ACTIVITIES		
TASK 1	Removing flushmount covers to access monitoring wells, deploy safety cones around well		
TASK 2	Collect groundwater elevations using water level meter		
TASK 3	Collect groundwater sample using peristaltic pump until stable to collect field parameters		
TASK 4	Collect groundwater samples into laboratory prepared jars		
TASK 5	Replace flushmount cover and remove site safety cones		

E. TRAINING REQUIREMENTS

THIS FORM SHALL BE COMPLETED BY REI, PERSONNEL PRIOR TO COMMENCEMENT OF ACTIVITIES AT WORKSITE IT SHALL BE KEPT AT THE SITE FOR THE DURATION OF ACTIVITIES. THIS FORM MUST BE DELIVERED TO THE ATTENDING PHYSICIAN WHEN MEDICAL ASSISTANCE IS REQUIRED.

ALL REI PERSONNEL MUST COMPLETE AT LEAST 40 HOURS OF HEALTH AND SAFETY TRAINING OR BE DIRECTLY SUPERVISED FOR SITE OPERATIONS AS REQUIRED BY OSHA STANDARD 29 CFR 1910.120. THE TRAINING MUST BE UPDATED ON AN ANNUAL BASIS (EIGHT HOUR). THE DATES OF CERTIFICATION FOR REI ON-SITE PERSONNEL ARE RECORDED BELOW OR ARE KEPT ON FILE AT COMPANY HEADQUARTERS.

CERTIFICATION OF HEALTH AND SAFETY TRAINING

NAME	DATE OF LAST REFRESHER COURSE
Dave Larsen	December 20, 2022
Chase Kresl	December 20, 2022
Paul Bushar	December 20, 2022

Copies of OSHA 8-hour refresher training as required by OSHA 29 CFR 1910.120 (e) are attached.

CONFINED SPACE ENTRY (N/A)

REI PERSONNEL WHO ARE ENGAGED IN ACTIVITIES AT HAZARDOUS WASTE SITES ARE PROHIBITED FROM ENTERING CONFINED SPACES (E.G., TRENCHES, HOLES, PROCESS VESSELS, STORAGE TANKS, ETC.).

F. ENVIRONMENTAL MONITORING

NO ENVIRONMENTAL MONITORING IS PLANNED OR REQUIRED. CALIBRATION AND MAINTENANCE OF MONITORING EQUIPMENT SHALL BE PERFORMED IN ACCORDANCE WITH REI, INC., STANDARD OPERATING PROCEDURES IF EQUIPMENT IS REQUIRED AND USED.

ENVIRONMENTAL MONITORING EQUIPMENT (N/A)

TYPE OF EQUIPMENT	SERIAL NUMBER	STANDARD OPERATING PROCEDURES	DATE CALIBRATED

G. HAZARD ASSESSMENT

SUBSTANCE	MAXIMUM CONCENTRATION (UNITS)	MEDIUM (1,2)	PEL/TLV (PPM) ³	CANCER STATUS (2)	ROUTE (5)
Groundwater (GW)				A	A, G

- (1). ENVIRONMENTAL MEDIUM: AIR (A), SURFACE WATER (SW), GROUNDWATER(GW), SOIL (S), SLUDGE (SL), DRINKING WATER (DW).
- (2). LIST THE MAXIMUM CONCENTRATION FOR EACH MEDIUM SEPARATELY.
- (3). USE THE LOWER OF THE TWO EXPOSURE LIMITS (PEL/TLV).
- (4). CANCER STATUS; EPA CLASSIFICATION
GROUP A: HUMAN CARCINOGEN - SUFFICIENT EVIDENCE TO SUPPORT A CAUSAL ASSOCIATION BETWEEN EXPOSURE AND CANCER.
GROUP B1: PROBABLE HUMAN CARCINOGEN - LIMITED EVIDENCE OF CARCINOGENICITY IN HUMANS.
GROUP B2: PROBABLE HUMAN CARCINOGEN - SUFFICIENT EVIDENCE OF CARCINOGENICITY IN ANIMALS. INADEQUATE EVIDENCE OF CARCINOGENICITY IN HUMANS.
GROUP C: POSSIBLE HUMAN CARCINOGEN - LIMITED EVIDENCE OF CARCINOGENICITY IN ANIMALS.
GROUP D: NOT CLASSIFIED - INADEQUATE EVIDENCE OF CARCINOGENICITY IN ANIMALS.
GROUP E: NO EVIDENCE OF CARCINOGENICITY IN HUMANS - NO EVIDENCE FOR CARCINOGENICITY IN AT LEAST TWO ADEQUATE ANIMAL TESTS OR IN BOTH EPIDEMIOLOGIC AND ANIMAL STUDIES.
- (5). ROUTE: (I) - INHALATION, (A) - ABSORPTION, (G) - INGESTION, (J) INJECTION

