



Client Name: Seymour House Residential Care Homes
Project Title: 30-32 Chester Road, Northwood, Middlesex,
Construction Phase Health & Safety Plan

Prepared by:

Sean Moore

Date

04/10/22

Regular reviews are required as site conditions and/or working conditions change; after an accident, incident or near miss; or Six-monthly maximum periods between reviews.

Date	Rev No	Details of Revision	Revised by
04/10/2022	002	-	SM



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CONSTRUCTION PHASE HEALTH & SAFETY PLAN

Introduction

This Construction Phase Health & Safety Plan highlights the main health and safety issues regarding the work on this project. It forms the basis for the overall management and control of site safety issues for the duration of the construction phase. The Plan itself is a live document and will be regularly reviewed and updated as the project progresses, the initial plan may therefore not address all of the hazards, particularly those which may be some time away.

It is not intended that this document should repeat information contained elsewhere and as a result, references to other documents such as standard health and safety policies and procedures, safe systems of work and other historic project related documents, are made within this plan.

This Plan has been developed before the start of construction, so that under Regulation 16(a), the Client can assess and be satisfied, so far as is reasonably practicable, that a satisfactory Health and Safety Plan complying with Regulation 23 is in place.

As the Principal Contractor we will implement and monitor the developed Construction Health and Safety Plan during construction and will take reasonable steps to co-ordinate and ensure co-operation between all contractors to achieve compliance with the regulations and with the requirements of this plan.

During the construction period we will liaise with the Principal Designer who will co-ordinate the preparation of a Health and Safety File which will contain safety information pertinent to the use, maintenance, repair, and eventual demolition of the facility.

The content of the Health and Safety File will meet with the requirements of the CDM 2015 regs and with the requirements of the CDM Advisors Pre-Tender Health and Safety Plan where specified.



1 NATURE OF THE PROJECT

1.1 Contacts

Client: Seymour Residential Care Homes Limited
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WD3 1FH

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Principle Designer: LF Design Enterprises
37 Douglas Avenue
Stoke on Trent
ST4 5JY

Tel: 01782 411 847

Email: info@art-gift.uk

Health & Safety Advisor: Willow Safety Services Ltd
79 Westmead Avenue
Wisbech
Cambridgeshire
PE13 2SL

Tel: 07506 515 545

Email: kieran@willowsafetyservices.co.uk

Principal Contractor: PNT Contractors Ltd
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Watford
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1.2 General Information & Project Description

Erection of 29-bed residential care home (Use Class C2), alterations to access, to vehicular crossover and associated landscaping. RC Basement with traditional cavity brickwork ground floor to 1st floor and 2nd floor timber frame.

Site Details:

The subject property is. 30 - 32 Chester Road
Northwood
Middlesex

The project will involve the following works; Please see Appendix A (Page 20/21)

1.3 Programme

The development programme is a live document that is regularly reviewed and updated. A copy is to be kept on site and in the office along with this method statement.

The provisional time-scales in which this project is to be completed are as follows:

Contract Award	April 2023
Site Possession	April 2023
Practical Completion	April 2024
End of Defects Liability Period	Twelve months from practical completion

1.4 Health, Safety & Welfare Objectives

This project is to be implemented within the proposed timescale, to the specified design criteria and in accordance with the project specifications, whilst at all times giving due consideration to the health, safety and welfare of all persons affected both directly and indirectly by the project.

As Principal Contractor, PNT Contractors will at all times ensure:

- A competent person is employed to manage health, safety and welfare throughout all stages of the project.
- Risk assessments and are undertaken, where appropriate, and Method Statements containing safe systems of work are produced. Sub-contractors and Scaffolding Contractor will prepare Risk Assessment and Method Statements for approval prior to commencement on site.
- Control of Substances Hazardous to Health Regs. (COSHH) assessments are undertaken, where appropriate, and Method Statements containing safe systems of work are produced.
- Method Statements are complied with and communicated to all those affected.



- That persons employed on the Site, either directly or indirectly are competent and appropriately trained for the tasks they are undertaking.
- All persons affected are made aware of potential hazards and risks that may exist on the Site.
- That the location of first aid facilities, together with the identity of trained first aiders are made known to all persons on Site.
- That Health, Safety and Welfare issues remain a top priority and consequently that all persons employed on and/or visiting the Site are made aware of potential hazards and the Site rules as contained in section 8.0 of this plan.
- All operatives are to observe the "**Goal Zero**" objectives. These are: Achieve zero reportable accidents, reduce harm to people & Improve PNT's safety culture.
- Minimal disruption to building users in the local areas.
- Regular discussions and co-operation with Clients/Design team to ensure safety is everybody's priority.
- PNT operate an open policy on H&S and actively seek feedback from all parties on site.

