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COW BAY CONTRACTING,
104 HARBOR ROAD, PORT WASHINGTON, NY, 11050

Health and Safety Plan

600 - 800 Food Center Drive
Bronx, New York, 10474

Prepared For:
New York City Economic Development Corporation
110 William Street
New York, New York 10038

Submitted by:

COW BAY CONTRACTING,

104 HARBOR ROAD, PORT WASHINGTON, NY, 11050

AlluvadaJithendra
Project manager

1. Emergency Contact Information

Table 1. Emergency Information

Important Phone Numbers		Directions to Hospital
Local Police:	911	To Hospital (3.8 mi, ~ 16 min): 1. Head northwest on Food Center Drive towards Halleck St (0.9 mi) 2. Continue onto E Bay Ave (0.5 mi). 3. Turn right onto Tiffany St (0.2 mi). 4. Turn left onto Randall Ave (0.2 mi). 5. Continue onto Leggett Ave (0.3 mi). 6. Turn left onto Bruckner Blvd (249 ft). 7. Slight right onto Timpson Pl (1.0 mi). 8. Turn right onto E 149th St (1.1 mi). 9. Turn left onto Morris Ave (154 ft). 10. Hospital is on the right.
Fire Department:	911	
Ambulance:	911	
State Police or County Sheriff:	911	
Lincoln Medical Center: 234 E 149th St Bronx, NY 10451	(718) 579-5000	
Medcare Urgent Care-Walk In: 1643 Westchester Avenue Bronx, NY 10472	(718) 328-1900	
Project Manager: Alluvada V Jithendra	5168838484 office 5164696881 cell	To Occupational Clinic (3.4 mi, ~ 10 min): 1. Head northwest on Food Center Rd towards Halleck St (0.9 mi). 2. Turn right onto Halleck St (0.5 mi). 3. Slight left onto Edgewater Rd (0.5 mi). 4. Turn right onto Bruckner Blvd (0.7 mi). 5. Slight right onto the Bronx River Pkwy N ramp to White Plains (0.1 mi). 6. Take exit 2W toward Metcalf Ave (0.2 mi). 7. Merge onto Metcalf Ave 8. Turn left onto Metcalf Ave/ Sound View Ave (0.2 mi). 7. Turn left onto Westchester Ave. Medcare Urgent Care is on the right.
Client Contact: Steven Bettencourt (NYCEDC PM)	(212) 618-5798 office 917-509-8714 cell	
Nearest Telephone Location: On-site cellular		

2. Background Information

2.1 General

G C	Cow Bay Contracting, 104 harbor road, Port Washington, NY, 11050
Project Name	600 -800 Food Center Drive Pot Hole Repair Bronx, New York 10474

This Health and Safety Plan (HASP) establishes policies and procedures to protect personnel from the potential hazards posed by the activities at the former Voluntary Cleanup Agreement (VCA) Food Center Drive, Bronx, New York.Subcontractors will prepare their own Site-specific HASP and may use this as a guide. The plan identifies measures to minimize accidents and injuries, which may result from project activities or during adverse weather conditions. A copy of this HASP will be maintained on site for the duration of the work.

Appendix C details the signs, symptoms, care and procedures to both heat and cold stress. Appendix D includes the Tailgate Safety Briefing form, the Project Safety Briefing form, the Accident/Incident Report Form and the Near Miss Reporting Form.

2.2 Project Description

Historically, the Site was part of the Consolidated Edison Company of New York (Con Ed) Manufactured Gas Plant (MGP) that operated from 1926 until the early 1960s. Gas operations included a coke/oven gas plant, a carbureted water gas plant, a light oil plant, and a liquid petroleum production area. In total, approximately 46 buildings or structures existed

on the former Con Ed MGP facility that were actively involved in gas production. The facility stopped production in the early 1960s and was demolished in early 1968. Portions of the former MGP have been divided into parcels (A through F) for purposes of investigation.

2.3 Site Description

The Site is located in a commercial and industrial area of the Hunts Point section of the Borough of the Bronx. The Site consists of the paved roadway from Halleck Street on both the north and South. The roadway is currently covered under a New York State Department of Environmental Conservation (NYSDEC) approved Site Management Plan (SMP) and environmental easement.