H. SITE ACTIVITIES

PROPOSED FIELDWORK DATE	PROPOSED SCOPE OF WORK
August 2023	Collection of groundwater elevational data and groundwater samples in laboratory prepared jars to submit for laboratory analysis

I. MEDICAL REQUIREMENTS - NOT APPLICABLE

REI PERSONNEL WHOSE PRESENCE MAY BE REQUIRED ON A WORK SITE WHERE EXPOSURE TO HAZARDOUS MATERIALS EXISTS, SHALL PARTICIPATE IN THE REI MEDICAL MONITORING PROGRAM. ALL MEDICAL EXAMINATIONS PERFORMED FOR REI PERSONNEL SHALL BE CONDUCTED IN ACCORDANCE WITH OSHA STANDARDS 29 CFR 1910.120 AND 1910.134.

IT MAY BE NECESSARY TO REQUIRE SPECIFIC CLINICAL TESTS FOR CERTAIN HAZARDOUS WASTE SITES. THE NECESSITY FOR SUCH TESTS WILL BE DETERMINED BY THE PROJECT MANAGER IN CONSULTATION WITH THE COMPANY PHYSICIAN AND SITE SAFETY OFFICER. ANY SITE-SPECIFIC TESTING SHALL BE IDENTIFIED BELOW:

SITE - SPECIFIC CLINICAL TESTS - NOT APPLICABLE

PARAMETER	REQUIRED TESTING	ACTION LEVEL

J. SITE SAFETY PROCEDURES

PERIMETER ESTABLISHMENT

THE PROPOSED WORK AREA IS NOT WITHIN A RESTRICTED AREA. ACCESS TO PRIVATE PROPERTY WILL BE APPROVED PRIOR TO CONDUCTING FIELD WORK.

SITE ENTRY PROCEDURES

NO UNAUTHORIZED PERSONNEL WILL BE ALLOWED IN WORK AREA WHILE SAMPLING.

SITE CONTROL

MINIMIZE THE PROTELENTIAL FOR EXPSOURE BY USE OF PPE
NO UNAUTHORIZED PERSONNEL WILL BE ALLOWED ON SITE.

SITE CONTROL DURING ACTIVITIES WILL BE ACCOMPLISHED THROUGH THE USE OF SAFETY CONES TO CLOSE OFF WORK AREA AROUND WELL BEING SAMPLED

DUE TO THE LIMITED NATURE OF THE WORK, EXCESS EXPOSURE IS NOT EXPECTED.

PERSONAL PROTECTIVE EQUIPMENT (PPE) REQUIREMENTS

PROJECT TASK	LEVEL OF PROTECTION A,B,C, OR D
REMOVAL OF FLUSHMOUNT COVERS COLLECTION OF GROUNDWATER ELEVATIONS AND SAMPLES	D

PPE MODIFICATIONS

SAFETY VESTS TO BE WORN IF WORKING IN A HIGH-TRAFFIC AREA. MANDATORY IF WORKING NEAR ROADWAY.
PPE SHOULD ALSO INCLUDE LEATHER BOOTS, LEATHER GLOVES, EYE PROTECTION
PPE WILL BE WORN AS NECESSARY TO PREVENT CONTACT WITH CONTAMINATED SOIL AND GROUNDWATER

