

11.0 SAFETY IN EXCAVATION & TUNNELING WORK

SAFETY IN EXCAVATION

11.1 GENERAL PROVISIONS

- a. Before undertaking any activity, the soil shall be tested and in case of availability of any explosive gas, necessary arrangements must be made to remove/dilute such gases and in case they are found to be toxic or poisonous, the workplace must be purged and continuous ventilation maintaining the contamination below the permissible level ensured;
- b. The position of underground installations such as sewers, water pipes and electrical cables shall be verified and in case of their existence, they must be isolated;
- c. If they cannot be isolated or removed or shutdown, they shall be fenced, hung up or otherwise protected. On every part likely to be visited by persons or where transport vehicles ply, the area shall be suitably fenced, guarded or barricaded to prevent fall of persons, vehicles or livestock into the excavated area;
- d. Warning signs shall be erected and the in the night hours the area shall be illuminated to warn pedestrians and vehicular traffic;
- e. Arrangements shall be made to prevent external vibrations due to rail/road traffic;
- f. Blasting shall be carried out in accordance with the norms applicable in this regard. Special care shall be taken to control the impact of vibrations/tremor caused by blasting to protect excavations from cave-ins;
- g. Arrangements shall be made to save other buildings/structures in the affected zone or in the vicinity of the area of excavation, from collapse;

11.2 SHORING AND TIMBERING

- a. Site of excavations, where workers are exposed to danger from moving ground, shall be made safe by maintaining due slope not exceeding the angle of repose of different types of soil or otherwise by shoring, portable shields or other effective means;
- b. All trenches in the soil, other than rock or hard compact soil more than 1.5 m deep into which men enter, shall be securely shored and timbered under the supervision of a competent person and only the trained workers shall be allowed to substantially alter or dismantle the shoring or timbering;
- c. All struts, braces and walls in excavation shall be adequately secured so as to prevent their accidental displacement;
- d. In all excavations in soft or fissured rock or hard soil exceeding 2 m in depth, except those which are sloped to within 1.5 m of the bottom into which men enter, shall be securely shored and timbered;
- e. Where the sides of the excavations are sloped as outlined above, but not within the 1.5 m of the bottom, vertical sides shall be shored and the shoring shall extend at least 30 cm above the vertical sides. When open spaced sheathing is used, a toe-board shall be provided to prevent material rolling down the slope and falling into the excavated.

11.3. SHEATHING

- a. The sheathing should be placed against the side of the trench so that length of each piece of sheathing is vertical. It should be held securely in place against the wales by ensuring that sheathing is kept firmly pressed against the wall of the trench. Where the trench excavated is loose, sandy or soft soil or soil which has been previously excavated or soil which is under hydrostatic pressure, each piece of sheathing shall be driven into the bottom of the trench so as to firmly hold it in place;
- b. Where two or more pieces of sheathing are used one above another, the sheathing shall be so arranged that the lower pieces of sheathing shall overlap the lowest wales supporting the piece of sheathing next above it. These pieces of sheathing shall be firmly driven into the soil and securely supported by wales and struts, as the trench is made deeper.

11.4. WALES

- a. The wales shall be parallel to the bottom or the proposed bottom of the trench. Each wale shall be supported on cleats spiked to the sheathing or by posts set on the wales next below it and in the case of the lowest wale on the bottom of the trench itself. Where necessary, wedges may be provided between a wale and the sheathing it supports so that roughly uniformity is given to all individual pieces of sheathing.

11.5. STRUTS

- a. Struts shall be horizontal and at right angles to the wales or sheathing supported thereby. Struts shall be cut to the proper length required to fit in tightly between the wales. Where necessary, the struts shall be held securely in place by wedges, driven between the struts and the wales;
- b. Struts shall be placed on cleats spiked or bolted to the posts supporting the Wales.

11.6. LOOSE SITE MATERIALS:

No loose material shall be kept very close to the excavation creating possibility of its fall into the excavated area. A safe distance of at least 1 m shall be maintained.

11.7. PLANT & MACHINERY:

Movement of vehicles and heavy equipment shall be kept at a distance least equal to the depth of the excavation or at least 6 m for excavation deeper than 6 m and the workers shall be provided with proper tools.

