

**SECTION 01 00 00A
OSHA REQUIREMENTS AND
SAFETY AND HEALTH REGULATIONS**

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SECTION 01 00 00A
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1.1 OSHA REQUIREMENTS

- A. This specification shall serve as a supplement to Section 01 00 00, GENERAL REQUIREMENTS.
- B. Contractors are required to comply with the Occupational Safety and Health Act of 1970. This will include the safety and health standard found in CFR 1910 and CFR 1926. Copies of those standards can be acquired from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C., 20420.
- C. In addition, Contractor will be required to comply with other applicable Medical Center policies and safety regulations. These policies and regulations will be presented to the Contractor at the pre-construction meeting. Each of the Contractor's employees will be required to read the statement of policies and regulations and sign an acknowledgment that such policies and regulations are understood. Signed acknowledgment will be returned to the COTR.
- D. Contractors involved with the removal, alteration, or disturbance of asbestos type insulation or materials will be required to comply strictly with the regulations found in CFR 1910.1001 and the appropriate EPA regulations regarding disposal of asbestos. Assistance in identifying asbestos can be requested from the Medical Center's Industrial Hygienist and the COTR.
- E. Contractors entering locations of asbestos contamination (i.e. pipe basements) shall be responsible for providing respiratory protection to their employees and ensuring respirators are worn in accordance with OSHA (CFR 1910.1001 (g)). Asbestos contaminated areas may be defined on project drawings, although some unknown asbestos containing materials may exist. All contract workers on-site must be trained in asbestos building material recognition. The minimum equipment requirements will be a half-mask air-purifying respirator equipped with high efficiency filters and disposable coveralls.
- F. Contractor, along with other submittals, and at least two weeks prior to bringing any materials on-site, must submit a complete list of chemicals the Contractor will use and MSDS for all hazardous materials as defined in OSHA 1910.1200 (d) Hazard Determination. Contracting Officer shall have final approval of all materials brought on site.
- G. The contractor will be held solely responsible for the safety and health of their employees. The Contractor will also be held responsible to protect the health and safety of the VA Community (patients, staff, and visitors) from the unwanted effects of construction. VA staff will monitor the Contractor's performance in complying with all safety and health aspects of the project. Additionally, sensitive computer and phone equipment, and other government property must be protected from dust and other construction hazards at all times. Severe or constant violations may result in an immediate work stoppage or request for a Compliance Officer from the Occupational Safety and Health Administration. {NOTE: Contractor is responsible for conducting daily site safety inspections and maintaining documentation of such inspections and actions taken to abate deficiencies and unsafe conditions as required by the contractor or at the request of the CO/COTR. The Contractor shall be provided the appropriate inspection form by the CO or COTR (see Attachment B, DAILY CONSTRUCTION AREA SAFETY INSPECTION)}.
- H. During all phases of demolition, construction and alterations, Contractors are required to understand and strictly follow NFPA 241, Standard for Safeguarding Construction, Alteration and Demolition Operations. The Medical Center's Safety and Occupational Health Specialist, Industrial Hygienist and Fire Department will closely monitor the work area for compliance. Appropriate action will be taken for non-compliance.

1.2 SPECIFIC VA MEDICAL CENTER FIRE & SAFETY POLICIES, PROCEDURES & REGULATIONS

Refer to Section 01 00 00, GENERAL REQUIREMENTS for more information.