PPE SELECTION CRITERIA

LEVEL D INCLUDING HEARING PROTECTION

RESPIRATOR CARTRIDGE TYPE

NONE REQUIRED

ACTION LEVELS

(I.E., LIMITATIONS TO ASSIGNED TASKS, PPE REQUIREMENTS AND RATIONAL CONDITIONS NECESSITATING PPE MODIFICATIONS AND/OR WITHDRAWAL FROM SITE);

AS DETERMINED IN THE FIELD

K. PERSONAL PROTECTIVE EQUIPMENT (PPE)

LEVEL A:

LEVEL A PROTECTION SHOULD BE SELECTED WHEN THE HIGHEST LEVEL OF RESPIRATORY, SKIN, EYE, AND MUCOUS MEBRANE PROTECTION IS NEEDED.

- *POSITIVE-PRESSURE, SELF-CONTAINED, BREATHING APPARATUS (MSHA/NIOSH APPROVED)(REQUIRED)
- *FULLY ENCAPSULATED, CHEMICAL RESISTANT SUIT (REQUIRED)
- *CHEMICAL-RESISTANT INNER AND OUTER GLOVES (REQUIRED)
- *CHEMICAL-RESISTANT COVERALLS
- *TWO-WAY RADIO COMMUNICATION (REQUIRED)
- *CHEMICAL-RESISTANT BOOTS WITH STEEL TOE AND SHANK (REQUIRED)

LEVEL B:

LEVEL B PROTECTION SHOULD BE SELECTED WHEN THE HIGHEST LEVEL OF RESPIRATORY PROTECTION IS NEEDED, BUT WITH A LESSER DEGREE OF SKIN AND EYE PROTECTION.

- *POSITIVE-PRESSURE, SELF-CONTAINED, BREATHING APPARATUS (MSHA/NIOSH APPROVED)(REQUIRED)
- *CHEMICAL-RESISTANT CLOTHING (COVERALLS, HOODED TWO-PIECE, CHEMICAL-RESISTANT SPLASH SUIT; OR DISPOSABLE CHEMICAL-RESISTANT COVERALLS) (REQUIRED)
- *COVERALLS (UNDER SPLASH SUIT)
- *CHEMICAL-RESISTANT INNER AND OUTER GLOVES (REQUIRED)
- *CHEMICAL-RESISTANT BOOTS WITH STEEL TOE AND SHANK (REQUIRED)
- *TWO-WAY RADIO COMMUNICATION (REQUIRED)
- *HARD HAT (REQUIRED)

LEVEL C:

LEVEL C PROTECTION SHOULD BE SELECTED WHEN THE TYPE AND CONCENTRATION OF HAZARDOUS AIRBORNE SUBSTANCE ARE KNOWN, THE CRITERIA FOR USING AIR-PURIFYING RESPIRATORS IS MET, AND SKIN AND EYE EXPOSURE IS UNLIKELY. MONITORING OF THE AIR MUST BE PERFORMED TO COMPLY WITH OSHA REGULATIONS AND TO ENSURE RESPIRATOR EFFECTIVENESS.

- *FULL FACE, AIR-PURIFYING REPIRATOR (MSHA/NIOSH APPROVED) WITH APPROPRIATE CARTRIDGES (REQUIRED)
- *CHEMICAL-RESISTANT CLOTHING (COVERALLS, HOODED TWO-PIECE, CHEMICAL-RESISTANT SPLASH SUIT; OR DISPOSABLE CHEMICAL-RESISTANT COVERALLS) (REQUIRED)
- *CHEMICAL-RESISTANT INNER AND OUTER GLOVES (REQUIRED)
- *CHEMICAL-RESISTANT BOOTS WITH STEEL TOE AND SHANK (REQUIRED)
- *TWO-WAY RADIO COMMUNICATION
- *HARD HAT (REQUIRED)
- *ESCAPE RESPIRATOR

LEVEL D:

LEVEL D IS PRIMARILY A WORK UNIFORM. IT SHALL NOT BE WORN ON SITE WHERE RESPIRATORY OR SKIN HAZARDS EXIST.

