



Avondale Drive

**Avondale Drive
UB3 3PW**

**Construction Phase H&S Plan
Appendix 12 Specified Activities**

Name: CPHSP Project Name
File: 16 Health & Safety / 01 CPHSP

Construction Phase Health & Safety Plan

Specified Activities

(i) Site Wide Activities

Activities with site wide implications, e.g. traffic control, materials storage and movement, access routes, site security and personal safety, etc., and activities which may affect the general public, are planned prior to the project commencing. Management of these is a component of the management of the site and is monitored during safety visits by the Compliance Team.

Operational activities are assessed in writing by the project management team to determine hazards and risks. Contractors are required to carry out detailed risk assessments and to produce methods by which identified risks may be either avoided or minimised. Certain high risk operations, e.g. demolition, deep excavation, working in confined spaces, etc., are exempt from this procedure since they will automatically require detailed method statements to be produced.

Before the operations are allowed to commence, the methods proposed are submitted to the project team for agreement and, in the case of all high-risk activities, must be formally approved by the Compliance Team.

Details of specific control measures arising from such activities are to be included within this appendix.

The following section outlines the projects arrangements for dealing with those significant safety risks and includes:

(ii) Accommodating adjacent land use

Most building operations are inherently noisy and/or dusty and as such can give rise to nuisance for adjacent land users. We will endeavour to keep these to a minimum by the use of sprays where applicable and by ensuring that all plant used on site has the appropriate silencers, baffles, etc.

(iii) Accommodating adjacent land use

When working close to an existing building temporary dust screens will be erected as required to ensure that dust contamination is kept to an absolute minimum. This will be monitored by the project management and modified if required.

Noise surveys will be carried out as and when conditions dictate and a copy of such surveys will be kept on site.

Surplus materials will be placed in skips, for removal from site to a registered waste management site. All excavated material that is not required will be loaded onto suitable vehicles and deposited of under licence. All demolition materials will be removed similarly.

We will not allow any fires on site for the burning of materials.

(iv) Stability of structures whilst carrying out construction work, including temporary structures and existing unstable structures

According to BS 6100 'Building and Civil Engineering Vocabulary', temporary works are described as: "Works to stabilise or protect an existing building or structure that are not intended to be permanent", or; "Works undertaken during construction but not required to form part of the finally completed construction works". As such, they form an integral part of most construction operations. Their importance to the successful completion of a project cannot, therefore, be overemphasised.

The project will prepare a site specific Temporary Works Plan where there are nearby buildings and structures

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that may be impacted by our temporary works.

(v) Work With or Near Fragile Materials

If this is a new build and no fragile surface / materials will be present then state as such. On refurbishment or demolition projects consider existing roof lights, window openings, asbestos roofing sheets etc

(vi) Control of Lifting Operations

All lifting operations will be planned and carried out in accordance with:

- Lifting Operations and Lifting Equipment Regulations 1998 (LOLER)
- Provision and Use of Work Equipment Regulations 1998 (PUWER)

This applies to the use of all lifting appliances or machines, i.e. pulley blocks, gin wheels, winches, piling frames, excavators, draglines, cranes, etc., and to the use of all lifting gear or tackle, i.e. chain slings, ropes, slings, shackles, eye-bolts, hooks, etc. at the project

All lifting operations will be planned by an appointed person as required by BS7121. All lifting operations will require a lift plan.

The Compliance Team will be consulted at an early stage when any Lifting operation is to be carried out so that adequate planning can take place.

(vii) The Maintenance of Plant and Equipment

The requirements contained within the following regulations will be complied with as regards the use of any type of plant or equipment used on site:

- The Construction (Design and Management) Regulations 2015
- Lifting Operations and Lifting Equipment Regulations 1998
- The Provision and Use of Work Equipment Regulations 1998
- Control of Vibration at Work Regulations 2005
- Noise at Work Regulations 2005

The Project Team will ensure that plant delivered to site is inspected before first use and that any required safety devices are available and in good working order including flashing amber beacons.