11.8. MEANS OF ACCESS

- a. For trenches deeper than 1.5 m, safe means of access and egress shall be provided at intervals of every 15 m. Where it is not possible to provide safe means of access and egress as above, ladders shall extend from the bottom of the trench to at least 90 cm above the ground;
- b. Walkways, runways and sidewalks shall be kept clear of excavated materials or other obstructions and no side walls shall be undermined-undercut unless it is capable of carrying a minimum live load of 125 lbs per square feet;

- c. If planks are used for raising walkways, runways or sidewalks, they should be parallel to the length of the walk and fastened together against displacement;
- d. Lone worker shall not be allowed to work in the excavated area.

11.9. INSPECTIONS:

A competent person shall make inspections every day and necessary measures shall be taken to safeguard against possible cave-ins or slide or collapse of the excavations.

11.10. NOTIFICATION OF INTENTION TO CARRY OUT EXCAVATION AND TUNNELING WORK

- a. Within thirty days, prior to the commencement of such excavation or tunneling work, the contractor shall inform in writing the detailed layout plans, method of construction and schedule of such excavation or tunneling work to the Engineer in-charge of NTPC;
- b. In case compressed air is used in such excavation or tunneling work or any work incidental to or required for such excavation or tunneling work, the technical details and drawings of all man-locks and medical-locks together with names and addresses of all construction medical officers duly qualified and so appointed by such contractor for the purpose of such excavation or tunneling work shall be sent to the Engineer in-charge.

11.11. PROJECT ENGINEER

- a. The contractor undertaking any excavation or tunneling work shall appoint a Project Engineer for safe operation of such projects;
- b. Such Project Engineer shall exercise overall control of the operations and the activities at such project and be responsible for carrying out the activities safely.

11.12. RESPONSIBLE PERSON

- a. The contractor undertaking excavation or tunneling work at construction site of a building or other construction work shall appoint a responsible person for safe operation of such excavation or tunneling work;
- b. The name and addresses of such responsible persons shall be forwarded to the Engineer in-charge;
- c. Duties and responsibilities of the responsible person referred to above person shall include
 - i. To carry out smoothly such excavation or tunneling work;
 - ii. To inspect and rectify any hazardous situation relating to such excavation or tunneling work;
 - iii. To take remedial measures to avoid any unsafe practice or conditions relating to such excavation or tunneling work.

11.13. WARNING SIGNS AND NOTICES

- a. Suitable warning signs or notices, required for the safety of building workers carrying out the work of an excavation or tunneling, shall be displayed or erected at conspicuous places in Hindi

and in language understood by the majority of such building workers at such excavation or tunneling work;

- b. Such warning signs and notices with regard to compressed air working shall include:
 - i) The danger involved in such compressed air work;
 - ii) Fire and explosion hazards;
 - iii) The emergency procedures for rescue from such danger or hazards.

11.14. REGISTER OF EMPLOYMENT

- a. The contractor shall ensure that at a construction site of a building or other construction work where an excavation or tunneling work is being carried on, a register of employment of building workers carrying out such excavation or tunneling work is maintained and produced on demand;
- b. Periods of work of such excavation or tunneling work shall be maintained in a register on day-to-day basis and such register shall be produced on demand

11.15. ILLUMINATION

- a. All contractors carrying out excavation or tunneling work at a construction site of a building or other construction work shall provide for emergency generators on such construction site to ensure adequate illumination at all work places where such excavation or tunneling work is being carried out;
- b. In case of power failure, all workplaces where excavation or tunneling works are carried out shall be adequately illuminated

11.16. PNEUMATIC TOOLS:

Supply lines to pneumatic tools used within a tunnel are fitted with water trap or safety chain or safety wire, as the case may be.

11.17. STABILITY OF STRUCTURE DURING GENERAL EXCAVATION & TUNNELING:

The contractor shall ensure that where there is any doubt as to the stability of any structure adjoining the workplace or other areas to be excavated or where tunneling work is to be carried out –

- a. The Project Engineer shall arrange for measures like underpinning, sheet piling, shoring, bracing or other similar means to support such structure and to prevent injury to any building worker working adjacent to such structure or damage to property or equipment adjacent to such structure;
- b. Where any building worker engaged in excavation is exposed to hazard of falling or sliding material or article from any bank or side of such excavation which is more than 1.5 m above his footing, such worker shall be protected by adequate piling and bracing against such bank or side;

