

**HEALTH AND SAFETY REQUIREMENTS****PART 1      GENERAL****1.1      REFERENCES**

- .1 Canadian Standards Association (CSA)
  - .1 CAN/CSA-Z259.1 Body Belts and Saddles for Work Positioning and Travel Restraint.
  - .2 CAN/CSA-Z259.10 Full body Harnesses.
  - .3 CAN/CSA-Z259.11 Energy Absorbers and Lanyards.
  - .4 CAN/CSA-Z259.2.1 Fall Arresters, Vertical Lifelines and Rails.
  - .5 FCC No. 301 Standard for Construction Operations.
  - .6 CSA Z797, Code of Practice for Access Scaffold.
- .2 FCC No. 302 Standard for Welding and Cutting.
- .3 Transportation of Dangerous Goods Act Regulations.
- .4 Newfoundland Occupational Health and Safety Act, Amended
- .5 Consolidated Newfoundland and Regulations 1149 WMIS Regulations Under the Occupational Health and Safety Act
- .6 Consolidated Newfoundland and Regulations Occupational Health and Safety Regulations under the Occupational Health and Safety Act.
- .7 Canada Labour Code, Part 2.
- .8 National Building Code of Canada.

**1.2      RELATED SECTIONS**

- .1 Section 01 33 00 - Submittal Procedures.
- .2 Section 01 41 00 - Regulatory Requirements.
- .3 Section 02 82 00.02 – Asbestos Abatement.

**1.3      SUBMITTALS**

- .1 At least 10 (ten) working days prior to commencing any site work: submit to Departmental Representative copies of:
  - .1 A complete Site Specific Health and Safety Plan.
  - .2 If work entails confined space, submit the following:

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- .1 Copies of current confined space entry training certificates acceptable to WHSCC, as well as copies of confined space entry programs, confined space assessment, safe work practices and rescue plans.
- .2 Acceptance of the Site Specific Health and Safety Plan and other submitted documents by the Departmental Representative shall only be viewed as acknowledgement that the contractor has submitted the required documentation under this specification section.
- .3 Departmental Representative makes no representation and provides no warranty for the accuracy, completeness and legislative compliance of the Site Specific Health and Safety Plan and other submitted documents by this acceptance.
- .4 Responsibility for errors and omissions in the Site Specific Health and Safety Plan and other submitted documents is not relieved by acceptance by Departmental Representative.

**1.4 OCCUPATIONAL HEALTH AND SAFETY (SITE SPECIFIC HEALTH AND SAFETY PLANS)**

- .1 Conduct operations in accordance with latest edition of the Newfoundland Occupational Health and Safety (OH&S) Act and Regulations, with specific reference to codes and standards referenced therein, and the Canada Labour Code, Part 2.
- .2 Prepare a detailed Site Specific Health and Safety Plan that shall identify, evaluate and control job specific hazards and the necessary control measures to be implemented for managing hazards.
- .3 Provide a copy of the Site Specific Health and Safety Plan upon request to Occupational Health and Safety Branch, Services NL, Province of Newfoundland and Labrador and the Departmental Representative.
- .4 The written Site Specific Health and Safety Plan shall incorporate the following:
  - .1 Hazard assessment results.
  - .2 Engineering and administrative demonstrative controls (work-practices and procedures) to be implemented for managing identified and potential hazards, and comply with applicable federal and provincial legislation and more stringent requirements that have been specified in these specifications.
  - .3 An organizational structure which shall establish the specific chain of command and specify the overall responsibilities of contractor's employees at the work site.
  - .4 A comprehensive work plan which shall:
    - .1 define work tasks and objectives of site activities/operations and the logistics and resources required to reach these tasks and objectives.
    - .2 establish personnel requirements for implementing the plan.
  - .5 A personal protected equipment (PPE) Program which shall detail PPE:
    - .1 Selection criteria based on site hazards.

