

ALBANY COUNTY SEWER DISTRICT
Annual Report of the Board of Commissioners
2010



John R. Adair, Jr., Chairman
Dennis Rigosu
Michael J. Aidala
Hon. Richard H. Rapp
John W. Bishop, Jr.

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Executive Director

**NORTH
WASTEWATER
TREATMENT
PLANT**

**ALBANY
COUNTY
SEWER
DISTRICT**

Board of Commissioners



*left to right , Hon. Richard H. Rapp, Chairman John R. Adair, Jr., Dennis Rigosu, John W. Bishop, Jr.,
Michael J. Aidala*

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HIGHLIGHTS

1. CAPITAL PROJECTS

Incinerator Waste Heat to Electricity – North Plant

Construction on this project commenced in March 2010 with two (2) prime contracts Electric (E) and General (G). The E contractor is Stilsing Electric of Rensselaer, NY with a contract in the amount of \$1,053,417. The G contractor is C. O. Falter Construction Corporation of Syracuse, NY with a contract value of \$6,233,101. By the end of the year the project was approximately 50% complete (by dollars). The total project costs including engineering and a \$665,982 contingency are \$8,558,325. Total grant monies received are **\$7,906,242** with the county share being \$652,083. The simple pay back on the county dollars will be ~ 1 year. This project will have a long term environmental benefit by reducing green house gas production and a significant economic benefit to the member communities via millions of dollars of reduced energy costs. Substantial completion is anticipated by late 2011 or early 2012.



Installed Closed Circuit Coolers



Hot Oil Piping

North and South Plant Effluent Disinfection Project

This project is mandated by SPDES permit modification with an estimated cost of \$9.4M. The District has retained the Albany Pool Joint Venture Team (APJVT) for the engineering at a fee of \$480,000. This project has been on the Clean Water State Revolving Fund (CWSRF), Intended Use Plan (IUP) for financing. On July 9, 2010 the District received notice of the \$8.2M of requested financing that **\$4M will be a grant**. The financing agreement closing will be in September 2011. The basis of design, engineering evaluation will be submitted to NYSDEC in early summer 2011 with implementation expected by May 2012. This project is in total concert with the Albany Pool Combined Sewer Overflow issue and will provide tremendous improvement to the water quality of the Hudson River.

North and South Plant Sludge Pump Replacement

A request for proposal for design, contract administration with construction management was issued by the District, with award to Delaware Engineering, for the sum of \$49,250. The engineering services are a two (2) phased approach with phase 1 evaluating the existing pump conditions including decisions on appropriate replacement pumps. The second phase will move the project to implementation. The project is part of the 2011-2015 capital plans and will evaluate and then appropriately replace a total of twenty-one (21) sludge pumps at both sites. The pumps service three different areas of each plant (primary,

thickened secondary and combined) and are original 37 year old equipment. The existing pumps are at the end of life cycle with replacement parts being expensive and difficult to obtain. The project will also focus on energy efficient motors and variable speed drives where needed. Programs exist from NYSERDA for incentives on both the motors and drives. The total project costs with the engineering are estimated at \$1.9M. Funding for the engineering is from the 2010 O&M budget with implementation in 2011 from municipal bonds. It is anticipated bids will be let for construction by June 2011.

North and South Plant Phase 3 (final) Roof Replacement

A request for proposal for design, contract administration with construction management was issued by the District, with award being made to James Daly Tobin Architects for the sum of \$48,500. This project finalizes all roof replacement at both sites which commenced with phase 1 in 2005 and phase 2 in 2008. In addition to roof replacement each phase also included architectural panel caulking and ventilation / exhaust fan replacement. The scope of work in this contract, includes replacement of approximately 50,000 square feet of roofing on ten (10) buildings with a built up roof (BUR system), architectural panel caulking and ventilation equipment replacement. The bids for construction were opened on March 17, 2011 with award to Mid – State Industries, Ltd. Total cost is \$1,369,611 which is \$163,389 under budget. The project financing is via municipal bonds.

Patroon Creek Intercepting Trunk Sewer Repairs

The Sewer District retained the MRB Group for engineering services for repairs of the Patroon Creek Intercepting Trunk Sewer, in the amount of \$18,700. The Patroon Creek Trunk Sewer transports waste from close to the Northway / Fuller Road area to the North Plant in Menands. The sewer is reinforced concrete pipe (RCP) with a diameter of 42” to 36” with a junction structure. Based on preliminary evaluation approximately 2,000 square feet of junction chamber and 1,150 lineal feet of pipe are in need of repairs. Design has been completed with bids due on April 7, 2011. Repairs for the junction box are a fiberglass epoxy liner system and pipe with a cured in place lining system. This project will be paid in cash via transfer of \$600,000 from the fund balance to a capital account through the 2011 budget process.

2. ALBANY POOL COMBINED SEWER OVERFLOW LONG TERM CONTROL PLAN DEVELOPMENT

Of the District’s eight member communities, four have combined sewer overflows which include the cities of Albany, Watervliet, Cohoes and the Village of Green Island. The Capital District Regional Planning Commission is the entity facilitating the development of the Long Term Control Plan with the consultant team known as the “Albany Pool Joint Venture Team” (APJVT). The District has

been at the table with it's communities since 2003 as a part of the "Technical Advisory Committee". The Long Term Control Plan (LTCP) will be submitted to NYSDEC in June 2011. All deliverables submitted to NYSDEC including river modeling for bacteria, dissolved oxygen, and combined sewer system modeling with quantifications of estimated volumes of sewer overflows, have been approved. The main impact on the CSO abatement to the District will be the mandated disinfection project.

