

SAFETY METHOD STATEMENT

DEMOLITION PHASE HEALTH & SAFETY PLAN

Prepared By: London Design and Build Ltd

Project: 29 Clammas Way, Cowley, Uxbridge, UB8 3AN

INTRODUCTION

This demolition phase Health & Safety Plan is prepared by London Design and Build Ltd:

- (i) To give guidance to site based workers and supervisors on the development of the safety management controls and procedures specific to this contract.
- (ii) To assist in discharging the duties and responsibilities imposed by virtue of Regulation 16, CDM (Principal Contractors).
- (iii) To give tangible evidence to the Planning Supervisor that due regard and consideration has been given to the key elements in the pre-tender Health & Safety Plan.

The demolition phase Health & Safety Plan will, due to limited information in respect of the method of construction of the units, be subject to further development, which may have design implications. In particular with regard to temporary works, other less critical elements are referred to and initial safe systems of work are proposed. Where there is doubt or reservation, such concerns are clearly flagged up.

We trust that this is a realistic and practical initial proposal.

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SECTION 1

STATEMENT OF SCOPE OF WORKS

- 1.1 To demolish the existing single-storey detached bungalow down to and including slab level.
- 1.2 Project address: 29 Clammas Way, Cowley, Uxbridge, UB8 3AN.

SECTION 2

PROJECT DIRECTORIES

LONDON DESIGN AND BUILD LTD

OFFICE DETAILS

7 Denham Lane,
Chalfont St Peter,
SL9 0EU

PERSONNEL

Managing Director – Mr K Singh Mobile: 07748 080803

SECTION 3

DESCRIPTION OF THE AREA

- 3.1 The demolition of all structures down to and including slab level located at: 29 Clammas Way, Cowley, Uxbridge, UB8 3AN. The property is a self-contained detached bungalow.
- 3.2 Initial survey of the area identifies pedestrian activity along Clammas Way, a quiet residential cul-de-sac. Full protective precautions will be established. Vehicular traffic to the site will be via the main entrance from Clammas Way. All reasonable precautions including:
 - (i) Hoarding, gates, temporary fencing and scaffolding protection to the front and side elevations.
 - (ii) Warning / prohibition status notices, legend “DANGER DEMOLITION WORK IN PROGRESS – NO UNAUTHORISED ENTRY”, will be displayed.
 - (iii) Inspections.are proposed to prevent exposure to risk and demonstrably discharge the duty of care owed to those who may be affected by our acts or omissions.
- 3.3 This arrangement will be subject to ongoing reviews.

SECTION 4

DETAILED STATEMENT OF THE STRUCTURES TO BE DEMOLISHED

4.1 Soft Strip:

- (i) Limitation of accumulation of combustible waste.
- (ii) Identification of ‘non-smoking’ / no hot work areas.
- (iii) Prevention of accumulation of debris which may cause tripping, slipping or falling incidents by means of a programme of progressive clean up.
- (iv) Arrangements for lowering debris by slide or chute from higher levels.
- (v) Arrangements for identifying and marking dedicated access / egress / emergency routes.
- (vi) Arrangements for maintaining emergency vehicle access.
- (vii) Arrangements for avoiding point loading of in-situ floors.

(viii) Arrangements for emergency evacuation requirements.

4.2 Hard Demolition / Soft Strip:

- (i) Ensure all services including gas, water and electricity have been isolated and disconnected.
- (ii) Soft stripping will be carried out by hand to areas which are to be demolished.
- (iii) Temporary fencing and protective hoarding will be erected where necessary to the front and side elevations. All necessary warning signs will be attached at the site entrance.
- (iv) The structure is a single-storey detached residential bungalow.
- (v) Site operative parking will be within the site boundary; there is no on-street parking available on Clammas Way.
- (vi) Scope of works consists of soft strip and removal of all ceilings, floor coverings, internal partitions, and kitchen and bathroom fittings, as per the detailed scope of works in Section 1.
- (vii) A refurbishment and demolition asbestos survey will be carried out prior to demolition. Any asbestos-containing materials identified will be removed by a licensed contractor in accordance with the Control of Asbestos Regulations 2012 before demolition proceeds.
- (viii) **Hard Demolition (Remote Mechanical Method)** – The demolition will be carried out by a tracked 360° excavator fitted with demolition attachments (hydraulic pulveriser, selector grab and/or shear) will progressively demolish the structure from ground level, working within the site footprint. The roof will be deconstructed mechanically by the machine; roof tiles and coverings will be brought down under control rather than stripped by hand at height. Where any asbestos-containing materials are present in the roof coverings or soffits, these will be removed by a licensed contractor under controlled conditions before mechanical demolition begins (see item (vii)). A clearly defined exclusion zone will be established around the demolition works, and no personnel will be permitted to enter it while the machine is operating. The Site Manager will act as Banksman and control access to the exclusion zone. Demolition will proceed in a controlled sequence to prevent premature or uncontrolled collapse, with continuous dust suppression by water spray / bowser. The demolition waste materials arising (timber, plastic, steel, tiles, carpets, etc.) will be segregated, machine-loaded into 40-yard roll-on / roll-off skips and transported for safe disposal or recycling at a licensed transfer station / landfill site. All operatives engaged in this project will be fully aware of this method of works and will be strictly supervised by Mr K Singh, Site Manager. All works will be carried out safely and within the recommendations of BS 5228 and BS 6187 (including its guidance on remote / mechanical demolition) and will comply with all HSE requirements. This method statement remains the property of London Design and Build Ltd.
- (ix) **Working areas** will be cordoned off by safety barriers with warning signs, with 'Permit to Work' areas in operation.
- (x) On completion the site will be left clear, clean and tidy.

