
ADRoP- Phase 1 WHWTP Project HEALTH AND SAFETY PLAN

APRIL 2025

Prepared by:

DUDEK

605 Third Street
Encinitas, California 92024

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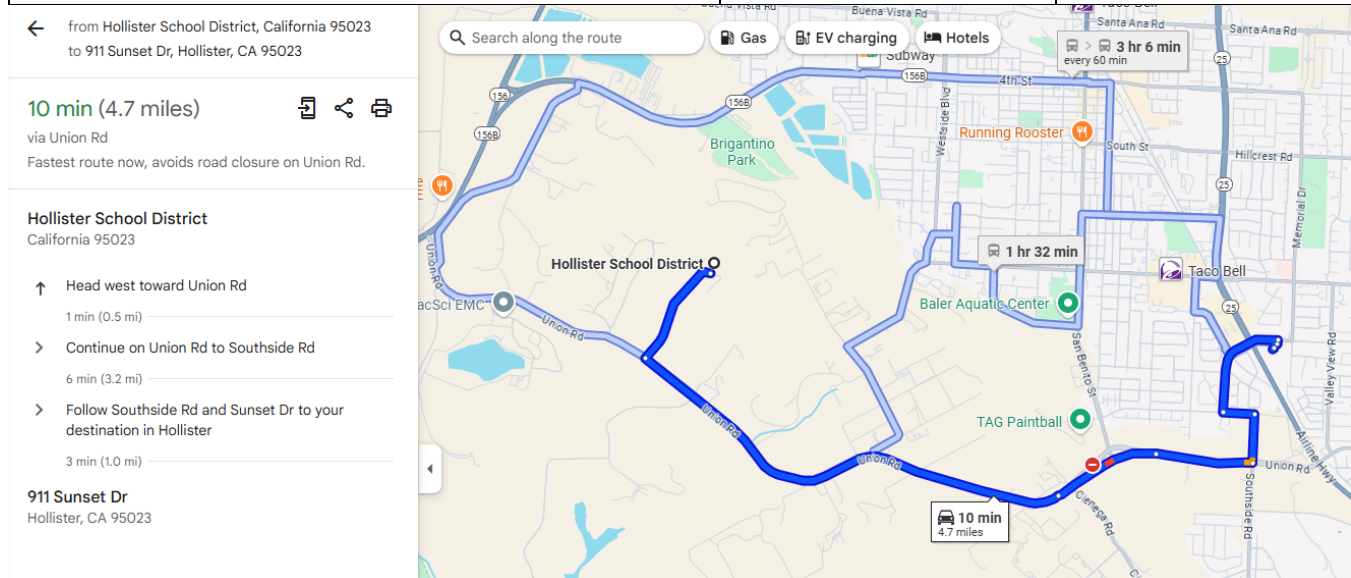
1 Critical Project Information

Identify the nearest Occupational Clinic and Hospital to the site that accepts Dudek Workers' Compensation Insurance (See Attachment A for instructions). If the nearest such clinic or hospital is an unreasonable distance from the site, identify nearer hospitals or clinics. Attach maps and directions to the clinic and hospital in Attachment A.

Scope of Work/Tasks:

The scope of work would be biologists performing pre-construction surveys and construction compliance monitoring (biological) of initial ground disturbance.

Key Personnel		Emergency Contacts	
Morgan Kennedy (Project Manager)	916.661.2498	Emergency	9-1-1
Mikaela Bissell	530.328.9515	Police Station (Hollister PD):	831.636.4330
Hannah Barner	619.489.0603		
Dudek Incident Hotline: 760.226.5460 (Available 24/7) WorkCare: 888.449.7787 (Available 24/7)		Nearest Hospital: Hazel Hawkins Memorial Hospital	911 Sunset Dr., Hollister, CA 95023 831.637.5711



2 Personal Protective Equipment

Using the appropriate PPE will minimize the potential hazards from field survey exposures. Request [PPE HERE](#).

