

Frank O'Gara & Sons Ltd
Demolition and Dismantling Specialists **O'GARA**
Celebrating 50 years in the Demolition Industry



Nationwide Demolition & Dismantling

Our Services and Capabilities
The Safe Planning and Delivery of Demolition, Deconstruction and Dismantling Projects within the following Environments and Settings

- City Centres, Town Centres and Residential Environments
- Office Buildings and Tower Blocks
- Deconstruction of Pre and Post Tensioned Bridges
- Multi-Storey Car Parks
- Dismantling of Gas Holders
- Steel Framed, Concrete Framed
- and Traditionally Constructed Buildings
- Façade Retention and Temporary Works
- Robotic Demolition
- Recycling in line with the WRAP Protocol

When you choose to do business with Frank O'Gara & Sons Ltd, you are partnering with a Company who cares.

Frank O'Gara & Sons
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Frank O'Gara & Sons Ltd
Dynamic Method Statement / Work
Package Plan, (DMS/WPP) – (DMS01)
Initial Issue - 27/04/2021

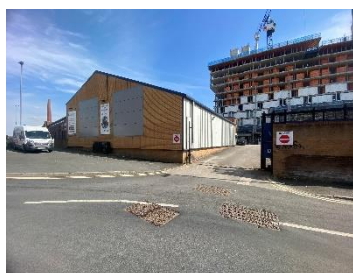
Client/Employer: **DOMIS**

Domis Construction Ltd, Unit 2, Block C,14
Hulme Street, Salford
M5 4ZG

Project: VICTORIA HOUSE

Scope of Works: Site establishment to include Coronavirus (COVID-19) arrangements, enabling works followed by the internal strip-out and the full mechanical demolition of the Cladd Pre fabricated steel portal framed building

Site Address: The Safety deposit centre,
Great Ancoats St, Manchester,
M4 7DB



Method Statement

Project Name	Victoria House	Date:	27 April 2021
Demolition Director	David Hickey	Demolition Manager	Dean Payne

**I the undersigned confirm that I have read and understood the Method Statement,
Risk Assessments & COSHH Assessments identified herein**

[illegible]

Ensure that this method statement acknowledgement is filed at the front of each method statement

Location (Project)	Victoria House, safety deposit centre, Great Ancoats St Manchester, M4 7DB	Risk Assessment Ref.	FOG/AG/DRA01
Method Statement by	David Hickey / Dean Payne	Work Phase	Demolition
Persons Reasonably Affected	Frank O’Gara & Sons Ltd as Contractor - employees, staff, and appointed supply chain employees, Domis personnel, visitors to site and others reasonably affected by the works i.e. adjacent residents, users of the local highway and footway (pedestrians and vehicles),	Start Date	Tbc
Description of Task / Activity			
Site establishment to include Coronavirus (COVID-19) arrangements, enabling works followed by the internal strip-out and the full piecemeal hand and mechanical demolition of the steel Portal framed building, whilst also working in close proximity to the operational Bowmer Kirkland Site.			

Record of amendments and issue of controlled copies			
Amendment No	Details	Date	Signature
Issue 1	Issued to Domis as part of their RAMS appraisal process.	27/04/2021	David Hickey / Dean Payne
Issue 2			

Circulation / Distribution	Copy No
Frank O’Gara & Sons Ltd, Demolition Director – David Hickey	01
Frank O’Gara & Sons Ltd, Demolition Manager – Dean Payne	02
Domis, Senior Project Manager – TBC	03
Domis, Health and Safety Manager or Consultant	04
Site workers, during the RAMS briefing / site induction	05
	06
	07
Note: This document and the supporting risk assessments form part of our documented SSoW and will be briefed to our workforce and members of our supply chain as part of the consultation process. This will be reciprocated where our supply chain SSoW is concerned e.g. scaffolders.	