- *PROTECTIVE COVERALLS AND PROTECTIVE GLOVES
- *BOOTS WITH STEEL TOE AND SHANK (REQUIRED)
- *HARD HAT (REQUIRED)
- *SAFETY GLASSES

L. DECONTAMINATION

PERSONNEL DECONTAMINATION PROCEDURES

WASH HANDS BEFORE EATING. WASH GLOVES, BOOTS AND CLOTHING IN WARM, SOAPY WATER. RINSE WITH CLEAN WATER. LAUNDER CLOTHES DAILY. DISCARD DISPOSABLE GLOVES DAILY.

SAMPLING EQUIPMENT DECONTAMINATION PROCEDURES

ALL SAMPLING EQUIPMENT TO BE WASHED IN DETERGENT SOLUTION, WITH CLEAN WATER RINSE.
ALL EQUIPMENT IN CONTACT WITH CONTAMINATED GROUNDWATER WILL BE DECONTAMINATED ON SITE AND WITHIN THE LIMITS OF THE GROUNDWATER CONTAMINATION PLUME BOUNDARY

WASTE DISPOSAL PROCEDURES

ON SITE:	USED PPE WILL BE PLACED INTO GARBAGE CONTAINERS FOR DISPOSAL WASH AND RINSE WATER WILL BE CONTAINERIZED FOR DISPOSAL AT AN APPROVED TREATMENT LOCATION
OFF SITE:	DISPOSAL OF SOLID WASTE AT LANDFILL DISPOSAL OF LIQUID WASTE AT PUBLICALLY OWNED TREATMENT WORKS

M. EMERGENCY PLAN

EMERGENCY PERSONNEL RESPONSIBILITIES

NAME	RESPONSIBILITIES
Chase Kresl	CONTACT EMERGENCY PERSONNEL
	SITE EVACUATION AND CONTROL

SITE EVACUATION PROCEDURES

IN CASE OF EMERGENCY, ALL WORK WILL BE IMMEDIATELY SHUT DOWN. THE SITE SAFETY COORDINATOR WILL INFORM WTH OWNER/MANAGER OF THE SITUATION. THE OWNER/MANAGER WILL THEN CONTACT LOCAL AUTHORITIES AND WILL ASSIST WITH THE EVACUATION OF THE PUBLIC FROM THE PREMISES

EMERGENCY DECONTAMINATION

WASH AND REMOVE GLOVES AND BOOTS, REMOVE AND CHANGE CLOTHING SOAKED WITH PRODUCT. WASH ALL SKIN AREAS WHICH HAVE COME INTO CONTACT WITH PRODUCT.

EMERGENCY EQUIPMENT

FIRST AID KIT WITH BURN SUPPLIES. FIRE EXTINGUISHER, BURN BLANKET.

EMERGENCY PERSONNEL TRAINING REQUIREMENTS

FIRST AID

N.FIRST AID

BITES* ANIMAL BITES: THOROUGHLY WASH THE WOUND WITH SOAP AND WATER. FLUSH THE AREA WITH RUNNING WATER AND APPLY A STERILE DRESSING. IMMOBILIZE AFFECTED PART UNTIL THE VICTIM HAS BEEN ATTENDED BY A PHYSICIAN. SEE THAT THE ANIMAL IS KEPT ALIVE AND IN QUARANTINE. OBTAIN THE NAME AND ADDRESS OF THE OWNER OF THE ANIMAL. **INSECT BITES:** REMOVE "STINGER" WITHOUT SQUEEZING IF PRESENT. KEEP AFFECTED PART BELOW THE LEVEL OF THE HEART. APPLY ICE BAG. FOR MINOR BITES AND STINGS APPLY SOOTHING LOTIONS, SUCH AS CALAMINE.