Any defects noted which it is considered could affect the safe operation of the plant or equipment will be reported to the company responsible for the plant or equipment immediately. The equipment shall be taken out of use until the defect(s) are repaired or the item replaced. Specific advice on this issue should be sought from the Compliance Team.

(viii) Work on Excavations and Work where there are Poor Ground Conditions

The following specific legislation and guidance contains requirements to be complied with:

- The Construction (Design and Management) Regulations 2015
- Avoiding Danger from Underground Services HSG 47
- Health and Safety in Excavations HSG 185

Work will be planned to ensure that any loading imposed on the sides of excavations do not cause any collapse.

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Where personnel are required to inspect excavations for safety purposes, adequate training will be provided. Before allowing persons to enter any excavation, the Project Team must ensure that it is safe to do so. Where necessary, advice should be sought from the Compliance Team.

The Project Team or other competent person shall inspect the excavations on a weekly basis (maximum 7 days) and include evidence of these weekly checks on ACMetrix. All excavations are to be inspected and recorded daily, before work starts, at the beginning and end of every shift and after any event likely to have affected its strength or stability.

Suitable and sufficient excavation support systems (as detailed within the agreed safe system of work/design) must be provided and installed by competent personnel before operatives are allowed to enter.

(ix) Work on Wells, Underground Earthworks and Tunnels

The Project Team in liaison with the Compliance Team will, as with general excavation works, ensure that a suitable temporary works design is prepared and approved ahead of any works taking place. Designs are to be included within the Temporary Works Register.

In liaison with the Compliance Team the project team will ensure a competent contractor is employed to assist in the planning, preparation and carrying out of the works.

Details of this will be included within our Temporary Works plan.

The following will be considered when producing our safe system of works:

- Air monitoring and ventilation
- Illumination
- Communications
- Flood control
- Personal protective equipment
- Emergency procedures, including evacuation plans
- Check-in/check-out procedures
- Explosives
- Fire prevention and protection
- Mechanical equipment

(x) Work on or Near Water where there is a Risk of Drowning

Any work where there is a risk to operatives of drowning shall be carried out in accordance with the:

- The Construction (Design and Management) Regulations 2015
- Provision and Use Work Equipment Regulations 1998
- Management of Health and Safety at Work Regulations 1999

The Project Team will ensure that the following arrangements are planned before work commences:

- Suitable fencing or barriers
- Life belts, safety lines and other related safety equipment
- Rescue boats
- Rescue teams and procedures
- Training for operatives and supervisors

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The Project Team will ensure that all barriers, fencing and rescue equipment is provided, before work commences which could place personnel at risk from drowning.

The Project Team will ensure that only authorised personnel alter barriers, operate rescue equipment, boats, etc.

The Project Team will ensure that all rescue equipment is checked regularly and that any defective equipment is repaired or replaced immediately.

(xi) Work Involving Diving

Any works that involve the use of diving shall be carried out in accordance with the:

- Diving at Work Regulations 1997

The Project Team in liaison with the Compliance Team will ensure the contractor selected and those employed directly within the diving works hold the necessary competencies to carry out the works.

We will also ensure that a record containing the required particulars is available for each diving operation taking place on our project and that approval has been sought from the Health and Safety Executive.

We will also ensure that a competent appointed supervisor is in control of the works whilst diving is taking place.

A specific method statement and associated risk assessments will be in place prior to works commencing.

(xii) Work in a Caisson or Compressed Air Working

The Project Team in liaison with the Compliance Team will, as with general excavation works, ensure that a suitable temporary works design is prepared and approved ahead of any works taking place.