A. Introduction:

1. The safety and fire protection of patients, employees, members of the public and government is one of continuous concern to this Medical Center.
2. Contractors, their supervisors and employees are required to comply with Medical Center policies to ensure the occupational safety and health of all. Failure to comply may result in work stoppage.
3. While working at this Medical Center, Contractors are responsible for the occupational safety and health of their employees. Contractors are required to comply with the applicable OSHA standards found in 29 CFR 1910 for general industry and 29 CFR 1926 for construction. Failure to comply with these standards may result in work stoppage and a request to the Area Director of OSHA for a Compliance Officer to inspect your work site.
4. Contractors are to comply with the requirements found in the National Fire Protection Association (NFPA) 241, Building Construction and Demolition Operation; and NFPA 51B, Fire Prevention in Use of Cutting and Welding Processes.
5. Questions regarding occupational safety and health issues can be addressed to the Contracting Officer's Technical Representative (COTR) (ext. 44302). The Medical Center Safety and Occupational Health Specialist (ext. 44794 or cell phone 580-8751) or Industrial Hygienist (ext. 44793 or cell phone 580-4898) will advise the COTR when requested.
6. Smoking is not permitted in any interior areas of the Medical Center, including all interior stairwells, tunnels, construction and/or service/maintenance sites. (Note: This includes interior posted patient smoking areas, if applicable). Compliance with this policy by your direct and subcontracted labor force is required.

1.3 HAZARD COMMUNICATION

- A. Contractors shall comply with OSHA Standard 29 CFR 1926.59, Hazard Communication.
- B. Contractors shall submit to the VA Safety and Occupational Health Specialist, copies of Material Safety Data Sheets covering all hazardous materials to which the Contractor and VA employees are exposed.
- C. Copies of Material Safety Data Sheets covering all hazardous materials to be used by the contractor shall be submitted to the COTR prior to bringing them on VA property.
- D. Contractors shall inform the COTR of the hazards to which VA personnel and patients may be exposed.
- E. Contractors shall have a written Hazard Communication Program available at the construction site, which details how the Contractor will comply with 29 CFR 1926.59.

1.4 FIRES

- A. All fires must be reported. In the event of a fire in your work area, use the nearest pull box station and also notify Medical Center staff in the immediate area. Emergency notification can also be accomplished by dialing ext. 44319, 24-hours per day.
- B. Be sure to give the exact location from where you are calling and the nature of the emergency. If a Contractor experiences a fire that was rapidly extinguished by your staff, you still must notify the VA

Safety Officer (ext. 44794 or cell 580-8751) within an hour of the event such that an investigation of the fire can be accomplished.

1.5 FIRE ALARMS, SMOKE DETECTION AND SPRINKLER SYSTEM

- A. If the nature of your work requires the deactivation of the fire alarm, smoke detection or sprinkler system, you must notify the COTR. Notification must be made well in advance such that ample time can be allowed to deactivate the system and provide alternative measures for fire protection. Under no circumstance is a Contractor allowed to deactivate any of the fire protection systems in this Medical Center.

1.6 SMOKE DETECTORS

- A. False alarms will not be tolerated. You are required to be familiar with the location of the smoke detectors in your work area. When performing cutting, burning or welding or any other operations that may cause smoke or dust, you must take steps to temporarily cover smoke detectors in order to prevent false alarms. Failure to take the appropriate action will result in the Contracting Officer assessing actual costs for government response for each false alarm that is preventable. Prior to covering the smoke detectors, the Contractor will notify the COTR, who will also be notified when the covers are removed.

1.7 HOT WORK PERMIT

- A. Hot work is defined as operations including, but not limited to, cutting, welding, thermal welding, brazing, soldering, grinding, thermal spraying, thawing pipes, or any similar situation. If such work is required, whenever possible the Contractor must notify the COTR no less than one day in advance of such work. The COTR will inspect the work area and issue a "Hot Work Permit" authorizing the performance of such work.
- B. All hot work will be performed in compliance with the Medical Center's policy regarding Hot Work Permits and NFPA 241, Safeguarding Construction, Alteration, and Demolition Operations, and NFPA 51B, Fire Prevention in Use of Cutting and Welding Processes, and applicable OSHA standard. A hot work permit will only be issued to individuals familiar with these regulations.
- C. A hot work permit will only be issued when the following conditions are met:
 - 1. Combustible materials are located a minimum of 25 feet from the work site, or protected by flameproof covers or shielded with metal or fire-resistant guards or curtains.
 - 2. Openings or cracks in walls, floors, or ducts within 25 feet of the site are covered to prevent the passage of sparks to adjacent areas.
 - 3. Where cutting or welding is done near walls, partitions, ceiling, or roof of combustible construction, fire resistant guards or shields are provided to prevent ignition.
 - 4. Cutting or welding on pipes or other metal in contact with combustible walls, ceilings or roofs is not undertaken if the work is close enough to cause ignition by conduction.
 - 5. Fully charged and operable fire extinguishers, appropriate for the type of possible fire, are available at the work area.
 - 6. When cutting or welding is done in close proximity to a sprinkler head, a wet rag is laid over the head during operation.
 - 7. Assure that nearby personnel are protected against heat, sparks, cut off, etc.