BURNS* MINOR BURNS: DO NOT APPLY VASELINE OR GREASE OF ANY KIND. APPLY COLD WATER UNTIL PAIN SUBSIDES IF THERE ARE NO AREAS OF OPEN SKIN. COVER WITH A DRY, STERILE DRESSING. DO NOT BREAK BLISTERS OR REMOVE TISSUE. SEEK MEDICAL ATTENTION. **SEVERE BURNS:** DO NOT REMOVE ADHERED PARTICLES OF CLOTHING. DO NOT APPLY ICE OR IMMERSE IN WATER. DO NOT APPLY ANY OINTMENTS OR GREASE. COVER BURNS WITH THICK, STERILE DRESSINGS. KEEP BURNED FEET OR LEGS ELEVATED, IF POSSIBLE. MAY NEED TO TREAT FOR SHOCK. **CHEMICAL BURNS:** WASH AWAY THE CHEMICAL SOAKED CLOTHING WITH LARGE AMOUNTS OF WATER. REMOVE VICTIM'S CHEMICAL SOAKED CLOTHING. IF DRY LIME, BRUSH AWAY BEFORE FLUSHING. APPLY STERILE DRESSING AND SEEK MEDICAL ATTENTION.

CRAMPS* SYMPTOMS: CRAMPS IN MUSCLES OF ABDOMEN AND EXTREMITIES. HEAT EXHAUSTION MAY ALSO BE PRESENT. **TREATMENT:** SAME AS FOR HEAT EXHAUSTION.

CUTS* APPLY PRESSURE WITH STERILE GAUZE DRESSING AND ELEVATE THE AREA UNTIL BLEEDING STOPS. APPLY BANDAGE AND SEEK MEDICAL ATTENTION.

EYES* FOREIGN OBJECTS: KEEP THE VICTIM FROM RUBBING THE EYE. FLUSH THE EYE WITH WATER. IF FLUSHING FAILS TO REMOVE THE OBJECT, APPLY A DRY, PROTECTIVE DRESSING TO BOTH EYES AND SEEK MEDICAL ATTENTION. **CHEMICALS:** FLOOD THE EYE THOROUGHLY WITH WATER FOR 15 MINUTES. COVER EYE WITH A DRY STERILE PAD AND SEEK MEDICAL ATTENTION.

FAINTING* KEEP THE VICTIM LYING DOWN. LOOSEN TIGHT CLOTHING. IF VICTIM VOMITS, ROLL HIM ONTO HIS SIDE OR TURN HIS HEAD TO THE SIDE. MAINTAIN AN OPEN AIRWAY. BATHE HIS FACE GENTLY WITH COOL WATER. UNLESS RECOVERY IS PROMPT, SEEK MEDICAL ATTENTION.

FRACTURES* DEFORMITY OF AN INJURED PART USUALLY MEANS A FRACTURE. IF FRACTURE IS SUSPECTED, SPLINT THE PART. DO NOT ATTEMPT TO MOVE THE VICTIM. SEEK MEDICAL ATTENTION IMMEDIATELY.

FROSTBITE* SYMPTOMS: JUST BEFORE FROSTBITE OCCURS SKIN MAY BE FLUSHED, THEN CHANGES TO WHITE OR GRAYISH-YELLOW. PAIN MAY BE FELT EARLY, THEN MAY SUBSIDE. BLISTERS MAY APPEAR; AFFECTED PART FEELS VERY COLD AND/OR MAY BE NUMB. **TREATMENT:** BRING VICTIM INDOORS, COVER THE FROZEN AREA, PROVIDE EXTRA CLOTHING AND BLANKETS. REWARM FROZEN AREA QUICKLY BY IMMERSION IN WARM WATER - NOT HOT WATER. DO NOT RUB THE PART. SEEK MEDICAL ATTENTION

HEAT EXHAUSTION * CAUSED BY EXPOSURE TO HEAT, EITHER SUN OR INDOORS. SYMPTOMS: NEAR NORMAL BODY TEMPERATURE. SKIN IS PALE AND CLAMMY. PROFUSE SWEATING, TIREDNESS, WEAKNESS, HEADACHE, PERHAPS CRAMPS, NAUSEA, DIZZINESS AND POSSIBLE FAINTING. **TREATMENT:** KEEP VICTIM IN LYING POSITION AND RAISE FEET. LOOSEN CLOTHING, APPLY COOL, WET CLOTHS. IF CONSCIOUS, GIVE SIPS OF WATER. SEEK MEDICAL ATTENTION IMMEDIATELY.

