

UTTARAKHAND DISASTER PREPAREDNESS AND RESILIENCE PROJECT

OHS Plan

OCT 2025

By

M/S LAXMI DATT BINWAL CONS.

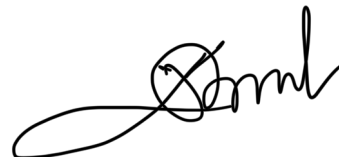
Project Title:

**CONSTRUCTION OF 75 M SINGLE LANE STEEL TRUSS PEDESTRIAN BRIDGE AT
GRAMPANCHAYAT CHAURAMETA TO GURUDWARA DISTRICT CHAMPAWAT**

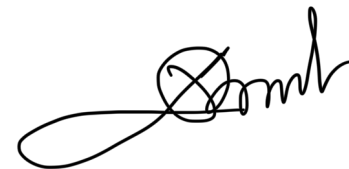
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SITE SPECIFIC OCCUPATIONAL HEALTH AND SAFETY PLAN

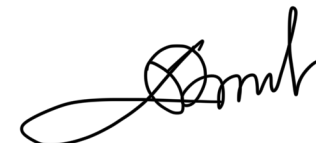
S.no	Field	Anticipated Impact	Proposed Mitigation	Location	Monitoring Duration (Start-End)	PIU / DSC	Record Keeping
1	Occupational Health and Safety	<ul style="list-style-type: none"> Construction works may pose health and safety risks to the construction workers and site visitors leading to severe injuries and deaths. The population in the proximity of the construction site and the construction workers will be exposed to a biophysical health risk factors, (e.g., noise, dust, chemicals, Risk factors resulting from human behaviour (e.g., HIV etc) and Road accidents from construction vehicle. 	<ul style="list-style-type: none"> Implement suitable safety standards for all workers and site visitors which shall not be less than those laid down on the international standards and contractor's own national standards or statutory regulations, in addition to complying with the national standards of the Government of India. Daily PEP talks regarding Safety and health hazards to all workers. Provide the workers with a safe and healthy work environment, considering inherent risks in construction activity and specific classes of hazards in 	Project site	During entire construction work	Contractor / Health safety and environment Expert DSC	Photographs



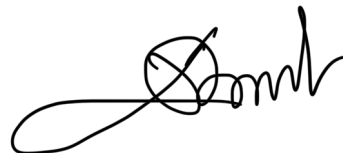
			<p>the workplace.</p> <ul style="list-style-type: none"> • Provide personal protection equipment (PPE) for workers, such as safety boots, helmets, masks, gloves, protective clothing, goggles, full-face eye shields, and ear protection. • Maintain the PPE properly by cleaning dirty ones and replacing them with the damaged ones. • Safety procedures include provision of information, training and protective clothing to workers involved in hazardous operations and proper performance of their job. • Rigid barricade provided to Perimeter of the excavated area. 				
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2	Trainings	<ul style="list-style-type: none"> • Lack of safety knowledge at workplace accidental risks will be increased among construction workers and staff. • Lack of awareness and basic knowledge in health care among the workforce, make them susceptible to potential diseases 	<ul style="list-style-type: none"> • Training to all the construction workers on general health and safety matters. • Daily Pre-Employment Plan (PEP) talks to be conducted to all workmen's before starting the construction work. • Training shall consist of basic hazard awareness, site specific hazards, and safe work practices to all workmen and staff. • Provide permanent separate toilets for men and women with bathing and washing facilities for construction workers. • Social Protection related to safety and health to be provided. • Awareness and training to all staff and workmen on emergency procedures 	Project site	During entire construction work	Contractor / Health safety and environment Expert DSC	Photographs and attendance sheets
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			<p>for fire, evacuation, work at height and natural disaster, an appropriate.</p> <ul style="list-style-type: none"> • Train all staff and construction workers on basic sanitation and health issues (e.g., Malaria/ dengue, COVID- 19, and HIV/AIDS). 				
3	Emergency plan	<ul style="list-style-type: none"> • Handling of emergencies resulting from accidents at the construction site 	<ul style="list-style-type: none"> • Prepare and implement an on-site emergency plan for accidental scenarios such as fire, fuel oil, LPG spillage, leakage of any flammable gas, etc. • Necessary fire protection measures to be made at the site and details of contacts with nearest fire station to be established at site. 	Project site	During entire construction work	Contractor / Health safety and environment Expert DSC	Mock-drill record
4	Community Health and Safety/ Security	<ul style="list-style-type: none"> • Security related conflicts with local community at site. • Conflicts within workers at workman habitats. 	<ul style="list-style-type: none"> • Deployment of 24x7 Security guards at construction site. • Maintaining friendly relations with the local community. 	Project site		Contractor / Health safety and environment Expert DSC	Inward– Outward Record Register Grievance register.



