



TEAM SHEEHAN



INGAA's CONSTRUCTION SAFETY BEST PRACTICES

Personal Protective Equipment Guidelines

Overhead Utilities Safety Guidelines

Pressure Testing Safety Guidelines

Trenching and Excavation Safety Guidelines

**Training Guidance for Welding and Coating
Workers and Inspectors**



Locating Underground Lines

Backhoe Operation Best Practices

Dozer Operation Best Practices

Sideboom Operation Best Practices

Working Around Heavy Equipment Best Practices (Danger Zone)

On-site Medical Providers



Distracted Driving Best Practices

Abrasive Blasting Best Practices

Horizontal Directional Drilling Best Practices

Non-English Speaking Workers

ROPS and Seatbelts

Cardinal Rules



Henkels & McCoy - NINE CARDINAL RULES

1. Excavation/Cave-In Protection

1.1. Competent person must not allow workers to enter an excavation without following any of the required rules and standards for proper sloping, benching, cave-in protection (shoring, shielding), and safe means of egress.

1.2. Workers must not enter the excavation without the competent person's authorization.

2. Excavation/Locating Underground Utilities — No underground excavation activities shall be done without a proper "One Call" being performed beforehand.

3. Fall Protection — 100% fall protection shall be used when applicable to work that requires it.

4. Minimum Approach Distance (MAD) — The minimum approach distance shall be followed by all personnel - (qualified and non-qualified electrical workers).

5. Rubber Gloves and Rubber Gloves along with Rubber Sleeves — Shall be worn and used when required.



6. Grounding

6.1. All circuits are to be considered energized and worked as such unless grounded through an effective Equipotential Zone (EPZ) or acceptable method per H&M Procedure 15161278–UG and 15161278–OH.

6.2. Use of a running ground is required for placement of strand on joint use poles.

7. Static Control — Static hazards shall be eliminated during hazardous gas operations.

8. Suspended Load — Suspended loads shall not be worked under without management authorization.

9. Confined Space

9.1. Competent person must not allow workers to enter a confined space without following the required rules and standards for gas monitoring, work permit, harness & retrieval equipment, respiratory protection, ventilation, trained attendant and entry supervisor.

9.2. Workers must not enter the confined space area without the competent person's authorization.



SPECTRA ENERGY – Life Saving Rules

- 1. Isolation of Energized Systems – Lock Out/Tag Out:** Unauthorized removal of a lock or tag associated with lock out/tag out procedures
- 2. Confined Space Entry:** Unauthorized entry into a “permit required” confined space
- 3. Disabling/Overriding of Safety Critical Equipment:** Unauthorized disabling, overriding or bypassing of safety critical equipment or controls
- 4. Hazardous Environment:** Entering into a hazardous atmospheric environment
- 5. “Hot Work” Permit:** Disregarding “Hot Work” permit requirements
- 6. Personal Protective Equipment (PPE) Requirements:** Not wearing/using appropriate PPE when exposed to high voltage and/or sour gas