The following PPE must be worn on site:

- Class II orange safety vest
- ANSI-approved safety glasses
- ANSI- or ASTM-approved steel-toed boots or safety shoes
- NIOSH-approved respiratory protection as needed
- Cut resistant gloves as needed
- Long pants
- Minimum of t-shirt length sleeves
- Hearing protection as needed
- Snake chaps as needed

3 Training

Prior to working on site, employees must complete the following(If applicable):

- Heat Stress Prevention training
- Valley Fever training
- Respiratory Protection training
- Construction Site Safety Awareness training

4 Incident Reporting

Injuries	Vehicle Accidents:
<p>All medical emergencies employees should call 9-1-1</p> <p>For all non-emergency work related injuries employees are required to seek medical attention by calling:</p> <p>WorkCare 24/7 hotline at: 888.449.7787</p> <p>After receiving guidance employee must contact Project Manager or Supervisor.</p> <p>Incidents:</p> <p>For non-emergency incidents, report the situation to your immediate supervisor and the EHS Department @ 760.266.5460</p> <p>All incidents should be reported within 1-hour of their occurrence.</p> <p>For emergency incidents: 9-1-1</p>	<ol style="list-style-type: none"> 1 Call 9-1-1 for medical emergencies 2 Exchange insurance and drivers' license information. 3 Collect information from any witnesses. 4 Report all vehicle incidents to <u>Safety@Dudek.com</u> and <u>FleetSupport@Dudek.com</u>

5 Hazard Analysis

Biological

Snakes

Avoid contact and areas that may harbor snake populations including rocky outcrops, rubble piles, high grass, shrubs, and crevices. When working in areas where snakes might be encountered, monitors should don snake proof chaps prior to the commencement of work in these areas. In the event of a bite, note the snake's appearance if possible, in order to describe the snake to emergency staff. The affected individual should lie down with the wound below the heart and remain still to keep the venom from spreading. Emergency medical services should be contacted. If more than 30 minutes from emergency care, apply sterile bandage wrap over the bite and 2 to 4 inches above the bite. (Note: Bandage should be loose enough to slip your finger underneath.)

Do not:

- Cut a bite wound.
- Attempt to suck out venom.
- Apply a tourniquet, ice, or water.
- Give the person alcohol or caffeinated drinks.

If the individual is taken to the hospital, treatment will depend on the type of snake. If the snake was venomous, the individual will be given anti-venom treatment. A tetanus shot may be given, depending on the date of last tetanus shot.

Venomous Insects

Common examples include bees, fire ants, and wasps. Avoid contact with insects and their hives. If stung, remove the stinger by gently scraping it out of the skin (do not use tweezers). If stung by an insect, immediately apply an ice pack to the affected area, wash area with soap and water, and apply antiseptic. If an allergic reaction occurs, contact emergency medical services for appropriate treatment.

Ticks

Ticks are small arachnids in which diet consists of blood. Ticks do not jump or fly; they spread their legs and grab or crawl onto a passing host. To avoid ticks:

- Wear light colored clothing so ticks can be seen easily.
- Tuck pants into boots or socks.
- Apply insect repellent and use brands designed to repel ticks.
- Be sure to check yourself for ticks after any field activities.

Use tweezers to remove a tick by grasping as close to the skin as possible. Apply gentle pulling motion upward until the tick comes free. Do not yank, twist or turn the tick. Flush the tick down the sink or toilet. Local cleansing and antibiotic appointment should be applied. Keep an eye on the area for infection.

Mosquitoes

Mosquitoes may transmit diseases such as West Nile virus. Symptoms of West Nile virus include fever, headache, tiredness, body aches, and occasional rash. Avoid mosquito bites by wearing long-sleeved shirt and long pants. Apply insect repellent to clothes and/or skin (if Food and Drug Administration-approved for topical use). Mosquitoes are most active from dusk to dawn.

Spiders/Scorpions

The black widow and brown recluse spiders are the most venomous. Avoid contact with spiders and scorpions and areas where they may hide; they favor dark hiding places. Inspect clothing and shoes before getting dressed. Wear gloves and safety shoes when working with lumber and rocks, inspecting buildings, etc. Signs and symptoms of bites include headache, cramping pain/muscle rigidity, rash and/or itching, nausea, dizziness, vomiting, weakness or paralysis, and convulsions or shock. Wash bite area with soap and water and apply antibiotic cream. Contact emergency medical services if allergic reaction or severe symptoms occur.