All permanent and temporary site operations shall comply with all appropriate acts and regulations. These can be found in Appendix B.

1.5 **Notification of the Project to the HSE**

The project is deemed as notifiable the F10 will be displayed on the site entrance gates and in the site office.

The address of the local Health & Safety Executive office is:

The Health & Safety Executive

HSE LONDON OFFICE
SOUTHWARK BRIDGE
LONDON
SE1 9HS

1.6 **Monitoring of Health and Safety Performance**

The implementation of health and safety and the standards of health and safety on site will be ascertained through regular site safety inspections and audits carried out by the site manager/engineers and the company's health and safety co-ordinators. The findings of these audits will be used to establish the effectiveness and levels of compliance with this health and safety plan, as well as identifying any areas of improvement.



2 DESIGN INFORMATION

2.1 Background Information

A copy of the Pre-Construction Information is contained within the attached appendices.

Existing Services

The Site is believed to be serviced by mains gas, water and electricity for the existing buildings, these will be capped off outside the boundary therefore making it safe for any excavation works,

There are no overhead power cables that present a hazard to the works.

Relevant surveys are to be undertaken with an appropriate CAT scanner prior to undertaking works as per HSE guidance note HS(G)47 'Avoiding Danger from Underground Services'.

2.2 Traffic Management

All Heavy Goods Vehicles shall comply with the Direct Vision Standard. A rating of 3 stars (or more) will be required. The Direct Vision Standard came into force on 1st March 2021 and forms part of the Safety Permit for all HGVs entering London (an area bounded by the M25 Motorway). It is the haulier's responsibility to comply with these regulations prior to entering the Enforcement Zone. Enforcement operates 7 days a week, 24 hours a day.

Access for all deliveries will be via the front access of the site on Chester Road. All deliveries during the construction period is via the Proposed Development Programme. A copy of the Construction Method Statement will be provided to contractors who have large deliveries to make to the site, and will be asked not to arrive to site outside the specified working hours.

- Freight Operators Recognition Scheme (FORS) Silver standard is to be mandated by all freight operators delivering to this site to support this development.

- All deliveries, particularly Heavy Goods Vehicles, to site shall be made using vehicles which have a Class VI mirror fitted in accordance with EU directive 2007/38/EC. This is to ensure improved fields of vision across the front of the vehicles.

- The deliveries are always to be received outside the peak hours.

-There will be no daytime or overnight parking of lorries within the vicinity of the construction site. All deliveries shall enter site directly on arrival and not wait on any road in the vicinity of the site. This is to reduce local congestion.

As part of the Construction Management Plan all large deliveries will be carefully managed to minimize disruption to neighbours. All deliveries to site will be undertaken with due regard to the following.

- Transport routes
- Delivery vehicles to safely enter the site and manoeuvre so they can leave site in a forward gear where possible.

- Reversing vehicles to be directed by a competent person 'Banks Man'.
- Pedestrian and vehicle directional signage with suitable barriers will be erected when deliveries arrive to prevent pedestrians accessing the footway to the frontage of the site. A 'Banks Man' will be on hand to direct deliveries and ensure when vehicles leave that wheels have been cleaned to prevent migration of mud and debris into the highway.

The biggest issue that causes dust on site is mud. This is particularly bad at the commencement of the project. During the period of construction activities a pressure washer will be used on vehicle exiting the site to minimize mud and debris entering the public highway. As a company we start all projects with the same initial operation – laying tarmac as quick as possible to reduce the standing mud on site. On completion of the remediation works and as soon as practicable the laying of the 'basecourse' tarmac and thus mitigating as much as possible the chances of mud being taken out onto Chester Road and the surrounding roads.

As shown on the construction phase site setup plan in Appendix C, the access to the site for all vehicles is to be off Chester Road. It is not possible to provide parking inside the site for site visitors and sub-contractors, other than the Principal Contractors main vehicle, due to the size of the site. Site visitors and contractors will be advised to park where possible near the site, so as to not be in breach of any parking restrictions. A copy of the Construction Method Statement will be held on site within the site manager's office. The site manager will direct site visitors to an unrestricted parking space as close to the site as possible. All personnel visiting and working on the site will be given a site induction in conjunction with the relevant Health and Safety Policies and Procedures.

Traffic Management/Logistics plan has been produced and will be distributed via email to all potential companies coming to site. This plan will be made clear to all operatives during inductions prior to the commencement of work.

2.3 Loading and unloading of plant and material

No vehicles carrying material or plant onto or away from site will be allowed to move on or off the site without being under the direction of a competent Sub-contractor's Banksman. All vehicles carrying materials or plant onto or away from the site will be fitted with a working reversing alarm. All vehicles carrying materials onto or away from the site will be covered to reduce the risk of dust and material blowing out of the vehicle, onto the highway where ever possible, vehicles delivering and unloading plant and materials to this site will be contained on hard surfacing and not on soil or sub soil in order to reduce the amount of mud and other debris the lorries collect on their wheels whilst on site.