The following specific hazards / requirements will be included within a specific plan of works:

- Air monitoring
- Ventilation
- Illumination
- Communications
- Flood control
- Mechanical equipment
- Personal protective equipment
- Explosives
- Fire prevention and protection
- Emergency procedures, including evacuation plans and check-in/check-out systems

(xiii) Work Involving Explosives

It is rare that explosives are used on our sites in any application other than the use of cartridge operated tools.

Where the use of explosives is planned the following principles will be adopted:

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- Only cartridge tools of low velocity indirect type will be used on the company sites. The Project Team will inform sub-contractors of this policy.
- The Project Team will ensure that all operatives who will be required to use cartridge tools on site are trained by the cartridge tool manufacturer's representatives and certificates obtained which will be maintained on site.
- The Project Team will ensure that tools and cartridges are secured and stored separately and that the issue of tools and cartridges is stringently controlled and logged.

Project teams are to contact the Compliance Team if explosives are to be used in any other application.

(xiv) Storage of Materials (particularly Hazardous Materials) and Work Equipment

The following specific legislation contains requirements to be complied with:

- The Control of Substances Hazardous to Health Regulations 2002 (as amended)
- The Management of Health and Safety at Work Regulations 1999

No material or substance shall be used on site until suitable COSHH risk assessments and Material Safety Data Sheets are available in the work place, and that all concerned are aware of, and are taking the necessary precautions to comply with the assessment and regulations.

All COSHH related material and substances are to be stored in suitable containers, boxes, or secure chests, etc., which should be suitably marked, clearly visible and preferably located externally. It is advisable that the location of extensive COSHH material is marked up on fire plans, in order that emergency services can be informed of their location.

(xv) Any Other Significant Safety Risks

Health Risks including:

Construction workers have one of the highest rates of work related illness of all occupational groups. Occupational disease and ill health is a key priority for Higgins. We will be significantly increasing our focus on raising awareness, promoting knowledge and ensuring control of health risks in construction.

Occupational ill health; comes in many forms, some risks are:

- Hand Arm Vibration (HAV)
- Noise Induced Hearing
- Skin Disorders
- Respiratory Diseases, (Occupational Asthma, Respirable crystalline Silica, Chronic Pulmonary disease, Asbestos)
- Muscular-skeletal disorders

Employers Duties to Other Employees

Where workplaces are shared, each employer must take all reasonable steps to inform the other employers concerned of the risks to their employees' health and safety arising from work activities as part of his/her business. (Reg. 11 of the 'Management' Regulations 1999)

Employers Duties to Non-Employees

To provide information, instruction and training, where necessary, for health and safety, general requirement of Section 3 of HSW Act or more specific requirement of legislation (e.g. COSHH Regs) so far as reasonably practicable.

Health Risks including:

(a) Dealing with Contaminated Land

Within the built environment we are constructing more and more projects on reclaimed / remediated sites. As such it is becoming more common to deal with the legacies presented by these site; hydrocarbons, buried asbestos etc are issues that we have had to contend with.

Taking the information provided to us by the ground investigation report we will develop a strategy to work safely within the ground. This may include simple controls such as good hygiene facilities and educating those on site up to more specific controls such as coveralls, RPE, gas monitoring etc., all of which will be detailed in our project specific Safe System of Work and Risk Assessments.

(b) Hazardous Substances, where there is a Need for Health Monitoring

There are several substances that require specific health monitoring that could be used on any construction project, Lead and Asbestos being the most common. However, COSHH assessments will establish what products may fall into this category.

We will ensure the employer of those working with said substance are aware of their duties to carry out health surveillance and request copies of medical certificates to demonstrate this process is taking place.

(c) Noise:

STANDARDS REQUIRED

The Control of Noise at Work Regulations 2005 requires employers among other matters to monitor noise levels on site and ensure that workers are not exposed to those set within the Regulations without adequate control measures in place.