SECTION 5

SITE ESTABLISHMENT

5.1 The following items of welfare and administrative facilities are scheduled to be imported:

- (i) Toilet facility including wash hand basin.
- (ii) Administrative, storage and drying room facilities will be established.
- (iii) First Aid point will be the administration unit.

5.2 Fire fighting and First Aid (portable extinguishers) will be retained within the canteen and administration unit. Authorised hot water processes will be subject to individual assessment and extinguishers will be specified within the permit to work.

5.3 All facilities shall be cleaned out each day.

5.4 Statutory notices, registers and other safety related documentation will be retained and available within the administrative unit.

SECTION 6

SEQUENCE OF WORK

Refer to Construction Management Plan.

SECTION 7

SCHEDULE OF PPE

7.1 The following schedule of PPE will be issued to nominated people working under the control of Mr Singh, Site Manager, upon arrival on site:

- (i) Head Protection: Safety helmet – to BS5240 (incorporating chin strap)
- (ii) Eye Protection: To BS2092:1 (goggles)
- (iii) Hearing Protection: To BS6344:1 (medium / maximum attenuation)
- (iv) Respiratory Protection: Disposable mask (3M) to EN149 – FFP 2SL
- (v) Overalls: Flame retardant overalls to BS6249:1:B
- (vi) Reflective Waistcoat
- (vii) Gloves: Standard riggers general purpose
- (viii) Footwear: To SB/EH345
- (ix) Full Body Safety Harness: To BS/EH361

Individuals will be instructed as to:

- (i) The limitations of PPE
- (ii) The purpose of PPE
- (iii) The correct inspection and use of PPE upon arrival on site

Note: The asbestos removal phase is subject to a specific PPE control procedure.

7.2 Mandatory status signs in respect of the wearing of safety helmets and footwear will be displayed at the approved site access points.

7.3 Visitors will be required to comply with the prevailing PPE controls, which will be notified by the resident Supervisor, to be appointed, or his nominee. Hauliers will be notified about requirements for:

- (i) Safety Helmets
- (ii) Eye Protection
- (iii) High Visibility Jackets
- (iv) Footwear

as part of our standard order.

7.4 Arrangements for the proper storage of items of PPE will be available, as will replacements for disposable or damaged items.

SECTION 8

SCHEDULE OF PLANT

8.1 Provisional plant schedule is as follows:

- small power tools
- hand tools
- ladders and step ladders (for short-duration, low-level access only)
- MEWP (mobile elevating work platform) – contingency only, should any unavoidable at-height task arise
- 360° tracked excavator with demolition attachments (pulveriser, selector grab, shear)

8.2 Plant will only be operated by authorised individuals who should have obtained appropriate safety awareness training. Plant will be inspected at the start of work each day.

8.3 Where plant is identified or suspected of being defective, it will be tagged 'UNSAFE – DO NOT USE' and removed from site at the earliest opportunity.

8.4 In the event of additional heavy duty plant being introduced, this section of the submission will be added to.

SECTION 9

MONITORING ARRANGEMENTS

9.1 The progress of the work will primarily be monitored by the resident Site Supervisor. The monitoring process will be guided by:

- (i) This safety management submission.
- (ii) In-house safe working procedures.
- (iii) Implementation of authorisation to work controls.
- (iv) Permit to work controls.
- (v) Task risk analysis procedure.

