

SAFETY MILESTONES

PROJECT UPDATE

APLC has finished the construction phase of the Skippack Pike Relocation Project for Enbridge that consisted of the installation of two directional drills and some conventional pipeline lay in Blue Bell, PA. The company incurred NO OSHA recordable incidents on the project. Thank you to Superintendent, James Silva, Safety Lead, Michael Bostick and the rest of the project team for meeting our primary goal of ensuring all employees left the project as safety and healthy as they showed up!

PROJECT UPDATE

APLC is currently working on two spreads of the Mountaineer XPress Project. Each spread consists of just over 22 miles of large diameter new mainline steel pipeline installation. APLC has yet to incur a lost time injury on the project. The company has a combined total on both spreads of over 1300 employees onsite. The primary goal for the project is to maintain an injury-free worksite for the remaining work.

TRIR UPDATE

APLC is on track for the best safety statistical year that the company has ever recorded. The company is on track to finish the calendar year well under the industry average with TRIR and LTRC for the 6th consecutive year. While statistics may be deceiving at times, this performance is indicative of world class safety performance. Consistency is something that we always have strived for but the goal has always been and will always be ZERO!



THIS ISSUE

Safety Milestones [P.1](#)

Steep Slope Plan Update [P.1](#)

Project Pictures [P.2](#)

Winter Weather Preparedness [P.2](#)

4th QUARTER 2018 – FINISHING SAFELY!

The first three quarters of 2018 have been very successful for the Associated Pipe Line family. The company has completed construction on the Skippack Pike Relocation Project in Blue Bell, PA and is near complete with the clean-up and demobilization of the job. What is most important is that the project has been completed recordable injury free with no lost time accidents. We are also actively working on two spreads of the Mountaineer XPress Project in West Virginia and with new safety initiatives, the spreads have performed very well minimal injuries on the job with no lost time accidents to this point and with the commitment and support of all associated with the project, this will continue for the duration of the jobs. The primary goal for all active Associated employees is to finish the year as healthy and safely as they are today!

IMPROVED STEEP SLOPE PLAN IS WORKING!

The company implemented an improved steep slope work plan in 2018, with a very thorough project specific plan for the Mountaineer XPress Project. It has been very successful this year with the company incurring no equipment related incidents on steep slope terrain thus far. APLC is adopting the site-specific plan developed for MXP as company policy with just a few minor revisions. We have steep slope work remaining on a couple of our projects. Just is the case with all plans, this plan is only as successful when being complied with at all times. APLC also emphasizes to not only follow this plan but always err on the side of caution, hook up a winch no matter the grade of slope if needed and utilize stop work authority whenever necessary! The guidelines of the plan and tips for safe equipment operation on slopes are as follows:

ASSOCIATED PIPE LINE CONTRACTORS, INC.
MOUNTAINEER XPRESS PROJECT – SPREADS 3 & 4
STEEP SLOPE WORK PROCESS

A plan has been developed as a guideline for the work performed on Spreads 3 and 4 on the Mountaineer XPress Project that is conducted on areas along the ROW that has been classified as Steep Slope. The following describes the classifications of slopes and the procedures that shall be followed at all times in these specific areas.

Slope Classification: LOW	Reasoning of Classification: Maximum Slope Degree – 16.7° - 23° Soil Conditions – Firm Earth Soil, Rutted Ground Conditions or Similar Environment
-------------------------------------	---

Procedure to be followed for Low Classified Steep Slopes:

- Foremen of crews that have planned work on low classified slopes are required to give additional consideration of equipment usage in these areas prior to work commencing.
- The APLC Steep Slope Analysis Checklist is required to be filled out by the foreman and reviewed with the crew during the JHA process each morning and following any environmental changes that may affect the stability of the slope.
- If it is determined upon completion of the Steep Slope Analysis Checklist that winching is necessary, the APLC Winch Checklist is required to be filled out by the foreman of the crew.
- Winch lines utilization will be at the discretion of the foremen of each crew for tracked equipment.

Slope Classification: MEDIUM	Reasoning of Classification: Maximum Slope Degree – 23° - 26.5° Soil Conditions – Loose Earth Soil, Wet Sand, Wet Clay Loam or Similar Environment
--	---

Procedure to be followed for Medium Classified Steep Slopes:

- Foremen of crews that have planned work on medium classified slopes are required to give additional consideration of equipment usage in these areas prior to work commencing.
- The APLC Steep Slope Analysis Checklist is required to be filled out by the foreman and reviewed with the crew during the JHA process each morning and following any environmental changes that may affect the stability of the slope.
- If it is determined upon completion of the Steep Slope Analysis Checklist that winching is necessary, the APLC Winch Checklist is required to be filled out by the foreman of the crew.
- Pipe Securement will be required to assure stability of load on the slope.
- Any wheeled machinery will be required to be winched.
- Winch lines utilization will be at the discretion of the foremen of each crew for tracked equipment.