8. Assure that a fire watch is at the site. Make a final check-up 30 minutes after completion of operations to detect and extinguish any smoldering fires.
- D. A fire watch shall be provided by the Contractor whenever cutting, welding, or performing other hot work. Fire watcher(s) shall:
 1. Have fire-extinguishing equipment readily available and be trained in its use.
 2. Be familiar with facilities and procedures for sounding an alarm in the event of fire.
 3. Watch for fires in all exposed areas, sound the fire alarm immediately, and try to extinguish only within the capability of the portable extinguishing equipment available. In all cases if a fire is detected the alarm shall be activated even if the fire is extinguished.
 4. Maintain the watch for at least a half-hour after completion of operations to detect and extinguish smoldering fires.
- E. A "Hot Work Permit" will be issued only for the period necessary to perform such work. In the event the time necessary will exceed one day, a "Hot Work Permit" may be issued for the period needed; however, the COTR will inspect the area daily. Hot work permit will apply only to the location identified on the permit. If additional areas involve hot work, then additional permits must be requested.
- F. Contractors will not be allowed to perform hot work processes without the appropriate permit.
- G. Any work involving the Medical Center's fire protection system with sufficient notification. Under no circumstances will the Contractor or employee attempt to alter or tamper with the existing fire protection system.
- H. The COTR will be notified within 30 minutes of the completion of all hot work to perform an inspection of the area to confirm that sparks or drops of hot metal are not present.

1.8 TEMPORARY ENCLOSURES

- A. Only non-combustible materials will be used to construct temporary enclosures or barriers at this Medical Center. Plastic materials and fabrics used to construct dust barriers must conform to NFPA 701, Standard Methods of Fire Tests for Flame-Resistant Textiles and Films.

1.9 FLAMMABLE LIQUIDS

- A. All flammable liquids will be kept in approved safety containers. Only the amount necessary for your immediate work will be allowed in the building. Flammable liquids must be removed from the building at the end of each day.

1.10 COMPRESSED GAS CYLINDERS

- A. Compressed gas shall be secured in an upright position at all times. A suitable cylinder cart will be used to transport compressed gas cylinders. Only those compressed gas cylinders necessary for immediate work will be allowed in occupied buildings. All other compressed gas cylinders will be stored outside of buildings in a designated area. Contractor will comply with applicable standards compressed gas cylinders found in 29 CFR 1910 and 1926 (OSHA).

1.11 INTERNAL COMBUSTION ENGINE-POWERED EQUIPMENT

- A. Equipment powered by an internal combustion engine such as saws, compressors, generators and etc., will not be used in an occupied building. Special consideration may be given for unoccupied buildings only if the OSHA and NFPA requirements have been met.

1.12 POWER ACTIVATED TOOLS

- A. The operator of power activated tools must be trained and certified to use them. Power activated tools will be kept in a secured manner at all times. When not in use, the tools will be locked up. When in use, the operator will have the tool under his immediate control.

