

SAFETY MILESTONES

PROJECT

APLC is working on clean-up and slip repair work on both the Mountaineer and Leach Xpress Projects. Both of these projects traverse through steep slope terrain in very remote areas in West Virginia and Ohio. Even with this difficult type of construction, the company maintained a very safe worksite with very minimal injuries through the construction phase of the project and the primary goal for the project is to maintain an injury-free worksite for the remaining work.

BY THE NUMBERS

2,184,983

Total hours worked in 2018 with no lost time injuries. APLC completed the entire year with no employees incurring any injury that prevented them from missing any work! This was the most consecutive man-hours that the company has ever worked without any lost time cases. This streak continues to today as the company has no lost time cases through the first two quarters of 2019!

0.45

APLC completed the 2018 calendar year with a 0.45 TRIR. The company followed up the best safety statistical year that we ever had in 2017 (0.56 TRIR) with another record-setting year. The company has yet to incur a recordable injury in 2019 and is on track to finish the calendar year well under the industry TRIR just has been the case over the last 6 years!

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!



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3rd QUARTER 2019 – THREE SPREADS IN OPERATION!

The beginning of 2019 has been a slow start to the year for the Associated Pipe Line family but we now have three projects staffed working in West Virginia, Ohio and Pennsylvania. What is most important is that the company has recorded no lost time injuries and no recordable injuries thus far this year. Our goal is and always has been to remain injury-free at all times and we will be striving to maintain this record for the entire year and many years to come. We have kicked off clean-up and slip repair work on multiple spreads of the Leach XPress Project in Ohio and the Mountaineer Xpress Project in West Virginia and with a few new safety initiatives on the spreads, remaining injury-free in this type of terrain is something we can all be proud of.

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

APLC CELEBRATES TRENCH SAFETY STANDOWN WEEK



APLC hosted Anthony Miliam, OSHA Compliance Assistance Specialist, on our MXP Project on June 17, 2019. Mr. Miliam spoke in depth regarding Trench Safety, challenges and mitigation means for trench safety.

APLC Hosts Special Guest Speaker

With all three of our ongoing projects working in brownfield areas where there are existing, live pipelines underground in all of our work areas, excavation and trench safety is something that all employees must keep in mind at all times and extra precaution is necessary.

APLC reached out to the local OSHA regional office and was pleased to invite onsite the local OSHA Compliance Assistance Specialist to deliver a safety talk about trench safety. This was completed during an extended spread safety meeting on the morning of June 17 and there were not only APLC employees in attendance but also TC Energy representatives from other spreads on MXP.

This meeting worked in conjunction with the National Trench Safety Stand Down Week.

Thank you, Mr. Miliam, for the informative talk and thank you to all APLC employees and other attendees that made this meeting a success!

Trench Safety Tips

Key points to keep in mind whenever working near or in trenches at a minimum are as follows:

- Do not enter an unprotected trench.
- Keep loads at least 2' from trench edges.
- Know where underground utilities are located.
- Test for low oxygen, hazardous fumes, and toxic gases.
- Inspect trenches at the start of each shift.
- Inspect trenches following a rainstorm.
- Do not work under raised loads.
- Utilize a protective system for trenches 5' deep or greater.
- Place excavated or other materials and equipment at least 2' back from the edge of a trench.
- Provide a safe way to exit within 25' of workers in a trench such as ramps or ladders.
- A competent person must inspect trenches daily and when conditions changes.

Remember, too, that collapses are not the only hazards of trenches. Others dangers include falls, falling loads, hazardous atmospheres and incidents involving mobile equipment.

PROJECT PICTURES

HOT WEATHER SAFETY TIPS



We are in the summer months at this time and there have been high temperatures already not only in Texas but also in the northeast where our ongoing projects are located. We need to ensure that we are all staying informed by watching local news and checking online weather apps to ensure we are properly prepared for whatever weather is in the forecast.

Tips to keep in mind when working in hot weather are as follows:

- Drink fluids, especially water, before feeling thirsty.
- Slow down! Your body can't function as well in high temperatures.
- Cool down in cool places. If you are getting hot on the jobsite, take a break in a shaded area or in an air-conditioned vehicle.
- Dress appropriate. – wear light-weight, light-colored loose-fitting clothing.
- Avoid getting sunburned. Sunburns decrease the body's ability to cool itself.

Knowing the symptoms and immediate treatment for heat related illnesses is important in ensuring you are looking for your fellow co-workers. Heat related illnesses consist of heat cramps, heat exhaustion and heat stroke. The symptoms and treatments for each are as follows:

HEAT CRAMPS

Symptoms – Include sharp pains in the muscles caused by salt imbalance.

Treatment – Move person to cool, shaded area.

HEAT EXHAUSTION

Symptoms – Heavy sweating, weakness, dizziness, headache, cold and clammy skin, disorientation and possible vomiting.

Treatment – Move person to cool area to rest, drink water and cover person if shivering. Seek medical attention.

HEAT STROKE

Symptoms – Loss of consciousness, reduced cognitive function, cessation of sweating.

Treatment – Call 911 immediately and move the person to a cool place immediately and sponge body with cool water.

“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