2.4 Measures to Prevent mud and other debris from being carried off site

The area of dig and ground works is contained with limited vehicle access. The existing access and designated site compound is fully paved with hardstanding. It is, therefore envisaged that only very limited mud and debris will be picked up by vehicle wheels.

Vehicles exiting the site will exit along temporary road to be set on site, which will be swept of mud and debris to maintain a clean surface by the contractor. Jet wash facilities will be provided on site to remove any debris / mud from vehicles / vehicle wheels prior to leaving the site as shown on the construction phase site setup plan in Appendix C. Beyond this, a road sweep vehicle will be deployed to remove any site spoil from the adjacent highway as and when required.

Thus the site will be managed and minimum debris arising from the site will be deposited on the public highway. All vehicular loading and unloading will take place inside the site. The list of vehicles likely to attend the site show how few might be expected to deposit any waste on the highway. The initial digger, muckaway lorries and perhaps some concrete lorries are the only real examples. There will only be one digger on the site during construction. It will be stored on site overnight, and when finally removed, the wheels, chassis and bodywork will be manually cleared of mud and washed before it is allowed back on the road. Any deposits that fall near the pavement or road will immediately be swept away once the lorry has left. Again, only perhaps one or two lorries per day for the initial period of construction are expected, so this will not be a difficult task. The same is true of concrete lorries. The size of the site means gravity will ensure that concrete can reach all areas needed quickly. The concrete lorries will have washing facilities for the wheels already. Any residue will again be swept towards the site, when finished.

2.5 Road Cleaning Strategy

It is important that the surrounding road network is kept clean. A road sweeper will be used as appropriate to protect the surrounding road conditions. The frequency of the sweeping will increase when works which comprise excavations and earth moving are on-going. As an additional measure, a jet washing arrangement may be set up if needed should there prove to be difficulties with the road sweeping arrangements. This jet wash would be used to clean the carriageway and be used to wash wheels if necessary.

2.6 Pedestrian and Vehicle Controls

The following measures will be put in place in order to protect pedestrians from construction vehicle traffic:-

- (i) Onsite - Signage and pedestrian barriers will be erected to manage vehicle/pedestrian segregation and will be reviewed throughout the day to ensure all in order. Designated routes will be provided to ensure safe access to place of work.
- (ii) Offsite - Operations beyond the site hoarding will be implemented in the same way, however early planning and communication with the neighbours will be necessary to ensure any specific concerns can be addressed well in advance.

No vehicle enters or leaves the site without a designated vehicle marshal to make sure of the safety of pedestrian and vehicles.

- Attempts must be made to hold site meetings outside peak hours. On-street parking available on surrounding streets must be avoided at all times.
- All site visitors shall try to use public transport to visit site wherever possible.

-The site must commit to use of public transport, cycling and car sharing by the employees. The site must encourage use of public transport and must display timetables and routes for public transport and cycle routes available for the site on and off notice boards. All vehicles shall have their engines switched off while not in use to avoid idling and any vehicles carrying waste and dusty materials will be adequately sheeted or covered

2.7 Existing Structures

Three buildings (Two Dwellings/One Garage) on the site have already been demolished

3 COMMUNICATIONS

3.1 Site Management Structure and Responsibilities

The site management structure is as follows:

Position	Name	Specific H&S Responsibilities
Contract Director	Sean Moore	Responsible for ensuring/ monitoring the implementation of the company safety policy
Contracts Manager	Kyle Connolly	Overall responsibility for site safety management and the control of site safety issues
Health and Safety Advisor	Willow Safety	Provide advice and assistance to the site management and deliver safety training as req.
Site Foreman	Craig Hills	Overall responsibility for site safety management and the control of site safety issues
Health and Safety Advisor	PNT	Provide on-site assistance and guidance to keeping the site running safely.
Forklift Operator	Andrei Nechita/Agency	Co-ordination of all lifting operations and the production of Safe Lifting Plans
Temporary Works Co-ordinator	Kyle Connolly	TWC should be competent and have the relevant training. It will be the TWC to supervise all works and prepare the relevant documentation.
First Aider(s)	Kyle Connolly	To ensure a first aid box with adequate equipment is available to cope with the number of workers on site. An appointed person on site to take charge of all first aid arrangements.
Scaffold Inspector	Bedfordshire Scaffolding	Scaffold to be inspected weekly and signed off fit for purpose. Completion handover document to be signed prior once complete and safe to use.