3. SOUTH PLANT GRAY WATER INTERCONNECTION

As described in the 2009 annual report, the gray water infrastructure work was completed in the winter of 2009-2010. On April 6, 2010 the gray water interconnection was commissioned which invoked the minimum quarterly fees to Empire Generating, Corporation. The District realized \$278,816 in revenues in 2010, for providing the gray water for use as cooling water for the power plant. Since May 1st through December 31, 2010 the District provided, on average, 1.83 million gallons a day of cooling water. Per the executed agreement the minimum annual fee increased to \$351,600 from \$300,000 based on the increase of consumer price index (CPI). The minimum charge is effective until June 2014 for providing a maximum of 3.1 million gallons a day of gray water. These revenues will be used to offset costs to the member communities and allow continued investment on infrastructure improvements.



Gray Water Diversion Chamber

INTRODUCTION

The Albany County Sewer District owns and operates two wastewater treatment facilities, designated North and South, which provide secondary treatment to the wastewater of eight communities in Albany County. The North Plant is located in Menands and designed to treat an average daily flow of 35 MGD. The South Plant is located in the Port of Albany and was designed for 19 MGD and is permitted for 29 MGD. The South Plant treats waste only from the City of Albany, whereas the North Plant treats waste from the Cities of Cohoes, Watervliet and parts of Albany, the Villages of Menands, Green Island and Colonie and parts of the Towns of Guilderland and Colonie. Many industries in these communities discharge into the District's interceptor and trunk sewers, some industries are required to pretreat their wastewater prior to discharge.

This annual report presents the performance of the Sewer District for the year 2010 pertaining to Operation, Maintenance, Sewer Use and related topics. Data is presented in tabular form, charts and figures wherever possible. The data clearly shows that from an overall standpoint, the District's performance was effective and efficient during the year.

STAFFING

The staffing of the District allows most of the workload to be handled in house. The primary reason for this self-sufficiency is due to the separation of departments into Administration, Process Operation, Maintenance, and Laboratory. These individual departments promote professional expertise in many areas. The responsibilities of each department within the District are as follows:

Administration - This department is responsible for overall administration of the District including fiscal aspects, personnel, operation and maintenance.

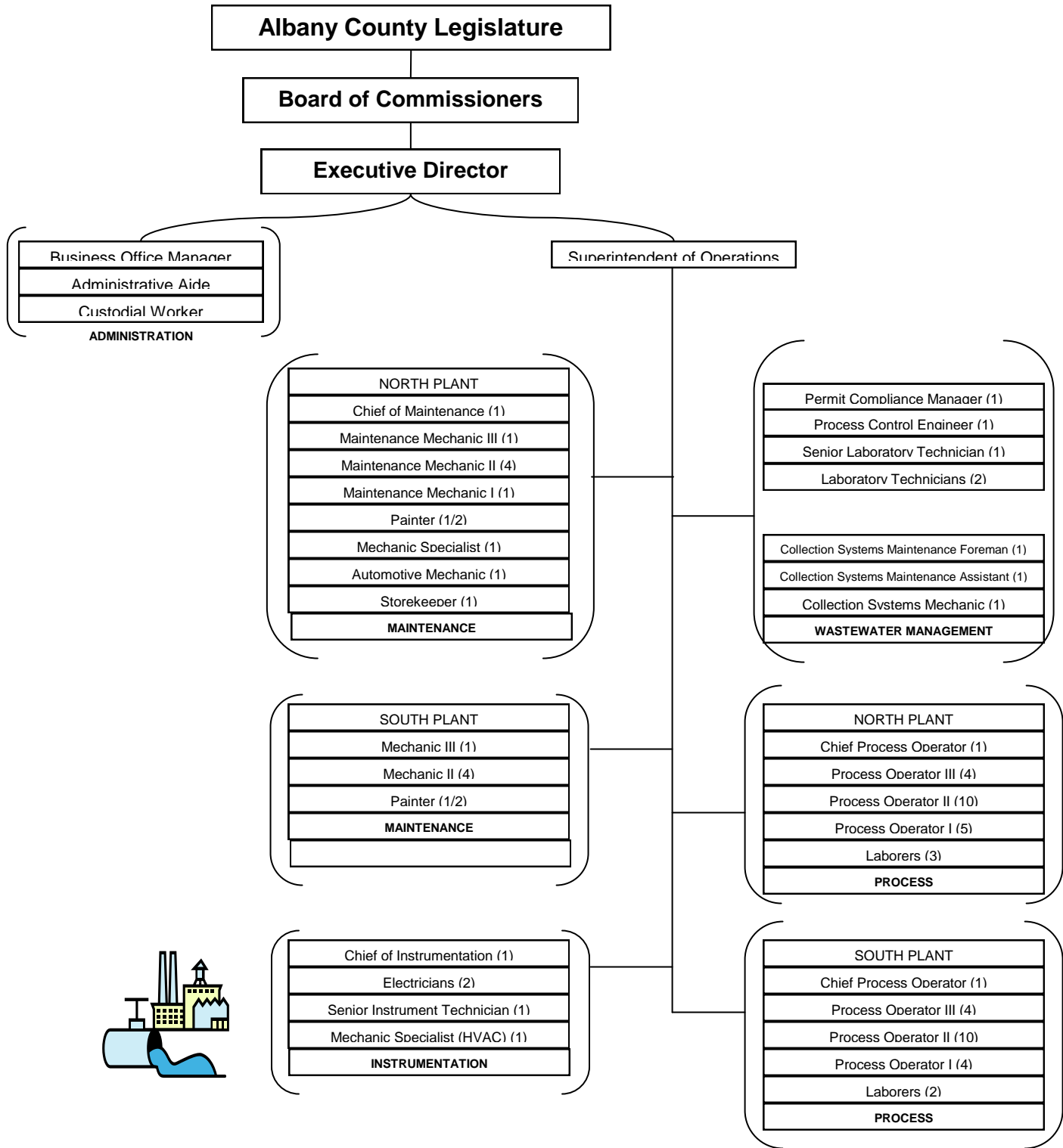
Process Operation - The operation of all processes and unit operations within each plant are carried out by the process operating staff. Process equipment must perform as efficiently as possible, especially in the solids handling sector, to minimize plant-operating costs while maximizing pollutant removals. Process Operation is also responsible for most routine maintenance and cleanup activities, including grounds keeping.

