

For use by VRE contractors



ATTACHMENT H

# Site Specific Safety Plan



Virginia Railway Express

# Site Specific Safety Plan

**The purpose** of this document is to provide a location in which a Contractor preparing to begin work on behalf of VRE can attest to consideration of, and help identify Environmental, Health, and Safety (EHS) issues at the project location.

**The desired outcome** of this plan will be:



The safest possible worksite



Open communications and clear expectations between VRE, the Contractor and Subcontractors regarding potential safety hazards well in advance of job/task execution



Associated costs for EHS compliance will be captured ahead of task

This document shall be completed and approved by an officer of the Contractor and then forwarded to VRE to be approved. Once approved, this plan shall be used in the site safety process and fully understood by all appropriate Contractor personnel.

## Plan Approvals

Officer of Contractor Organization

Printed Name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

VRE Chief Safety Officer

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

This document is intended to aid a Contractor in properly developing an understanding of the work environment about to be encountered. It is not to be understood as an exhaustive list of worksite hazards or replace the need for a more comprehensive or stringent safety plan - where applicable.

By signing this document, VRE certifies that it has received this Plan and acknowledges it to be a good-faith effort from the Contractor in beginning the site safety process.

VRE does not assume any liability for any of the hazards, or potential hazards noted in this document and for areas omitted from this plan.

Project Title

VRE Contract Number

Contractor's Name

Location(s) of Project

Project Duration Period

### Description of Scope of Work

#### **(Large Projects\*)**

Contractor's Project Safety Manager (include name, qualifications, planned schedule on project and detailed description of duties:

\*A large project is defined as having a total contract value in excess of \$5million dollars or whenever work includes one or more of the following:

- Bridge work above tracks
- Tunnel work below tracks
- Cranes and rigging where required crane capacity is greater than 50-tons
- Confined space entry
- Excavations greater than 4-feet



**How to complete this plan:**

Evaluate each subject topic and determine if it is required. If required, place a checkmark in the “yes” column and provide specific details in the “remarks” column. If more space is needed, find the blank Attachment A page, at the end of the document, and make as many copies as necessary. Remember to use the item number from the “item #” column to associate any supplemental remarks.

If you don’t believe the category will be a factor in your project, check “N/A” and move to the next section.

Check marks under the “no” section will require remarks

**Section I General Safety Plan Information**

Item #	Subject	Required?		Description/Response
	Site Safety on VRE/Railroad Property	N/A [ ]		
GS1	Describe your plan for providing safety training for employees.	Yes	No	
GS2	Describe your plan for continued training and enforcement of compliance (formal and informal) of employees			
GS3	Describe your plan for handling waste materials.			

GS4	Describe your planned security procedures for preventing damage or theft of in-place work, property, and equipment owned by VRE or the Contractor.			
GS5	Describe your emergency procedures to manage site emergencies, evacuations, extreme/sudden weather and other circumstances			
GS6	What type of PPE will be used for this project?			
GS7	Describe your plan for providing Personal Protective Equipment (PPE) to employees and visitors who may arrive without PPE.			

GS8	Will any special PPE be required, i.e respirators? If yes, what type?			
GS9	Will eye wash and shower stations need to be set up on the jobsite?			
GS10	Has personnel received training for special PPE requirements?			
GS11	Is there verification of medical respiratory protection clearance available to the VRE Project Management Team?			
GS12	Will respirators be worn on a voluntary basis?			
GS13	Is a de-con area required for suiting up/down?			
GS14	Will perimeter barricades be used?			
GS15	Will caution/danger signage be needed?			
GS16	Will Hot Work (welding/cutting/grinding/soldering/electrical) need to occur?			Permission to conduct Hot Work is required from VRE before taking place.
GS17	Will Hot Work (welding/cutting/grinding/soldering/electrical) permits be required?			
GS18	Will fire blankets/protective shields/screens be required?			
GS19	Are fire-watch personnel properly trained?			
GS20	Describe your After-Work watch plan			
GS21	Will any utility interruption permit or railroad/municipality-issued dig tickets be required?			