Hazard/Risk Analysis

2.4 Special Site Conditions or Concerns

- Chemical/Contaminant Exposure – Not needed as we are only going 3 to 4" with asphalt milling
- Traffic – The majority of traffic on the project site will be construction traffic and vehicular traffic from employees and visitors to the facility. Food Center Drive is an extremely busy roadway, located west of the site.
- Cold Stress/Heat Stress – depends on time of year
- Bio hazards (insect bites, poison ivy, etc.) -Not needed as we are only going 3 to 4" with asphalt milling and all work is on Asphalt road
- Inclement weather/hazardous winter conditions – Cold stress, slippery surfaces, and icy conditions are possible dangers.
- Utilities – Large utilities along Food Center Drive and throughout the property- Not needed as we are only going 3 to 4" with asphalt milling

Safety equipment will include: First aid kit, fire extinguisher, eye wash bottles, adequate supply of drinking water and electrolyte fluids, hand cleaner, insect repellent, sunscreen, and cell phone.

2.5 Activity Hazard Analysis

For most work conducted at the site, Level D PPE will include long pants, hard hats, safety glasses with side shields, and steel toe/shank or EH-rated safety boots.

2.6 OSHA Requirements for PPE

Personal protective equipment used during the course of this field investigation must meet the following OSHA standards:

Table 5. OSHA Standards for PPE

Type of Protection	Regulation	Source
Eye and Face	29 CFR 1910.133	ANSI Z87.1 1968
Respiratory	29 CFR 1910.134	ANSI Z88.1 1980
Head	29 CFR 1910.135	ANSI Z89.1 1969
Foot	29 CFR 1910.136	ANSI Z41.1 1999 or ASTM F-2412-2005, and ASTM F-2413-2005

CRF = Code of Federal Regulations
ANSI = American National Standards Institute ASTM = American Society for Testing and Materials

3. Health and Safety Plan Sign-Off

Cow Bay Contracting personnel conducting site activities will be familiar with the information in this HASP. After reviewing this plan, please sign the copy in the project files, and bring a copy of the plan with you to the Site. By signing this site-specific HASP you are agreeing that you have read, understand, and will adhere to the provisions described in this plan while working on the Project Site below.

Site Name: 600 -800 FOOD CENTER DRIVE

Investigation: **Pot Holes repair - Food center drive**

Cow Bay Project No:

Table 2. Activity Hazard Analysis

General Hazards These Hazards Apply to All Site Activities	Control Measure
Cold Stress – Hypothermia, Frostbite	• Take breaks in heated shelters when working in extremely cold temperatures. • Drink warm liquids to reduce the susceptibility to cold stress. • Wear protective clothing (recommended three layers: an outside layer to break the wind, a middle layer to provide insulation, and an inner layer of cotton of synthetic weave to allow ventilation). • Wear a hat and insulated boots. • Keep a change of dry clothing available in case clothes become wet. • Do heavy work during the warmer parts of the day and take breaks from the cold. • If possible shield work areas from drafts of wind and use insulating material on equipment handles when temperatures are below 30°F • Watch for symptoms of cold stress. (see Appendix C in HASP)
Dusty Conditions – Eye and respiratory irritation	• Avoid travel at extreme times • Wear protective gear – dust masks, safety glasses
Heat stress – Fainting, Fatigue, Heat Stroke	• Increase water intake while working. • Increase number of rest breaks and/or rotate workers in shorter work shifts. Rest in cool, dry areas. • Watch for signs and symptoms of heat exhaustion and fatigue. • Plan work for early morning or evening during hot months. • Use ice vests when necessary. • In the event of heat stroke, bring the victim to a cool environment and initiate first aid procedures. • See Appendix C of the HASP
Inclement Weather	• Listen to local forecasts for warnings about specific weather hazards such as tornados, thunder storms, and flash floods. • If the storms produce thunder and/or lightning, leave the work area immediately and move to a safe area. • Discuss an action plan prior to the severe weather. • Wear appropriate PPE for the type of weather that could be encountered. • Stop work until conditions are suitable. Take cover in vehicles or shelter as appropriate. • See SOP HS-010