Training of process operators and our plant safety program is also included under this department. The importance of training and safety cannot be overstated. Training operators to fill vacant process positions and the safety of all our employees benefit the overall operation and cut loss time accidents while eliminating potential safety hazards.

Maintenance - Both major and preventative maintenance of all mechanical, instrument and electrical equipment is the responsibility of the maintenance department. All maintenance functions for both plants fall under the responsibility of the Chiefs of Maintenance and Instrumentation. The responsibilities of this department are as follows: Maintenance of all mechanical equipment, snow removal, vehicle maintenance, instrumentation, metering pits, incinerator control systems, and electrical maintenance with the exception of high voltage systems.

Wastewater Management - This department provides wastewater management including input on SPDES and air permit issues and administers the industrial waste control and pre-treatment programs and the laboratory, which is state, certified, and runs all of the analytical tests necessary for process control within the plant and reporting to the regulatory agencies. A sewer maintenance crew within this department insures that all dry weather wastewater flow reaches the plants for treatment and carries out the maintenance of all regulators under District control.

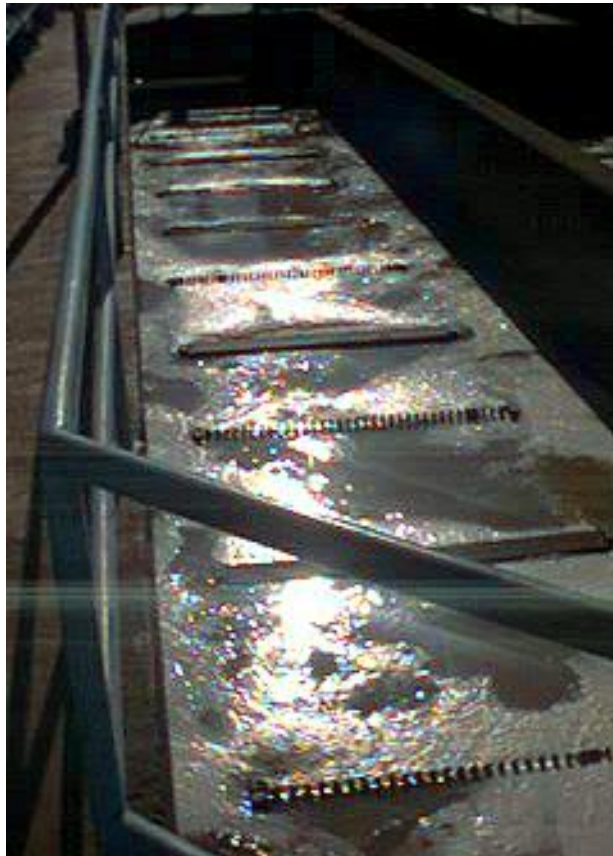
ALBANY COUNTY SEWER DISTRICT



PROCESS OPERATION

Both plants are virtually identical, from a process standpoint. Figure 1 on page 12 shows the general process units and flow pattern for the facilities. The purpose of each type of treatment is as follows:

A. **Preliminary Treatment** - Removes large material, debris and grit from the raw wastewater, which could clog pipelines and damage mechanical equipment in downstream processes.



Grit Chamber

B. **Primary Treatment** - This is a physical process of gravity settling which removes settleable solids in the form of primary sludge. Grease and scum are also removed, since they would interfere with subsequent processes and sludge dewatering. Primary treatment removes approximately 25-35% of the biochemical oxygen demand (BOD) in wastewater and 40-60% of the suspended solids in the wastewater.



Primary Tanks

C. **Secondary Treatment** - This is a biological process which uses microorganisms to remove 85-95% of the remaining suspended solids and BOD prior to discharge to the Hudson River. Waste activated sludge is generated in this process and is mixed with primary sludge to form a combined sludge that is dewatered and incinerated.



Aeration Tanks



Final Clarifier

D. **Chlorination** - Chlorination is practiced seasonally (May 15 to September 15) for public health protection of the Hudson River during its recreation season, if required by the Department of Environmental Conservation. Chlorination is not presently required.