1.13 TOOLS

- A. Under no circumstances are equipment, tools and other items of work to be left unattended for any reason. All tools, equipment and items of work must be under the immediate control of your employee.
- B. If for some reason a work area must be left unattended, then it will be required that tools and other equipment be placed in an appropriate box or container and locked. All tool boxes, containers or any other device used for the storage of tool and equipment will be provided with a latch and padlock. All tool boxes, containers or any other device used for the storage of tools and equipment will be locked at all times except for putting in and removing tools.
- C. All doors to work areas will be closed and locked when rooms are left unattended. Failure to comply with this directive will be considered a violation of VA Regulations 1.218 (b), "Failure to comply with signs of a directive and restrictive nature posted for safety purposes", subject to a \$50.00 fine. Subsequent similar violations may result in both imposition of such a fine as well as the Contracting Officer taking action under the Contract's "Accident Prevention Clause" (FAR 52.236-13) to suspend all contract work until violations such may be satisfactorily resolved or under FAR 52.236-5, "Material and Workmanship Clause" to remove from the work site any personnel deemed by the Contracting Officer to be careless to the point of jeopardizing the welfare of Facility patients or staff.
- D. You must report to the VA Police Department, ext. 44330, any tools or equipment that is missing.
- E. Tools and equipment found unattended will be confiscated and removed from the work area.

1.14 LADDERS

- A. It is required that ladders not be left unattended in an upright position. Ladders must be attended at all times or taken down and chained securely to a stationary object.

1.15 SCAFFOLDS

- A. All scaffolds will be attended at all times. When not in use, an effective barricade (fence) will be erected around the scaffold to prevent use by unauthorized personnel (reference OSHA 1926, subpart L).

1.16 EXCAVATIONS

- A. The contractor shall comply with OSHA 1926, subpart P. An OSHA "competent person" must be on site during the excavation. The Contractor shall coordinate with the COTR and utility companies prior to the excavation to identify underground utilities, tanks etc. All excavations left unattended will be provided with a barricade suitable to prevent entry by unauthorized persons.

1.17 STORAGE

- A. You must make prior arrangements with the CO for the storage of building materials. Storage will not be allowed to accumulate in the Medical Center buildings.

1.18 TRASH AND DEBRIS

- A. You must remove all trash and debris from the work area on a daily basis. Trash and debris will not be allowed to accumulate inside or outside of the buildings. You are responsible for making arrangements for removal of trash from the Medical Center facility.

1.19 PROTECTION OF FLOORS

- A. It may be necessary at times to take steps to protect floors from dirt, debris, paint, etc. A tarp or other protective covering may be used. However, you must maintain a certain amount of floor space for the safe passage of pedestrian traffic. Common sense must be used in this matter.

1.20 SIGNS

- A. Signs must be placed at the entrance to work areas warning people of your work. Signs must be suitable for the condition of the work. Small pieces of paper with printing or writing are not acceptable. The VAMC Safety Officer can be consulted in this matter.

1.21 ACCIDENTS AND INJURIES

- A. Contractors must report all accidents and injuries involving your employees. The Contractor may use the VAMC Health Center, located in Building #1, for emergency care, or call 911.

1.22 INFECTION CONTROL

- A. Contractors must control the generation of dust and the contamination of patient care surfaces, supplies and equipment. Additionally, the Contractor will be required to follow measures described in the Infection Control Construction Checklist (see Attachment A). Generally, the Contractor needs to perform the following measures during any demolition phase:
 - 1. The construction area shall be under negative pressure, ensuring there is an appreciable flow of clean air from the VA occupied portion of the facility into the construction area. The air flow shall be sufficiently strong to draw in the plastic door flaps commonly located at the construction entrance or at the specific site within the construction area.
 - 2. Construction debris being transported through the VA occupied portion of the facility shall be covered and/or whetted.
 - 3. Construction employees shall remove dust-laden clothing before entering the VA occupied portion of the facility.
 - 4. Carpet/sticky mats shall be placed at all construction entrances and satisfactorily maintained so as to minimize the tracking of dust into the VA occupied portion of the facility.
 - 5. Dry sweeping of dust and debris is not to be performed.
- G. Control measures 1 – 5 above must be practiced during the construction phase.