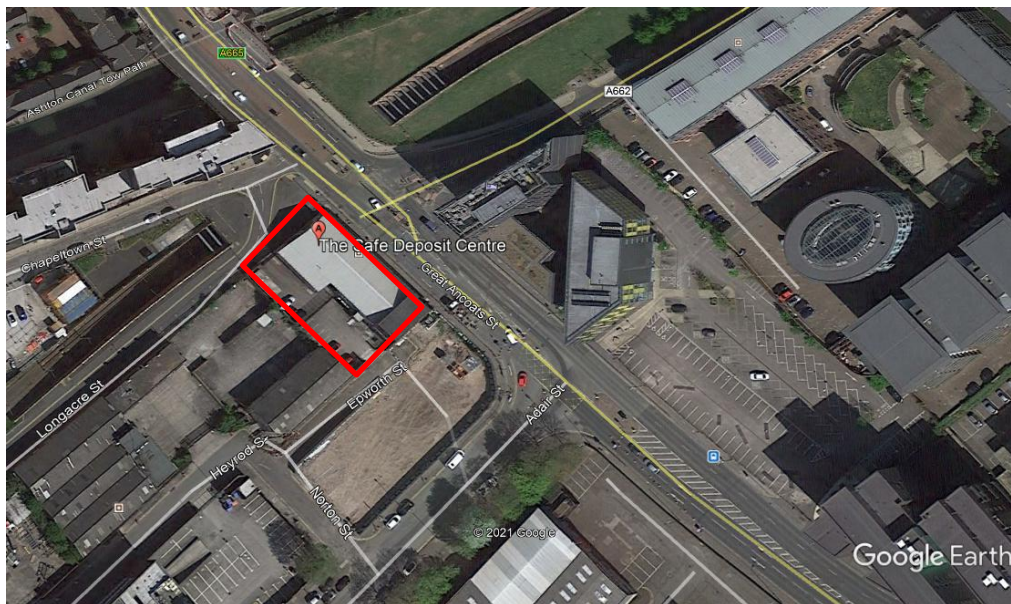
Change Control Record

Revision Issue Letter / Date		Please Print Name	Signature
Frank O’Gara & Sons Ltd Authorised Person Agreement			
Domis Project Manager, or Nominated Deputy, Agreeing Change			
Date Change Authorised or Documents Made Necessary			
Date Change Will Commence			
Detail of Required Change(s) and Number(s) / Document REV Identification i.e. A, B, C etc.			
Date Change Completed / Revision Received or Returned to Normal			
	Please Print Name	Signature	
Frank O’Gara & Sons Ltd Authorised Person Agreement Sign Off			
Domis Project Manager, or Nominated Deputy, Sign Off			

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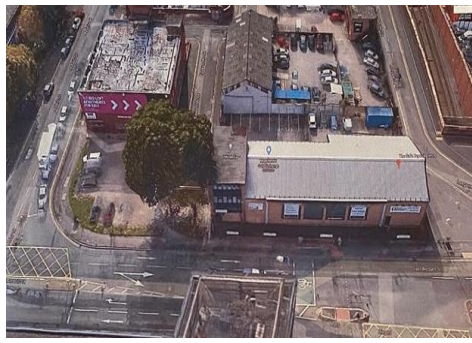
Section 1 – Company, Title, Revision Number, Date & Access / Egress Arrangements			
Company	Frank O’Gara & Sons Ltd Sorby Road, Northbank Industrial Park, Irlam, Manchester M44 5BA Tel: 0161 775 4587 E-mail david@ogara.co.uk 	Work Package	Hand & Mechanical Demolition
Compiled by	David Hickey / Dean Payne	Client Name	Domis Construction Ltd
Issue / Revision No.	Initial Issue	Date	TBC

Access / Egress and Traffic Management



All Frank O’Gara & Sons Ltd personnel, visitors etc., will access the site via the site entrance point on Longacre St, following the particulars of the site logistics/TMP. All delivery and collection vehicles (including plant, multi-lift wagons & 8 wheeled tippers) to and from the site will be via the same route and will access Longacre St via Great Ancoats St.

Note: When leaving site, collection and delivery vehicles are to proceed with due care and attention, adhering to the site and road speed limit always. Once a delivery or collection has taken place vehicles will turn right out of the site, following Longacre St, to the junction of Great Ancoats St.



Proposals

It is envisaged that on average 8-wheeled tippers and or a multi-lift wagon / RORO will attend site on 4 occasions each day once the building has been demolished and the arising’s processed by mechanical means. The following risk control measures will be adopted:

1. 4no HGV Vehicles (8-wheeled tippers) and drivers will be specifically assigned to the project and will be inducted accordingly. The collection of waste will be coordinated by the Demolition Manager / Supervisor and Frank O’Gara & Sons Ltd, Transport Manager Mr. Pete Schofield, who will liaise with the local waste management contractor.
2. A dedicated Vehicle Marshal (NPORS) will be positioned along the side elevation of the building to police vehicle movement. A Class 3 orange hi-visibility vest will be worn.
3. HGV’s will leave Great Ancoats Street (A665), and head south along Longacre street, turning left into the site entrance gates.
4. The driver will engage the vehicle hazard warning lights and amber beacon.
5. The Vehicle Marshal(s) will then halt traffic on this section of the road to allow the 8-wheeled tipper or multi-lift wagon to safely enter into the site. The safety of the general public and the adjacent neighbours / building occupants and indeed those using the Highway will be a key consideration. **Note:** we may have to reverse vehicles into the site given the space constraints within this area.
6. The wagon will then enter the site and will proceed to the loading/unloading point with due care and attention. The site entrance gates will be closed and secured
7. The 8-wheeled tipper wagon will be loaded with the buildings arising’s or the multi-lift wagon / RORO will swap over the 40-yard containers.
8. Once loaded the automated cover will be deployed to secure the load.
9. Under the direction of a Vehicle Marshal the HGV will turn Right out of the site, driving with due care and attention along Longacre St to reach the junction with Great Ancoats St, for the onward journey. Once again, the site gates will be closed and secured.



Caution site entrance ahead signs will be placed at vantage points along this section of Longacre St. It is not envisaged that mud and or debris will be deposited on Longacre St, however this will be monitored. It is our intention to have our Road Sweeper at our disposal to attend site if so required.

Should mud and or debris enter the internal roads or highway temporary signage will be deployed and the abovementioned cleared/cleaned in line with the point of work risk assessment.

At the time, this Method Statement was written, there was no knowledge of delivery time restrictions, other than those commensurate with the O’Gara’s undertaking, giving due consideration to peak traffic flow times in and around this very busy area. With this in mind vehicle movement will be avoided during peak traffic flow periods e.g. 7:30-9:30am – 16:00-17:30. Should this situation change, or further information comes to light an amendment will be made to this Method Statement, and the relevant requirements will be fully complied with at all times, failure to do so would be treated as a disciplinary matter. Machinery will not be switched on until 8am.

Note:

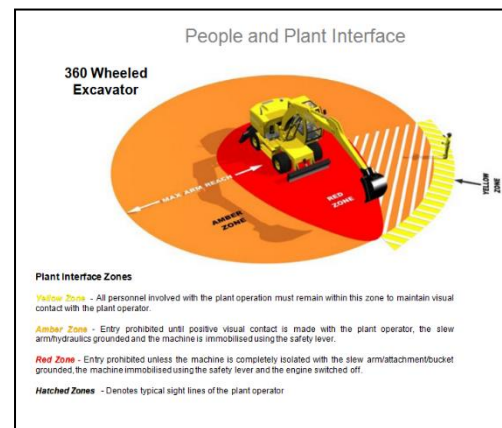
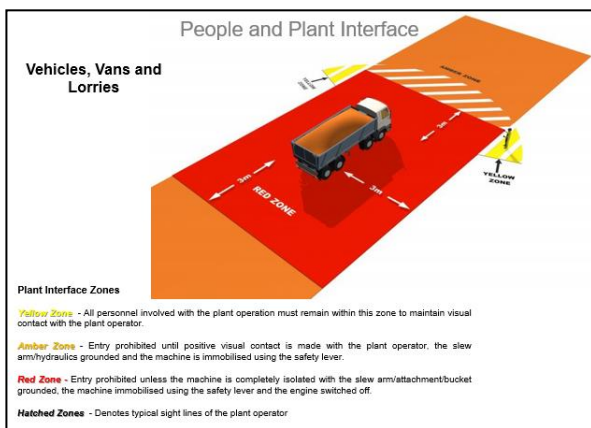


Frank O’Gara & Sons Ltd will adopt the principles of the Construction Logistics and Community Safety (CLOCS) scheme on this project to ensure that **a)** deliveries take place out of peak hours, where practicable to do so **b)** other road users including cyclist are considered, **c)** reduce our impact in relation to the use of construction vehicles by planning deliveries and reducing the number of journeys required. Vehicles will be fit for purpose and additional visibility aids installed where so required. This information will be issued to our supply chain.

The Traffic Management Plan, (vehicular & pedestrian), produced by Domis as Client will be fully complied with in all instances by those under the control of Frank O’Gara & Sons Ltd, failure to do so would be treated as a disciplinary matter.

Once waste material(s) have been removed from site a Banksman will be in attendance to ensure that Frank O’Gara & Sons Ltd wagons can enter the public highway in a safe manner ensuring the safety of road users and pedestrians alike. This is particularly important given the confined nature of the site, its location in respects of the operational Highway and given that this section of Great Ancoats St is generally busy in nature with pedestrians and vehicles.