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- .2 Use, maintenance, inspection and storage requirements and procedures.
- .3 Decontamination and disposal procedures.
- .4 Inspection procedures prior to, during and after use, and other appropriate medical considerations.
- .5 Limitations during temperature extremes, heat stress and other appropriate medical consideration.
- .6 An emergency response procedure, refer to Clause 1.5 Supervision and Emergency Response Procedure of this section for requirements.
- .7 A hazard communication program for informing workers, visitors and individuals outside of the work area as required. This will include but not be limited to a visitor safety and orientation policy and program that will include education on hazards, required PPE and accompaniment while on site.
- .8 A hearing conservation program in accordance with the OHS Regulations.
- .9 A recent (current year) inspection form for all powered mobile equipment that will be used in fulfilling the terms of the contract. The inspection form shall, at a minimum, state that the equipment is in a safe operating condition.
- .10 A complete listing of employee names, their driver's license classification, expiry date, endorsements and the type of equipment that they are qualified to operate for the complete scope of work for this project. The Driver's License Number should not be provided as this is confidential information. Provision of the License Number may breach *PIPEDA* - the Personal Information Protection and Electronic Documents Act. (Federal Act) or *ATIPPA* - *Access to Information and Protection of Privacy Act* - Part IV. (Provincial Act of Newfoundland and Labrador). This shall also include documentation where required of certification in power line hazards.
- .11 An acceptable parking policy for all powered mobile equipment to be used on this project. The policy shall, at a minimum, be based on a hazard assessment that considers factors such as equipment type, potential for roll over, load capacity of the parking area, pedestrian and vehicular traffic, and potential for equipment tampering, equipment energy, and equipment contact with power lines.
- .12 A health and safety training program which includes a safety training matrix.
- .13 General safety rules.
- .5 Periodically review and modify as required each component of the Site Specific Health and Safety Plan when a new hazard is identified during completion of work and when an error or omission is identified in any part of the Site Specific Health and Safety Plan.
- .6 Review the completeness of the hazard assessment immediately prior to commencing work, when a new hazard is identified during completion of work and when an error or omission is identified.
- .1 Be solely responsible for investigating, evaluating and managing any report of actual or potential hazards.
- .2 Clearly define accident incident investigation procedures.
- .3 Clearly define policy and processes for early and safe return to work.

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- .4 Retain copies of all completed hazard assessments at the project site and make available to the Departmental Representative immediately upon request.
- .7 Implement all requirements of the Site Specific Health and Safety Plan.
  - .1 Ensure that every person entering the project site is informed of requirements under the Site Specific Health and Safety Plan.
  - .2 Take all necessary measures to immediately implement any engineering controls, administrative controls, personal protective equipment required or termination of work procedures to ensure compliance with the Site Specific Health and Safety Plan.

**1.5 SUPERVISION AND EMERGENCY RESCUE PROCEDURE**

- .1 Carry out work under the direct supervision of competent persons responsible for safety by ensuring the work complies with the appropriate section of OH&S Act and Regulations
- .2 Assign a sufficient number of supervisory personnel to the work site.
  - .1 Any person assigned to supervisory duties shall not conduct significant work in relation to the contract that inhibits them from the ability to properly supervise the work site.
- .3 Provide a suitable means of communications and check-in for workers required to work alone.
- .4 Develop an emergency rescue plan for the job site and ensure that supervisors and workers are trained in the emergency rescue plan.
- .5 The emergency response plan shall address, as a minimum:
  - .1 Pre-emergency planning.
  - .2 Personnel roles, lines of authority and communication.
  - .3 Emergency recognition and prevention.
  - .4 Safe distances and places of refuge.
  - .5 Site security and control
  - .6 Evacuation routes and procedures
  - .7 Decontamination procedures which are not covered by the site specific safety and health plan.
  - .8 Emergency medical treatment and first aid.
  - .9 Emergency alarm, notification and response procedures including procedures for reporting incidents to local, provincial and federal government departments.
  - .10 PPE and emergency equipment.
  - .11 Procedures for handling emergency incidents.
  - .12 Site specific emergency response training requirements and schedules.
- .6 The emergency response procedures shall be rehearsed regularly as part of the overall training program.