Position	Name	Specific H&S Responsibilities
Method Statement & Risk Assessment Reviewer	Kyle Connolly	Responsible for the checking and approval of Method Statements/Risk Assessments prepared by sub-contractors
Fire Safety Co-ordinator	Kyle Connolly	Carry out regular checks of fire escapes, firefighting equipment and ensure fire procedures are displayed and communicated to all persons on site

The Site Manager will have full responsibility for the control and management of health, safety and welfare issues on the project. He will act as the principal point of contact for the client and design team as well ensuring the site team are kept informed of relevant safety information.

3.2 Contractor's Designers, Competence & Resources

The competence and resources of any designers appointed under the contract will be thoroughly assessed in accordance with the requirements.

All designs and scheme proposals will be submitted to the contract administrator for approval prior to any works being undertaken.

Detailed design information and drawings, including where appropriate Designers Risk Assessments, for temporary and permanent works will be copied to the Principal Designer for his consideration.

3.3 Sub-Contractors Competence & Resources

The competence and resources of all contractors appointed to undertake any work on this project will be given careful consideration prior to their appointment. All contractors appointed under the contract will be thoroughly assessed with our own internal procedures.

Only contractors who can demonstrate their competence through the completion of our own competence assessment procedures will be permitted to work on the site. We will continue to liaise and supervise the work of all sub-contractors engaged on our behalf.

All sub-contractors will be required to prepare risk assessments and method statements for the works that they carry out, this will be reviewed by the on-site reviewer before works are allowed to commence.

CSCS Cards are mandatory on this site

3.4 Arrangements for Exchanging Information and Liaising with Other Project Team Members

To ensure that information about site progress, design changes and safety hazards are communicated to all parties, regular liaison meetings will be held on site to discuss



the progress of the works, all relevant parties are invited to attend these meetings, though attendance at every meeting is not necessarily required for all parties other than the principal contractor and contract administrator.

4 MATERIALS, CHEMICALS & SUBSTANCES REQUIRED DURING CONSTRUCTION, TESTING & OPERATION

4.1 Control of Substances Hazardous to Health

Before bringing or allowing any substance on Site, a COSHH assessment as defined by the "Control of Substances Hazardous to Health (COSHH) Regulations 2002" will be carried out. The results of the COSHH assessment together with the Material Safety Data Sheet (MSDS) will be held at PNT Contractors main office and the control measures will be communicated to those carrying out the works.

Copies of all COSHH and MSDS for all products which may impact on the future operation and maintenance of the facility will be copied to the Principal Designer for inclusion within the Health and Safety File.

Material safety data sheets, COSHH assessments and general safety data on each of the proposed chemicals are held at the office of PNT Contractors

These will be added to and updated as required as the project progresses.

4.2 Manual Handling

Due to the nature of this project and construction in general, consideration shall be given to the methods of lifting for all large and bulky materials. Wherever possible, the manual handling of heavy items shall be managed out, with consideration being given to the provision of sufficient and appropriate lifting equipment and facilities.

The following items have been identified as posing a potential problem in terms of manual handling:

- Moving shuttering around
- Movement of plasterboard and large sheet material
- Stacking bricks and blocks out on the scaffolding
- Installing roof timbers
- Bagged material

4.3 Safe Lifting

Only competent trained personnel shall be permitted to operate, inspect or maintain any lifting equipment. Slings, blocks and chains, etc. as well as the physical lifting devices, will be inspected by a competent person on each occasion before they are used. Such equipment shall also be tested every six months.

An appropriately trained and competent 'Appointed Person', as defined by the Lifting Operations and Lifting Equipment Regulations 1998, will plan and co-ordinate all aspects involving lifting operations. In this respect a safe lifting plan will be developed for such activities.

Contractor designed elements shall consider safe lifting within their design and the incorporation of lifting eyes, bolts and slinging points wherever appropriate.



This process shall be adopted at all stages and third-party suppliers/designers shall be notified of this requirement. Specific attention shall be given to the ongoing maintenance of the facility with suitable lifting/access facilities being made available.

Strictly zero lifting over Group One (Client's) sales office.

4.4 Disposal of Materials

Suitable receptacles, such as skips, will be provided on site for the collection of waste materials. These skips will be emptied on a regular basis, as and when demand dictates. Location of skips to be provided on our waste management plan.

4.5 Health & Safety Data Sheets

Safety Data Sheets, as required under Regulation 6 of the Chemical (Hazard Information and Packaging for Supply) Regulations 1994, will be copied to the Principal Designer inclusion within the Health & Safety File.