Note: All delivery drivers are to complete the O’Gara ‘Delivery Driver Site Rules’ form prior to entering site. This will be facilitated by the Frank O’Gara, Vehicle Marshal / Gateman.



Public Safety

The project is taking place within a mixed residential environment, save that a current national lockdown is in force, save that it is being eased as part of the Governments roadmap therefore reducing the number of people and vehicles in this area. The project is close to occupied buildings e.g. residential apartments, office blocks, car parks, offices, shops, restaurants, green spaces, and public houses etc.

Members of the public, including visitors to the site, are protected from harm from the work to which this Method Statement applies by the safety procedures implemented by both Domis Construction and Frank O’Gara & Sons Ltd.

Security of the Site and Drop Zones



Frank O’Gara and Sons Ltd will introduce 2-metre-high Heras Fencing alongside a section of the existing boundary fencing to ensure that the site / work area is secured at all times (drop/processing zone) in such a manner that unauthorised access is prohibited. A dedicated pedestrian entrance gate will be provided for site workers and visitors. This will be provided by Frank O’Gara & Sons Ltd. Such measures would be in compliance with Regulation 18 of CDM 2015.

We are aware of the potential for discarded drug paraphernalia within and around the work area, along with discarded nitrous oxide (laughing gas) canisters and will report such instances to the Clients Senior Project Manager, after such time that we will safely remove such items in line with the particulars of the project specific risk assessment. Any such items will be placed into the sharps container and disposed of as clinical waste.

Warning signs will be placed at vantage points in and around the site, including its perimeter to identify that demolition works are in progress and the controls to be adopted. The site gates will be locked/secured during normal working hours i.e. 07:30-18:00.

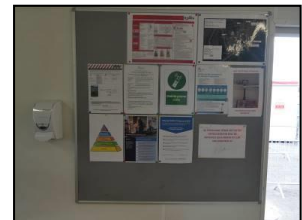
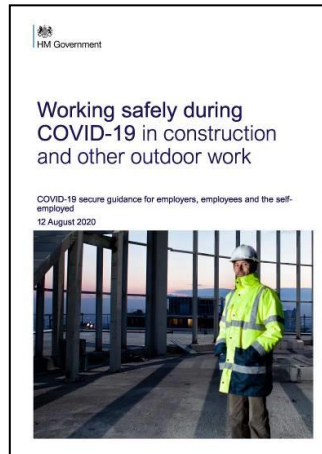
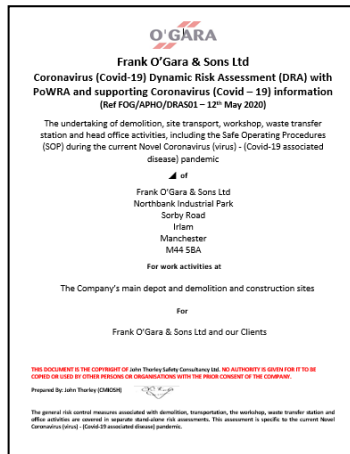


Welfare

Welfare facilities will be provided by Domis Construction.

During site inspections the cleanliness of the facilities is noted to ensure that they are clean, dry, well lit, ventilated, with adequate supplies of soaps, hand towels and hot and cold running water. The facilities are to be cleaned and maintained on a daily basis by the welfare labourer.

Current Government and Industry guidance, inclusive of the contents of the Frank O'Gara & Sons Ltd COVID-19 risk assessment are to be applied regarding the use and cleanliness of the facilities e.g., physical distancing, good personal hygiene, one-way route within the welfare area and the use of face coverings for risk and distancing mitigation.



Note: The employees of Frank O'Gara & Sons Ltd and our supply chain will make their presence known on site each day by completing the Domis or O'Gara signing in register, additionally they will and MUST sign out prior to leaving site. These registers are used in the event of an emergency situation to ensure that all workers can be accounted for.

Note: There will be no parking available on site and the employees of Frank O'Gara & Sons Ltd and our supply chain will drive and park responsibly within the area and use the car parks that are available in close proximity to the site.