**Section 2 Railroad Operating Environment**

Item #	Subject	Required?		Description/Response
	<b>Roadway Worker Protection (RWP)</b> <b>(49 CFR 214 Subpart C)</b>	N/A [ ]		
RR1	Will work be confined to VRE track territory?	Yes	No	If no: Amtrak [ ] CSX [ ] NS [ ]
RR2	Describe your plan to ensure all employees who will perform service in an area where RWP training is required receive proper training.			
RR3	Describe your plan to ensure ongoing compliance with applicable RWP regulations and host railroad/VRE requirements.			
RR4	Describe your plan to coordinate with the host railroad Employee in Charge to establish protection or to establish acceptable work windows.			

RR5	Describe your plan to check for, investigate, and discipline violations of Roadway Worker Protection requirements.			
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Item #	Subject	Required?		Description/Response
	<b>Blue Signal Protection (49 CFR 218 Subpart B)</b>	N/A [ ]		
RR6	Will work be confined to VRE territory?	Yes	No	If no: Amtrak [ ] CSX [ ] NS [ ]
RR7	Will individual blue tag cards with photos of issuee be distributed to applicable staff?			
RR8	Describe your plan to coordinate with the VRE yard manager or host railroad point of contact to establish blue signal protection or to establish acceptable work windows.			
RR9	Describe your plan to establish and maintain proficiency in Blue Signal Protection requirements among staff.			



RR10	Describe your plan to check for, investigate, and discipline violations of Blue Signal Protection.			
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Item #	Subject	Required?		Description/Response
	<b>Bridge Worker Safety (49 CFR 214 Subpart B)</b>	N/A [ ]		
RR11	Contractor has full understanding and ensures full compliance with all applicable elements of 49 CFR 214 Subpart B prior to starting work.	Yes	No	
RR12	Contractor has a program in place that requires training in, adherence to, and use of safe procedures associated with climbing techniques and procedures to be used on or about the bridge structure.			
RR13	Will scaffolding be involved in the work and will it fully comply with the requirements of 49 CFR 214.109?			
RR14	Will fall protection systems be involved in the work and will it fully comply with the requirements of 49 CFR 214.109 and all other applicable requirements?			

RR15	Will water that may pose a drowning risk or greater in depth than four (4) feet will be present at the worksite? If yes, a plan shall be developed to manage compliance with this hazard.			
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### Section 3 Life Saving Commitments – Stored Energy

Item #	Subject	Required?		Description/Response
	<b>Lockout/Tagout (LOTO)</b>	N/A [ ]		
SE1	Will LOTO be required?	Yes	No	If yes, Contractor Superintendent will inspect LOTO source and ensure LOTO procedures are followed.
SE2	Are LOTO procedures available?			
SE3	Has a responsible person been assigned for overseeing LOTO requirements?			

Item #	Subject	Required?		Description/Response
	<b>Pipe and Vessel Pressure Testing</b>	N/A [ ]		
SE4	Will any pipe/vessel pressure testing be required?	Yes	No	
SE5	Will pipe/vessel testing be performed within design specifications?			
SE6	Has a Pressure Testing Safety Plan been developed and approved?  Note- Pressure Testing Safety Plans may be requested by VRE Project Management Team for approval. Hydrostatic is the preferred testing method.			

Item #	Subject	Required?		Description/Response
	<b>Compressed Gas</b>	N/A [ ]		
SE7	Will cylinders be brought on site?	Yes	No	Type of cylinders and quantity:
SE8	Are there plans for safe use and storage on site?			

## Section 4 Life Saving Commitments – Fall Protection

Item #	Subject	Required?		Description/Response
	<b>Ladders/Scaffolding</b>	N/A [ ]		
FP1	Will ladders be required? (All ladders shall have a min 300 lb rating)	Yes	No	Metal ladders will be approved by VRE Project Management Team.
FP2	Will scaffolding be required?  (Scaffold tags and inspections are required when scaffolding is used)			Provide person(s) name, contact information and training verification.
FP3	Will fall protection be required? List equipment to be used.			