- c. The excavation and its vicinity shall be checked by a responsible person after every rain, storm or other occurrences carrying hazards and in case a hazard is noticed at such checking, adequate protection against slides and cave-in to prevent such hazard shall be provided;
- d. Temporary sheet piling installed for the construction of a retaining wall after excavation shall not be removed, except on the advice of the responsible person after an inspection carried out by such responsible person;
- e. Where banks of an excavation are undercut, adequate shoring shall be provided to support the material or article overhanging such bank;
- f. Excavated material shall not be stored at least 0.5 m from the edge of an open excavation or trench and the banks of such excavation or trench shall be stripped of loose rocks and other materials which may slide, roll or fall upon a building worker working below such bank;
- g. Adequate and suitable warning signs shall be put-up at conspicuous places at the excavation work to avoid any person falling into the excavations or trenches;
- h. The responsible person shall ensure at the excavation that no building worker is permitted to work where such building worker may be struck or endangered by the excavation machinery or material or article used in such excavation.

11.18. SAFE ACCESS AND EGRESS:

Ladders, staircases or ramps are provided, as the case may be, for safe access to and egress from excavation where the depth of such excavation exceeds one point 1.5 m and such ladders, staircases or ramps comply with the relevant national standards.

11.19. TRENCHES

- a. A trench or excavation shall be protected against falling of a person by suitable measures if the depth of such trench or excavation exceeds 1.5 m and such protection shall be an improved protection in accordance with the design and drawing of a Professional Engineer, where such depth exceeds 4 m;
- b. Where the depth of a trench requires two lengths of sheet piling, one above the other, the lower piling shall be set inside the bottom strings or wales of the upper piling and such sheet piling shall be driven down and braced as the excavation continues;
- c. All metal sheet piles used in excavation or a trench shall be welded end-to-end and secured by other similar means.

11.20. POSITIONING AND USE OF MACHINERY:

Any machinery used in excavation and tunneling work shall be positioned and operated in such a way that such machinery will not endanger the operator of such machinery or any other person in the vicinity.

11.21. BREATHING APPARATUS:

Suitable breathing apparatus shall be provided to a building worker while working in compressed air environment for his use at excavation or tunneling work and such breathing apparatus shall be maintained in good working condition at all times.

11.22. SAFETY MEASURES FOR TUNNELING OPERATIONS

- a. Where there is a danger of falling or sliding of material from the roof face or wall of a tunnel, adequate measures such as shoring, supporting by means of rock bolts, segments or steel sets shall be taken for the safety of building workers;
- b. The excavated areas shall be made safe by use of suitably designed and installed steel sets, rock bolts or similar other safe means;
- c. The responsible person shall examine and inspect the workplaces in a tunnel before the commencement of work in such tunnel and at regular intervals thereafter to ensure safety of the building workers in such tunnel;
- d. The portal areas of a tunnel with loose soil or rock, likely to cause injury to a person shall be adequately protected with supports.

11.23. SURROUNDINGS OF A SHAFT

- a. Surroundings of a shaft used in excavation or tunnel work shall be protected from being washed away by construction of sufficient height;
- b. Where a building worker is required to enter a shaft at an excavation or tunneling work, safe means of access shall be provided for such entry;
- c. Every shaft at excavation or tunneling work shall be provided with a steel casing, concrete piping, timber shoring or other materials of adequate strength for the safety of building workers working in such shaft;
- d. Such casing and bracing shall be provided to shafts at an excavation or tunneling work according to the appropriate design for such casing and bracing;
- e. A reinforced concrete raft and beam shall be provided around the opening of a shaft at an excavation or tunneling work if the ground surrounding such opening is unstable or unsafe.

11.24. LIFT FOR SHAFT:

Lift shall be provided for transport of building workers and materials or articles at an excavation or tunneling work required to descend more than 50 m in a shaft.

11.25. MEANS OF COMMUNICATION

Reliable and effective means of communication such as telephone or walkie-talkie shall be provided and maintained in working order for arranging better and effective communication at an excavation or tunneling work at the following locations, namely:

- i. Working chamber of an excavation;
- ii. Intervals of hundred meters along the tunnel;
- iii. Working chamber side of a man lock near the door of such man lock;
- iv. Interior or each chamber of a man lock;
- v. Location conspicuous lock attendant's situation;
- vi. A compressor plant;

- vii. A first-aid station, and
- viii. Outside the portal or the top of a shaft;
- ix. Such number of bells and whistles shall be made available at all times at the locations as are necessary for the safety of persons at such locations.