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- .7 Provide adequate first aid facilities for the jobsite and ensure that a minimum number of workers are trained in first aid in accordance with the Occupational Health and Safety First Aid Regulations.

**1.6 CONTRACTORS SAFETY OFFICER**

- .1 The contractor shall employ a Contractor's Safety Officer (CSO) who shall have as a minimum successfully completed the following training, and must have current credentials for those that have expiration dates:
  - .1 Training in hazardous materials management and response/protocols.
  - .2 Training in the use, maintenance of fall protection systems certified by WHSCC at a minimum.
  - .3 Training in the inspection of scaffolding in accordance with CSA Z797.
  - .4 Training in confined space entry protocols, techniques and rescue plans, certified by WHSCC at a minimum.
  - .5 Supervisory training.
  - .6 Training in records and statistics.
  - .7 Training in hazard identification, inspections, analysis and control.
  - .8 Training in WHMIS.
  - .9 Training in health and safety program content.
  - .10 Training in investigations and reporting.
  - .11 Training in occupational health/hygiene.
  - .12 Training in employee training and communication.
  - .13 Training in Emergency Preparedness and First Aid.
  - .14 A working knowledge of, and experience satisfactory to the Department, using the occupational safety and health legislation and regulations specific to Newfoundland and Labrador.
  - .15 Experience, satisfactory to the Department, with the safe work practices required for execution of the work and operation of equipment specific to the project.
  - .16 Experience, satisfactory to the Department, in developing and monitoring site safety and housekeeping policies.
  - .17 Experience, satisfactory to the Department, in developing and monitoring a preventative maintenance and inspection program for Construction Site Equipment.
- .2 The CSO shall:
  - .1 Be responsible for developing, implementing, daily enforcement, monitoring and updating of the Site Specific Health and Safety Plan.
  - .2 Be responsible for the delivery of the site safety orientation and ensure that the personnel who have not been orientated are not permitted to enter the site. This applies to workers, inspectors and visitors.
  - .3 Report directly to and be under direction of the Site Superintendent or Contractor's Project Manager.

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- .4 Prior to mobilization on-site, hold an orientation meeting with the contractors, subcontractors and Departmental Representative to review project occupational health and safety. Include but not limit meeting to a review of:
  - .1 Site Specific Health and Safety Plan.
  - .2 Construction Safety Measures.
  - .3 Supervision and Emergency Rescue Procedures.
  - .4 Hazard Assessments
- .5 Maintain a daily log of inspections, meetings, infractions and mitigating measures. Log is to be filed daily and copies to be provided to the Site Superintendent and Departmental Representative.

**1.7 HEALTH AND SAFETY COMMITTEE**

- .1 Establish an Occupational Health and Safety Committee where ten or more workers are employed on the job site as per the OH&S Act and Regulations.

**1.8 RESPONSIBILITY**

- .1 Be responsible for health and safety of persons on site, safety of property on site and for protection of persons adjacent to site and environment to extent that they may be affected by conduct of Work.
- .2 Comply with and enforce compliance by employees with safety requirements of Contract Documents, applicable federal, provincial, territorial and local statutes, regulations, and ordinances, and with Site Specific Health and Safety Plan.
- .3 Where safety risks exist, the contractor must stop the work until such time as the risk can be mitigated to a safe level.
- .4 Take appropriate steps to ensure that the hazards are mitigated to a safe level, workers are notified of the hazards and how to protect themselves. As well, workers must be provided with any new safe work practices or information regarding mitigation of the risk.

**1.9 UNFORSEEN HAZARDS**

- .1 Should any unforeseen or peculiar safety-related factor, hazard, or condition become evident during performance of Work, follow procedures in place for Employee's Right to Refuse Work in accordance with Acts and Regulations of Province having jurisdiction. Advise Departmental Representative verbally and in writing.