Item #	Subject	Required?		Description/Response
	<b>Fall Protection, Leading Edge Work, Elevated Surfaces (no safety monitors)</b>	N/A [ ]		
FP4	Has a Fall Protection Rescue Plan been developed? If yes, attach and describe the plan.	Yes	No	
FP5	Will fall protection be required? (No safety monitors). 100% protection > 6 feet is required.			Systems to be used:
FP6	Are competent/qualified persons identified to perform system and equipment inspections, identify hazards and anchor points as needed?			Provide individual's name, qualifications/certifications and contact information.

Item #	Subject	Required?		Description/Response
	<b>Roof Work</b>	N/A [ ]		
FP7	Will roof access be required?	Yes	No	Attach Fall Protection Plan and Emergency Rescue Plan (Primary and alternate plan to be submitted prior to commencing work)

FP8	Is there a plan to get materials on/off roof in place?			
FP9	Has a method for securing materials to prevent “blow offs” been identified?			
FP10	Are chemicals or flammable/combustible materials going on roof?			This is required to be approved by VRE Project Management Team.



Item #	Subject	Required?		Description/Response
	<b>Fall Protection, Leading Edge Work, Elevated Surfaces (no safety monitors - 29 CFR 1926.502(h))</b>	N/A [ ]		
FP11	Will fall protection be required? (Mandatory for all unprotected edges and sides, 6 feet and higher above lower level)	Yes	No	Systems to be used:
FP12	Has a Fall Protection Rescue Plan been developed?			Describe and attach the plan.

FP13	Are competent/qualified persons identified to perform system and equipment inspections, identify hazards and anchor points as needed?			Provide individual's name, qualifications and contact information.
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## Section 5 Life Saving Commitments – Cranes & Rigging

Item #	Subject	Required?		Description/Response
	<b>Cranes &amp; Rigging</b>	N/A [ ]		
CR1	Will crane operations be required? If yes, discuss with your PM team about the need to have a Crane Operations and Safety Plan established and available for inspection.	Yes	No	
CR2	Have all overhead lines been identified and has a plan been established to communicate and/or mark their presence?			
CR3	Will any special lifting devices be needed?			
CR4	Will any Critical Lifts take place? A Critical Lift meets any of the following criteria: 1) exceeds 75% of the capacity of the crane or derrick; 2) requires more than one crane or derrick; 3) involves lifts over people or critical work processes.			Discuss with the VRE Project Management Team about the need to develop a critical lift plan and activity summary.
CR5	Has all rigging equipment been inspected?			Submit verification of inspection training to the VRE Project Management Team (prior to commencing work).
CR6	Is all equipment appropriate for the task(s)?			
CR7	Have all required safety inspections been completed?			Be prepared to make inspection logs completed for equipment/lift devices available to the VRE Project Management Team.
CR8	Will traffic control be provided? (pedestrian, passenger & vehicular)			Be prepared to provide flaggers' names and evidence of training to the VRE Project Management Team.

## Section 6 Life Saving Commitments – Confined Spaces

Item #	Subject	Required?		Description/Response
	<b>Confined Spaces*</b> <i>*OSHA Definition</i>	N/A [ ]		
CS1	Will any confined space work be performed? Note: Atmospheric testing must be conducted and documented daily prior to entry into a Confined Space.	Yes	No	
CS2	Will any Confined Space Entry permits be required?			
CS3	Have affected personnel been trained for Confined Space entry?			
CS4	Will external rescue team services be used? If yes, specify the name of the provider.			
CS5	Have all entry procedures been provided and documented?			Be prepared to provide Confined Space Plan to VRE Project Management Team.