Outfall

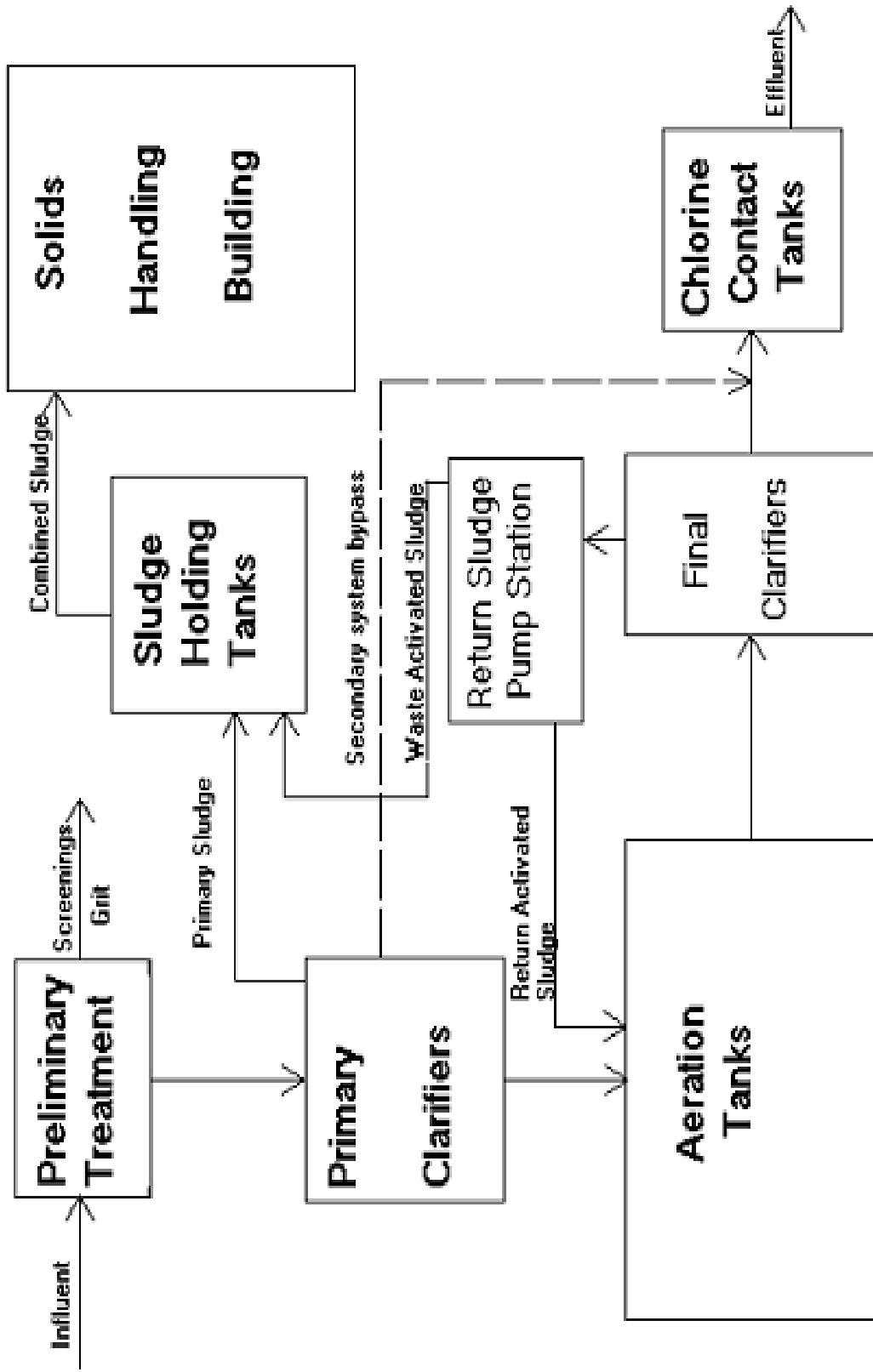


Figure 1 Wastewater Flow Scheme

PROCESS PERFORMANCE

The performance of the process operation at the District's facilities is gauged on the removal efficiencies of the plant units, which treat the incoming raw wastewater, and the effectiveness of the solids handling operations, which treat and dispose of the sludge produced. In addition, the overall process performance is gauged from a cost standpoint.

Table 1 shows the removal efficiencies for standard pollutants removed from the wastewater treatment units. A review of the Table shows that effluents from both District plants were well within permit requirements for BOD, suspended solids and TKN. This data reflects the type of effluent, which can be obtained from larger plants, which practice both good process control and good sludge-handling techniques.

A brief definition of the parameters contained in Tables 1 and 1A are listed below:

A. **BOD (Biochemical Oxygen Demand)** - The amount of oxygen (mg/l) required in five days to oxidize the biodegradable organic matter in a sample at 20 degrees C.

B. **S.S. (Suspended Solids)** - The non-settleable residue in a sample which is retained on a fine fiber filter (1 micron in size) measured in mg/l.

C. **NH3 (Ammonia Nitrogen)** - The ammonia in a sample measured in mg/l.

D. **TKN (Total Kjeldahl Nitrogen)** - The total of the ammonia plus the organic nitrogen in a sample measured in mg/l.

TABLE 1
PROCESS PERFORMANCE DATA - 2010

NORTH PLANT

Parameter	Influent (mg/l)	Effluent (mg/l)	Discharge Permit Limit (mg/l)	Efficiency %	Tons Removed Per Day	Tons Discharged Per Day
BOD	187	4.5	25.0	97.6	16.82	0.41
S.S.	281	11.8	30.0	95.8	24.81	1.09
NH ₃	12.5	3.4		72.8	0.84	0.31
TKN	26.1	6.4	15.2*	75.5	1.82	0.59

Average Flow – 22.1 MGD

***Seasonal June 1 to October 31**

TABLE 1A
PROCESS PERFORMANCE DATA - 2010

SOUTH PLANT

Parameter	Influent (mg/l)	Effluent (mg/l)	Discharge Permit Limit (mg/l)	Efficiency %	Tons Removed Per Day	Tons Discharged Per Day
BOD	78	3.0	25.0	96.2	6.91	0.27
S.S.	120	6.2	30.0	94.8	10.06	0.55
NH ₃	8.5	1.2		85.9	0.65	0.11
TKN	17.4	2.0	15.4*	88.5	1.36	0.18

Average Flow – 21.2 MGD

***Seasonal June 1 to October 31**

SOLIDS HANDLING

Sludge thickening and dewatering processes are identical at both plants and are contained in a Solids Handling Building at each facility. Figure 2 on page 18 shows the units, which make up the solids handling processes and operations at the District. The solids handling flow schematic and operations are described as follows:

A. Flotation Thickeners - Waste activated sludge (0.3 - 1.0% solids) is thickened by the use of dissolved air flotation units to 4.0 - 7.0% solids.

