

# **Respiratory Virus Season**

The Center for Disease Control (CDC) expects the upcoming 2024-2025 fall and winter respiratory disease season will likely have a similar or lower number of combined peak hospitalizations due to COVID-19, influenza, and RSV compared to last season. The CDC urges you to take the following actions to protect yourself and others from respiratory viruses:

Take everyday preventive actions to stop the spread of germs.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.

If you are sick with any respiratory virus CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) While sick, limit contact with others as much as possible to keep from infecting them. Be considerate of your fellow Ardaman employees and stay home when you are ill; use TOWP.

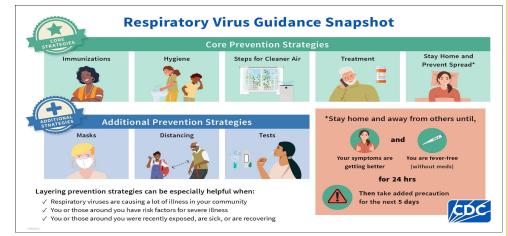
## Treatment

Seek health care right away for testing and/or treatment if you believe you may have a respiratory virus (if you feel sick or tested positive for one) and you have risk factors for severe illness. If you have flu or COVID-19, treatment may be an option to make your symptoms less severe and shorten the time you are sick. Treatment needs to be started within a few days of when your symptoms begin.

## Steps you can take

Individuals can:

- Know the treatment options for flu and COVID-19 before you get sick.
- Talk with a healthcare provider about planning to access treatment in advance of when you might need it.
- Talk with friends and family about how antiviral treatment could help reduce their chances of being hospitalized or dying from respiratory viruses like COVID-19 and flu.
- Take all treatments as prescribed.
- Talk to a healthcare provider about any questions you have about treatments.



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# **Underground Utilities**

Drilling through underground electrical or gas lines may cause a serious injury or death. Electricity is as dangerous underground as it is above ground. Always suspect the existence of underground utilities such as electricity, gas, sewer, phone, cable. Utility locates must be performed prior to drilling.

Call 811 for the National One Call for LA, TX, and FL to have utilities located before digging. In Florida, you can also use SUNSHINE STATE ONE (this is the same as 811 but goes directly to Florida,) at 1-800-432-4770. For all states the 811 call must be called prior to drilling for locating buried utilities. Confirmation of the call-in ticket must be received and the call in ticket and responses must be on site before drilling is conducted. If there is any uncertainty as to location of utilities, private mark-out should be contacted prior to drilling.

In order to ensure workers in the field have the necessary information, Ardaman drill crews or technicians who will be performing drilling/ hand augering must have the following items completed:

#### 811 Call-in Requirements:

- 811 Call ticket must be called in and created.
- Call-in ticket must be checked and updated after information is received regarding the status of the utilities in the area.
- The full Call-in ticket with information regarding the status of each utility in the area must be printed out and given to the field employees prior to machine drilling or hand augering. (Drilling or hand augering cannot be performed without clearance of all utilities on the ticket.)
- 4. The ticket must be physically on site during work activities.
- A copy of the Call-in ticket should be initialed by the Drill Crew Chief/Field Technician and is to be included into the report file for the project after completion of the job.



# **Electrical Safety**

Ardaman's electrical safety concerns include general safety, overhead power lines and underground utilities. Special precautions must be taken when using a drill rig or hand augering on a site in the vicinity of electrical power lines and other utilities. Overhead and underground utilities should be located, noted and emphasized on all boring location plans and assignments.

## **General Electrical Safety**

Faulty electrical equipment can shock, burn and cause death. The following safety precautions must be practiced when working with electrical power sources, tools and extension cords.

- A. Electrical power sources for our use must be in compliance with OSHA and the National Electric Code Safety Requirements of Ground Fault Circuit Interrupters, and Assured Grounding Protection.
- B. Employees are generally restricted to the use of 120 volt power sources only. A few exceptions are made for specialized equipment:
  - •The employee must receive safety instructions from the Safety Officer or a trained Supervisor before using any of the specialized equipment.
  - •Under no circumstances should employees use, disconnect or handle any extension cords carrying higher voltages than 120 volts without a trained Supervisor's authorization.
- C. All power extension cords must be vendor supplied and have a three pronged plug. A GFCI (Ground Fault Circuit Interrupter) must be used with extension cords.
- D. The frames of portable electric equipment must be grounded with a plug having three prongs. The exception is where the equipment is UL approved double insulated.
- E. All electric hand tools and portable

