

# SAFETY INFORMATION

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## **EMERGENCY TELEPHONE NUMBERS**

### **911 - Emergency (Police, Fire, Ambulance, Rescue)**

Prior to the workday, determine the closest hospital, emergency room and urgent medical care center. This list is not comprehensive.

### **HOSPITALS**

**Alexandria- Inova Hospital**

4320 Seminary Road  
Alexandria, VA 22304

(703) 504-3000 (main line)  
(703) 504-3066 (emergency room)

**Arlington - Virginia Hospital Center**

1701 N. George Mason Drive  
Arlington, VA 22205

(703) 558-5000 (main line)  
(703) 558-6167 (emergency room)

**Fairfax – Inova Hospital**

3300 Gallows Road  
Falls Church, VA 22042

(703) 776-4001 (main line)  
(703) 776-3111 (Emergency/Trauma)  
(703) 776-3154 (pediatric emergency)

**Fair Oaks - Inova Hospital**

3600 Joseph Siewick Drive  
Fairfax, VA 22033

(703) 391-3600 (main line)

**Loudoun - Inova Hospital**

44045 Riverside Parkway  
Leesburg, VA 20176

(703) 858-6000 (main line)  
(703) 858-6040 (adult emergency)  
(703) 858-6048 (pediatric emergency)

**Mt. Vernon - Inova Hospital**

2501 Parker's Lane  
Alexandria, VA 22306

(703) 664-7000 (main line)

**Reston Hospital Center**

1850 Town Center Parkway  
Reston, VA 20190

(703) 689-9000 (main line)  
(703) 689-9037 (emergency room)

**EMERGENCY CARE CENTERS** (open 24 hours a day)

**Fairfax - Inova Emergency Care**

4315 Chain Bridge Road  
City of Fairfax 22030

(703) 877-8200 (main line)

**Franconia/Springfield Inova HealthPlex**

6355 Walker Lane  
Alexandria, VA 22310

(703) 797-6800 (main line)

**Lorton – Inova Emergency Care Center**

9321 Sanger Street  
Lorton, VA 22079

(703) 982-8324

**Reston/Herndon - Inova Emergency Care**

11901 A Baron Cameron Avenue  
Reston, VA 20190

(703) 668-8333 (main line)

**URGENT MEDICAL CARE CENTERS – (Not all Centers are Listed)**

Non-Emergency Illnesses and Injuries - Always Call First

**Arlington – Virginia Hospital Center Urgent Care**

601 South Carlin Springs Road  
Arlington, VA  
(Open 7 days a week/24 hours)

(703) 717-7000

**Burke – Walk In Medical Care**

6045 Burke Centre Parkway, Suite M  
Burke, VA 22015  
Hours: (M-Friday 9:00 a.m. – 8:00 p.m.;  
Weekends 10:00 a.m. – 6:00 p.m.)

(703) 239-0300

**Centreville - INOVA Urgent Care Center**

6201 Centreville Road  
Building One, Suite 200  
Centreville, VA  
Hours: (M-F 9:00 a.m. - 8:00 p.m.  
Weekends and Holidays 9:00 a.m. - 4:00 p.m.)

(703) 830-5600

**Chantilly – INOVA Urgent Care Center**

24801 Pinebrook Road, Suite 110  
Chantilly, VA 20152  
Hours: (Daily 9:00 a.m. - 9:00 p.m.;

(703) 722-2500

**Fairfax - Patient First Urgent Care**

10100 Fairfax Boulevard  
Fairfax, VA 22030  
Hours: Regular and after hours medical care  
Open from 8 am to 10 pm  
Every day, including weekends and holidays

(703) 679-1876

**Vienna - INOVA Urgent Care Center**

180 Maple Avenue West  
Vienna, VA 22180  
Hours: (M - F 8:00 a.m. - 8:00 p.m.;  
Weekends and Holidays 9:00 a.m. - 4:00 p.m.)

(703) 962-1200

## LEAD-BASED PAINT

Lead paint can be present in any house built before 1978. Lead-based paint can be a serious environmental hazard if disturbed. Any repair that cuts into or disturbs painted surfaces by producing dust or paint chips can create a hazard. Precautions MUST be taken. Please take a few minutes to read this.

### **THE HAZARD**

**Housing built before 1978 may have lead-based paint.** Lead-based paint dust, chips and contaminated soil can poison young children, their parents, and workers. Safe practices can reduce the risk. The effects of lead poisoning in young children can include learning disabilities, hyperactivity, impaired hearing, decreased growth and even brain damage.