		<ul style="list-style-type: none"> • Illegal entry of Unauthorized persons at site. • Sexual Harassment/ Exploitation. 	<ul style="list-style-type: none"> • Minimize the conflicts at workmen's habitat. • Installation of CCTV cameras at suitable locations at the construction site area. • Site specific grievance register & redressal mechanism. • Formation of sexual harassment prevention committee. 				
5	Air Quality Monitoring	<ul style="list-style-type: none"> • Air Pollution due to vehicular movement, and dust emissions from debris stockpiles. 	<ul style="list-style-type: none"> • Ensure watering of transportation roads during dry and windy conditions. Generally, keep roads in good condition. • Cover truck loads with canvas to avoid dust blow. • Enforce vehicle speed limits on unpaved roads. • Ensure appropriate stockpile management 	Project site	During entire construction work	Contractor / Health safety and environment Expert DSC	Test Report



			(friable materials) to minimize dust blow.				
6	Noise Pollution Monitoring	<ul style="list-style-type: none"> Noise from vehicles, Clearing and cutting activities 	<ul style="list-style-type: none"> Limit the hours of operation for specific pieces of equipment or operations, especially mobile sources operating through community areas or close to residential houses. Avoid vehicle movements at night. Ensure the use of modern and well-maintained equipment (e. g. use of silencers). Set traffic speed limits, Verify drivers' behavior with respect to driving speed and safety. Plan vehicle routes to avoid settlements where possible. 	Project site	During entire construction work	Contractor / Health safety and environment Expert DSC	Test Report
8	Water Pollution Monitoring & ground water	<ul style="list-style-type: none"> Contamination of the surface & ground water due to 	<ul style="list-style-type: none"> Water tankers will be used for the curing & other construction 	Project site	During entire construction work	Contractor / Health safety and	Water sample analysis



	due to vehicles cleaning & flow of sewer waste in River.	vehicles cleaning & flow of sewer waste in River.	activities. <ul style="list-style-type: none"> • Toilet and washing facilities shall be always kept clean and in good working order. • Septic tanks/soak pits shall be located at 18m from the drinking water source. 			environment Expert DSC	result
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Details of incident(e.g. to a worker or visitor)and treatment		
Date of incident		
Time of incident		
Nature of incident	<input type="checkbox"/> Near miss <input type="checkbox"/> First aid <input type="checkbox"/> Medical treatment/doctor	
Name of injured person		
Address		
Occupation		
Date of birth		
Telephone		
Employer		
Activity in which the person was engaged at the time of injury		
Exact site location where injury occurred		
Nature of injury–e.g. fracture, burn, sprain, foreign body in eye etc.		
Body location of injury		
Treatment given on site and Name of Treating Person		
Referral for further treatment? <input type="checkbox"/> Yes <input type="checkbox"/> No	Name of doctor or hospital	Medical certificate received? <input type="checkbox"/> Yes <input type="checkbox"/> No
Injury management required? <input type="checkbox"/> Yes <input type="checkbox"/> No	Return date	
Witness incident(Include all witnesses)		
Witness name and contact		