Section 2 – Description of Works

Introduction

This safe system of work (SSoW) has been written to ensure that suitable workplace precautions and risk control measures are in place during the Demolition Phase of the project. **The method statement and risk assessment will be developed as works progress, should the method of work change or if additional information comes to light.**

The SSoW follows the requirements of current Legislation, British Standards, and Industry Guidance e.g. NFDC Guidance Notes, TG20:13 Good Practice Guidance for Tube and Fitting Scaffolding, CDM 2015, the Management of Health & Safety at Work Regulations 1999, PUWER 98, LOLER 98, the Work at Height Regulations 2005, Transport for Greater Manchester (TfGM) and Domis policies and procedures. HSG247/248 & BS 5975:2008 & the respective HSE task sheet - **asbestos essentials Non-licensed tasks a3, a14, a11 & em4,5,6,7,8 & 9. Etc.**

The works will be undertaken in accordance with the Control of Asbestos Regulations 2012 and BS 6187:2011 – Code of practice for full and partial demolition.

Description

Once service isolations certification has been issued in writing and Frank O’Gara & Sons Ltd have confirmed such isolations by way of a visual inspection, the elements below will be undertaken as per the programme of works.

Enabling works:

- Engagement with the occupiers of the adjoining office buildings and residential dwellings
- Confirmation that services have been terminated to all areas, (**written confirmation required**) where services remain live, that they are identified and clearly marked (tagged), signed and protected
- Protect surfaces, drainage and inspection pits etc with Ekki Mats (Bog Mats) <https://www.timbermat.co.uk/bog-mats/>
- Provision of a temporary electrical supply
- **Written confirmation that all known ACMs have been removed**
- Background noise monitoring (pre-demolition)
- Provision of welfare accommodation units
- Provision of exclusion zones supported with safety signage
- Pollution prevention measures
- Placement of 40-yard containers
- Effective communication with our neighbours
- Set-up Drop / waste processing zones
- Set up the drop-down dust control mist system (Dust Boss or Moto Fog) and or a charged hose
- COVID-19 arrangements

Element 1 works – Strip-out of the building, as per the programme / scope of works

Element 2 works – The sequenced hand and mechanical demolition / deconstruction of the Pre-fabricated steel portal framed building & the adjoin 2 storey brick built offices.

Programme	Commencement Date / Period	Site Working hour's
As per construction programme	(TBC).	8:00am – 5:00pm Monday to Friday 8:30am – 2:00pm Saturday Sunday and Bank Holidays – No work. The above is in line with the imposed planning conditions.

Induction

All Operatives working on this project **MUST** attend the site induction arranged by Domis Construction Ltd as Principal Contractor. In addition, the content of the Frank O’Gara & Sons Ltd Method Statement and Risk Assessments will be communicated to all Frank O’Gara & Sons Ltd personnel.

Upon completion of the induction, all Frank O’Gara & Sons Ltd Operatives will be required to sign the attendance register indicating that they have heard and understood the requirements / controls included in all documents, that they will

comply fully with them in all instances and that should they require clarification of any points this can be arranged by discussing this with their Demolition Manager or Supervisor. **Daily Activity Briefings (DAB)** will take place daily in line with O’Gara worker engagement requirements.

Statement – Face Fit Testing / Occupational Health

All Operatives employed by Frank O’Gara & Sons Ltd who may be involved in tasks that expose them to the hazard of respirable crystalline silica (RCS) e.g. demolition of brick & block walls/breaking up of concrete, have been Face Fit Tested and provided with respiratory protective equipment to FFP3/P3 standard. Face-fit testing has also been undertaken for those operatives associated with the safe removal of non-licensed asbestos.

No employee of Frank O’Gara & Sons Ltd will undertake work that exposes them to airborne dust that may contain silica and other airborne hazards unless they have been face-fit tested and additional primary control measures are in place, i.e. water suppression – damping down and or extraction. The Site Supervisor of Frank O’Gara & Sons Ltd will monitor such compliance.

Our occupational health arrangements will be monitored by our Site Supervisor and engagement will take place with the workforce in this regard i.e. one-to-one discussions, toolbox talk and DAB.

The forms below will be completed to ensure compliance with the relevant statutory provision and to monitor the suitability of our risk control measures.

- SF63 – Hand Arm Vibration Health Surveillance Form (ongoing)
- SF64 – Hand Arm Vibration Register
- SF188 – Audiometry Health Surveillance Form
- SF189 – Hand Arm Vibration Health Surveillance Form (Initial)
- SF190 – Skin Health Surveillance Form
- SF191 – Spirometry Health Surveillance Form

Statement - Work at Height

The work being carried out requires Operatives to work at height; as a consequence, there is a risk of a person falling from height. This has been addressed and control measures put in place to mitigate such an event. These controls follow those required by the Work at Height Regulations – Hierarchy of Controls to provide Collective protection measures where reasonably practicable to do so. Where work at height cannot be avoided Mobile Access Towers (MAT) will be used to provide a safe working platform for the soft-strip and or hand demolition works. Operatives using such work equipment will be PASMA trained and will use the Advanced Guard Rail (AGR) system tower on the project.