### **THE SOLUTION - SAFE WORK PRACTICES**

HUD/EPA/OSHA regulations require that Rebuilding Together volunteers follow **safe work practices** if lead paint is present or assumed to be present. The inspection report prepared for you by Rebuilding Together-AFF staff on your assigned project will identify houses built prior to 1978. There is a potential that lead is present in these sites. Rebuilding Together-AFF will test homes for lead if the home was built prior to 1978 and there is a potential for disturbing coated surfaces. If the results are positive, typically Rebuilding Together-AFF will address these repairs prior to teams working or refrain from working on these particular surfaces

In Arlington: Any work that will **disturb 2 square feet** or more of a lead-coated surface (i.e., paint, stain, shellac and varnish) per room inside a building, **20 square feet** or more of lead painted surface of exterior building, **10 percent** of the total surface area of any small surfaces such as a window sill or trim, or the **replacement of windows** must be supervised by a *certified lead based paint abatement supervisor*.

In all other jurisdictions: Any work that will **disturb 6 square feet** or more of lead-coated surface (i.e., paint, stain, shellac and varnish) per room inside a building, **20 square feet** or more of lead painted surface of exterior building, or 10% of a smaller component (baseboard, window sill) or removal of a door or window. The **replacement of windows** must be supervised by a trained Certified Renovator.

House Captains are asked to carefully complete the "Lead Based Paint Disturbance Form" found in the House Captain's Manual (Forms and Handout Section). If the planned repairs will disturb surfaces that exceed the minimum limits, Rebuilding Together-AFF will test these surfaces to determine if lead is present. Staff will then contact the House Captain with the results and create a work plan. If more than the minimum limits are exceeded your team must avoid working on these areas. Please consult with Rebuilding Together-AFF to discuss options. Rebuilding Together-AFF will provide signs to teams on Supply Pick Up Day that must be posted throughout the project site. These signs will indicate if the house was built prior to 1978 and the result of lead testing.

### **MORE INFORMATION**

The *Lead Paint Safety Field Guide* and *Reducing Lead Hazards When Remodeling Your Home* have a lot of good information on techniques/precautions to use when dealing the lead hazards.

Visit [www.epa.gov/lead](http://www.epa.gov/lead) or <http://www.hud.gov/offices/lead/healthyhomes/lead.cfm> or call 1-800-424-LEAD (5323), for more information.

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## **MISS UTILITY - 811**

### **How to dig safe**

Just call 811. Virginia state law requires anyone who digs to notify Virginia 811 before starting. Digging can be dangerous and costly without knowing where underground facilities are located. By calling Virginia 811, you contact all member utilities with one call. Always call before you dig and you have taken a very important step to make sure there will be no damage.

#### **Dig with CARE**

Call 8-1-1 or 1-800-552-7001 before you dig.

Also available on VA811.com.

Allow required time for marking.

Respect the marks.

Excavate carefully.

In addition, use common sense while digging. Stay hydrated. Take care not to overexert yourself physically. If you are operating digging machinery you are not familiar with, take time to be trained.

#### **How:**

Just call 811 or 800-552-7001 – You will be connected to our one-call center located in Roanoke, Va.

A courteous professional will help you complete your ticket submission.

Even more convenient, you can submit a locate request by using our Single Address Ticket (SAT) application. To access the application, [CLICK HERE!](#)

#### **Can I complete a ticket submission online?**

Yes, you can! Please use our Single Address Ticket (SAT) application. To learn more about SAT and access application, [CLICK HERE.](#)

#### **When should I call?**

To avoid damaging underground utility lines on their property, homeowners should contact Virginia 811 at least 3 working days (excluding weekends and legal holidays) before beginning any digging project. If you have a mobile device or computer with internet connection, you can submit a request online.

**Call Virginia 811 from 7 a.m. to 5 p.m. on weekdays.**

#### **Why should I call?**

Calling 811 before you dig is the LAW. If you are planning any type of digging project, you should call just to be on the safe side. Many utilities, such as cable television lines, are buried very close to the surface. While it might not be life threatening, you'd hate to miss the big game because you were planting begonias. There is no cost to the homeowner for our service, so you really have no downside.

### **I hired a contractor. Should I still call 811?**

It is the contractor's responsibility to call before digging. Be insistent on this because you are the one who will be endangered or inconvenienced if your contractor hits a utility.

Also, be understanding. We live in a fast-paced world and everyone wants their projects completed promptly, however, allowing time for marking is just good sense. Some contractors seek to gain advantage by saying they can start a digging project without marking. This is a violation of Virginia law.

### **What do the markings mean?**

Many people call us wondering why grass near their home is marked or what the markings mean.

Utility color codes are used to identify existing underground utilities in construction areas with the intent of protecting them from damage during excavation. This is done through flags or a special spray paint, neither of which will cause long-term harm to your lawn.

The American Public Works Association (APWA) Uniform Color Codes for temporary

	<b>Red</b>	electric power lines, cables, conduit, and lighting cables
	<b>Orange</b>	telecommunication, alarm or signal lines, cables, or conduit
	<b>Yellow</b>	natural gas, oil, steam, petroleum, or other gaseous or flammable material
	<b>Green</b>	sewers and drain lines
	<b>Blue</b>	potable (drinkable) water
	<b>Purple</b>	reclaimed water, irrigation, and slurry lines
	<b>White</b>	proposed excavation limits or route