

## Safety Requirements for Night Time Work

All Night Time Work Plans must be REVIEWED and APPROVED by the Alston Regional Safety Manager prior to Commencement of Any Night Work Operations

### Please Plan Accordingly

\* Please Note: The Department of Transportation (“DOT”) regulates safety requirements for Night Time Road Work (where applicable). Those requirements must be considered IN ADDITION to Alston’s requirements.

#### General

- Night Time Work definition: When natural illumination is less than 5 foot candles as determined by properly calibrated light meters (or equivalent tools).
- A detailed explanation by the Subcontractor must be provided as to why Night Time Work is required to complete his/her Scope of Work.
- After-Hours medical facilities (24 Hr Concentra/Urgent Care facilities should be primary; Emergency Rooms should be secondary). Facilities must be identified; Maps and directions must be posted at the site.
- Work Restrictions
  - Will local jurisdictions allow for Night Time Work (Evenings, Weekends, and Holidays)? Is a permit needed/required?
- Specify the activities to be completed during Night Time Work
- Documented Daily Pre-Task Meetings shall be required for Night Time Work. Copies will be provided to Alston at the beginning of each shift. Pre-Task Planning must include at a minimum:
  - Review of the Emergency Action Plan
  - Procedures to safely evacuate the site due to power failures, adverse weather conditions that may develop suddenly during the night hours, and other possible abrupt changes and emergencies.
- When a Subcontractor is working multiple shifts- Daily Sign-In Sheets for both Day Shift & Night Time workers shall be required. Copies will be provided to Alston at the beginning of each shift.

#### PPE Required for Night Time Work

- Hard Hats, Clear or Amber lens eye protection, long pants, shirts with sleeves, work boots
- ANSI Class II High-Viz safety vests (DOT Road work requires additional High-Viz outerwear)
- Personal Head lamps with replacement batteries and light bulbs provided by the worker’s employer (Exception: Personal head lamps shall not be required for workers placing and/or finishing concrete at night).

#### Work Areas (General- Where workers will be walking and/or working)

- Project Entrances, Material staging and Laydown area shall be maintained with a minimum of 5 foot candles.

- Stairways, Stairwells, Stair Towers used to access upper elevations during Night Time Work shall be maintained with a minimum of 5 foot candles.
- Onsite Batch Plants areas shall be maintained with a minimum of 10 foot candles.
- Man holes, trenches and excavations must be adequately protected, covered, secured and identified.
- Floor holes will be covered, secured, properly marked (with HI-Viz paint), and designed to withstand 2 times the maximum intended load. (Fed-OSHA requires any hole larger than 2" to be covered).

### **Work Crews**

- Designated Day Shift Crews, Supervisor, DSP identified and roster given to Alston.
- Designated Night Shift Crews Supervisor and DSP identified (must be experienced and knowledgeable) and roster given to Alston.
- Equipment Operators
  - Names of Equipment Operators operating: Earth Moving equipment, Fork lift/Fork trucks, Aerial Lifts, Crane Operators, etc. (Copies of certifications must be readily available and provided to Alston upon request).

### **Illumination**

- Minimum of 5 foot candles in work areas (Ground elevation and working at elevation).
- Minimum of 10 foot candles at onsite batch plant areas.
- Type of equipment to be used for lighting
  - Quantity of light plants/stands
  - Locations identified on plan
  - Adequate supply of fuel for lighting equipment, generators, and light towers
- Head lamps shall be provided to each worker (with replacement batteries and light bulbs) by his employer. (Exception: Personal head lamps shall not be required for workers placing and/or finishing concrete).
- Exclusion / Restricted Zones (visual barriers) must be created where light meters indicate that 5 foot candles cannot be met.
- Testing Equipment
  - Type of light meter utilized (If a mobile phone app is utilized, it MUST be verified for accuracy by a properly calibrated light meter.)
  - Name of the person(s) (and contact number) trained to operate light testing equipment
  - The light meter must be calibrated as per the manufacturer's recommendations and documented by the Subcontractor. Alston Supervision must verify
- Documentation of Testing
  - Light tests will be documented, logged and provided to Alston by the Subcontractor's Supervisor

### **Specify Equipment to be used during Night Time Shift**

- Material handling equipment (Aerial Lifts), mules and other types of mechanical equipment used to transport workers must have head lights and back-up lights.
- Spotters are required when any type of material handling equipment (including Aerial Lifts) is moved.
- Cranes shall not be used to hoist materials overhead when wind speeds are in excess of 20 mph.
- Tag lines shall be used when hoisting material overhead.

**Work Hours**

- Day Shift work hours specified
- Night Shift work hours specified
- Equipment Operators and Crane Operators work hours specified

**For 8hr, 10hr & 12hr work shifts:**

- 10 hours of down time should be provided between shifts (Recommended)
- 8 of those 10 hours should be dedicated to uninterrupted rest (Recommended)