All mobile towers used comply with BS EN 1004:2004. All erecting / dismantling work is undertaken by a competent person holding a PASMA card who will pass these as safe to use and Scaff tag them to indicate this prior to the Operatives using them. Each tower used will be recorded in the site register.

Towers are to be built on stable floors/surfaces and visually inspected by those using them prior to use each time. The manufacturer’s instructions on safe working load (SWL) are complied with. Towers have wheels locked when in use & they are not moved with persons or materials on the working platform (surfing). No work is to be undertaken than may cause lateral forces on the tower which may de-stabilise them.



Low-level
Access tower
<2.5metres

Where Mobile Towers are in place for longer than 7 days or have been reassembled, or where they may have been adversely affected by site conditions, an inspection is to be carried out by a competent person and a record made of the inspection, (this will be recorded on a Scaff tag), all such inspections will also be recorded in the site register. Should damage be found, the mobile tower will not be accessed for work purposes until it has been repaired and declared safe by the Competent Person. It will be tagged with a Do Not Use notice to identify that it must NOT be used.



Mobile Access Tower
>2.5metres
Advanced Guard Rail (AGR)

Strict exclusion zones will be provided at ground level to ensure that unauthorised people do not enter the danger area and are therefore protected from the potential risk of falling objects or materials (Regulation 10 – Falling Objects & Regulation 11 – Danger Areas of the Work at Height Regulations). These exclusion zones will be in addition to the secure boundary fencing.



The examples shown are for illustration purposes only

Low-level access mobile towers <2.5m or a delta deck platform will be used to strip out areas beneath the main ceiling/roof area and other work areas where suitable access equipment is required.

Anti-surf podium steps may also be used to provide a safe means of access during the soft-strip phase.

Given the nature of these works Powered Access i.e. Mobile Elevating Work Platforms (MEWP’S) **may** also be used to gain access to the restricted area(s). These will provide a safe working platform from which to undertake the works and will provide collective means of fall protection. All operatives operating the MEWPS will hold an International Powered Access Federation (IPAF) Powered Access Licence (PAL) for the category being used i.e. (3a – Scissor) and or (3b – Self-propelled boom (cherry picker)).

The Self-Propelled Boom (SPB) Cherry Pickers will have Anti-Entrapment/Crush devices fitted (Secondary Guarding). The type of which will be discussed with the hire company when placing the order. Examples below.



Pressure Sensing Device

When activated, it stops further movement and activates audible and visual warning devices.



Physical Barrier

Side protection barriers.



Physical Barrier

Operator protective structure.



MEWP's provide collective means of fall protection and a suitable working platform from which to undertake elements of demolition – under **NO** circumstances will operatives stand on a guard rail to achieve additional height or leave the safety of the platform to climb onto any part of the building.

Strict exclusion zones will be provided at ground level to ensure that unauthorised people do not enter the danger area and are therefore protected from the potential risk of falling objects or materials (Regulation 10 – Falling Objects & Regulation 11 – Danger Areas of the Work at Height Regulations). These exclusion zones will be in addition to the secure boundary fencing.

Tool tethers will be used to secure hand tools and other items of work equipment, to prevent them from falling and potentially striking and injuring someone below. This will be discussed with the workforce during the RAMS briefing.



A body harness and work restraint lanyard will be worn during the use of the SPB Cherry Picker, with the lanyard clipped onto the certified point.



**The world authority
in powered access**

H1: FALL PROTECTION IN MEWPS

www.ipaf.org



Technical guidance Mobile Elevating Work Platforms (MEWPs)

Boom type platforms

When working from a boom type Mobile Elevating Work Platform (MEWP), it is strongly recommended that a lanyard short enough for the wearer to be restrained within the platform be used. The lanyard may contain an energy-absorbing device, provided it is short enough to restrain the wearer within the platform. This includes Static Booms (1b) and Mobile Booms (3b).

Vertical lifts

It is not normally necessary for personnel working from a vertical lift to wear fall protection equipment, other than in exceptional circumstances.

This includes Static Verticals (1a), Mobile Verticals (3a), Push Around Verticals (PAV) and Mast Climbing Work Platforms (MCWP).

Working next to or over water

A risk assessment should determine whether it is more appropriate to wear a harness to address the fall risk, or a life jacket to address the risk of drowning.