B. Sludge Holding Tanks - Primary and thickened waste activated sludge are mixed and stored in holding tanks prior to dewatering.

C. Belt Filter Presses - The combined sludge (primary and thickened waste activated) is pumped from the holding tanks and chemically conditioned with Siemens Water Technologies VX-456 for odor control and polymer for coagulation and flocculation prior to being dewatered on a belt press. The belt press dewateres the sludge to a fairly dry cake (20 - 30% solids).



Two-Meter Belt Filter Press

D. Incineration - The cake formed by the dewatered sludge on the belt filter press is next incinerated in a multiple hearth incinerator. The resulting ash from the incineration process is then stored in lagoons prior to ultimate disposal at a landfill site. The volume of ash remaining is relatively small.

SOLIDS HANDLING PERFORMANCE

Tables 2 and 3 show the solids handling performance data for the North and South Plant sludge thickening and dewatering equipment respectively. The data is in two parts. To the left of the slash is 2010 data and to the right of the slash is a five-year average of solids handling performance. Using a five-year average of chemical dosages and sludge cake percent solids gives a better insight into actual solids handling performance since variations from year to year and plant to plant are dependent on many variables affecting treatment and costs.

Chemical dosage at the North Plant for polymer decreased 10.6% compared to the five-year average and the oxidant increased 13.5%, compared to the five-year average.

Chemical dosage at the South Plant for polymer decreased 19.1% compared to the five-year average and the oxidant decreased 4.8%, compared to the five-year average. The North Plant and South Plant experienced an increase in cake percent solids of 14.6% and 10.7% respectively compared to the five-year average. The 2nd year of operation of the new belt filter presses, were the reason for the increase in cake solids.

Increase or decrease in the amount of oxidant is dictated by the amount of sulfides released by the combined sludge during processing. Siemens Water Technologies VX-456 oxidizes the hydrogen sulfide which is a very corrosive gas attacking ferrous metals and concrete. The New York State Department of Labor has set a limit of ten parts per million to protect worker health and safety.

The data in Tables 2 and 3 indicates that the solids handling units operate at high efficiencies. High efficiencies are important since the wastewaters produced by these units are returned to the head of the plant for treatment. If a high concentration of solids and/or B.O.D. were returned, the result would be higher costs.