- equipment which are to be operated in damp or wet conditions must be grounded with a plug having three prongs and a GFCI must be used.
- F. Any electric tool that becomes defective, or has had a cord frayed or damaged, must be immediately removed from service, repaired or replaced. All electrical repairs must be made by a licensed electrician. Tools must be tagged and taken out of service.
- Inserting too many plugs into one outlet can cause an overload and start a fire.
- H. Flexible electrical cords connected to portable electric equipment must not be stapled or hung in a fashion that could damage the outer jacket or insulation. They should be secured with plastic tie wraps only. The use of metal ties (wire, cable, hooks, etc.) is prohibited.
- A ground fault circuit interrupter should be used on all portable electric equipment when working on construction sites. Check the power source furnished by the contractor to be sure it is safe, i.e., no frayed extension cords.
- Electric cords and welding cables, when used on work sites, shall be kept out of passageways, or from being placed across stairs and ramp ways.
- C. Lockout/tag out is required when servicing or performing maintenance on equipment. Effective lockout/tag out should occur in three phases:
  - 1. Applying lockout/tag out
  - 2. Servicing and repairing equipment
  - Returning equipment to proper operation, by removing lockout/ tag out
- L. Drill rigs must be grounded when drilling around electrical substations. The approved means of grounding a drill rig includes installation of a copper ground rod into the ground and the connections grounding cable attached to a metal surface on the drill rig.

# Hand and Power Tool Tips......

### 1. Use Personal Protective Equipment

If you can't engineer out the threat, then using personal protective equipment (PPE) are needed.

### 2. Dress Right

When handling hand and power tools, you also need to dress for the job. Avoid wearing loose-fitting clothing, jewelry, and neckties. Remove dangling objects of any kind before you start working. If you have long hair, tie it behind your head so that it doesn't get in your way.

### 3. Educate Yourself

All hand and power tools come with instruction manuals, and these exist for good reasons. Refer to your JSA for additional guidance.

## 4. Regularly Inspect Your Tools

All tools require inspections prior to use. Check your devices for loose cracks, breakage, damaged plugs, and exposed wires. If it is damaged, take it out of service and notify your supervisor.

- 5. **Keep Your Work Area Clean**
- 6. Be Extra Cautious With Power Tools

Unlike hand tools, power tools use electricity and are much more powerful.

- 7. Turn the Tools Off After each use.
- 8. Use Proper Lighting in the work area.
- 9. **Ground All Tools prior to use**, use a GFCI as needed.

## 10. Maintain a Firm Grip and Balance

If you feel that a tool may be too heavy for you, do not use it.

## 11. Stay Calm and Confident

Keeping your cool while handling these devices is the key to staying safe. Don't get reckless if things aren't going the way you'd like. Take a break, calm down, and conduct a LMSA. Staying safe is easy when you think ahead!

# **Overhead Powerline Safety**

All crew members must take special precautions when a drill rig is being used within the vicinity of electrical power lines and other utilities. Maintaining proper distances from utilities is the responsibility of crew members no matter who stakes or designates the boring locations. If you are too close to a utility, do not drill without obtaining explicit permission from the Drilling Manager after they have contacted the Health and Safety Director.

### **Overhead Electrical Lines**

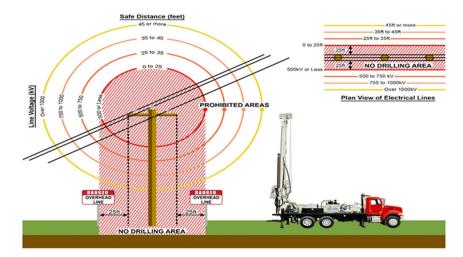
All drilling is to take place away from energized lines. Distances from energized lines should be determined using the following table.

TABLE A: ARDAMAN DISTANCES FOR ELECTRICAL LINES

Line Voltage (kV) *	Safe Distance (feet) **					
500 or Less	25					
500 to 750	35					
750 to 1000	45					
Over 1000	(As established by the power line owner/operator or registered professional engineer who is a qualified person with respect to electrical power transmission and distributior					

<sup>\*</sup> Information pertaining to the line voltage at a site may be obtained from the power company's service center.

