

WAC 296-36-085 General operating requirements—Instructions to be posted. The following instructions as well as supplemental instructions deemed advisable by the medical officer for the guidance of compressed air workers shall be printed and conspicuously posted in the change house and in the man locks:

- (1) Never go on shift with an empty stomach.
- (2) Avoid all alcoholic liquors.
- (3) Eat moderately.
- (4) Sleep at least seven hours daily.
- (5) Take extra outer clothing into the tunnel when going on shift and wear it during decompression to avoid chilling during that period.
- (6) Take a warm bath after each shift.
- (7) Do not give men, suffering from compressed air illness, any intoxicating liquor.
- (8) After you have had a cold, or if your ears are uncomfortable, or if you do not feel well for any reason, report at once to the medical lock for a checkup.
- (9) If you are taken sick away from the plant, communicate at once with the physician-in-charge, Dr., telephone
- (10) Wear your identification badge so it will be known what to do with you in an emergency.
- (11) See that you are reexamined as required by the rules.
- (12) Proper decompression means safety and freedom from compressed air illness.
- (13) No person shall smoke or carry lighted smoking materials in compressed air. No matches, mechanical or chemical igniters will be permitted in the working chamber except those necessary for welding or flame cutting operations.

It shall be the duty and responsibility of each employee to observe and abide by the posted instructions and regulations.

[Rules (Part III L), filed 12/28/62; Rule 2204, filed 3/23/60.]