5 SITE-WIDE RISKS

5.1 Safe Access & Egress

Safe access and egress for all operatives will be through the pedestrian gate access. The site compound is separated from the site using heras fencing. Specific working areas will have suitable and safe walkways to prevent any injuries/accidents. A competent person will undertake weekly CDM inspections

5.2 Location of Temporary Site Accommodation

A site plan has been marked up indicating cabin types & locations. Adequate welfare units are in place according to CDM regs. Office/Canteen, Canteen/Drying room & 3+1 16ft Toilet Block are in place. In addition to this, Group One sales office is located securely behind the main vehicle gates with pedestrian access away from site access.

5.3 Location of Unloading, Layout and Storage Areas

All deliveries to be pre-booked; date of arrival and time are to be provided, any deliveries not booked in will be turned away from site.

No delivery vehicles to be parked directly outside site between 8-9am & 2.30pm onwards.

The majority of materials will be delivered via heavy good vehicles

A trained banksman will be on site to co-ordinate deliveries and vehicle movements within the site.

Strictly no parking on site, Parking available free of charge on Lawrence Avenue (NW7 4NL) Operatives & Sub-Contractors to unload tools/equipment on site between 7.30-8am then park in the above location.

5.4 The Provision and Storage of PPE

PNT will ensure that the correct mandatory PPE is provided to and worn by all operatives in all areas other than those designated as safe. Mandatory PPE includes: Hard Hats & Hi Viz (Supplied by Client), Gloves, Glasses & Foot Protection. All



operatives and contractors are expected to look after and maintain their PPE. All persons should be safely stored whilst not in use.

The use of sun block and appropriate clothing when working outside during prolonged exposure to UV Rays from the sun is recommended to all personnel.

5.5 Welfare & First Aid Facilities

Toilets and use of washrooms will be found within the site compound. Food is usually provided by way of persons bringing their own packed lunch. PNT to provide kettles, microwaves, fridges etc to accommodate requirements,

First aid facilities will be available from the wall mounted box in the site office & canteen, as well as a few eye wash stations set up around the site as it progresses

PNT can confirm that a minimum of two staff will be trained in First Aid in accordance with The Health & Safety Regulations 1981.

- Adequate First aid box on site to cover the number of workers on site
- An appointed person on site to take care of all arrangements (K.Connolly)
- Information containing details of appointed person and local hospital details within the canteen.

5.6 Traffic/Pedestrian Safety & Management

Consideration will be given to restricting the movements of site vehicles and deliveries during peak times of the day. Care and consideration to users of the public footpaths will be adopted to avoid disruption.

5.7 Site Security & Lighting

Site security is an extremely important issue, as all construction sites are a potential magnet for children within the area. With reference to the HSE Guidance Note GS 7 – Accidents to Children on Construction Sites, all ladders used for access to the scaffolding shall be dropped and secured at the end of each working day or disabled with a scaffold board cover to the treads to prevent climbing.

Appropriate general and task lighting will be used whenever necessary.

5.8 Site Fire Safety Plan

A Site Fire Safety Plan will be developed to control and minimise the risk from fire during the site works. The plan will address the storage and use of flammable/highly flammable materials, fire awareness training, raising of the alarm in the event of a fire and fire evacuation procedures. A site fire safety coordinator will be appointed to implement the requirements of the Site Fire Safety Plan. The fire assembly point is streetlight between site & Uphill Road (Turn right immediately when leaving site).

5.9 Control of Vibration

The potential health hazards presented by hand arm vibration (HAV) and whole-body vibration (WBV) are an area of serious concern and one of the ways the potentially adverse effects are minimised is by the prefabrication of components, this minimises the risks of HAV by reducing the need for the excessive use of power tools on site. However, notwithstanding this, the use of tools such as angle grinders will be required at times and to reduce the effects of HAV, a limit of 10 minutes (max.) will be placed



on the usage of such tools for each individual, there must then be a break of at least 20 minutes before the tool, or another similar tool is used again.

The use of low vibration tools will be utilised where possible, only low vibration models will be purchased and when tools are being hired, consideration is to be given to lower vibration models.

As with vibration, low noise tools will be selected where appropriate, consideration has been given to the selection of appropriate tools in this method statement and quieter methods of working are selected where appropriate.

5.10 Significant Risk and Hazards

The significant risks and hazards associated with the project include:

- Piling
- Site excavation works
- Retaining walls/Waterproofing
- Floor propping & Pouring
- Scaffolding erection
- Roof trusses placement
- Possible sharp edges to any areas of cut metalwork ducting and partitioning etc
- Potential heavy lifting of items

These hazards will be addressed by task specific risk assessments and method statements that will be prepared prior to the relevant works be undertaken.

6 OVERLAP WITH CLIENT'S UNDERTAKING

6.1 Operation of Existing Facilities

Access will be maintained for the client - there are no ongoing operations form the property presently as it is a void property.

