HEALTH AND SAFETY PLAN
POLARIS HOTEL
Fairbanks, Alaska

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Prepared for:
City of Fairbanks

Prepared by:

NORTECH

Managing Office
2400 College Road
Fairbanks, Alaska 99709
p. 907.452.5688
f. 907.452.5694

3105 Lakeshore Dr, Ste A106
Anchorage, Alaska 99517
p. 907.222.2445
f. 907.222.0915

5438 Shaune Dr, Ste B
Juneau, Alaska 99801
p: 907.586.6813
f: 907.586.6819

TABLE OF CONTENTS

List of Appendices

1.0 BACKGROUND

The Polaris Hotel is located in downtown Fairbanks on Block 12 and was initially constructed in 1952. The Annex was built as an addition in 1973. The Polaris Hotel was initially built as an apartment building that was later converted to a hotel until it closed in 2001. The Polaris Hotel has been abandoned since 2002 and has been owned by the City of Fairbanks (COF) since 2018.

The building has been previously secured to prevent access by the public, however, there is evidence of multiple unauthorized entries by unknown persons. The overall structure has been in a steady state of decay since closing and contains a variety of health and safety hazards that present a danger to the public, and those who enter within. Recent inspections of the building have identified hazardous conditions requiring resolution to make the building safe until it can be demolished.

2.0 CURRENT HAZARDOUS CONDITIONS

2.1 Exterior

There are numerous windows on the upper floors that have failed windows creating potential for glass and hardware falling to ground level. These open window areas may create pressure differentials in the upper floors that contribute to further interior degradation – and an outlet for asbestos containing materials to fall to ground level. Birds are entering into the broken windows and roosting on the upper floors.

2.1.1 Street Level

The street level around the building perimeter shows evidence of minor debris falling to ground level. Observed debris generally consists of failed paint and small cementitious materials.

2.1.2 Roof

The roof area has a significant number of loose debris having potential for falling to ground level during weather events. Debris is composed of loose planks and various building materials. There is a single antenna that has broken free from its mounts and needs to be secured. The general structural integrity of the roof has not been verified and caution should be taken when transiting the roof top.

2.2 Interior

The interior of the building consists of a basement, ground level floor, and the remaining floors identified as floors 1 through 10 respectively. The building interior is without light or power and is no longer heated. Interior degradation has occurred over time due to years of freeze thaw cycles and weather intrusion. Asbestos containing wall and ceiling finishes have significantly deteriorated and now cover all surfaces. All areas within the building have visible fungal amplification with the largest concentration noted in the basement, first floor, and upper floors. Furnishings and equipment left behind at the time of closing have been redistributed throughout. A majority of the furnishings have been deteriorated due to building conditions or damaged by unauthorized entrants and present multiple types of hazards.

2.2.1 Basement

The basement area is unlighted and has evidence of water damage with heavy fungal amplification. Numerous pieces of remaining equipment, tools, and fallen building materials

present tripping hazards for anyone transiting the area. There are numerous overhead areas with loose building debris that present a strike hazard to anyone walking underneath. The elevator shaft is open, flooded with water and un-guarded. A dust wipe sample collected in July 2021 confirm the presence of asbestos above background levels. In August 2021, hazardous materials used in the maintenance of the building have been removed from the basement and relocated to the Annex entrance for waste characterization and disposal.

2.2.2 Ground Floor

The first floor is accessed through a locked gated entry on 2nd avenue. There is no illumination on this floor. All surfaces are damp and have evidence of heavy fungal amplification. Abandoned furnishings and equipment are strewn throughout and pose a tripping hazard. Broken glass is present on most surfaces. The finished ceiling has fallen in multiple areas and presents an overhead strike hazard. Building materials including drywall joint compound and surfacing materials known to contain asbestos have degraded over time and are now distributed on most horizontal surfaces in the form of dust and debris.

2.2.3 Floors 1-5

Numerous tripping hazards are present due to abandoned furnishing and fallen building materials. Floor 2 has plywood and in some areas steel plates on the windows to deny access. Evidence of access noted in several room accessible from the Annex roof area where the window coverings were breached. Some illumination is present on the 2nd floor where windows are not covered. Building materials known to contain asbestos are present on all surfaces and friable. Stairwells have loose handrails and should not be relied on for support.