Poison Oak

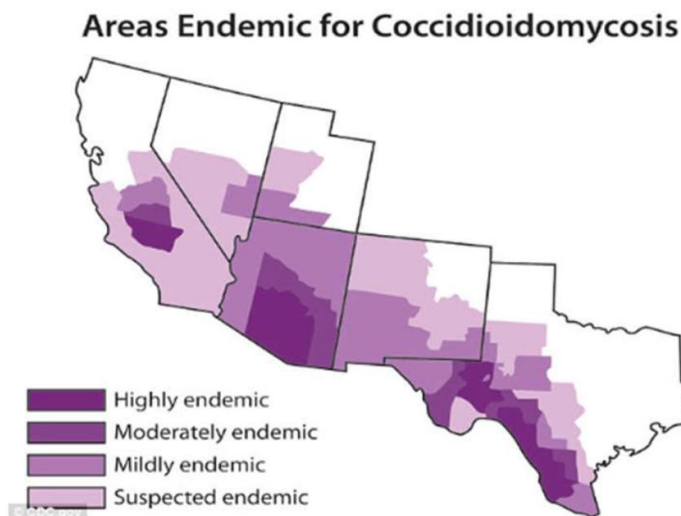
Be aware of plants in the work site. Poison oak has three leaves shaped in lobes that resemble leaves of an oak tree. If poisonous plants are known to grow in the area of a work site, cover up with closed shoes, long pants and long sleeves. If you come into contact with poisonous plants, wash clothes and skin that have been exposed with soap and warm water. Be sure to scrub under nails. The rash can spread if the oils are present when scratching. Tecnu or alcohol wipes can be used to remove the oils.

Valley Fever

Valley fever, or coccidioidomycosis, is an infection caused by the fungus *Coccidioides immitis*. Valley fever can be contracted by breathing in the microscopic fungal spores when they become airborne. The fungus is known to live in the soil in the southwestern United States and parts of Mexico and Central and South America. Most people who breathe in the spores do not get sick, and usually, people who get sick with valley fever will get better on their own within weeks to months, but some people will need antifungal medication. Certain groups of people – including adults aged 60 or older, people who have weakened immune systems, pregnant women, and people who have diabetes are at higher risk for developing the severe forms of the infection. Avoid Valley Fever by wearing dust masks when working in areas with large amounts of dust.

Below are areas where Valley Fever is present:

Fresno
Kern
Kings
Madera
Merced
San Luis Obispo
Tulare



Lessen the risk by:

1. Wear PPE (n95 dust masks, breathable overalls – Contact Safety@Dudek.com to request)
2. Good Hygiene Best Practices: Wash your hand with soap and water after a field day, bring an extra change of clothes if dust conditions/ground disturbing activities are being completed

3. Complete a daily weather check to monitor wind conditions
4. If possible, water the area down by any means possible to help maintain dust.
5. Practice your Stop Work Authority if conditions are unsafe. Always contact the Project Manager and EHS.

Electrical

Use of electrical equipment and power tools is not anticipated on this project; however, it is important to be aware of electrical hazards on construction sites. Keep a minimum distance of 10 feet from any live electrical boxes or transformers. Electrical safety signs are used to alert workers of any potentially high voltages, overhead power lines or other electrical hazards. These signs are there to protect workers and should never be ignored.

Wildfires

Prior to starting your workday, it is crucial to understand what fires are around the jobsite, the Air Quality Index (AQI) for the area you are scheduled to work in, and project specific fire-tool requirements for fire safety. Should there be a concern with a wildfire location and/or the AQI, contact the Dudek Safety team immediately. For information on wildfires, visit: <https://www.fire.ca.gov/incidents/>. Call 9-1-1 immediately if there is a new fire in your project area.