General Hazards **These Hazards Apply to All Site Activities**	**Control Measure**
Physical Injury – Slips, Trips and Falls	• Wear PPE that properly fits, is in good condition and appropriate for the activities and hazards. • Maintain good visibility of the work area. • Avoid walking on uneven, steeply sloped or debris ridden ground surfaces. • Plan tasks prior to preforming them including an activity hazard analysis. • Keep trafficked areas free from slip/trip/fall hazards. • Maintain weed growth in sampling areas, especially on slopes. • Wear shoes with traction. • Avoid traversing steep areas in slippery conditions. • Do not carry heavy objects to sampling areas, on steeply sloped areas, or where steep areas must be traversed to arrive at sample points.
Utilities – Shock, Electrocution, Fire, Explosion	• A thorough underground utility survey must be conducted prior to intrusive activities. Coordination with utility locating services, property owner(s) or utility companies must be conducted. • Utilities are to be considered live or active until documented otherwise. • For overhead utilities within 50 feet, determine with the utility company the appropriate distance. Minimum distance for clearance is based on voltage of the line. • If exposing a utility, proper support and protection must be provided so that the utility will not be damaged. • If a gas line is contacted, the contractor must notify police, fire, and emergency personnel, and evacuate employees according to the site evacuation procedures. No attempt should be made to tamper with or correct the damaged utility. • See SOP HS-014

General Hazards These Hazards Apply to All Site Activities	Control Measure
Vehicular Traffic – Struck by injury, crushing	• Increase visibility of the work area to others by using cones, flags, barricades, proper lighting and caution tape to define work area. • Use a "spotter" to locate oncoming vehicles. • Use vehicle to block work area. • Engage police detail for all work conducted in appropriate areas. • Wear high-visibility, reflective vest at all times. • Maintain minimum DOT defined distances to other traffic lanes. • See SOP HS-016.

Activity	Potential Hazard	Control Measures
Heavy Lifting	Back injury, knee injury	• Use proper lifting techniques. • Ask fellow worker for help. • Use a mechanical lifting device or a lifting aid where appropriate. • If you must lift, plan the lift before doing it. • Check your route for clearance. • Bend at the knees and use leg muscles when lifting. • Use the buddy system when lifting heavy or awkward objects. • Do not twist your body while lifting. • See SOP HS-025

If Site conditions suggest the existence of a situation more hazardous than anticipated, the Site personnel will evacuate the immediate area. The hazard, the level of precautions, and the PPE will then be reevaluated with the assistance and approval of the CHSO and the Project Manager (PM).

4.2.1 Utility Hazards

The Site may have shallow, buried utilities and also overhead utilities in certain areas. It will be necessary for parties disturbing the existing ground surface and conducting operations with heavy equipment having high clearances to exercise caution in performing project-related work with respect to the presence of utilities. Utility companies with active, buried lines in the Site area will be asked by the Contractor performing intrusive activities to mark their facilities. Employees will use these data to choose work locations.

4.2.1.1 Overhead Utilities

Overhead transmission and distribution lines will be carried on towers and poles which provide adequate safety clearance over roadways and structures. Clearances will be adequate for the safe movement of vehicles and for the operation of construction equipment.

Overhead or above-ground electric lines should be considered active until a reliable source has documented them to be otherwise. Elevated work platforms, ladders, scaffolding, man-lifts, and drill or vehicle superstructures will be erected a minimum of 20 feet (the actual distance is dependent upon the voltage of the line) from overhead electrical lines until the line is de-energized, grounded, or shielded so arcing cannot occur between the work location or superstructure.

4.2.2 Cold Stress

Employees may be exposed to the hazards of working in cold environments. Potential hazards in cold environments include frostbite, trench foot or immersion foot, hypothermia, as well as slippery surfaces, brittle equipment, and poor judgment.

4.2.3 Noise

Noise is a potential hazard associated with the operation of heavy equipment, power tools, pumps, and generators. Employees who will perform suspected or established high noise tasks and operations for short durations (less than 1-hour) will wear hearing protection. If deemed necessary by the SSO, the CHSO will be consulted on the need for additional hearing protection and the need to monitor sound levels for Site activities. Other employees who do not need to be in proximity of the noise should distance themselves from the equipment generating the noise.

4.2.4 Hand and Power Tools

In order to complete the various tasks for the project, personnel may use hand and power tools. The use of hand and power tools can present a variety of hazards, including physical harm from being struck by flying objects, being cut or struck by the tool, fire, and electrocution. Work gloves, safety glasses, and hard hats will be worn by the operating personnel when using hand and power tools and Ground Fault Circuit Indicator (GFCI)-equipped circuits will be used for power tools.