2.2.4 Floors 5-10

Numerous tripping hazards present due to abandoned furnishing and fallen building materials. Illumination from windows is adequate during daylight hours. These upper-level floors have open/broken windows making these floors desirable for birds to roost. Floors 5-10 have large amounts of bird guano which present a biological hazard and medium to heavy fungal amplification. Floors 8-10 have evidence of water infiltration from the room area resulting in large sections of the finished ceiling to fall. Building materials known to contain asbestos are present on all surfaces and friable. Stairwells have loose handrails and should not be relied on for support.

3.0 EXPOSURE ASSESSMENT

An Initial Exposure Assessment (IEA) was conducted on July 23, 2021, to evaluate potential for worker exposure to asbestos while conducting a safety walkthrough of the building. Work efforts evaluated for the assessment were limited to a controlled walk-through of the structure – to minimize generation of standing dust. A dust wipe sample was collected during this time to evaluate dust in the basement area. Laboratory results of the wipe sample indicate the presence of asbestos in the dust in quantities above normal background levels. The assessment monitored the breathing zones of two entrants who walked all levels of the building. Air monitoring laboratory results demonstrate no exposure above the OSHA PEL occurred. Visual confirmation of mold amplification in all areas is sufficient to suggest the air quality poses a biological exposure risk to unprotected workers, therefore no microbial sampling is recommended or necessary.

3.1 Identified Health and Safety Hazards

The hazards below were identified during multiple walkthroughs of the building interior and exterior. Exterior public safety hazards will primarily exist during active work operations on the exterior and should be planned for according to the nature of work. Interior safety hazards are expected to be limited to authorized entrants once all potential access points for unauthorized people have been eliminated. Health hazards associated with the building present both acute and chronic health risks to workers and/or unauthorized entrants within and around the structure. The list of hazards is not all inclusive, as there may be hidden hazards not yet identified.

3.1.1 General Safety Hazards

- Lack of illumination
- Slip Trips Falls
- Sharp objects
- Falling building materials and debris – interior and exterior
- Walkways obscured
- Limited paths egress
- Limited egress discharge

3.1.2 Chemical Hazards

- Asbestos dust and materials
- Lead
- PCB Exposure
- Hazardous Materials

3.1.3 Biological Hazards

- Fungi/mold
- Bacteria & Viruses
- Animal and bird droppings

While risk to workers is reduced by controls such as training and PPE, no such controls exist for people who enter the building without authorization.

4.0 MITIGATING STRATEGIES

4.1 Secure Building

Current conditions show evidence of unauthorized access to the building's interior occurs on a regular basis. The interior provides an environment for illegal activities, and high potential for catastrophic damage to the building and surrounding structures from accidental or intentionally set fires. Risk may be controlled by denying access to unauthorized individuals through implementing the use of strong physical barriers and posting interior and exterior warning signs with appropriate language to communicate hazards.

4.1.1 Ground Level

Ground level access is currently secured using locked iron gates in front of an inner entry door. The gate is secured using two padlocks. The current condition of the barrier appears effective in denying access and should be maintained. Recommend regular inspection of gate to verify security. Repair or replace any broken or defective barrier immediately. Warning signs should be posted on all sides of the structure at ground level.

4.1.2 Annex Roof

Evidence of unauthorized entry is present on the second story where the steel window coverings were peeled back to allow access. The Annex roof top provides opportunity to reach the lower windows with use of a ladder. Access to the Annex roof is accomplished by laddering the building from the 2nd Avenue side, or between the adjoining building -- occupied by Lavelle's Tap House. To discourage entry using portable ladders, it is recommended installing and/or reinforcing (existing) steel covers on all Annex side 2nd and 3rd story windows by bolting to the concrete on all sides and tack welding the bolts to the steel. Signs communicating building hazards should be placed on the building at eye level where the main building meets the Annex roof.