Figure 2 Solids Handling Scheme

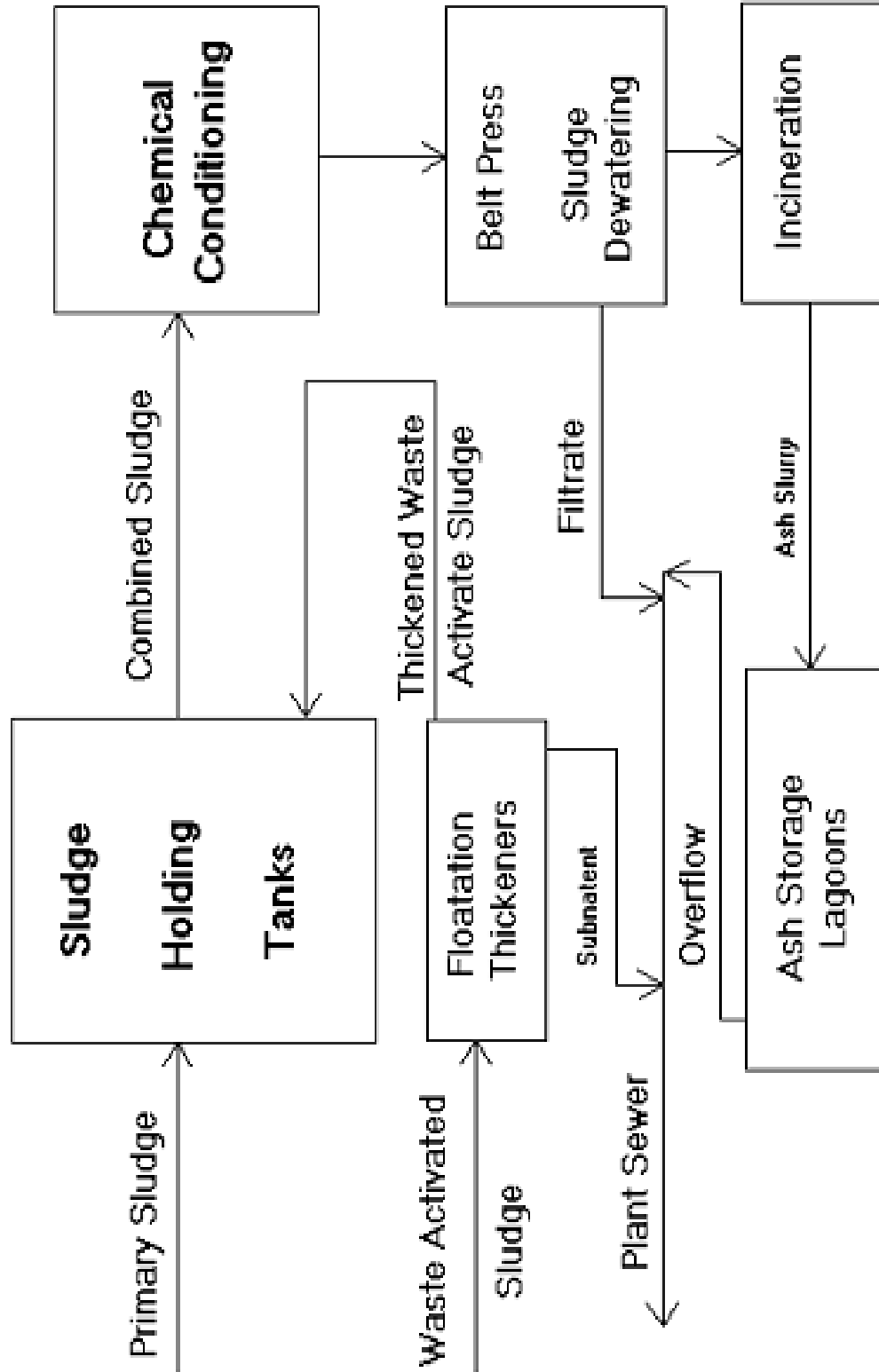


Table 2

Solids Handling Performance Data

SOUTH PLANT

Flotation Thickeners

Parameter	Feed (Influent) (mg/l)	Overflow (to plant sewer) (mg/l)	% Efficiency	Thickened Sludge Solids %	Chemical Dosage (Polymer) %
Suspended Solids	5,143/5,756	57/26	98.9/99.6	5.2/5.4	3.0/2.4

Belt Filter Press

Parameter	Combined Sludge Feed (mg/l)	Filtrate (to plant sewer) (mg/l)	% Efficiency	Dewatered Sludge Solids %	Polymer #/Dry Ton Oxidant #/Dry Ton
Suspended Solids	33,000/36,800	292/396	99.1/98.9	22.7/20.5	111.1/137.4 20.0/21.0

Numbers to the left of the slash mark are 2010 figures; numbers to the right indicate a five-year average 2005-2009

Table 3

NORTH PLANT

Flotation Thickeners

Parameter	Feed (Influent) (mg/l)	Overflow (to plant sewer) (mg/l)	% Efficiency	Thickened Sludge Solids %	Chemical Dosage (Polymer) %
Suspended Solids	4,783/5,737	193/171	96.0/96.9	5.5/5.9	7.5/6.4

Belt Filter Press

Parameter	Combined Sludge Feed (mg/l)	Filtrate (to plant sewer) (mg/l)	% Efficiency	Dewatered Sludge Solids %	Polymer #/Dry Ton Oxidant #/Dry Ton
Suspended Solids	37,000/38,000	284/631	99.2/98.4	26.7/23.3	106.3/118.9 21.8/19.2

Numbers to the left of the slash mark are 2010 figures; numbers to the right indicate a five-year average 2005-2009

SOLIDS HANDLING AND PLANT OPERATING COSTS

The overall usage, cost, and cost per dry ton of solids handling for chemicals, labor, power and fuel energy requirements for the dewatering and disposal of sludge at each plant are shown in Table 4. The contributing factors are varied and reflect the cost of the raw materials needed to process the sludge and the amount and quality of sludge produced at each plant. Generally speaking, the more sludge processed the higher the overall cost, but will reflect a lower cost per dry ton of solids handled.

The total costs for solids handling decreased 4.1% or \$46,206 North, and increased 3.6% or \$28,133 South as compared to 2009. The stabilization of costs is due to the 2nd year of operation of the new belt filter presses which has reduced natural gas consumption. The District continued to expand the acceptance of sewage sludge and septage program and with the commissioning of the South Plant grey water saw an increase in revenue of \$280,790 as compared to 2009. The total revenues were \$1,635,047. These revenues defray costs to the member communities by applying the monies to the O&M budget and paying for capital projects with cash in lieu of financing, so as not to increase debt service.

The total cost per dry ton processed decreased 10.4% North and increased 1.5% at the South Plant compared to 2009 figures. An increase in the amount of sludge processed of 7.1% North and an increase of 2.1% at the South Plant, contributed to these costs as mentioned above.

The plant operating costs, which are contained in Table 5, represent the overall operation and maintenance expenditures for each plant during 2010. This category includes all costs associated with sewage treatment except debt service and administration costs. Power, fuel energy, chemical and maintenance and miscellaneous costs rise and fall from year to year depending on the amount of sludge and wastewater processed and the cost of raw materials associated with solids handling. Generally, the more sludge processed during a given year the higher the cost associated with these items.

The North Plant total operating costs increased 4.8% as compared to 2009 figures. The South Plant total operating costs increased 7.0% compared to 2009 figures. The combined plant operating costs increased \$469,900 or 5.9% as compared to 2009. This 5.9% increase is attributed mostly to higher electricity costs and maintenance costs as compared to 2009. The increase in maintenance costs was mainly due to needed roadway / parking lot rehabilitation (\$117,459) and sludge holding tank concrete repairs (\$184,121) at the North Plant. 2010 also was the **fourth consecutive year** of no increase in charges to the member communities.