6.2 Compilation of Health & Safety File

Information and documentation, as detailed, and in the format specified, in the Pre-Tender Health and Safety Plan will be provided to the Principal Designer for inclusion in the Health and Safety File. The supply of such information will be made on a regular basis as the project progresses, with all information being supplied to the Principal Designer 4 weeks prior to take-over by the Client.

7 SITE RULES

The following rules must be obeyed at all times. A copy of the rules being issued to all employees, operatives and visitors to the Site.

- Everyone associated with the project MUST maintain a high standard of behaviour when on or in the vicinity of the site.



- Normal working hours are 08:00-17.30pm Monday to Friday and 8:00-13.00pm Saturdays. Work outside of these times including weekends will only be permitted by prior agreement with the Contract Administrator and Client.
- Strictly NO smoking on site unless in a clearly marked and designated area;
- NO Drugs or Alcohol (including any prescribed drugs that may impair your ability to work).
- Food and drink must only be consumed in the canteen or in specified offices. Water is permitted on site;
- Welfare facilities must be kept clean and treated respectfully;
- No stereos or music playing radios to be used on site, including ear phones / hands free;
- No vandalism. This will be classed as a criminal offence and will be reported to the relevant authorities;
- All work activities must be carried out in a sensible manner with no horseplay;
- Work areas must be damped down with water before sweeping;
- Do not tamper with Monarflex, scaffolds or any safety signage. Any remedial costs will be charged to the responsible operative
- Only 110v power tools and cables may be used on this site except within the designated welfare areas;
- 110v cables MUST be routed carefully to avoid trip hazards;
- NO stepladders or hop-ups are to be used at any time without a suitable risk assessment and express permission from your manager. Whenever physically possible; podiums, towers and fixed scaffolds must be used as a safer alternative;
- Access routes, fire escapes and fire points are to be kept clear at all times;
- Be aware of safety hazards and report all incidents to your Supervisor/ Site Manager;
- A permit must be obtained from your supervisor to carry out any of the following works and a copy must be kept with you. Hot works, working in confined spaces, excavations, demolition, working on or near live electricity and working on roofs;
- In case of emergency or fire, all operatives must report to the Fire Marshall or Site Manager at the designated point;



- You have been briefed on and signed the method statement and Risk Assessment. It's essential operatives & sub-contractors work to methods designed for your work activities;
- You must obey safety instructions from all supervisors/manager on site
- You must not undertake any new work unless directly instructed or authorized by your site manager
- Plant operatives must be certified by a recognised authority e.g. NPORS and valid cards/certificates produced on request.
- If under ANY circumstances you are not happy with the task you have been given and think it is un-safe, consult our H&S Company THSP (0345 612 2144).
- All operatives on site to adhere to government COVID guidelines at all times

Failure to abide by the site rules, safety regulations or RAMS may result in serious injury and/or instant dismissal from site. Main contractor will take zero responsibility for any individual/sub-contractor or visitor that will not follow the above.

8 CONTINUING LIAISON

8.1 Inspections/Monitoring

The Health & Safety People will monitor by monthly inspection, the workplaces and operations, workshops and accommodation, the safety and health performance of employees and to provide regular feedback on such inspections and other monitoring activities to the Senior Management

An external company will carry out periodic PAT Testing of all equipment provided by PNT for use on the project. The frequency of testing will be every 3 months for 110v equipment used on-site and 1 year for 230v equipment used within the project offices and welfare areas. Qualification and calibration certificates will be made available upon request.

8.2 Design Changes

Where changes are made to the design that have Health & Safety implications, they shall be brought to the attention of the Principal Designer. Procedures shall be established with the design team in order that the Principal Designer has the opportunity to review appropriate design risk assessments and co-ordinate with the Contractor.

8.3 Accident and Incident Reporting

All reportable accidents, incidents and near misses will be reported to the Client and Principal Designer without delay. Any fatalities or major accidents/incidents shall also be reported to the Client and HSE.

All risk assessments, method statements, design statements, etc. shall be copied to the Principal Designer.



Any information pertinent to the Health and Safety File shall be copied to the Principal Designer.

If any injuries are reportable under RIDDOR, please contact the HSE via telephone (0345 300 9923) or write to them (See address below.)

RIDDOR
Health
Redgrave
Merton
Bootle
Merseyside
L20 7HS

8.4 Meeting Attendance

The Principal Contractor, together with his subcontractors and designers will be available for attendance at and participation in design, review and liaison meetings as deemed necessary throughout the life of the project. The purpose of such meetings may be varied and include public relations, progress, HAZOPS, design, liaison, safety or other.

9 SPECIAL REQUIREMENTS

9.1 Safety Training and Induction's

A site safety induction programme will be developed for all persons working on or visiting the Site. No one shall be permitted onto the Site without having been inducted.

Ongoing training and toolbox talks will also be held as deemed necessary.