Slope Classification: HIGH	Reasoning of Classification: Maximum Slope Degree – 26.5° and above Soil Conditions – Unstable such as Rock Face, Sand, Ice, Snow or Similar Environment
--------------------------------------	---

Procedure to be followed for High Classified Steep Slopes:

- A site-specific hill plan will be developed for each high classified steep slope.
 - Due to limited access on the project to the crest and toe of each slope, winching through the high classified areas may be necessary for main-line crews.
 - The plan shall be followed at all times whenever any equipment is on the slope.
 - The Grade Crew will attempt to work the high slopes to mediums or lows.
- The APLC Winch Checklist will be required to be filled out prior to any winching operation to ensure safety considerations are made in regards to rigging and other criteria.
- A Site Specific Steep Slope Installation Plan will be required to be developed for each high classified steep slope identified on the project.

All personnel on the project are encouraged to utilize winching operations in all slope areas whenever questions arise if they need to be utilized.
Err on the side of caution!

In addition to following the steep slope work plan, follow these tips for safe machine operation while working on slopes at all times:

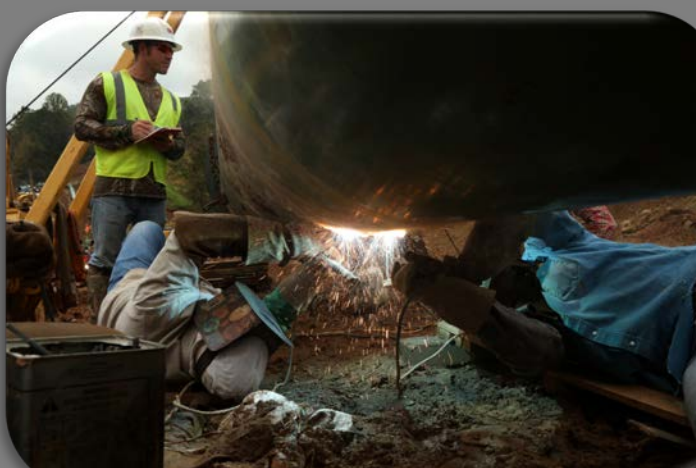
1. Before operating on a slope, inspect the slope for loose soils & other possible ground deviations. Check for obstructions that could cause a sudden stop or topple when struck. Check bridge mats to ensure they are in good condition. Survey your area & plan ahead!
2. Always wear the seat belt. All equipment has ROPS - They only serve their purpose when seat belts are utilized.
3. Always work 90 degrees to the slope face (up and down). Don't operate machines side-to-side along the slope.
4. Keep the machine's load properly balanced. Don't overload the equipment. Consult the operator's manual for the machine's maximum operating weight. Keep counterweights uphill!
5. Work only where there is good traction for the wheels or tracks. Avoid slippery, wet, muddy and icy areas.
6. Avoid aggressive operating practices.
7. Operate in the proper gear, so the machine doesn't jerk or move uncontrollably.
8. Be mindful of OHPLs and utilize a spotter when necessary.

Every person on the jobsite has stop work responsibility. If you identify any deviations from this list, no matter if you are an operator or not, stop work and reevaluate the situation. If you see somebody else or if you feel that you are in an unsafe or uncomfortable position, utilize your stop work responsibility!

EVERY THOUGHT, EVERY TASK, EVERY TIME, THINK SAFETY!!

PROJECT PICTURES

WINTER WEATHER PREPAREDNESS



APPROPRIATE WINTER WEATHER CLOTHING

We all should avoid exposure to extremely cold temperatures when possible but we all know that working in weather conditions is an inherent part of being a pipeliner. When cold environments or temperatures can not be avoided, workers should follow these clothing recommendations:

- Wear several layers of loose clothing. Layering provides better insulation.
- Tight clothing reduces blood circulation. Warm blood needs to be circulated to the extremities.
- When choosing clothing, be aware that some clothing may restrict movement resulting in a hazardous situation.
- Boots, while having to be safety-toed to be in compliance on the job, should be waterproof and insulated.
- Wear a hard hat-liner if necessary. It will keep your whole body warmer as hats reduce the amount of body heat that escapes from your head.
- Keep an extra pair of dry gloves, dry socks and other clothing with you. If you get wet, you are more susceptible to cold-related illness and injury.

SNOW SHOVELING SAFETY

While a lot of our employees work where snow is an uncommon occurrence, we have active jobs where snowfall is not far away. When shoveling snow at home, follow these tips to stay safe:

- Stretch beforehand.
- Avoid consuming anything that increases the heart rate, especially caffeine or nicotine.
- Start slowly, work at a steady pace and take frequent breaks.
- Stay hydrated – dehydration can cause dizziness or fainting.
- Choose a small lightweight shovel with a curved handle which is designed to take the strain off the back.
- Stand with feet apart and bend your knees while lifting.
- Wear multiple layers for insulation and so that you can shed layers if you become overheated. Be sure to cover extremities to avoid frostbite.

“There is no greater asset to Associated than the safety and health of all of our employees. Please continue to work safely, do not take shortcuts and help us achieve our goal of completing each and every day in TOTAL COMPLIANCE.”

**- Paul Somerville
APLC Owner/CEO**

ANY COMMENTS AND/OR SUGGESTIONS REGARDING THIS ISSUE AND UPCOMING ISSUES ARE GREATLY APPRECIATED. PLEASE CONTACT RYAN WILCOX @ (713)670-4830 OR RWILCOX@APLICO.COM