- Electric: + \$253,092 or +17.9%
- Maintenance costs: + \$275,303 or +28.4%

Table 4

2010 SOLIDS HANDLING COSTS

	North Plant	South Plant
Dry Solids Incinerated (tons)	7,220.5	3,811.0
Fuel Energy Requirement (thermal units)	162,771	186,986
Polymer Used (tons)	383.8	211.6
Siemens Tech. VX-456 Oxidant Used (tons)	78.6	38.1
Man-Hours	22,464	14,976
Fuel Energy Requirements	\$ 172,862	\$ 193,875
Chemical Costs	\$ 178,490	\$ 90,557
Manpower Costs	\$ 584,064	\$ 389,376
Power Costs	\$ 138,370	\$ 128,731
TOTAL COSTS	\$ 1,073,786	\$ 802,539

Cost Per Dry Ton Solids Handled	North Plant	South Plant
Fuel Energy	\$ 23.94	\$ 50.87
Chemical	\$ 24.72	\$ 23.76
Labor	\$ 80.89	\$ 102.17
Power	\$ 19.16	\$ 33.78
TOTAL	\$ 148.71	\$ 210.58

Table 5

Plant Operating Costs - January 1, 2010 through December 31, 2010

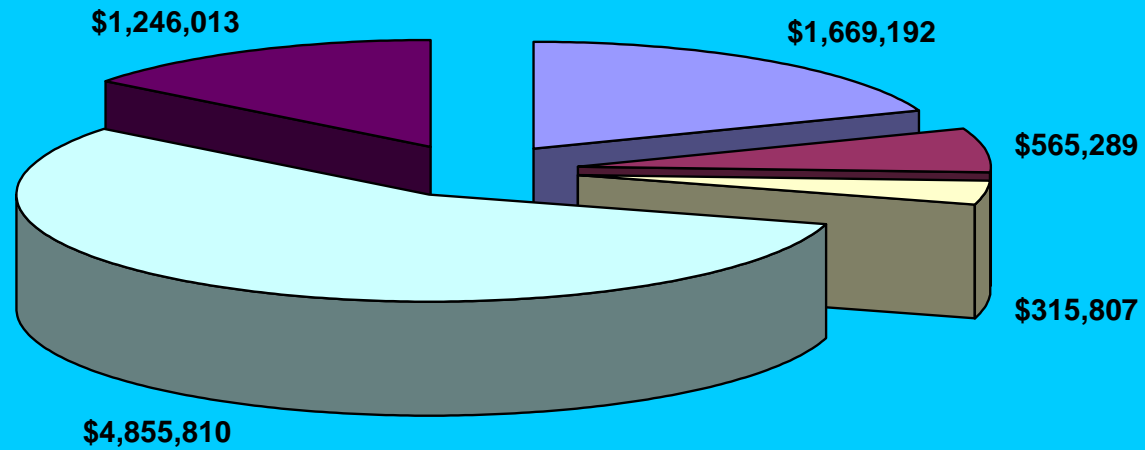
	North Plant	* % Change	South Plant	* % Change
Dry Solids Removed (tons)	7,220.5	+ 7.1	3,811.0	+ 2.1
Volume Treated (millions of gallons)	8,066.5	+ 0.5	7,738.0	- 5.8
Lb. BOD Removed Per Day	33,367	+ 15.8	13,261	- 0.5
Power Cost	\$ 864,561	+ 18.7	\$ 804,631	+ 17.1
Fuel Energy Requirement (natural gas)	\$ 274,724	- 23.2	\$ 290,565	+ 4.1
Chemical Cost	\$ 218,310	+ 3.3	\$ 97,497	- 0.1
Operating Manpower	\$ 2,719,254	+ 0.1	\$ 2,136,556	+ 0.1
Maint. & Misc. Costs	\$ 697,767	+ 28.4	\$ 548,246	+ 28.4
TOTAL PLANT OPERATING COSTS	\$ 4,774,616	+ 4.8	\$ 3,877,495	+ 7.0
Cost Per 1,000 Gallons Treated	\$ 0.59	+ 3.5	\$ 0.50	+ 13.6
Overall Cost/Ton Dry Solids Removed	\$ 661.26	- 2.1	\$ 1,017.45	+ 4.8
Cost Per lb. BOD Removed	\$ 0.39	- 9.3	\$ 0.80	+ 6.7