4.2.5 Slips, Trips, and Falls

Working in and around the Site may pose slip, trip, and fall hazards due to slippery and uneven surfaces. Excavation at the Site may cause uneven footing in trenches and around the soil piles. Steep slope and uneven terrain conditions at the Site are also a primary concern. GEI employees will wear proper foot gear and will employ good work practice and housekeeping procedures to minimize the potential for slips, trips, and falls.

4.2.6 Manual Lifting

Manual lifting of objects and equipment may be required. Failure to follow proper lifting technique can result in back injuries and strains. Employees should use a buddy system and/or power equipment to lift heavy loads whenever possible and should evaluate loads before trying to lift them (i.e., they should be able to easily tip the load and then return it to its original position). Carrying heavy loads with a buddy and proper lifting techniques

include: 1) make sure footing is solid; 2) make back straight with no curving or slouching; 3) center body over feet; 4) grasp the object firmly and as close to your body as possible; 5) lift with legs; and 6) turn with your feet, don't twist.

4.2.7 Cuts and Lacerations

The core sampling program may require employees to use powered cutting tools (circular saw or shears) or a hooked knife to cut open the sample liner. Safety box cutters will be utilized for routine operations such as opening boxes of supplies or cutting rope or string. When using cutting tools, follow the safety precautions listed below:

- Keep free hand out of the way.
- Secure work if cutting through thick material.
- Use only sharp blades; dull blades require more force that results in less knife control.
- Pull the knife through the object and away from your body; pulling motions are easier to manage.
- Do not put the knife in your pocket.
- Wear leather or Kevlar® gloves when using knives or blades, or when removing sharp objects caught or dangling in sampling gear.

4.3.1 Heavy Metals

Heavy metals such as arsenic, chromium, and mercury have been detected in site samples. Exposure to high concentrations of arsenic can cause dermatitis, gastrointestinal disturbances, peripheral neuropathy, respiratory irritation, and hyper pigmentation of skin. Chronic exposure to arsenic has resulted in lung cancer in humans. Arsenic is regulated by specific OSHA standards. They are 29 CFR 1910.1025/1926.52 and 29 CFR 1910.1018/1926.1118, respectively. These standards include specific requirements for air monitoring, signs and labels, training and medical surveillance.

Exposure to chromium can cause acute symptoms such as irritation of the eyes, nose and throat as well as wheezing and coughing. Chronic effects include nosebleeds, nasal congestion, dermatitis, and loss of sight. Exposure to mercury can cause dizziness, salivation nausea, vomiting, diarrhea, constipation, emotional disturbance, and kidney injury. Chronic exposure to mercury can cause CNS damage.

These metals are at environmental concentrations and are not expected to be at concentrations that exposure symptoms would occur. As with SVOCs, the primary route of exposure is through inhalation of dust particles when soil is disturbed and becomes airborne.

4.4.1 Sun Exposure

Employees are encouraged to liberally apply sunscreen, with a minimum sun protection factor (SPF) of 15, when working outdoors to avoid sunburn and potential skin cancer, which is associated with excessive sun exposure to unprotected skin. Additionally, employees should wear safety glasses that offer protection from ultraviolet A and B (UVA/UVB) rays.

Table 4. Site-Specific PPE

Task	PPE Level	Site-Specific Requirements	Respirator
Mobilization/Demobilization			
Mobilization/Demobilization of Equipment and Supplies	D	Hard hat, safety glasses, steel toe/shank safety boot, reflective vest, leather work gloves, hearing protection as needed	D – None
Establishment of Site Security, Work Zones, and Staging Area	D	Hard hat, safety glasses, steel toe/shank safety boot, reflective vest, leather work gloves, hearing protection as needed	D - None
Construction			
Excavation, Test Pit Excavation, Backfilling, Grading Observation, Sampling	D	Hard hat, safety glasses, steel toe/shank safety boot with overboot as needed, reflective vest, leather work gloves as needed, nitrile gloves, hearing protection as needed, Tyvek as needed	Level D initially, Level C-If action levels exceeded (see Section 9 of HASP)
Hazardous Materials Assessment			

Print Name	Signature
Alluvada V Jithendra	
Project Manager: Alluvada V Jithendra	