**1.10 INSTRUCTION AND TRAINING**

- .1 Workers shall not participate in or supervise any activity on the work site until they have been trained to a level required by this job function and responsibility. Training shall as a minimum thoroughly cover the following:

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- .1 Federal and Provincial Health and Safety Legislation requirements including roles and responsibilities of workers and person(s) responsible for implementing, monitoring and enforcing health and safety requirements.
- .2 Safety and health hazards associated with working on a contaminated site including recognition of symptoms and signs which might indicate over exposure to hazards.
- .3 Limitations, use, maintenance and disinfection-decontamination of personal protective equipment associated with completing work.
- .4 Limitations, use, maintenance and care of engineering controls and equipment.
- .5 Limitations and use of emergency notifications and response equipment including emergency response protocol.
- .6 Work practices and procedures to minimize the risk of an accident and hazardous occurrence from exposure to a hazard.
- .2 Provide and maintain training of workers, as required, by Federal and Provincial legislation.
- .3 Provide copies of all training certificates to Departmental Representative for review, before a worker is to enter the work site.
- .4 Authorized visitors shall not access the work site until they have been:
  - .1 Notified of the names of persons responsible for implementing, monitoring and enforcing the Site Specific Health and Safety Plan.
  - .2 Briefed on safety and health hazards present on the site.
  - .3 Instructed in the proper use and limitations of personal protective equipment.
  - .4 Briefed as the emergency response protocol including notification and evacuation process.
  - .5 Informed of practices and procedures to minimize risks from hazards and applicable to activities performed by visitors.
  - .6 Accompanied while on site, and provided with the appropriate PPE.
- .5 All workers will be instructed and trained on the hazards associated with work they will perform and how to protect themselves. This will include a review of all safe work practices, the reporting and documentation of hazards, reporting accidents and injuries as well as, formal training in areas of high risk (i.e. fall protection, power line hazards, traffic control persons training).
- .6 The work site shall have the appropriate number of persons trained in emergency and Standard First Aid according to the First Aid Regulations.

**1.11 CONSTRUCTION SAFETY MEASURES**

- .1 Observe construction safety measures of National Building Code, latest edition, Provincial Government, OH&S Act and Regulations, Workplace Health and Safety Compensation Commission and Municipal Authority provided that in any case of conflict or discrepancy more stringent requirements shall apply.

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- .2 Administer the project in a manner that will ensure, at all times, full compliance with Federal and Provincial Acts, regulations and applicable safety codes and the Site Specific Health and Safety Plan.
- .3 Provide Departmental Representative with copies of all orders, directions and any other documentation, issued by the Occupational Health and Safety Branch, Services NL, immediately after receipt.

**1.12 POSTING OF DOCUMENTS**

- .1 Ensure applicable items, articles, notices and orders are posted in conspicuous location on site in accordance with Acts and Regulations of Province and authority having jurisdiction, and in consultation with Departmental Representative.

**1.13 HEALTH AND SAFETY MONITORING**

- .1 Periodic inspections of the contractor's work may be carried out by the Departmental Representative to maintain compliance with the Health and Safety Program. Inspections will include visual inspections as well as testing and sampling as required.
- .2 The contractor shall be responsible for any and all costs associated with delays as a result of contractor's failure to comply with the requirements outlined in this section.

**1.14 NOTIFICATION**

- .1 For projects exceeding thirty (30) days or more, the contractor shall, prior to the commencement of work, notify in writing the Occupational Health and Safety Branch, Services NL with the following information:
  - .1 Name and location of construction site.
  - .2 Company name and mailing address of contractor doing the work.
  - .3 The number of workers to be employed.
  - .4 A copy of the Site Specific Health and Safety Plan if requested.

**1.15 CORRECTION OF NON-COMPLIANCE**

- .1 Immediately address health and safety non-compliance issues identified by authority having jurisdiction or by Departmental Representative.
- .2 Provide Departmental Representative with written report of action taken to correct non-compliance of health and safety issues identified within ten (10) working days.
- .3 Departmental Representative may stop work if non-compliance of health and safety regulations is not corrected.