11.26. SIGNALS:

The standard audio or video signals shall be used in excavation or tunneling work and conspicuously located or displayed near entrance to the workplace and in such other locations as may be necessary to bring such signals to notice of all building workers employed in such excavation or tunneling work.

11.27. CLEARANCES

- a. The minimum lateral clearances of 0.5 m shall be maintained between any part of a vehicle and any fixture or any equipment used in an excavation or tunneling work after allowing the throw or swing of such fixture or equipment;
- b. The overhead clearance for a locomotive drive at excavation or tunneling work shall not be less than 1.20 m above the seat of such driver and not less than 2 m above the platform where such driver stands or of any other dimension in accordance with the approved standard.

11.28. SHELTERS:

The adequate number of shelters for the safeguard of the building workers are provided where, in the course of working, they are liable to be struck by a moving vehicle or other material handling equipment in a tunnel.

11.29. USE OF INTERNAL COMBUSTION ENGINE:

No internal combustion engine shall be used underground in excavation or tunneling work unless such engine is so constructed that the air entering the engine gets cleared before entry and the engine emits no fumes or sparks.

11.30.INFLAMMABLE OILS: ☐



11.31. COUPLING AND HOSES:

All high-pressure hydraulic hoses and couplings shall be adequately protected against any possible damage in excavation or tunneling work.

11.32. HOSE INSTALLATION:

All hydraulic lines and plants working at a temperature exceeding 750 c shall be protected by adequate insulation or otherwise against accidental human contact in excavation or tunneling work.

11.33. FIRE RESISTANT HOSES:

No fire hydraulic hoses other than fire resistant hydraulic hoses are used when hydraulically activated machinery and equipment are employed in tunnels.

11.34. FLAMEPROOF EQUIPMENT:

Only flameproof equipment of appropriate type as per approved standards shall be used where there is a danger of flammable or explosive atmosphere being prevalent inside the tunnel.

11.35. STORING OF OIL AND FUEL UNDERGROUND:

All oils, greases or fuels stored underground in excavation or tunneling work shall be kept in tightly sealed containers and in fire resistant areas at safe distances away from explosive and other flammable chemical and appropriate flameproof installation shall be used in such storage areas.

11.36. USE OF GASES UNDERGROUND

- a. Petrol or liquefied petroleum gas or any other flammable substances shall not be used or stored inside the tunnel except with the prior approval of the Project Engineer;
- b. After the use of the petroleum or liquefied petroleum gas, or highly inflammable substances, all remaining petroleum or liquefied petroleum gas or highly inflammable substances shall be removed immediately from such tunnel;
- c. No oxy-acetylene gas shall be used in a compressed air environment in excavation or tunneling work.

11.37. WATER FOR FIRE FIGHTING

- a. Adequate number of water outlets shall be provided on excavation or tunneling work and readily made accessible throughout the tunnel for fire fighting purposes and such water outlets shall be maintained for effective fire lighting;
- b. All air locks shall be equipped with fire fighting facilities at excavation or tunneling work;
- c. An audible fire alarm shall be provided to warn the building workers whenever a fire breaks out on an excavation or tunneling work;
- d. Adequate number and types of fire extinguishers, in accordance with relevant national standards, shall be provided and made readily available to fight any outbreak of fire at an excavation or tunneling work;
- e. Fire extinguishers with vaporizing liquids and high pressure carbon dioxide shall not be used in tunnels or other confined spaces;
- f. The instructions regarding steps to be followed to fight outbreak of fire, at an excavation or tunneling work, written in Hindi or local language understood by the majority of the building workers employed on such excavation or tunneling work, shall be displayed at conspicuous and vulnerable places of such excavation or tunneling work.

11.38. FLOODING

- a. Water tight bulkhead doors shall be installed at the entrance of a tunnel to prevent flooding during a tunneling work where more than one tunnel is driven from a shaft;
- b. All necessary measures shall be taken to ensure that no building worker is trapped in any isolated section of a tunnel when any bulkhead door of such tunnel is closed;
- c. Where there is likelihood of flooding or water rushing into a tunnel during a tunneling work, arrangements shall be made for immediate starting of water pumps to take out water of such flooding or water rushing and for giving alert signals to the building workers and other persons to keep them away from danger.
- d. Airtight steel curtains shall be provided in areas liable to flooding at tunneling work and in case of descending tunnels, such curtains shall be provided in the top half of such tunnels to ensure the retention of pockets of air for rescue purpose.