Air Quality Index (AQI)

The AQI is divided into six categories of AQI value. Each category corresponds to a different level of health concern with a corresponding color. The color makes it easy for people to quickly determine whether air quality is reaching unhealthy levels in their communities. For more information or to check the current AQI in your area, please visit: <https://www.airnow.gov/> or download the app. All employees should check the AQI before starting work. Any AQI greater than 151 must be communicated back to the Project Director and Safety. Dudek follows all cal/OSHA requirements and guidelines for Protecting Outdoor Workers Exposed to Smoke from Wildfires. Should the AQI be greater than 151, Dudek will assess whether implementing engineering controls (e.g. providing an enclosed structure or vehicle for employees to work in, where air is filtered), or provide proper respiratory protection to filter out fine particles (e.g. N95 or N99). If implementing engineering control or providing proper respiratory protection is not feasible, work operation will be shut down for worker safety. All employees that will work onsite will be trained, medically cleared, and fit tested for a N95/99 respirator. Please contact Safety@dudek.com for more information. No employee will be allowed to wear a respirator if they have not completed the above steps.

Heavy Equipment

Vehicles and heavy equipment shall not exceed a speed limit of ten miles-per-hour in the project area. All on-site personnel shall become familiar with potential safety concerns associated with any excavators or other heavy equipment used by subcontractors.

Equipment, including drill rigs or other heavy machinery, will be operated in compliance with the manufacturer's instructions, specifications, and limitations, as well as any applicable regulations. Operators shall be trained and/or certified to operate each piece of heavy equipment, per their company's requirements. They will also be familiar with their Health and Safety Plan as it relates to the project.

Site personnel shall follow the precautions listed below during heavy equipment operation.

- Minimum PPE standards to follow include steel-toed boots, safety glasses, high visibility vests, and hard hats.
- Only personnel directly involved in the operations of the equipment should be in the work area. All non-essential personnel shall remain out of the work area. All personnel shall remain out of the swing area of any heavy equipment.
- Personnel must be aware of the location and operation of heavy equipment at all times. Personnel should never assume that the operator sees them; eye contact and hand signals should be used to facilitate communication between the worker and operator.
- Personnel should not walk directly in back of, or to the side of, heavy equipment without the operator's knowledge. Workers must avoid entering the swing radius of equipment during operation of the equipment and be aware of potential pinch points on articulating equipment.

Lone Workers

Lone workers are individuals working by themselves, cannot be seen or heard, assistance is not readily available, absence may not be noticed for some time or do not have close supervision. The key to lone worker safety is awareness and safe work procedures. Supervisors are responsible for communicating the guidelines, ensuring the health and safety of the employee and following up on Check-in/Check-out procedures. Employees are responsible for recognizing hazards and reporting them to the supervisor, participating in Check-in/Check-out procedures, and ensuring communication with the supervisor.

Noise

Noise may be generated by the operation of heavy equipment or other machinery. Hearing protection with the appropriate noise reduction rating shall be worn in areas with high noise levels or during times where excessive noise is present. If loud noise is present or normal conversation becomes difficult, hearing protection in the form of ear plugs, or equivalent, will be required. Dudek personnel will be provided with hearing protection.

Overhead Utilities

Any overhead utility is considered to be energized unless and until the person owning or operating such line verifies that the line is not energized and the line is visibly grounded at the work site. If work is to be conducted in the vicinity of overhead electrical utilities, the appropriate distance shall be kept. Never park under overhead utilities.

Slips, Trips and Falls

Slips, trips, and falls may exist due to uneven terrain, wet or slick surfaces, leaks, or spills. Tripping and falling hazards may be present from elevation changes, debris, poor housekeeping or tools and environment. Specific hazards include stockpiled soil or exposed excavation. Prevention requires attention and alertness on the part of each employee, following and enforcing proper procedures including good housekeeping practices, and wearing appropriate protective equipment that properly protects the ankle. In addition, workers shall not enter areas that do not have adequate lighting.

Vehicles

If you do not feel comfortable driving, please DO NOT DRIVE and contact Safety@Dudek.com

Driving is required to get to, from, and between project sites. All vehicles will be maintained properly and will be equipped with appropriate safety equipment. Vehicle operators should exercise caution and remain alert when exiting the site, merging into traffic, and during travel. Accidents shall be reported to Facilities and Human Resources immediately.