## Section 7 Life Saving Commitments – Excavations

Item #	Subject	Required?		Description/Response
	<b>Excavations</b>	N/A [ ]		
EX1	Will equipment be brought on site? If yes, specify type.	Yes	No	
EX2	Will any work activities involve excavations greater than four feet?			
EX3	Will a trench box/shoring be needed?			
EX4	Does fencing/barricade need to be installed?			

## Section 8 Life Saving Commitments – Mobile/On Track Equipment

Item #	Subject	Required?		Description/Response
	<b>Mobile Equipment / Powered Industrial Fork Trucks / Lifts / Booms / Ballast Regulators /</b>	N/A [ ]		
ME1	Will any mobile powered equipment be required?	Yes	No	If yes, list types to be brought on site and keep daily/shift inspection logs on the equipment.
ME2	Will you be using any special attachments? Ex. Jibs, manlifts, etc.			
ME3	Are operators trained/certified for operations of equipment?			Be prepared to produce verification of training to VRE Project Management Team.
ME4	Is there a plan for fuel transfer/storage or battery changes?			Spill kit/containment pad required containing 80% equipment capacity.

## Section 9 Life Saving Commitments – Caught-In/Struck-By

Item #	Subject	Required?		Description/Response
	<b>Caught-In/Struck-By</b>	N/A [ ]		
OF1	Are employees familiar with pinching and crushing point locations?	Yes	No	
OF2	Are special precautions taken when working around belts, pulleys, chains, etc.?			
OF3	Are employees aware of the hazards associated with overhead loads and swing radius?			
OF4	Are vehicles equipped with appropriate back-up alarms, horns and lights?			
OF5	Is contractor prepared to comply with the requirement to provide a spotter for all vehicles reversing with restricted rear vision?			

## Section 9 Life Saving Commitments – Chemical Hazards

Item #	Subject	Required?		Description/Response
	<b>Chemical Hazards</b>	N/A [ ]		
CH1	Are MSDS/SDS available at job site and available for inspection by the VRE Project Management Team?	Yes	No	
CH2	Are employees trained to handle/use and store specific materials?			
CH3	Does storage and use meet all internal, VRE, state and federal regulations?			
CH4	Do employees working with OSHA regulated chemicals have proper training for the job? (silica, RCS', Etc..)			Be prepared to produce evidence of successful training to VRE Project Management team.
CH5	Are there any additional exhausts or fans needed during application/curing time?			
CH6	Will sealant be applied to this job? Please specify quantity and job type.			
CH7	Will this require off-hours application to avoid contact with passengers.			



CH8	Will any flammable gases and/or liquids be used?			
CH9	Have provisions for their storage been made?			
CH10	Will appropriate containers be utilized? Safety Cans are required.			
CH11	Are secondary containment and spill kits required?			
CH12	Will designated smoking areas be identified?			
CH13	Have the appropriate number of fire extinguishers been identified?			
CH14	Have emergency phone numbers been identified and plan to be posted in a conspicuous location?			
CH15	Is there a plan for waste disposal in places that are capable of being rain and leak proof?			
CH16	Are all characterization, containerization, segregation, storage and disposal requirements understood?			
CH17	Is there a plan for water/wastewater discharges in place?			Be prepared to make plan available to VRE Project Management Team.
CH18	Is an Erosion Control Plan in place?			Be prepared to make plan available to VRE Project Management Team.
CH19	Is there a Spill Plan in place?			Be prepared to make plan available to VRE Project Management Team.

## Section 10 Life Saving Commitments – Drug & Alcohol Prohibition

Item #	Subject	Required?		Description/Response
	<b>Drug &amp; Alcohol</b>	N/A [ ]		
DA1	Contractors and subcontractors must agree to the zero-tolerance drug and alcohol prohibition (influence, use, possession) from all VRE contract work.	Yes	No	

**Appendix A – Supplemental Information Sheet**

Use this page to provide supplemental content to any of the elements above. Reproduce this portion as many times as is needed.

Section #	Item #	Subject