1.23 CONFINED SPACE ENTRY

- A. Contractor will be informed that the workplace contains permit required confined space and that permit space entry is allowed only through compliance with a permit space program meeting the requirements of 29 CFR 1910.146 and 1926.21 (b)(6).
- B. Contractor will be apprised of the elements including the hazards identified and the Medical Center's (last employer) experience with the space that makes the space in question a permit space.

- C. Contractor will be apprised of any precautions or procedures that the Medical Center has implemented for the protection of employees in or near permit space where Contractor personnel will be working.
- D. Medical Center and Contractor will coordinate entry operations when both Medical Center personnel and Contractor personnel will be working in or near permit spaces as required by 29 CFR 1910.146 (d)(ii) and 1926.21 (b)(6).
- E. Contractor will obtain any available information regarding permit space hazards and entry operation from the Medical Center.
- F. At the conclusion of the entry operations the Medical Center and Contractor will discuss any hazards confronted or created in permit spaces.
- G. The Contractor is responsible for complying with 29 CFR 1910.246 (d) through (g) and 1926.21 (b)(6). The Medical Center, upon request, may provide rescue and emergency services required by 29 CFR 1910.246 (k) and 1926.21 (b)(6).

1.24 CONTRACTOR PARKING AND MATERIAL DELIVERY

- A. Contractor's parking and the delivery of building materials tools etc. must be pre-arranged with the COTR.

ATTACHMENT A – INFECTION CONTROL CONSTRUCTION PERMIT

NOTE: To Be Posted in Construction and Remodel Areas During Work					
Location of Construction:				Project Start Date:	
Project Coordinator:				Estimated Duration:	
Contractor Performing Work:				Foreman Telephone:	
Contract Foreman/Supervisor:				COTR Telephone:	
YES	NO	CONSTRUCTION ACTIVITY	YES	NO	INFECTION CONTROL RISK GROUP
		TYPE A: Inspection, non-invasive activity			GROUP 1: Low Risk
		TYPE B: Small scale, short duration, moderate to high levels			GROUP 2: Medium Risk
		TYPE C: Activity generates moderate to high levels of dust, requires greater 1 work shift for completion			GROUP 3: Medium/High Risk
		TYPE D: Major duration and construction activities requiring consecutive work shifts			GROUP 4: Highest Risk
CLASS I		1. Execute work by methods to minimize raising dust from construction operations. 2. Immediately replace any ceiling tile displaced for visual inspection. 3. Minor demolition for remodeling			
CLASS II		1. Provides active means to prevent air-borne dust from dispersing into atmosphere. 2. Water mist work surfaces to control dust while cutting. 3. Seal unused doors with duct tape. 4. Block off and seal air vents. 5. Wipe surfaces with disinfectant. 6. Contain construction waste before transport in tightly covered containers. 7. Wet mop and/or vacuum with HEPA filtered vacuum before leaving work area. 8. Place dust mat at entrance and exit of work area. 9. Remove or isolate HVAC system in areas where work is being performed.			
CLASS III		1. Obtain infection control permit before construction begins. 2. Isolate HVAC system in area where work is being done to prevent contamination of the duct system. 3. Complete all critical barriers or implement control cube method before construction begins. 4. Maintain negative air pressure within work site utilizing HEPA equipped air filtration units. 5. Do not remove barriers from work area until complete project is thoroughly cleaned by Env. Services Dept. 6. Vacuum work with HEPA filtered vacuums. 7. Wet mop with disinfectant. 8. Remove barrier materials carefully to minimize spreading of dirt and debris associated with construction. 9. Contain construction waste before transport in tightly covered containers. 10. Cover transport receptacles or carts. Tape covering. 11. Remove or isolate HVAC system in areas where work is being performed.			
CLASS IV		1. Obtain infection control permit before construction begins. 2. Isolate HVAC system in area where work is being done to prevent contamination of duct system. 3. Complete all critical barriers or implement control cube method before construction begins. 4. Maintain negative air pressure within work site utilizing HEPA equipped air filtration units. 5. Seal holes, pipes, conduits, and punctures appropriately. 6. Construct anteroom and require all personnel to pass through this room so they can be vacuumed using a HEPA vacuum cleaner before leaving work site or they can wear cloth or paper coveralls that are removed each time they leave the work site. 7. All personnel entering work site are required to wear shoe covers 8. Do not remove barriers from work area until completed project is thoroughly cleaned by the Environmental Service Dept. 9. Vacuum work area with HEPA filtered vacuums. 10. Wet mop with disinfectant. 11. Remove barrier materials carefully to minimize spreading of dirt and debris associated with construction. 12. Contain construction waste before transport in tightly covered containers. 13. Cover transport receptacles or carts. Tape covering. 14. Remove or isolate HVAC system in areas where is being done.			
Date					
Initial					
Additional Requirements:					
Exceptions/Additions:					
SIGNATURES					
Infection Control Coordinator:				Date:	
COTR:				Date:	
Contract Foreman:				Date:	