4.1.3 Patrols

Recommend communicating with local law enforcement to include the building as part of routine patrols to ensure all access points remain visually secure. No routine entry into the building is expected as part of this patrol and shall not be attempted by law enforcement. Any discrepancies observed to barriers should be communicated to the building owner or their direct representative for repair as soon as possible.

4.2 Secure upper windows

The upper windows on all sides of the building should be secured from the outside to prevent falling glass, escapement of asbestos dust, and bird roosting. Securing these windows may be accomplished using a lift from the exterior of the building or from accessing from the interior. Recommend plywood be secured directly to building using concrete fasteners, or through the use of battens secured to the interior framing. Street level perimeter of the building needs to be secured to all foot traffic and parking while this work is being performed.

4.3 Secure rooftop missile hazards

Building materials and debris

Loose building materials and debris are present on exterior roof surfaces and a potential wind influenced missile hazard. Removal of loose materials and debris is not recommended, as potential hazards to workers would be greater than securing loose items in place. It is

recommended all loose rooftop items be consolidated in multiple locations on the roof top (to avoid concentrating weight) and then secured in place. Netting, tarps, and/or mechanically fastening loose items to prevent wind from carrying items is recommended.

Rooftop Equipment
A single loose antenna has broken free from its mounting. Recommend lowering the antenna to roof surface and secure in place. An unsecured single point davit arm is present on the roof and moves freely over the roof edge. Davit should be positioned over the roof surface and fixed in place using mechanical methods, preferably by through-bolting.

Friable Foam Insulation
Foam insulation on ventilation ducts has failed and has become easily carried by wind. Recommend securing in place with shrink wrap plastic material where accessible, and/or locking down with heavy solid latex paint or similar material.

4.4 Interior Safety

Before beginning any work task within the building interior, a competent person shall conduct a Task Risk Assessment (JSA) or Job Hazard Assessment (JHA) specific to that task. Steps to mitigate or reduce hazards shall be taken prior to the commencement of work. Daily inspections shall be accomplished to verify conditions have not changed from the previous JSA or JHA. Any changes in condition shall be mitigated and communicated to affected worker prior to recommencing work. Interior pathways, stairwells, hallways and exit routes should be marked with color coded surveyors' tape to allow entrants a way to visibly determine their location for routine and emergency travel. Entry into the building shall always be accomplished in teams of two or more. Teams shall maintain close proximity to one another at all times and be with visual or audible contact – radios meet this requirement. It is recommended that all entries into the building be done with an outside observer present. Alternative entry without the use of an on-site observer is allowable provided the building can remain secured to unauthorized entrants, primary and secondary egress pathways are established, and a communication plan with routine welfare checks of the entrants is conducted using an off-site entity to dispatch emergency services or logistic support.

On-site Observer
Observer duties include guarding the entry door from unauthorized entry, call emergency services, and serve as a point of contact for emergency response personnel. The observer shall maintain communications with all entry teams via radio or some other agreed upon method of communication. The observer shall regularly ascertain the status of the entrants and their physical location within the structure. The observer shall not enter the building under any circumstance.

Entry – Remote Observer
Team entry into the building without the use of an exterior observer is acceptable provided the following conditions are met.

- Maintain communications with home office
- Home office(s) maintain dedicated remote observer to dispatch assistance
- Entry door is locked following team making entry
- Establish TSA/JHA
- Determine primary and secondary means of egress

The following hazard mitigating strategies must be considered:

Slips Trip Falls
Determine required pathways for tasking and clear of debris. Ensure adequate task and transit lighting is provided for the duration of all tasks. Identify holes in flooring, slippery areas and identify with visual markings such as fluorescent surveyors' tape, reflective markers and/or physical barriers.

Asbestos
All loose wall and ceiling debris shall be considered asbestos containing material unless proven otherwise by sampling. Disposable protective clothing shall be utilized.

Biological
Working around bird and animal waste, as well as fungal amplification shall utilize the same protective measures outlined for asbestos contamination.

Falling Building Materials
Building materials part of wall and ceiling systems shall be inspected for structural integrity. If tasks call for working around loose wall and ceiling materials, the areas in question should be avoided (if possible) or measures taken to prevent loose material from falling.