- Do not drill within the safe distance (per the preceding Table A and Diagram 1) of overhead electrical lines without explicit permission from Drilling Manager after approval from the Health and Safety Director
- Before raising the mast on the site in the vicinity of power lines, walk completely around the drill rig. Determine the minimum horizontal and vertical distance from any point on the drill rig to the nearest power line when the mast is raised and/or while working. This distance must be established at the highest point of the drill rig and would include any drill rod that could be potentially raised above the mast. Always use a spotter to ensure proper distance is maintained while setting up the drill rig and during drilling activities. Use a range finder to determine distances.
- When power lines exist on location, assume that all lines are alive and dangerous. Do not lift power lines to gain access to location the utility company must be notified and they will move them. When working near overhead power lines never pull rod above the mast to a height where if the drill rig would tip over, the drill rod or mast could make contact with the lines or come within the safe distance of the power line as described in Table A and Diagram 1. Remember that the drilling equipment does not need to actually touch the power line to cause electrical shock. Deadly electricity can arc from the power line to the drilling equipment, and the safe distance requirements are based on preventing shock form the electrical arc.



 When circumstances arise that do not allow employees to maintain a distance of 25 feet from energized lines that are less than 500kV, then Ardaman will follow work practices according to OSHA Reg, 29 CFR 1910.333 after approval from the Health and Safety Director.

# What should I do before drilling?

Hand augering should be conducted the first 5' when the following may

- Drilling in a road or utility right of way.
   When utilities are present or
- When utilities are present or suspected in the vicinity of the boring.

The Drill Crew Chief/Field Technician will make the decision whether or not to hand auger before machine drilling based on his/her assessment in the following scenarios:

- Drilling on undeveloped land
- Drilling outside of a road or utility right of way

If the Drill Crew Chief/ Field Technician elects to not hand auger the location after the assessment, they are to document the basis of their decision on the work order. The engineer or project manager must be contacted prior to performing work if sampling location from the initial work order is altered.

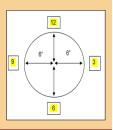
If there is any uncertainty as to location of utilities, private mark-out should be contacted prior to drilling. The Project Engineer or Project Manager should request that the client/property owner provide us with any site civil and/or utility plans and then review these plans to determine the potential for buried utilities in the boring areas.

An insulated probe rod should be used to verify the presence of underground utilities in the vicinity of the hole before advancing the hand auger or post hole digger. Before probing is conducted, a 1 (foot) diameter circle (6" radius) should be visualized around the boring location and divided into 4 quadrants. The probe should be inserted at the 12, 3, 6, and 9 o'clock positions around the perimeter of the circle at a minimum to confirm that no utilities are present below. If unknown objects are encountered, then do not drill, and contact your supervisor for further instructions.

Utility companies usually will not locate all lines within private property. Therefore, observe where utilities enter the site. Look for manholes or catch basins for storm water or sewage lines. Observe where power lines enter the building. Check the electrical box for underground lines leading away from the building. Use magnetic detectors to locate energized lines. These detectors are to be use only by experienced and qualified personnel.

If utilities are not ruled out; prior to drilling, the test hole location should be dug to a minimum depth of five (5) feet with a

post hole digger or hand bucket auger to verify that there are no utility lines.



<sup>\*\*</sup> The safe distance is based on electrical arc. It is <u>not</u> necessary for the drilling equipment to <u>actually touch</u> the power line to cause an electrical shock.

# Holiday Season Safety Tips

Many hallmarks of the holiday season, including Christmas trees, holiday decorations, and festive meals, present potential fire hazards that contribute to an annual increase in U.S. home fires. According to the National Fire Protection Association® (NFPA®), Christmas Day and Christmas Eve are among the leading days of the year for home fires.

"December is a leading month for home fires, which is largely due to the activities we engage in during the holiday season," said Lorraine Carli, NFPA vice president of Outreach and Advocacy. "Additionally, an increase in the use of heating equipment, driven by colder temperatures across most of the country, contributes to this heightened risk.". Putting up decorations is one of the best ways to get in a holiday mood, however an estimated 14,000 + injuries involving holiday decorating were seen in emergency rooms during the 2022 season.