- Ensure vehicle is equipped and safe to drive in the project safety conditions.
- Conduct preventative maintenance, have proper supplies BEOFRE starting work.

Stay Aware:

- Remain vigilant of changing road/weather conditions

Prepare

- Check road conditions before, plan the safest route, give extra time

Slow Down

Drive Defensively

Weather

Sunburn

Working outdoors with the skin unprotected for extended periods of time can cause sunburn. Excessive exposure to sunlight is associated with the development of skin cancer. Field staff should take precautions to prevent sunburn by using sunscreen lotion and/or wearing hats and long-sleeved shirts.

Heat Stress

Adverse climate conditions are an important consideration in planning and conducting site operations. The effects of ambient temperature can cause physical discomfort, personal injury, and increase the probability of accidents. In addition, heat stress due to lack of body ventilation caused by protective clothing is an important consideration. Heat-related illnesses commonly consist of heat stroke and heat exhaustion. In particular, protective clothing that decreases the body's ventilation can be an important factor leading to heat-related illnesses.

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

Public Interaction:

If entering a private property:

- Always make sure you have a client escort or confirmation that the owner(s) have been notified.
- Wear Dudek apparel such as hats and shirts.
- Avoid people who may be intoxicated or otherwise unsafe.
- Maintain your awareness while working near the public or on a private property.

If you are approached by a property owner:

- Inform them of the purpose of the field work.
- Be polite and courteous.
- Make sure you are wearing your PPE and tell them who you work for and answer questions in accordance with project guidance.
- If you do not feel comfortable answering questions, refer to project management/client team.

Should you have an angry and/or aggressive homeowner, respond in a neutral manner, leave the area, and report it to EHS and the PM immediately. Do not continue work. All issues should be discussed with reported to Safety and the Project Manager.

Tips: stay on approved access roads, lock gates behind you, and leave a clearly visible business card (yours or supervisory staff's) on the vehicle if it is left parked near private property so interested parties may contact you with any questions.

Call **9-1-1** with all life-threatening interactions.

Cold Stress

Workers performing activities during winter and spring months may encounter extremely cold temperatures, as well as conditions of snow and ice, making activities in the field difficult. Adequate cold weather gear, especially head and foot wear, is required under these conditions. Workers should be aware of signs and symptoms of hypothermia and frostbite, as well as first aid for these conditions.

Though extreme cold weather conditions are not expected or likely, workers should be aware of several basic cold weather medical conditions, as well as first aid treatments for such conditions. Should cold temperatures be encountered, workers shall wear appropriate garments, especially head and foot protection.

Lightning/Thunder Storms

In the event of thunderstorm, field operations will cease at the first sign of a thunderstorm and will not commence until 30 minutes have passed since the last occurrence of lightning or thunder. Field personnel will adhere to the following precautions.

- Get inside a permanent building structure (with a roof, floors, and walls) or fully enclosed metal vehicle with the windows rolled up.
- While in a building, stay away from windows and avoid contact with electrical systems.
- Stay away from tall isolated objects, such as trees, drill rigs, or flag poles.
- Avoid large open areas.
- Stay away from surface water, railroad tracks, fences, and other objects that could transmit current from a distant lightning strike.
- If caught out in the open, seek low, uniform bushes and assume a low, crouching position with feet placed together.

If a person is struck by lightning contact emergency medical services. If the person is not breathing, perform CPR until emergency services arrive. Check for burns, especially at fingers and toes, and areas next to buckles and jewelry.

Flash Floods

A flash flood is caused by heavy or excessive rainfall in a short period of time, generally less than 6 hours. Storms can develop in fewer than 15 minutes. When developing conditions are observed (e.g., darkening skies, increasing wind, lightning, thunder), monitor local radio stations for weather condition updates. It is important to note that it doesn't have to be raining at the jobsite in order for flash floods to occur. Do not walk or drive through floodwaters as very little water is needed to sweep a vehicle away. The National Oceanic and Atmospheric Administration recommends the following:

- Listen for roaring sounds upstream as flood waters may be present;
- Look for rapidly rising water and/or muddy water; and
- Remember to seek higher ground if you hear or see signs of a flood.