A record of the content of all safety training / induction, and of those attending, the timing of the training and who the course was presented by will be maintained at the offices of PNT Contractors. Site safety inductions will be performed by the site agent and/or others who have received the appropriate training for this task.

9.2 Format & Content for the Health & Safety File

The Health and Safety File will be developed by the Principal Designer in accordance with the Construction (Design and Management) Regulations 2015, Approved Code of Practice and Guidance (L144).

9.3 Covid-19

All operative/visitors must follow the latest CLC version 9 (October 2021) guidance & requirements for sites. (**Key control measures still remaining**)

Five Steps To Safer Working Together

- We have carried out a COVID-19 Risk Assessment & shared the results.
- We have cleaning, handwashing and hygiene procedures in place.
- We have taken responsible steps to help people work from home
- We have taken all reasonable steps to maintain a 2m distance on site
- Where people cannot be 2m apart, Operative are to wear face coverings if appropriate.



APPENDIX A – Outline site operation/process – Detailed information to flow through RAM's

- **Set up site compound.** Specialist hording contractor has installed at the front of the site which includes vehicle access and pedestrian access to the site office and welfare facilities.
- **Non-notifiable asbestos** was identified in the report and removed within the demolition works (Consignment note within H&S file) – Completed in demolition process.
- **Demolish the existing buildings**
- **Start stripping back the foliage and start the reduce dig,**
- **Spread & level Type 1 CC at 300mm depth for piling mat**
- **Main Bulk excavation of Basement**
- **Basement slab/Lift Pits/Lift shaft walls** – including blinding, placement of all reinforcement, formwork, Sika water bar, Drainage, Mass Concrete pour
- **External RC Walls** – including rebar placement, erection of formwork, propping and mass pour concrete
- **Ground floor slab including** – Erection of formwork/staging, placement of all formwork, placement of reinforcement and mas pour concrete
- **Striking of ground floor staging**
- **Structural Steelwork over three floors**
- **Facade Brick and Blockwork-Ground floor to 1st floor including stone surrounds/coursings Repetitive over 3 floors**
- **Internal floors to 1st and second to be Eco Timber Joists constructed off internal load bearing blockwork walls**
- **Timber frame construction to 2nd Floor constructed off site**
- **Roof Structure**
- **Roof Finishes**
- **Specialist UPVC Windows and Doors**
- **Internal Blockwork partitions**
- **M E and P installation**
- **Communications/Security and Controls installation**



Appendix A – Continued

- **Mains Service Installations**
- **Screed and Insulation**
- **Insulation/Dry Lining and Plaster/ Fibrous**
- **Ceramic Tiling**
- **Joinery**
- **Decorations**
- **External Works**

It is envisaged that the following specialist contractors will be adopted for the construction processes, with the principle construction elements consisting of:

- Specialist Piling tbc
- Pre-Cast Concrete Floors and Staircases
- Sika Waterproofing Solutions
- Specialist Waterproofing
- Structural Steelwork Specialists
- Flat Roofing Membrane Specialists
- NICEIC Electrical Contractor
- Gas Safe Plumbing Contractor
- Fire Alarm specialists
- AV Specialists
- Communications/Security and Access Control Specialists
- Lift Specialists
- Pump Specialists