- "Angel hair" is made from spun glass, and it can irritate your eyes and skin; always wear gloves and long sleeves when handling it, or substitute non-flammable cotton.
- When spraying artificial snow on windows or other surfaces, be sure to follow directions carefully; these sprays can irritate your lungs if inhaled. Follow the required PPE per the SDS and labels.
- Decorate the tree with your kids in mind; move ornaments that are breakable or have metal hooks towards the top
- Always use a proper step/extension ladder; don't stand on chairs or other furniture and maintain 3 points of contact when ascending and descending. Have some hold the base of the ladder.
- Lights are among the best parts of holiday decorating; make sure there are no exposed or frayed wires, loose connections or broken sockets.
- When attaching decorations in high and hard to reach locations, use an extension ladder, an approved scaffold board and have a partner help you attach the lights, or rent a scissor lift and safety harness. It makes the project go more smoothly and safely when working as a team and using the right equipment.
- To hang the lights, use hangers or hooks instead of using staples, nails or screws to attach the holiday lights. This will prevent any of the lights from falling down, getting cut or damaged and minimize exposure to electrical shock
- Plants can spruce up your holiday decorating, but keep those that may be poisonous (including some Poinsettias) out of reach of children or pets; the national Poison Control Center can be reached at (800) 222-1222.
- Make sure paths are clear indoors so someone does not trip on wrapping paper, decorations, toys, etc.
- Never leave burning candles unattended or sleep in a room with a lit candle.
- Keep candles out of reach of children.
- Make sure candles are on stable surfaces.
- Don't burn candles near trees, curtains or any other flammable items.
- Don't burn trees, wreaths or wrapping paper in the fireplace
- Check and clean the chimney and fireplace area at least once a year if you have one in your home or business.

# Lock out / Tag out what is it?

Energy sources including electrical, mechanical, hydraulic, pneumatic, chemical, thermal, or other sources in machines and equipment can be hazardous to workers. During the servicing and maintenance of machines and equipment, the unexpected startup or release of stored energy can result in serious injury or death to workers.

### What are the harmful effects of hazardous energy?

Workers servicing or maintaining machines or equipment may be seriously injured or killed if hazardous energy is not properly controlled. Injuries resulting from the failure to control hazardous energy during maintenance activities can be serious or fatal! Injuries may include electrocution, burns, crushing, cutting, lacerating, amputating, or fracturing body parts, and others.

A steam valve is automatically turned on burning workers who are repairing a downstream connection in the piping.

A jammed conveyor system suddenly releases, crushing a worker who is trying to clear the jam.

Internal wiring on a piece of factory equipment electrically shorts, shocking worker who is repairing the equipment.

Craft workers, electricians, machine operators, and laborers are among the millions of workers who service equipment routinely and face the greatest risk of injury.

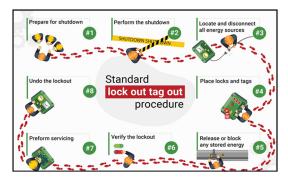
### What can be done to control hazardous energy?

Proper lockout/tagout (LOTO) practices and procedures safeguard workers from hazardous energy releases. OSHA's Lockout/Tagout Fact Sheet describes the practices and procedures necessary to disable machinery or equipment to prevent hazardous energy release. The OSHA standard for The Control of Hazardous Energy (Lockout/Tagout) (29 CFR 1910.147) for general industry outlines measures for controlling different types of hazardous energy. The LOTO standard establishes the employer's responsibility to protect workers from hazardous energy. Employers are also required to train each worker to ensure that they know, understand, and are able to follow the applicable provisions of the hazardous energy control procedures:

Proper lockout/tagout (LOTO) practices and procedures safeguard workers from the release of haz-

ardous energy. The OSHA standard for The Control of Hazardous Energy (Lockout/Tagout) (29 CFR 1910.147) for general industry, outlines specific action and procedures for addressing and controlling hazardous energy during servicing and maintenance of machines and equipment. Employers are also required to train each worker to ensure that they know, understand, and are able to follow the applicable provisions of the hazardous energy control procedures. Workers must be trained in the purpose and function of the energy control program and have the knowledge and skills required for the safe application, usage and removal of the energy control devices.

- All employees who work in an area where energy control procedure(s) are used need to be instructed in the purpose and use of the energy control procedure(s), especially prohibition against attempting to restart or reenergize machines or other equipment that are locked or tagged out.
- All employees who are authorized to lockout machines or equipment and perform the service and maintenance operations need to be trained in recognition of applicable hazardous energy sources in the workplace, the type and magnitude of energy found in the workplace, and the means and methods of isolating and/or controlling the energy.
- Specific procedures and limitations relating to tagout systems where they are allowed.
- Retraining of all employees to maintain proficiency or introduce new or changed control methods.