5.0 REQUIRED PERSONAL PROTECTIVE EQUIPMENT (PPE)

5.1 Personal Protection, General

The following PPE will be required for all workers entering the building.

1. Whole Body Protection - All workers expected to enter the building shall wear whole body disposable coveralls with integral hood and foot coverings for the duration of all entries.
2. Respirators shall be utilized as per section 5.2 of this document
3. Sealed Eye Protection appropriate for the given task shall be worn at all times by all personnel
4. Safety boots covering the ankles with integrated safety toe or equivalent and rated for puncture resistance shall be worn at all times.
5. High Visibility Safety vest or equivalent reflective markings will be worn/utilized.
6. Hard Hat will be worn at all times by all personnel – protective headwear integrated as part of a respirator system meets this requirement.
7. Kevlar gloves will be worn by personnel when the potential for handling sharp debris exists; nitrile gloves will be worn when handling universal waste.

5.2 Respirator Protection

Building entrants can anticipate airborne respiratory hazards, including asbestos and biological contaminants. Current conditions demonstrate respiratory asbestos hazards may be managed utilizing a half face respirator with HEPA filtration, however, the amounts of biological debris contained within the building presents an additional risk of exposure. The minimum level of respiratory protection is a full-face respirator with P-100 rated filtration. The recommended

respiratory protection is a Powered Air Purifying Respirator (PAPR) using P-100 filtration. PAPR units may be either full face, or hood style as long as the Protection Factor of hooded type respirator is 1,000.

All personnel required to don tight fitting respiratory protection will have current medical clearance and successful fit testing within the last 12 months for the brand, type, and size of respirator which will be utilized. Personnel using tight fitting respirators shall not have facial hair (e.g., beard, long sideburns, etc.), which interferes with the respirator's face piece-to-face seal. If tight fitting full-face respirators are worn, normal eyeglasses cannot be worn since the temple bars interfere with the face seal. For workers requiring eyeglasses, special spectacle kits, designed for use with full-face respirators must be obtained and fitted prior to the start of work.

Respiratory Protection Selection for Asbestos

Airborne Concentration of Asbestos	Required Respirator
1.0 f/cc (10 x PEL)	1. Half mask (HM) air-purifying respirator (APR), other than a disposable respirator, equipped with high efficiency particulate air (HEPA) filters
Not in excess of 5 f/cc (50 x PEL)	1. Full face piece (FF) air-purifying respirator (APR), equipped with high-efficiency particulate air (HEPA) filters
Not in excess of 100 f/cc (1000 x PEL)	1. Any powered air-purifying respirator (PAPR) equipped with high-efficiency particulate (HEPA) filters 2. Any supplied-air respirator operated in continuous flow mode
Notes: OSHA 29 CFR 1926.1101. 1. Respirators assigned for higher environment concentrations may be used at lower concentrations. 2. A high-efficiency filter means a filter that is at least 99.97 percent efficient against a particle/fiber of 0.3 microns diameter particle size. 3. Workers may at any time wear respiratory protection greater than required by the table above.	

5.3 Prohibited Work Practices

The following activities and work practices are prohibited

- Eating, drinking, smoking, chewing tobacco or gum, or apply cosmetics within the building interior
- High-speed abrasive disc saws that are not equipped with point of cut ventilator or enclosures with HEPA filtered exhaust air;
- Compressed air used to remove asbestos, or materials containing asbestos, unless the compressed air is used in conjunction with an enclosed ventilation system designed to capture the dust cloud created by the compressed air;

- Dry sweeping, shoveling or other dry clean-up of any type of dust or debris

6.0 MEDIA AND COMMUNITY RELATIONS

There is public interest in the disposition of the building. Multiple on-site visits have attracted the attention of the public and drawn them into the work zone to ask questions. Recommend the following be implemented when determined appropriate by the City to communicate project efforts to the public.