GUIDANCE

L108 Reducing Noise at Work, Guidance on the Control of Noise at Work Regulations 2005, deals with the legal duties of employers, designers, manufacturers, importers, suppliers and competent persons
BS5228

PLANNING PROCEDURES

The Project Team will ensure that information on the noise level of any plant and/or activity which is intended to be used is obtained and taken into account before commencement of works. Measures to reduce noise levels, below those levels considered to be unsafe, must be planned or, if this is not practicable, suitable hearing protection equipment must be selected for use by personnel.

The Project Team will ensure that any static plant to be installed on site or in the workshop is planned to be in a position which takes account of the effects of noise on the workers or public. Where personnel will be required to work in situations where high levels of noise are likely to be encountered, the Project Team will ensure that full details of anticipated noise levels and frequencies are obtained before work commences. Monitoring of noise levels and frequencies must be undertaken as required by the current regulations.

Higgins will carry out predicted noise levels for each operation, in reference BS 5228-1:2009. Higgins will employ best practical means at all times to minimise the noise and vibration impact of the works in line with BS 5228:2009.

To prevent adverse noise to the nearest sensitive facade (residents) the ambient and background noise levels (measurements) will be compared against the predicted noise levels of the plant. Where there is a significant increase of the predicted plant levels to the measured background, the contractor will implement BPM to reduce the noise accordingly to achieve 75dB (A).

and/or

Where the measured noise levels are more than 3 dB (A) above the predicted noise levels or in the event of a complaint of noise an investigation will be carried out to ascertain the cause of the exceedance or the complaint and to check that Best Practicable Means are being used to control the noise. Noise levels will be reduced further if it is reasonably practicable to do so.

SUPERVISION

The Control of Noise at Work Regulations 2005 requires employees to prevent or reduce risks to Health and Safety from exposure to Noise at Work. The regulations require the following to be in place at all times:

- Assess the risk to employees from noise at work
 - Take action to eliminate and reduce the noise exposure that produces these risks
 - Provide employees with hearing protection if the exposure cannot be reduced by other methods
 - Comply with the current legal limits on noise exposure
 - Provide employees with information, instruction and training
 - Carry out health surveillance where there is a risk to health and safety
- The Project Team is to ensure that contractors have the management controls and systems in place by Supplying a method statement and risk assessment of the control measures and safe systems specified.

SAFE SYSTEM OF WORKING

The Project Team is to ensure that the following safe systems are incorporated as required/ necessary and applied by contractors:

- Noise assessments to identify exposure to the workforce
- Select quieter processes
- Re-design activities to eliminate or reduce noise processes
- Reduce the number of people exposed
- Limit the time spent in noisy areas
- Provide information, instruction and training
- Ensure that health surveillance is provided to medium and high risk operatives
- Monitor and review

It will be deemed part of the contractor's safe system of work that the information specified above is provided at the commencement of the contract and monitored as the contract progresses and completes.

The Noise Regulations require specific action at certain noise levels. These relate to:

- The levels of exposure averaged over a working day or week, and;
- Maximum noise exposure (peak sound pressure) in a working day.

Action Levels

| | | |
|-----------------------------|--|---|
| Lower Exposure Value | Daily or weekly exposure of 80dB (A) Peak sound pressure of 135dB (C) | Hearing protection must be made available on request. Managers should seek to reduce the noise at source and/or reduce the duration of exposure. |
| Upper exposure action value | Daily or weekly exposure of 85dB (A) Peak sound pressure of 137dB (C) | Hearing protection must be worn when this value is exceeded. Managers should seek to reduce the noise at source and/or reduce the duration of exposure. |
| Exposure limit | Exposure limit daily or weekly exposure of 87dB (A) Peak sound pressure of 140dB (C) | These levels must not be exceeded taking into account attenuation achieved by provision of hearing protection. |

Higgins main priority is the Management of health risks – raising awareness, promoting knowledge with their supply chain and ensuring the control of health risks on their projects.