11.39. REST SHELTERS

- a. Where building workers employed in a compressed air environment in a tunneling work are required to remain at the work site for one hour or more after de-compression from pressure exceeding one bar, adequate and suitable facilities shall be provided for such building workers to rest;
 - a. Every man-lock, medical-lock and any other facility inside these locks in a tunneling work shall be maintained in a clean state and in good repairs;
 - b. A first-aid room shall be provided and readily available at a construction site of a tunneling work;
 - c. Each man-lock attendant at the station shall be provided with a first-aid box.

11.40. PERMISSIBLE LIMIT OF EXPOSURE OF CHEMICALS

- a. The working environment in a tunnel or a shaft in which building workers are employed shall not contain any of the hazardous substances in concentrations beyond the permissible limits;
- b. The responsible person referred to shall conduct necessary test before the commencement of a tunneling work for the day and at suitable intervals as fixed by the Engineer in-charge, to ensure that the permissible limits of exposure are not exceeded and a record of such test shall be maintained and made available for inspection.

11.41. VENTILATION:

All working areas in a free air tunnel shall be provided with the approved ventilation system and the fresh air supplied in such tunnel shall not be less than 6 m³ per minute for each building worker employed underground in such tunnel and the free air-flow movement inside such tunnel not less than 9 m³ per minute.

11.42. AIR SUPPLY INTAKE POINT:

The air intake points for all air compression shall be located at places where such intake air does not get contaminated with dust, fumes, vapor and exhaust gases or other contaminants.

11.43. EMERGENCY GENERATORS

- a. Every compressed air system in a tunnel shall be provided with emergency power supply system for maintaining continued supply of compressed air in such compressed air system, which shall be capable of operating air compressor and ancillary systems of such compressed air system;
- b. The emergency power supply system shall be maintained and made readily available at all times.

11.45. AIR MAINS:

Every air-main supplying air to the working chamber, man-lock or medical-lock used at an excavation or tunneling work shall be protected against accidental damage and where it is not practicable to provide such protection, a stand-by air-main shall be provided.

11.46. BULKHEAD AND AIR LOCKS

- a. A bulk head or air tight diaphragms retaining compressed air, when used within a tunnel or a shaft, shall be constructed to withstand the maximum pressure at 1.25 the maximum working pressure of such bulk head or diaphragm and such bulk head or diaphragm shall be tested before its each use by a responsible person to ensure that such bulk head or diaphragm is in proper working order;
- b. Such responsible person shall keep the record of each test and such record shall be produced for inspection.
- c. The bulk head or diaphragm shall be made of sound material of adequate strength, which shall be able to withstand the maximum pressure on which they are subjected to at any time of their use;
- d. A bulkhead anchorage and air lock shall be tested at its work place at an excavation or tunneling work immediately after their installation at such place.

11.47. DIAPHRAGM:

All diaphragms, which are in the form of horizontal decks across a shaft used at excavation or tunneling work, shall be securely anchored

11.48. PORTABLE ELECTRICAL HAND TOOLS:

All portable electrical hand tools and inspection lamps used underground or in a confined space shall be operated at a voltage not exceeding 24 V.

11.49. CIRCUIT BREAKER

- a. Adequate numbers of differential ground fault circuit breakers shall be installed for every electrical distribution system and its sub-systems used at an excavation or tunneling;
- b. Work and the sensitivity of each of circuit breaker shall be adjusted in accordance with the requirement set out in accordance with the approved standards;
- c. No semi-enclosed fuse unit shall be used in underground place.

11.50. TRANSFORMER:

The contractor shall ensure no transformer is used in any section of a tunnel under compressed air unless such transformer is of the dry type and conforms to the approved standards.

11.51. LIVE WIRES:

There shall be no exposed live wire in working areas at an excavation or tunneling work which are accessible to building workers other than those authorized to work on such live lines.

11.52. WELDING SETS:

All welding sets used in a tunnel shall be of adequate capacity and of suitable type, duly approved.

11.53. QUALITY AND QUANTITY

- a. Every working chamber at an excavation or tunneling work where compressed air is used, the supply of such air shall be maintained at not less than 0.3 m³ per minute per person working therein;
- b. A reserve supply of compressed air shall be made available at all times for man-locks and medical locks used at a tunneling work;
- c. The air supplied in a compressed air environment at a tunneling work shall be, as far as practicable, free from contaminants, namely, dust, fumes and other toxic substances.