- Public Information Officer
- Web Site Information Page

7.0 WASTE MANAGEMENT

To be determined

8.0 EMERGENCY PREPAREDNESS AND RESPONSE

A complete set of floorplans shall be available for emergency response personnel. A list of hazards shall also be maintained on-site and distributed to emergency responders. These plans should be incorporated into the final demolition safety plan.

Evacuation Conditions & Procedures
All entrants into the building shall predetermine primary and secondary (if applicable) egress points prior to any entry. The following conditions shall trigger immediate evacuation:

1. Collapse of building materials
2. Loud noised being generated from building
3. Seismic event
4. Aggressive animals or people within
5. Immediately upon being ordered by observer or other recognized project authority

Procedures:

a. Immediately stop what you are doing
b. Pass evacuation order to all team members
c. Leave all tools and equipment in place (except for portable lighting)
d. Proceed to pre-determined egress route
e. Exit building
f. Account for all personnel
g. Log observed conditions (if known) of build interior at time of evacuation

In the event the entry was conducted without a site observer, the team leader shall notify the home office that evacuation is complete, along with status of all personnel.

Route to Hospital/Medical Facility – Fairbanks Memorial Hospital

1. West on 1st Avenue toward Lacey Street – 0.3 Miles
2. Left on Cowles Street – 0.9 Miles
3. Left onto East Cowles Street – 0.2 Miles
4. Right on 17th Avenue - ~300 Feet
5. Hospital will be on the right

Location of Emergency Equipment and Supplies

- Each vehicle will have first aid kit and eye wash bottle

9.0 EMERGENCY CONTACT SUPPORT INFORMATION

	Emergency Contact	Phone Number	Other (i.e. Radio)
Medical	-	911	
Fire Department	-	911	
Poison Control	-	911	

10.0 PROJECT TEAM ACKNOWLEDGEMENT

I, the undersigned Project Team members, have read and understand the content of this Project HSE Plan. I have received applicable HSE training and am capable of performing the duties assigned to me for this project. I am familiar with the operational controls identified for this project, including client specific procedures, and will implement them during project activities.

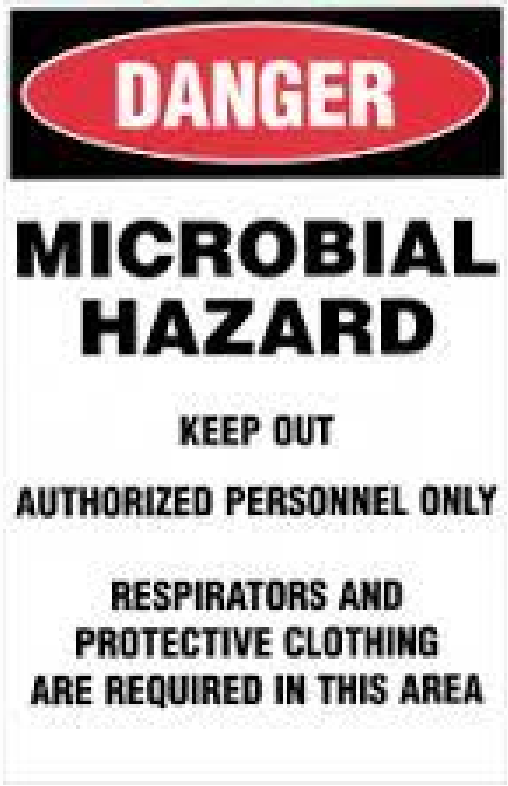
Name (printed)	Company	Signature

Appendix 1:

Building Control Signs


DANGER
ASBESTOS
MAY CAUSE CANCER
CAUSES DAMAGE TO LUNGS
WEAR RESPIRATORY PROTECTION AND PROTECTIVE CLOTHING IN THIS AREA
AUTHORIZED PERSONNEL ONLY


Danger
Unsafe building
Keep out


DANGER
MICROBIAL HAZARD
KEEP OUT
AUTHORIZED PERSONNEL ONLY
RESPIRATORS AND PROTECTIVE CLOTHING ARE REQUIRED IN THIS AREA

Appendix 2:

Reserved

Appendix 3:

Reserved

Appendix 4:

Reserved