**1.16 WHMIS**

- .1 Ensure that all controlled products are in accordance with the Workplace Hazardous Materials Information System (WHMIS) Regulations and Chemical Substances of the



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OH&S Act and Regulations regarding use, handling, labelling, storage, and disposal of hazardous materials.

- .2 Deliver copies of relevant Material Safety Data Sheets (MSDS) to job site and the Departmental Representative. The MSDS must be acceptable to Labour Canada and Health and Welfare Canada for all controlled products that will be used in the performance of this work. All MSDS should be located in accessible locations for all workers and visitors throughout the site, bound and organized in binders.
- .3 Train workers required to use or work in close proximity to controlled products as per OH&S Act and Regulations.
- .4 Label controlled products at jobsite as per OH&S and Regulations and WHMIS.
- .5 Provide appropriate emergency facilities as specified in the MSDS where workers might be exposed to contact with chemicals, e.g. eye-wash facilities, emergency shower.
  - .1 Workers to be trained in use of such emergency equipment.
- .6 Contractor shall provide appropriate personal protective equipment as specified in the MSDS where workers are required to use controlled products.
  - .1 Properly fit workers for personal protective equipment
  - .2 Train workers in care, use and maintenance of personal protective equipment.
- .7 No controlled products are to be brought on-site without prior approved MSDS.
- .8 The MSDS are to remain on site at all times.

**1.17 OVERLOADING**

- .1 The Contractor's Full Time CSO and/or Site Superintendent shall ensure no part of work or associated equipment is subjected to loading that will endanger its safety or will cause permanent deformation.

**1.18 FALSEWORK**

- .1 Design and construct falsework in accordance with CSA S269.1.

**1.19 SCAFFOLDING**

- .1 Design, erect, inspect, operate, modify, and dismantle scaffolding in accordance with CSA Z797, the OH&S Act and Regulations, and the scaffold manufacturer's written instructions.
- .2 Provide trained and certified Competent Scaffold Erectors for all scaffold erection, modification and dismantling. Training certification must be valid at time of erection, modification and dismantling of scaffold.

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- .3 Conduct and document daily inspections of scaffolding by trained and certified Competent Scaffold Inspectors or Erectors. Training certification must be valid at the time of inspection.
- .4 Provide a scaffold tagging system as described in CSA Z797.
- .5 Ensure that all industry best practices for safe scaffold usage, including fall protection, proper loading, safe access, electrical hazards, exit door management and other concerns are strictly adhered to.

**1.20 WORKING AT HEIGHTS**

- .1 Ensure that fall restraint or fall arrest devices are used by all workers working at elevations greater than 3.05 meters above grade or floor level in accordance with CSA Z259, where alternate fall protection systems are not provided in accordance with Occupational Health and Safety Act and Regulations.
- .2 All workers performing work at height and who will be required to utilize a fall arrest system must be trained in a fall protection program certified by the WHSCC. Training must be current and valid at the time of use.
- .3 Prior to working at height workers shall be instructed in a Contractor Safe Work Practice for working at height and associated Rescue Plan for working at heights, developed specific to the work to be performed, locations and risks.

**1.21 PERSONAL PROTECTIVE EQUIPMENT**

- .1 Ensure workers on the jobsite use personal protective equipment appropriate to the hazards identified in the Site Specific Health and Safety Plan and those workers are trained in the proper care, use, and maintenance of such equipment.
- .2 PPE selections shall be based on an evaluation of the performance characteristics of the PPE relative to the requirements and limitations of the site, task-specific conditions, duration and hazards and potential hazards identified on site. PPE must also be fitted for the worker.
- .3 Provide workers and visitors to the site with proper respiratory protection equipment.
  - .1 No work shall be performed in an area where an airborne contaminant exceeds recommendations of the ACGIH, do not meet the appropriate standards for the specific contaminants or are not in accordance with the OHS regulations..
  - .2 Respiratory protection shall be provided in accordance with the requirements of the Occupational Health and Safety Branch, Services NL and these specifications.
  - .3 Establish, implement and maintain a respirator inspection and maintenance program in accordance with the CSA standard identified in the OHS Regulations.