11.54. WORKING TEMPERATURE:

The temperature in any working chamber at an excavation or tunneling work where building workers are employed shall not exceed 29° c and the arrangement shall be maintained for kipping records in which the temperatures measured by dry bulb and wet bulb inside such working chamber once in every hour and for producing such records for inspection on demand.

11.55. MAN-LOCKS AND WORKING IN COMPRESSED AIR ENVIRONMENT

- a. Man-locks used at a tunneling work shall be of adequate strength, made of sound material and designed to withstand any pressure, internal or external, to which it may be subjected in the normal use or in an emergency;
- b. Doors of man-locks at an excavation or tunneling work shall be made of steel and used at a tunneling work for keeping the work airtight and devices shall be provided for sealing the doors when such locks are under pressure. The anchorage of a man-lock used at tunneling work shall have adequate strength to withstand the pressure exerted by air on the man-lock. There shall be adequate room available for the workers for working in the man-locks;
- c. Where work is carried out in any compressed air tunnel, a Man-lock in accordance with the approved standards shall be used;
- d. Where a man-lock is used, safety Instructions in Hindi and in local language understood by majority of building workers employed there, shall be displaced at conspicuous places;
- e. Except in an emergency, compression and de-compression operations shall be carried out in a man-lock and in an emergency any material-lock may be used;
- f. A record of compression and de-compression shall be kept in writing and produced for inspection on demand;
- g. Material lock shall be used with the permission of the Engineer in-charge where it is impracticable to install both the man-lock and the material-lock at;
- h. The man-lock at tunneling work shall not be used for any purpose

- i. other than compression or de-compression of building workers;
- j. No de-canting of building workers at tunneling work shall be carried
- k. out without prior approval of the Engineer in-charge except in an emergency;
- l. In case a building worker collapses or is taken ill during his de-compression in a man-lock, the lock attendant of such man-lock shall raise the pressure to a level equal to the maximum pressure which that building worker was exposed to in the working chamber prior to such de-compression and such lock attendant shall immediately report the matter relating to such collapse to the medical lock attendant and medical officer on duty;
- m. A building worker who had previously received training with a trained building worker to work in a compressed air environment at tunneling work shall be employed to work independently in such a compressed air environment;
- n. A building worker who had undergone three de-compressions from a pressure exceeding one bar in a period of eight hours at tunneling work shall not be allowed to enter a compressed air environment except for the purpose of carrying out rescue work;
- o. A building worker employed in a compressed air environment for a period of eight hours in a day at tunneling work shall not be employed again in such environment unless he has spent not less than twelve consecutive hours of rest at atmospheric pressure;
- p. No building worker shall be engaged in a compressed air environment at a pressure, which exceeds three bars at a tunneling work unless prior permission, in writing, has been obtained from the Engineer in-charge;
- q. No building worker shall be employed in a compressed air environment for more than fourteen consecutive days in a month;
- r. A register of employment of all building workers in compressed air environment shall be maintained;
- s. An identification badge shall be supplied to a building worker employed in compressed air environment;
- t. The badge of a building worker shall contain particulars of his name, location of the medical-lock allotted to him for work, the telephone number of the Construction Medical Officer concerned for his treatment and the instructions in case of his illness of unknown and doubtful causes;
- u. Record of all identification badges supplied to building shall be kept in a register;
- v. Every building worker whose name appears in the register shall wear the badge supplied to him at all times during his duty hours;
- w. Suitable warning signs shall be displayed in the compressed air for the prohibition of the following, namely:
 - i) Use of alcoholic drinks;
 - ii) Use and carrying of lighters, matches or other sources of ignition;
 - iii) Smoking; and

iv) No entry to person who has consumed alcoholic drink

11.56.SAFETY INSTRUCTION:

All building workers employed in compressed air environment at tunneling work shall follow the instructions issued for their safety in the course of such employment.

11.57.MEDICAL-LOCK

- a. A suitably constructed medical lock shall be maintained at tunneling work where building workers are employed in a working chamber at a pressure exceeding one bar;
- b. Where more than one hundred building workers are employed in a compressed air working environment exceeding one bar at tunneling work, one medical-lock is provided for every one hundred building workers or part thereof and such medical lock shall be situated as near as possible to the main-lock used at such tunneling work.