The need for a fall protection system will be the outcome of a job-specific risk assessment undertaken prior to work commencing and taking into consideration the manufacturer's operator manual.



For more details see overleaf, or visit www.ipaf.org

For UK-specific guidance and information on preventing falls and on the use of harnesses and lanyards in MEWPs

- EN 354:** Personal fall protection equipment. Lanyards
- EN 355:** Personal protective equipment against falls from a height. Energy absorbers
- EN 358:** Personal protective equipment for work positioning and prevention of falls from a height. Belts for work positioning and restraint and work positioning lanyards
- EN 360:** Personal protective equipment against falls from a height. Retractable type fall arresters
- EN 361:** Personal protective equipment against falls from a height. Full body harnesses
- EN 362:** Personal protective equipment against falls from a height. Connectors
- EN 363:** Personal fall protection equipment. Personal fall protection systems
- EN 365:** Personal protective equipment against falls from a height. General requirements for instructions for use, maintenance, periodic examination, repair, marking and packaging
- BS 8437:** +A1:2012 Code of practice for selection, use and maintenance of personal fall protection systems and equipment for use in the workplace
- BS 8454:** Code of practice for the delivery of training and education for work at height and rescue
- BS 8460:** Code of practice - Safe use of MEWPs
- ISO 18893:** Mobile elevating work platforms. Safety principles, inspection, maintenance and operation
- BS EN 280:** Mobile elevating work platforms. Design calculations. Stability criteria. Construction. Safety. Examinations and tests

HSE General Information Sheet GEIS 6 – See also *the selection, management and use of mobile elevating work platforms*, available from the HSE website www.hse.gov.uk/pubns/geis6.htm

This guidance was originally developed by the Powered Access Interest Group, a joint committee of IPAF and the Construction Plant-Hire Association, with representatives from hire companies and the HSE. This updated version was approved by the Strategic Forum – Plant Safety Group on 19.09.17.

This document reflects UK legislation. For other country-specific versions and details about IPAF's full range of training programmes for all kinds of MEWPs and MCWPs visit www.ipaf.org



info@ipaf.org

H1-TE-019-0717-2-en-GB

Section 3 – Sequence of Work

Enabling works and Piling Mat

Prior to the demolition phase commencing the following elements are required, will be undertaken:

- Confirmation that services have been terminated to all areas, (written confirmation required) where services remain live, that they are identified and clearly marked (tagged), signed and protected
- Confirmation that all known asbestos containing materials (ACM’s) have been removed – Certificate of Reoccupation (Demolition) / Clearance Certification
- Background noise monitoring (pre-demolition)



- Provision of exclusion zones supported with safety signage
- Pollution prevention measures

Element 1 works - Strip-out of the building, as per the programme / scope of works

Where safe to do so and where applicable, the building is to be completely stripped-out to leave only the shell of the building remaining in readiness for the hand and mechanical demolition phase.

The strip-out process includes, but is not limited to timber and stud partition walls, non-load bearing brick and block walls, doors & casings, glazing, redundant M&E fixtures and fittings, utility room components, and limited floor coverings etc. This sequential process will aid in the segregation of the various waste streams for recycling purposes.

As identified above the building is 4 storey with an external hardstanding area.



Dust in and around the waste containers will and must be controlled/suppressed by way of a drop-down mist system (Dust Boss or Moto Fog) or charged hose; the migration of dust will be continually monitored and controlled.





If used, the licensed standpipe will be fitted with an anti-pollution device to prevent any back-flow to ensure there is no risk of contamination into the water network. The standpipes will contain a built-in water meter to record water usage.

Note - Drop Point(s)/Zones



Prior to the strip out works commencing in the above area’s operatives are to ensure that adequate edge protection is available across the openings and any exposed leading edges i.e. landings; this physical barrier will be by way of a tube and fitting ‘A’ frame barrier, fixed tube or similar physical barrier as currently provided by our appointed scaffolding contractor.



The designated drop/exclusion zones at ground level will be fully cordoned off using two-metre-high fencing displaying warning notices at vantage points.

The entrance gates to the drop zone will be securely maintained during the planned/controlled free falling of waste materials into this area and will only be opened for the processing of waste. Such drop zone’s will be established in line with clause’s 11.16 & 13 of BS6187 and operatives and machine drivers will remain in a position of safety at all times.

Note: the arising’s will be removed as works progress to prevent point loading and the potential for collapse.