(d) Control of Vibration

Contractors will provide evidence that they have:

- Assessed the vibration risk to employees
- Decided if they are to be exposed above the daily exposure action value (EAV)
- Implement procedures and controls to eliminate and reduce these risks
- Provided health surveillance
- Decided if they are likely to be exposed above the daily exposure limit level (ELV) and if they are, take action to reduce their exposure below the limit value
- Provided information and training
- Maintained health records
- Kept records of and review and update risk assessments regularly

(e) Manual Handling

STANDARDS REQUIRED

The following regulations apply to the manual handling or lifting of materials:

- The Construction (Design and Management) Regulations 2015
- The Manual Handling Operations Regulations 1992
- Provision and Use of Work Equipment Regulations 1998
- Lifting Operations and Lifting Equipment Regulations 1998

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PLANNING PROCEDURES

All work will be tendered for or negotiated taking into account the above standards.

The Project Team will ensure that materials are handled as far as possible by machine or other aides to lifting and handling. Where the use of a machine is impracticable, sufficient labour must be available to handle any heavy or awkward loads and instructions must be issued to site on the handling of these loads in the form of site And load specific method statements.

All supervisory staff will be given training in the correct methods of handling and Lifting loads as part of their normal site safety training.

SUPERVISION

Supervisory staff will ensure that a manual handling risk assessment is completed and will instruct any operative in the correct handling and lifting of loads as required. Where necessary, operatives will be trained (Toolbox Talk) in the correct handling and lifting of loads.

The Project Team will ensure suitable gloves are worn as required for the handling of materials which could cause injuries to the hands.

The company insists on the wearing of safety footwear and supervisory staff will remove from site any employee or sub-contractor wearing unsuitable footwear. The supervisor will not require any operative, particularly a young person, to lift without assistance a load which is likely to cause injury.

SAFE SYSTEM OF WORKING

The main injuries associated with manual handling and lifting are:

- Musculoskeletal Disorders (MSDs) - Back strain, slipped disc - Hernias
- Lacerations, crushing of hands or fingers
- Tenosynovitis
- Bruised or broken toes or feet - various sprains, strains, etc.
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The selection of persons to carry out manual handling or lifting tasks will be based on The training given, age, physical build, physical fitness and risk assessments, etc. training provided should be based on the physical structure of the body and the Effect of attempting to handle loads in various positions, Where loads have to be manually handled, the need to ensure that access is safe is especially Important. The Compliance Team will arrange suitable training for any concerns regarding manual handling, however method statements are to include use of specific aides to lifting and moving and any job rotation systems which may be Necessary to prevent repetitive works. The use of mechanical aids for lifting is a priority for all manual handling tasks and aids to lifting such as suction kerb lifters Is now part of everyday construction methods? The HSE Manual Handling Assessment Chart (MAC) is available on the HSE website.

The project team are to consider any additional items that need to be included.

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(xvi) Work with Ionising Radiation and Lasers

Ionising radiations occurs as either electromagnetic rays (such as X-rays and gamma rays) or particles (such as alpha and beta particles). It occurs naturally (e.g. from the radioactive decay of natural radioactive substances such as radon gas and its decay products) but can also be produced artificially.

In all cases a specific risk assessment will be developed following the guidelines contained within:

- Work with ionising radiation: Ionising Radiations Regulations 1999 Approved Code of Practice and Guidance

Where the use of Artificial Optical Radiation (AOR) sources will be used on site all measures in accordance with the Control of Optical Radiation at Work Regulations (AOR) 2010 will be complied with to ensure that there is no risk of exposure.

(xvii) Exposure to UV Radiation (from the sun)

Given the very nature and environment in which construction works take place, those working are at greater risk from the problems caused by ultraviolet (UV) rays in sunlight. We will make those on our site aware of the risks associated with working outdoors through site specific briefings and toolbox talks.

Further advice is contained within HSE Guidance document INDG147: Keep your top on - Health risks from working in the sun

(xviii) Any other Significant Health Risks

The project team are to consider any additional items that need to be included or state not applicable.