SUNSTROKE* SYMPTOMS: BODY TEMPERATURE IS HIGH. SKIN IS HOT, RED AND DRY. PULSE IS RAPID. VICTIM MAY BE UNCONSCIOUS. **TREATMENT:** KEEP VICTIM IN LYING POSITION WITH HEAD ELEVATED. REMOVE CLOTHING AND REPEATEDLY SPONGE THE BARE SKIN WITH COOL WATER. SEEK MEDICAL ATTENTION IMMEDIATELY.

POISONING* CALL THE POISON CONTROL CENTER FOR INSTRUCTION ON IMMEDIATE CARE. IF VICTIM BECOMES UNCONSCIOUS, KEEP THE AIRWAY OPEN. IF BREATHING STOPS, BEGIN RESCUE BREATHING. CALL EMS IMMEDIATELY
POISON IVY* REMOVE THE CONTAMINATED CLOTHING. WASH ALL EXPOSED AREAS THOROUGHLY WITH SOAP AND WATER. IF RASH IS MILD, APPLY CALAMINE LOTION OR OTHER SOOTHING SKIN LOTION. IF A SEVERE REACTION OCCURS, SEEK MEDICAL ATTENTION.

PUNCTURE WOUNDS* IF PUNCTURE WOUND IS DEEPER THAN SKIN SURFACE, SEEK MEDICAL ATTENTION. SERIOUS INFECTION CAN OCCUR UNLESS PROPER TREATMENT IS RECEIVED.

SPRAINS* ELEVATE INJURED PART AND APPLY ICE BAG OR COLD PACKS. DO NOT SOAK IN HOT WATER. IMMOBILIZE AFFECTED PART AND SEEK MEDICAL ATTENTION.

UNCONSCIOUSNESS * NEVER ATTEMPT TO GIVE ANYTHING BY MOUTH. KEEP VICTIM LYING FLAT, MAINTAIN OPEN AIRWAY. IF VICTIM IS NOT BREATHING, PERFORM RESCUE BREATHING AND CALL EMS IMMEDIATELY.

Q. SITE HEALTH AND SAFETY PLAN FOLLOW-UP REPORT

1. WAS THE SITE HEALTH AND SAFETY PLAN FOLLOWED?

_____ YES

_____ NO

2. IF NO, EXPLAIN ALL CHANGES TO THE HEALTH AND SAFETY PLAN?

3. REASON FOR CHANGES:

4. REPORT PREPARED BY: _____
(SITE SAFETY COORDINATOR)

DATE: _____

5. REPORT REVIEWED BY: _____
(PROJECT MANAGER)

DATE: _____

R. INCIDENT REPORT

REPORT NUMBER: _____

SITE: _____

LOCATIONS: _____

NAME OF AFFECTED INDIVIDUAL: _____

ADDRESS: _____

AGE: _____ SEX: _____ SOCIAL SECURITY NO.: _____ - _____ - _____

DESCRIPTION OF INCIDENT: _____

DATE OF INCIDENT: _____ TIME OF INCIDENT: _____

WORK DAYS LOST? YES _____ NO _____ NUMBER OF DAYS _____

WAS MEDICAL CARE REQUIRED? YES _____ NO _____

IF YES, DESCRIBE CARE RECEIVED(ATTACH MEDICAL RECORD): _____

DATE CARE RECEIVED: _____ LOCATION: _____

NAME OF ATTENDING PHYSICIAN: _____

OUTCOME OF TREATMENT: _____

FUTURE PREVENTIVE MEASURES/CORRECTIVE ACTION TAKEN: _____

REPORT PREPARED BY: _____ DATE: _____

REPORT REVIEWED BY: _____ DATE: _____