Monitoring will be a daily activity and results will be recorded where it is considered that safe working procedures may be influenced.

SECTION 10

SAFE WORKING ABOVE GROUND LEVEL

10.1 The demolition method set out in Section 4.2 (viii) has been designed to eliminate work at height. The structure will be demolished remotely from ground level by machine, and no scaffolding or access towers will be erected. The controls below apply only to the limited circumstances in which any above-ground or at-height access may still be required (for example, isolation of services at eaves level, or an unforeseen task).

10.2 **MEWP (contingency):** Where any unavoidable at-height task arises, a mobile elevating work platform will be used in preference to scaffolding or ladders. It will be operated by competent and trained persons on level, clear hardstanding. Operatives will remain within the platform area at all times and be clipped on where required; climbing from or working on the guardrails is prohibited.

10.3 **Ladders / step ladders:** May be used only for short-duration, low-risk access (for example, service isolation). Ladders must be secured or footed to prevent displacement, inspected each day for damage, and removed to a secure location at the end of each shift.

10.4 **Exclusion zone in place of edge protection:** During machine demolition, the ground-level exclusion zone described in Section 4.2 (viii) removes the need for working edge protection at height. Where any temporary edge or void exists at low level, physical barriers will be provided, each signed with a warning status sign – legend 'DANGER – KEEP AWAY'.

10.5 **Fall arrest (last resort):** Full body safety harnesses are retained on site as a last-resort contingency only. Any use will be secured to a nominated anchorage point and subject to an individual risk assessment, a rescue / recovery procedure and time limitations.

10.6 **Fragile surfaces:** Under no circumstances will operatives access or walk on any roof or fragile surface. The roof is taken down mechanically from ground level.

10.7 This section will be subject to ongoing monitoring and review. There is a particular responsibility on the resident supervisor in respect of establishing and maintaining these controls.

SECTION 11

SITE SAFETY RULES

11.1 This section is to be copied, laminated and duplicated in all accommodation units. In addition, a copy is to be issued to each worker following the initial safety induction on site. Visitors are to read and accept the essential points contained within the rules.

11.2 The following site safety rules are currently in force on this project:

- (i) Minimum PPE – safety helmets and safety footwear.
- (ii) Compliance with prohibition, mandatory, safety condition and warning signs displayed on site.
- (iii) Operate and use only items of plant / equipment that you are trained and authorised to use.
- (iv) Wear additional items of PPE within designated areas.
- (v) Report defective or unsafe circumstances to the Site Supervisor without delay.
- (vi) Report and record any incident involving injury, sickness or damage to your supervisor without delay.
- (vii) Keep clear of moving vehicles, plant or slewing plant.
- (viii) Do not enter areas in the process of being demolished unless the Resident Supervisor or his assistant gives you direct authorisation.
- (ix) Permit to work controls are in force for any high-risk operations identified by risk assessment. Permits will be for specific areas and times.
- (x) Maintain a high standard of personal hygiene.

11.3 The site safety rules will be further developed and revised as the work progresses and in response to ongoing assessments.

SECTION 12

OVERLAP WITH OTHER CONTRACTORS, PREVIOUS OCCUPIERS AND AREAS DEDICATED TO PEDESTRIAN / VEHICLE TRAFFIC

12.1 Site access / egress via Clammas Way, Cowley, Uxbridge, UB8 3AN.

12.2 There will be a direct overlap with hauliers retained to export haulage and waste materials (please see Section 9 of this document for controls and monitoring arrangements).

12.3 Only authorised members of London Design and Build Ltd should be allowed to enter the area being demolished. Authorised staff will be nominated and formally notified. Hauliers will be instructed, as part of their order, to:

- (i) Stop at the security point.
- (ii) Limit speed to 5 mph as soon as possible.
- (iii) Operate reversing duties under the direction of an authorised banksman.

Directional signs to the access / egress point for the demolition operation will be displayed on the site hoarding, which shall be positioned and maintained for demolition purposes.

12.4 The site hoarding will be positioned as per Highway Hoarding / Scaffold licensing. Warning / prohibition status notices, legend “DANGER DEMOLITION WORK IN PROGRESS – NO UNAUTHORISED ENTRY”, will be displayed on the hoarding.

12.5 The hoarding will be inspected at the end of each shift by London Design and Build Ltd. Any defects or suspect features will be notified to Mr Singh, Site Manager, London Design and Build Ltd, for response and remedy.

12.6 This section of the submission should be subject to ongoing review and, where considered necessary, will be revised. Revisions will be distributed to relevant individuals.