APPENDIX B

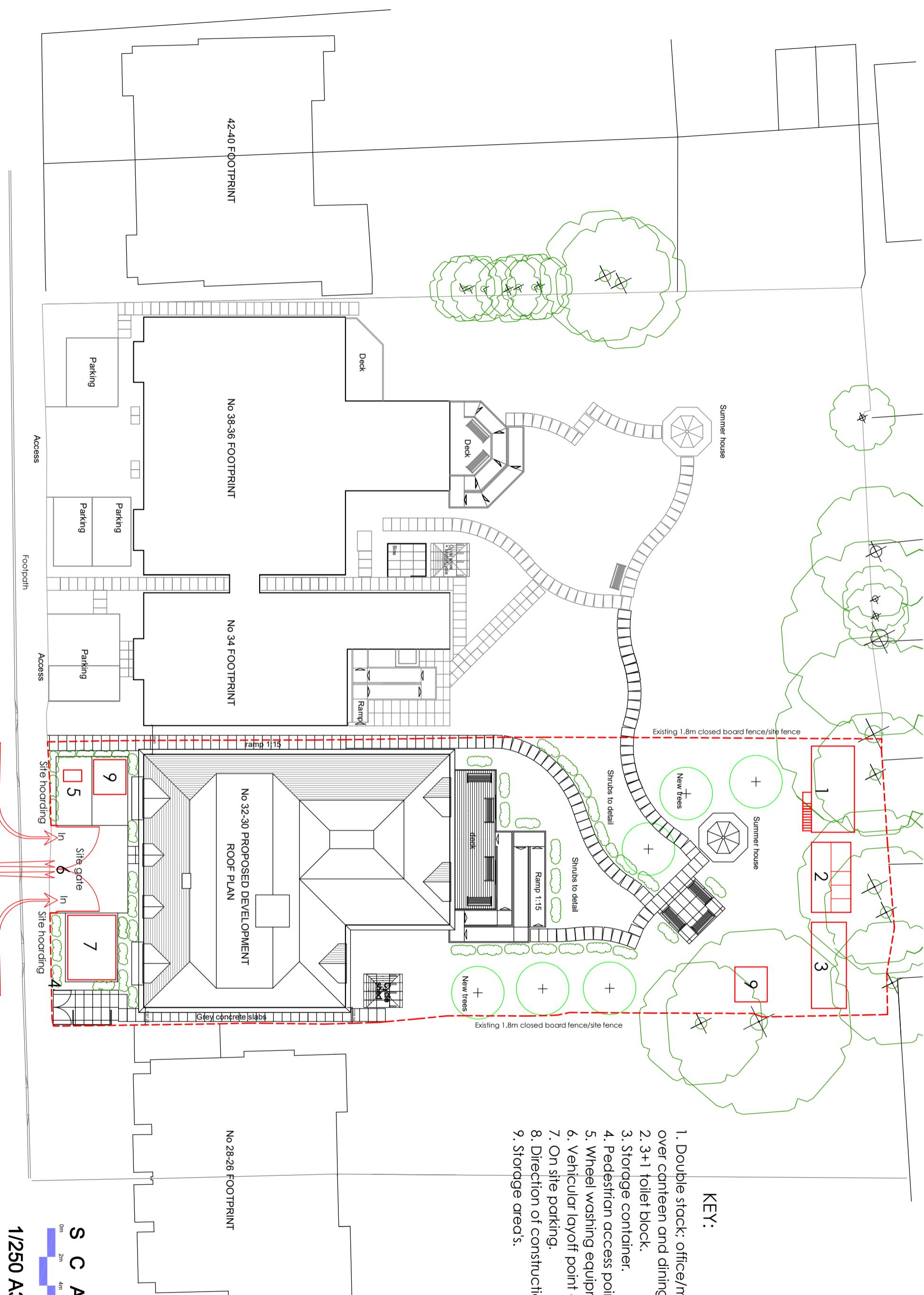
- A. Health and Safety at Work etc. Act 1974.
- B. Management of Health and Safety at Work Regulations 1999
- C. Electricity Supply Regulations.
- D. The Electricity Council National Codes of Practice.
- E. BS 7671:1992 Requirements for Electrical Installations, Sixteenth Edition, incorporating all amendments current at date of Tender issue.
- F. Supply of Machinery (Safety) Regulations 1992 and the 1994 Amendments.
- G. Public Health Act 1990, and as amended in 1995.
- H. Control of Substances Hazardous to Health Regulations 2002 (COSHH)
- I. Construction (Design & Management) Regulations 2015 (CDM)
- J. The Manual Handling Operations Regulations 1992
- K. The Provision and Use of Work Equipment Regulations 1998
- L. The Personal Protective Equipment at Work Regulations 1992
- M. The Confined Space Regulations 1997
- N. The Lifting Operations and Lifting Equipment Regulations 1998
- O. Health and Safety Executive Guidance Notes
- P. BS 5228 Noise Control on Construction and Open Sites
- Q. BS6187 Code of Practice for Demolition
- R. The Work at Height Regulations 2005
- S. The Control of Noise at Work Regulations 2005
- T. The Control of Vibration at Work Regulations 2005
- U. The Control of Asbestos Regulations 2012



APPENDIX C – SITE SET UP OVERVIEW

REV1 (20.06.22)

See attached Construction phase site setup plan.

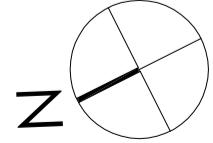


LF DESIGN ENTERPRISES
URBAN DESIGN & ARCHITECTURAL SERVICES
37 Doulton Av, SE15
London
07729 411 847
Mob: 07514 364 53
E-mail: info@lf-design.co.uk
www.lf-design.co.uk

Site hoarding

SCALE

0m 2m 4m 6m 8m 10m 12m



CLIENT
Seymour House Residential Care Homes LTD

PROJECT NUMBER

JULY 2022

PROJECT TITLE

Proposed Development

Residential Care Home

38-30 Chester Road, Northwood

London

07729 411 847

Mob: 07514 364 53

E-mail: info@lf-design.co.uk

www.lf-design.co.uk

Drawing No: SCHO10-22-36

REV. 1

SCALE

A3@1:250