ATTACHMENT B – DAILY CONSTRUCTION AREA SAFETY INSPECTION

Date: _____ Contract Number or Description: _____

Area or Building Name: _____

Inspectors: _____

1. Please survey the work area and explain any deficiencies that you find in Section 2.

Section A Has the Safety Office been notified of all work processes that could							
	M	T	W	TH	F	SA	SU
1. Compromise Life Safety?							
2. Cause harsh smells or generate large quantities of dust?							
3. Interfere with the operation of the fixed fire detection or suppression systems?							
4. Other: (list)							

Section B Means of Egress							
	M	T	W	TH	F	SA	SU
1. Fire/Smoke Doors unlocked, free of obstructions?							
2. Sufficient Means of Egress free of obstructions and properly marked?							
3. Other: (list)							

Section C Fire Alarm, Fire Detection, & Fire Suppression Systems							
	M	T	W	TH	F	SA	SU
1. Fire Alarm Pull Stations unobstructed?							
2. Are smoke detector dust caps in use (if required)?							
3. Contractor employee assigned to insure caps are removed at close of day?							
4. Hot Work Permits in use?							
5. Are sprinkler heads unobstructed?							
Other: (list)							

Section D Housekeeping and Environmental Controls							
	M	T	W	TH	F	SA	SU
1. Trash and debris removed within a reasonable time frame or daily?							
2. Debris covered / dampened prior to being transported outside the construction area							
3. Floor mats and dust tack mats located at the entrance to the construction area and replaced as needed							
4. Tool & material storage neat and orderly (18" below sprinkler heads)?							
5. Signs installed to restrict patient access							
6. Dust is picked up using a shop vacuum or other dust reducing technique. (Dry sweeping is not performed)							
7. Doors closed, sheetrock or fire resistant plastic sheeting installed to enclose wall openings							
8. Barriers are wiped down prior to being removed							
9. Other: (list)							

Section E Air Handling & HVAC							
	M	T	W	TH	F	SA	SU
1. Negative pressure with respect to the patient occupied space is maintained within the construction area.							
2. HVAC exhaust and supply ducts are covered during demolition							
3. Construction debris chutes are not adjacent to open windows or HVAC air intakes							
4. Other: (list)							

Section F Hazardous Chemicals/Conditions							
	M	T	W	TH	F	SA	SU
1. Appropriate Storage?							
2. MSDS posted on job site?							
3. Permit Required Confined Space Procedures in place?							
4. Lock Out / Tag Out procedures in place?							
5. Hazardous building materials, such as asbestos, have been identified and addressed?							
6. Other: (list)							

Y = Yes

N = NO

-- = N/A

2. Please explain nature of deficiency:

Item #	Deficiency	Corrective Actions

3. Please send copy to the Safety Office.

— — — E N D — — —