SECTION 13

OCCUPATIONAL HEALTH CONTROLS

13.1 The safety-critical issue in respect of occupational health at work will be the potential for inhalation of respirable asbestos fibres from any asbestos-containing materials present. Preventative measures for the prevention of exposure to airborne respirable fibres are contained within the stand-alone Safety Method Statement for the removal of asbestos-containing materials.

13.2 Manual handling operations will be limited to the movement of manageable items released during the soft strip and, in some circumstances, to the movement of demolition materials. Manual handling operations will be subject to ongoing review by the Site Supervisory Team. Particular attention will be given to:

- (i) Access / egress standards
- (ii) Distance
- (iii) Lighting
- (iv) Mass (weight – maximum 14 kg close to body)
- (v) Configuration (may require assistance regardless of weight)
- (vi) Frequency

As elements comprising the risk assessment, wherever possible materials will be moved using plant / machinery.

13.3 Exposure to noise levels within the 2nd Action Level Control is unavoidable. Some of this will be generated by percussive plant (breakers, etc.) and by plant operating at full throttle. Wherever practicable, the number of workers exposed at these sound levels will be reduced by assigning tasks away from the sound. Failing that, hearing protection will be worn. Designated areas will be identified by the Mandatory Status Sign ‘Noise Control Area – Hearing Protectors Must Be Worn’. Any breaking out within the building or within 5 m of plant will automatically be classified as a 2nd Action Level area.

13.4 With regard to general COSHH detailed controls, the major problem area will be process-generated dust. Inhalation will be prevented by use of specified disposable respirators (see PPE, Section 7). Manufactured products will be assessed once manufacturers’ / suppliers’ material safety data sheets are supplied. The full schedule is not yet known; particular attention will be given to products on the MEL (Maximum Exposure Limit).

13.5 We anticipate that our occupational health controls will complement Environmental Protection Standards.

SECTION 14

COMPILING INFORMATION FOR THE PROJECT HEALTH & SAFETY FILE

14.1 At this stage of the development of the demolition phase Health & Safety Plan, it is not possible to identify circumstances which might be relevant to the project health and safety file. Should circumstances or conditions arise which might be of benefit, they will be notified to the appointed Planning Supervisor.

SECTION 15

UNDERGROUND UTILITY SERVICES AND EXISTING SERVICES WITHIN BUILDINGS

15.1 The routes of existing site services will be identified and highlighted prior to any intrusive works, and all services will be verified as isolated and disconnected before demolition commences.

SECTION 16

METHOD OF MONITORING THE STABILITY OF ADJACENT STRUCTURES – PERMANENT AND TEMPORARY

16.1 There is no indication that the proposed sequence of work will undermine the integrity of structures and buildings adjacent to the demolition site. All neighbouring premises are independent and should not be subject to transmitted vibration generated by the demolition process.

16.2 Where the sequence of demolition may foreseeably interfere with or undermine adjacent structures, a physical inspection of the building will be carried out by the Site Manager of London Design and Build Ltd. He will make a decision as to the progress and method of work. In the event of a structure being assessed as being at imminent risk, an inspection by an independent Structural Engineer will be commissioned. Work may not progress until an agreed sequence is formalised.

16.3 Demolition operatives may not leave any structure, or part of a structure, being demolished until it is made safe so as not to unintentionally collapse. Particular attention will be given to prevailing and predicted weather patterns. Safety-critical features will include:

- (i) Wind loading
- (ii) Snow loading
- (iii) Heavy rain

SECTION 17

METHOD OF NOTIFYING THE CLIENT ABOUT UNFORESEEN OBSTRUCTIONS OR OTHER MATTERS IDENTIFIED AS INFLUENCING SAFETY

17.1 Any unforeseen obstruction or matter identified as influencing safety will be notified to the client without delay, and works in the affected area will be suspended until an agreed way forward is confirmed.

SECTION 18

ON-SITE SAFETY AWARENESS BRIEFINGS

18.1 Site setup and establishment.

18.2 A site safety induction course and toolbox talk for all site personnel will be conducted by Mr Singh, the Site Manager.

18.3 All personnel will be required to read and understand the method statement. They will also be required to undertake a thorough examination of the site and ensure they are completely familiar with its layout. All personnel will be required to sign a register confirming their full understanding of the site induction.

18.4 All works will be carried out safely and within the recommendations of BS 5228 (noise and vibration control on construction and demolition sites) and BS 6187 (demolition), and will comply with all HSE requirements.

18.5 Any amendments to this method statement can be added as revisions if and when required.