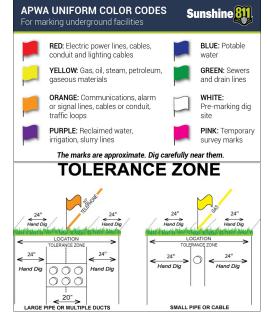
# Call in tickets: what should I do?

Ardaman policy requires the full Call-in ticket (with information regarding the status of each utility in the area) to be printed out, given, and reviewed with the field employees prior to machine drilling or hand augering.

The tolerance zone (no digging allowed) must be established 2 feet away from the outer most utility locate marking that is present on the ground. If markings are missing or questionable the supervisor or project manager must be contacted immediately and locators are to be sent back out to the site to establish or confirm markings in the area.

Regardless of any directions given by locators or clients, we must always move 2 feet away from the identified outer markings on the ground. Borehole locations cannot be changed in the field without consulting with the project manager/engineer.

A good safety practice/measure is to take a photo of the marked utilities and borehole location prior to beginning the task to ensure proper documentation is available in case an underground utility is struck due to an incorrect locate.



# **Ardaman Update**



### **Injury Incidents:**

Employee was unloading drill rod from the truck onto sawhorses at a jobsite. While sliding and
turning/twisting with the drill rod from the truck onto the sawhorse, they felt discomfort in
their lower back. Do not twist from the waist when lifting/moving loads. To change directions,
always move with your feet and keep the load stationary against your body. First Aid Only.

#### Vehicle and Equipment Incidents:

- An Ardaman employee was in their truck ready to leave the area. As they began to move forward, the employee felt some resistance while trying to pull forward. The driver did not realize what happened until a coworker waved them down to get them to stop. Our driver ran over a metal safety can that became lodged under the front skid plate. Always conduct a safety walk around the vehicle before moving it. Look for objects and other hazards that may be nearby.
- Employee was sitting inside the cab of the drill rig truck after finishing work for the day at the jobsite. The rig was parked off the edge of the parking lot area and stationery. A resident of the condominium; drove by and side swiped the front bumper of the drill rig. The resident claimed that we should not call the police and that we were at fault, and then proceeded to enter the gated garage and left the area. Our employee followed company protocol and the video surveillance from the HOA proved the other party was at fault.
- A 5' hand auger boring was being conducted on a vacant parcel along a roadway. The boring
  was advanced with difficulty approximately 10" when a cable was encountered. Upon
  inspection of the cable, it appeared to be a communications cable. No markings were present
  at the ground surface or in the vicinity.
  - Employee did not wait for Utility provider and hand augered due to time restraints.
  - Line was determined to be abandoned.
  - A printed 811 ticket must always be on site and reviewed. If a third-party locator communicates that they will be on site then you must wait until they arrive and confirm the utility status. Do not take it upon yourself to perform the work without verification.
- Employee was hand augering off the side of the roadway. At this location, a water line was marked but nothing else. While performing the hand auger, at 2.5 feet below grade, a telecommunication line was encountered.
  - Employee hand augered without 811 tickets printed and reviewed.
  - Line was determined to be abandoned.
  - A printed 811 ticket must always be on site and reviewed
- An Ardaman employee found damage on the front of their company vehicle. They noticed a
  check engine light was on the dash and this prompted them to check the vehicle outside and
  found the damage. The employee is unsure of how or when the damage occurred.
  - Employee failed to perform Safety Walk around vehicle before moving it.
  - Always conduct a safety walk around the vehicle before moving it. Look for objects and other hazards that may be nearby. Examine the vehicle for damage to help determine if present, when, where, and who caused them.
  - Lack of the safety walk allowed a contractor to not be held responsible for the damages. The vehicle had been damaged on a jobsite the prior day. The department had to pay the cost of the damages directly.
- An Ardaman driver was approaching an intersection as the traffic light was turning yellow. The vehicle in front of them applied their brakes and the Ardaman driver could not stop in time and struck the other vehicle. When driving larger and heavier vehicles, remember that they require more time and distance to stop. Do not operate larger vehicles unless trained and qualified to do so. Always follow the four second following distance rule per the Smith System.
- Employee was stopped at a stop sign. The vehicle behind us failed to pay attention and struck our stopped vehicle. Always maintain a one car length buffer zone from the vehicle in front of you.
- Employee was proceeding forward in the through lane after the traffic light turned green.
   Another vehicle heading from the opposite direction failed to obey the left turn only on green
   signal and pulled through and across the intersection in front of our vehicle. Both vehicles
   made contact with one another. Always follow traffic signals and signs and yield the right of
   way to others.