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- .4 Copies of all respirator owners' maintenance manuals shall be kept at all times at the contractor's site office.
- .4 Provide and maintain a supply of dermal protection equipment to allow visitors and all workers proper dermal protection.
  - .1 Dermal protection shall be sufficient to act as a protective barrier between the skin and an airborne contaminant or hazardous material. Dermal protection shall also be provided for all physical hazards.
  - .2 Dermal protection equipment shall not be used after exceeding 75% of the break through time. The break through time shall be based on the contaminant which requires the least amount of time to break through the protective equipment
  - .3 Copies of all dermal protection user specifications, owners and maintenance manuals shall be kept at all times at the contractor's site office.
  - .4 Establish, implement and maintain air inspection program to ensure proper dermal protection in accordance with CSA, NIOSH, U.S. EPA and manufacturer's requirements.
- .5 Provide all workers and up to five (5) visitors to the site with proper hearing protection. Workers and visitors shall not be exposed to noise levels greater than 85 dB (A) over an eight hour shift without proper hearing protection, in accordance with the Hearing Conservation Program.
- .6 Provide all workers and up to five (5) visitors to the site with CSA approved eye protection sufficient to act as a protective barrier between the eye and airborne contaminants, hazardous materials and physical hazard.
- .7 Provide workers and up to five (5) visitors to the site with CSA approved hard hats meeting the CSA Z94.1.
- .8 Provide high visibility apparel as defined in Occupational Health and Safety Regulations.
- .9 Provide CSA approved safety boots meeting CSA Z195.
- .10 Provide other personal protective equipment, as may be required by the owner, depending on duties being performed.

**1.22 TRAFFIC CONTROL**

- .1 Provide traffic control measures when working on, or adjacent to, roadways in accordance with the "Traffic Control Manual for Roadwork Operations", Department of Transportation and Works.

**1.23 CONFINED SPACE WORK**

- .1 Comply with the Newfoundland and Labrador Occupational Health and Safety Regulations.

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- .2 Ensure a hazard assessment has been conducted related to the confined space and the work to be performed within the space.
- .3 Provide approved air monitoring equipment where workers are working in confined spaces and ensure any test equipment to be used is calibrated, in good working order and used by trained persons.
- .4 Ensure all required PPE is provided to the workers and workers are trained in its use, care and selection.
- .5 Develop a confined space entry (CSE) program specific to the nature of work performed and in accordance with OH&S Act and Regulations and ensure supervisors and workers are trained in the confined space entry program. This shall include training on the CSE permit system, rescue plan, testing, communication equipment and all equipment and safe work procedures conducted in and around the confined space.
  - .1 Ensure that personal protective equipment and emergency rescue equipment appropriate to the nature of the work being performed is provided and used.
- .6 Provide and maintain training of workers through a provider certified by the WHSCC.
- .7 Provide Departmental Representative with a copy of an "Entry Permit" for each entry into the confined space to ensure compliance Provincial Legislation.

**1.24 HAZARDOUS MATERIALS**

- .1 Should material resembling hazardous materials (e.g. asbestos/mould) not previously identified/documentated be encountered during the execution of work, stop work and notify Departmental Representative. Do not proceed until written instructions have been received from Departmental Representative.
- .2 Unless otherwise noted the services of a recognized Environmental Consultant to provide all air monitoring and testing services required by regulatory requirements for hazardous materials abatement and repair.

**1.25 HEAVY EQUIPMENT**

- .1 Ensure mobile equipment used on jobsite is of the type specified in OH&S Act and Regulations fitted with a Roll Over Protective (ROP) Structure and Falling Object Protective (FOP) Structure.

**1.26 WORK STOPPAGE**

- .1 Give precedence to safety and health of public and site personnel and protection of environment over cost and schedule considerations of Work.

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**PART 2      PART 2      PRODUCTS (NOT APPLICABLE)**

**PART 3      PART 3      EXECUTION (NOT APPLICABLE)**

**END OF SECTION**