*Compared to 2008

TOTAL PLANT OPERATING & MAINTENANCE COSTS

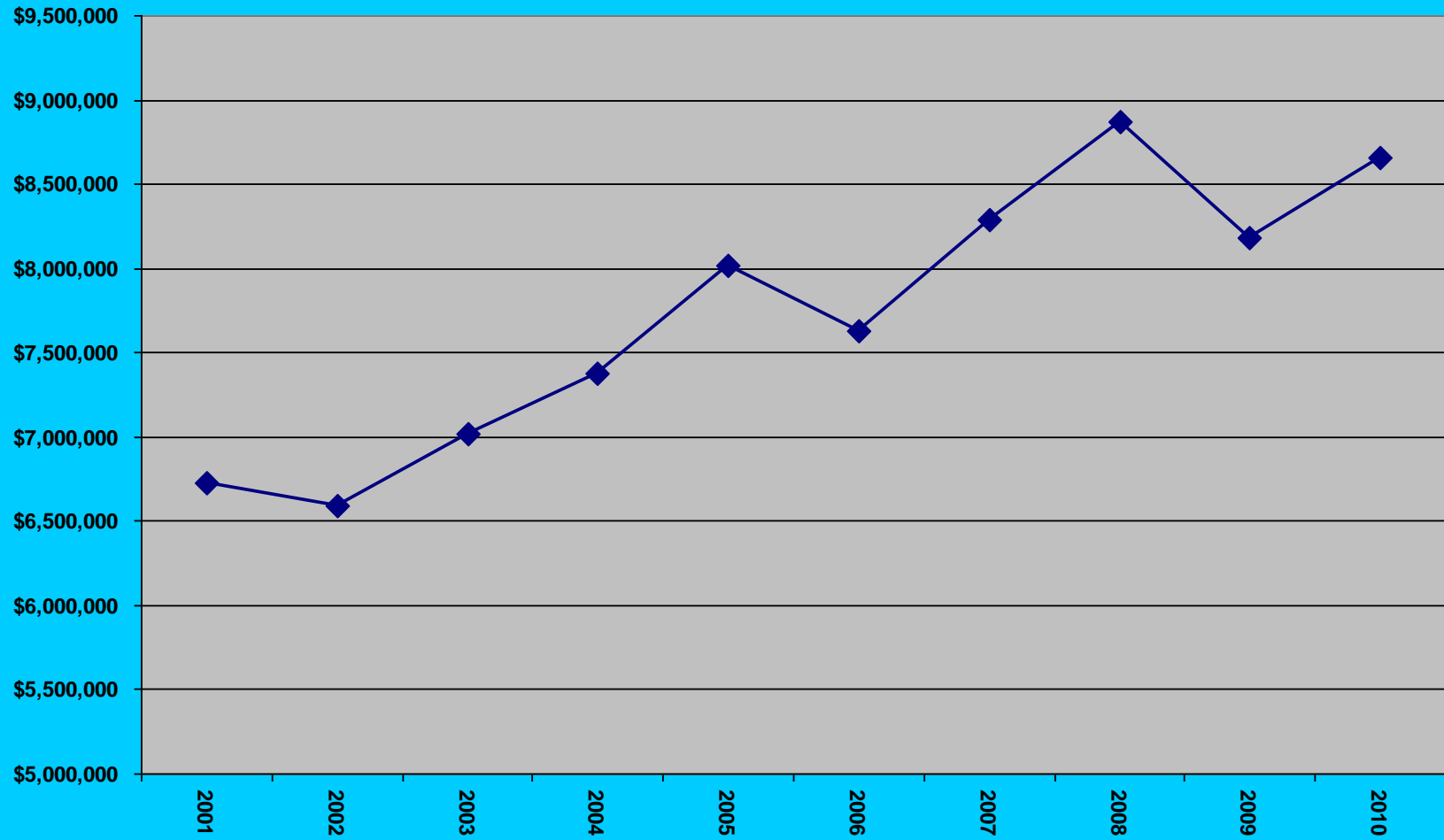
Year	Total Costs
2010	\$ 8,652,111
2009	\$ 8,182,211
2008	\$ 8,871,000
2007	\$ 8,290,224
2006	\$ 7,627,992
2005	\$ 8,014,092
2004	\$ 7,376,778
2003	\$ 7,020,741
2002	\$ 6,590,214
2001	\$ 6,725,564

Total Plant O&M 2010 \$8,652,111



■ Power Costs ■ Fuel Energy Requirement ■ Chemicals ■ Operating Manpower ■ Maint. & Misc. Costs

Total Plant O&M Costs 2001 - 2010



REGULATION OF SEWER USE

In accordance with the USEPA's Federal Pretreatment Requirements (40 CFR Part 403), during 2010 the Albany County Sewer District's approved Pretreatment Program's sampling and analysis program was continued. In addition, normal plant visitations and impromptu inspections by the District's Permit Compliance Manager were conducted.

Pursuant to federal requirements 40 CFR Part 403, the Albany County Sewer District is required to report instances of SNC (Significant Non-compliance) with the USEPA Pretreatment Standards and/or Requirements and/or the District's Sewer Use Ordinance during 2009. The District is pleased to report that for 2010 there were no instances of SNC to report. Minor permit violations were handled by issuing either a NOV (Notice of violation) or an Administrative Directive, in accordance with the District's approved enforcement response plan.

SAFETY

The goal of the Sewer District is to give its employees a safe work environment. To reach this goal the District has implemented many procedures, which protect the employee's health and safety. Lockout-tag out, confined space entry and respiratory protection procedures along with safety training and plant safety seminars have been implemented to reach this goal. Our safety officer works closely with the National Safety Counsel.

Our safety officers and District Safety Committee investigates each accident report filed by any employee and any unsafe condition is rectified to remove the safety hazard.

The District continues to have representation on the countywide Safety Committee, which is evaluating all county safety, health and training issues.

Total lost time accounted for 14 man-days. The total lost time was a decrease of 54 days as compared to 2009. The number of reported accidents decreased from 21 to 17 as compared to 2009. The Sewer District continues to evaluate all equipment and procedures so that the safest work environment is provided to all employees. In cooperation with County Human Resources, the District continues to take a pro-active stance investigating all claims for legitimacy and validity. This has included independent medical examinations for injured employees and private investigations involving surveillance.

In 2010, the Albany County Code Enforcement inspected the District facilities. The District was shown to be in compliance with all mandated safety programs. These inspections each found some minor safety recommendations that were corrected immediately by the District.

Table 6 - Accident Report 2010

Department	Type of Injury	Lost Man Days
North Plant Operating	Fell on buttocks	8
	Pulled muscle & strained left leg	0
	Hurt right ribs, arm, back	0
South Plant Operating	Twisted knee	0
	Fell on left knee, right hand, left elbow	0
Maintenance	Sewage in mouth, eyes and ear	3
	Sewage in eyes and ear	0
	Grindings in face and eyes	0
	Hurt left knee	0
	Burned hand	0
	Cut left thumb	0
	Hurt lower back	0
	Hurt left index finger	0
	Hurt left arm	0
Instrumentation	Hurt forearm	0
Sewer maintenance	Hurt left knee	3
	Twisted right knee	0
Total work days lost		14