# **Near Miss / Hazard Identification**

 $Highlighted\ Near\ Miss/\ Hazard\ Identifications\ from\ 32\ reports\ received\ from\ the\ month\ of\ October.$ 

Employee observed a crew member of another contractor on site that was operating an excavator on the edge of an excavation. The worker was attaching a strap to the bucket to lift a pipe out of the excavation. While attaching the strap, the crew member placed themselves between the pipe and the bucket. Our employee stopped the operator. If the operator would have boomed out, the worker would have been crushed. Never stand in the line of fire when lifting is being performed by heavy equipment and stand clear of suspended loads.

### Ardaman Safety Audits

Identified Hazards from Loss Prevention Observation/ Safety Audits conducted in the month of October.

 PPE: Employee failed to wear hearing protection while monitoring pile driving.
 Hearing protection is always required during this activity as the decibel ratings are above the OSHA permissible exposure limits.

# Ardaman Health and Safety Recognition Awards



The safety committee reviewed an increased volume of submittals. We are continuing the lottery pool this month and with the number of submittals this month, we drew two winners at random for a \$25.00 gift card.

### **October Winners:**

Michael Werner: Orlando Casey McGlothlin: Baton Rouge

# A Safety Sticker was awarded to the following individuals:

Kerry Cunningham for recognition and actions involving an employee who arrived on site without proper PPE near the drill rig. Employee observed that they were not wearing hearing protection and provided them earplugs. (New Orleans)

Angie Groce for recognition and actions involving a cut hazard. Employee identify the paper cutter left in the open position and not stored properly. The cutter was closed and stored in the proper location. (Tallahassee)

Miguel Sardinas for recognition and actions involving a contractor exposed to a struck by/crush hazard while observing pile installations. Our employee notified the worker regarding the improper sling and attachment points. (Miami)

# **December 2024 Safety Quiz**

Please circle the letter of the answer that fits best. Some answers can be found in the newsletter.

1. One of the m	ost serious	dangers of electrical	l accide	nts is:				
A. Blowing a fuse B. Losing a tool C.			Electrical shock	k	D. All the above			
2. To avoid elec	trical shock	ks caused by cord ins	sulation,	, you should:				
A. Inspect the c	ords	B. Avoid stap	pling co	rds	C. Chec	k for tight plug co	nnections I	D. All the above
3. When expose	ed to electr	icity, wet hands or w	vet floor	rs make electric	cal shocl	c:		
A. More likely	1	B. Less likely	C.	Less painful		D. All the above		
4. Wearing met	al jewelry a	around electricity car	n turn y	ou into a condu	uctor.			
A. True	B. False							
5. Ground fault	circuit inte	rrupters (GFCIs) show	uld be u	sed outdoors,	when us	ing extension cor	ds, and in we	t areas.
A. True	B. False							
6. When servici	ng or perfo	rming maintenance	on equi	pment, lock / t	ag out n	nust be performe	d to isolate th	e hazards.
A. True	B. False							
7. Who should	be part of t	he development tea	m when	creating a JSA	?			
A. A Job expert D. All the above		B. An employee who	perform	ns the task		C Someone fami	liar with the J	SA process
8. If you are win	-	t) of an overhead po	wer line	e you must con	tact the	Drilling Manager	and H&S Dire	ector to get
A. False	B. True							
9. Before diggir	ng/drilling f	or a project at a job s	site,	must be co	ontacted	l and a ticket mus	t be	
generated, upd	ated with u	itility status, printed,	, and on	site for review	٧.			
A. 911	B. 711	C. 411	D.	811				
10. A GFCI shougenerator).	ıld be place	d at the source of wl	here ele	ectricity is comi	ng from	to protect worke	rs from shock	(e.g wall outlet or
A. True	B. False							
11. The Toleran	ice Zone (no	o digging allowed) fo	or a mar	ked utility mus	t be 2 fe	et away from the	outer most n	narking present on
the ground.								
A. True	B. False							
monthly safety me	eeting, please fice. The supe	mplete the quiz and turn it complete the quiz and sul ervisor only needs to sign	ıbmit it to	your supervisor fo	or approva	l. All completed quiz	zes must be sub	mitted at a designated
			Т					T
	Employee	Print Name			Employ	ee Sign Name		Date

Supervisor Sign Name

Date

Supervisor Print Name