Note: To ensure that floors are not overloaded the waste will be removed as works progress. A rubble truck will be used to remove waste to the loading point. Therefore reducing manual handling and manual effort. The waste will be placed directly into the awaiting 40 yard container in the drop zone below. **Please note:** Only one item of plant is allowed in a single bay at anyone time to ensure that the floor is not overloaded.

Hold Point - Prior to any soft-strip works commencing (other than for the removal of loose items and floor coverings), documentary evidence must be available to confirm that the **electrical supply has indeed been isolated, and that no known ACM’s are present – Certificate of reoccupation or written confirmation required.**

Once the demolition drop/exclusion zone is in place, the building will then be stripped-out of all its fixtures and fittings by the demolition operatives using traditional methods utilising handheld tools including, but not restricted to, pinch bars, hammers, mattock picks, shovels, wheelbarrows and indeed 110v breakers.

Reciprocating and Cut-off Saws will also be used to cut and process redundant pipe work, steel hangers, cable trays etc.



Hilti TE 500-AVR Breaker

Vibration magnitude 6.5m/s^2 max usage in an 8-hour shift is 1 hour and 11 minutes (Trigger Time) to reach the Daily Exposure Action Value 2.5m/s^2 (A8) or 100 points. Time to reach Daily Exposure Limit Value 5m/s^2 (A8) or 400 points is 4 hours and 44 minutes (Trigger Time).

HSE points per hour of tool use = 85 points

>87dBA – Hearing protection to be worn.

Weight of breaker 11.8kg



Masonry Cut Off Saw 300mm (12inch) – Metal Cutting Blade

Vibration magnitude 4.50m/s^2 max usage in an 8-hour shift is 2 hour and 28 minutes (Trigger Time) to reach the Daily Exposure Action Value 2.5m/s^2 (A8) or 100 points.

Time to reach Daily Exposure Limit Value 5m/s^2 (A8) or 400 points is 9 hours and 53 minutes (Trigger Time).

>87dBA 112 dB(A) – Hearing protection to be worn.



Soft-strip / Strip-out

Fluorescent Light Tubes



All fluorescent tube lights removed on site will be placed in a separate designated skip (tube bank) in readiness for off-site disposal by our licensed waste carrier. Fluorescent light tubes are classified as hazardous waste and will be treated and disposed of as such. Tubes will be recycled where possible.

Skirting boards, doors & door frames

Skirting boards, doors and door frames are to be removed by operatives using pinch bars and suitable hammers. The items are to be prised from their place of fixing. Any obtrusions, nails or screws are to be removed or bent over, with all resultant materials then being transported utilising the wheelbarrows and carrying by hand to the designated drop point for disposal in the drop zone below.

The internal wooden hinged doors will be carefully removed from their housing / fixing point, lifted, and lowered by a two-man team and transported to the loading point. If so required a board trolley will be used to aid handling and movement.

Suspended ceilings

The suspended ceilings are to be removed by operatives working from mobile access towers (MAT) suitably positioned. As the ceiling slates are removed, by pushing the tile up and out of the frame and twisting it sideways to enable removal, whole and intact they are to be lowered to ground in a controlled manner by passing them down to the ground operative. At ground level they are to be periodically collected and bundled into manageable sized parcels using adhesive tape. As the works progress the suspension system is to be removed by the operatives working from the mobile access tower.

Working from the platform the fixings are to be cut as flush to the ceiling as possible using handheld cold cutting tools (nips and/or croppers). Once again, the removed items are to be lowered to ground in a controlled manner where they are to be transported utilising the wheelbarrows and carrying by hand to the designated drop point for disposal in the drop zone below.

Floor coverings

The carpet coverings are to be removed by the operatives using the mattock picks and shovels to leave a clean floor surface below. Where the carpets are of a roll able nature these are to be cut into strips, whilst still laid, and then rolled up for collection. Carpet slates are simply to be lifted. Both the carpet slates and rolls are to be bundled and taped as previously stated. All resultant materials are to be transported utilising the wheelbarrows and carrying by hand to the designated drop/loading zones.

A wrecking bar will be used to prise free the timber floorboards and chipboard flooring panels. Once divorced the timber floor boards will be de-nailed or the nails will be bent flat, and the floorboards stacked ready for off-site disposal. The chipboard flooring panels will be loaded into the rubble truck and disposed of into the enclosed waste chute, which will have a loading point on each floor.

With respects to the **vinyl floor slates or vinyl floor covering** these will be lifted by manual or mechanical means, dependent upon its adhesion to the floor surface. A wetting agent will be used to dampen down the localised area to prevent the migration of dust.

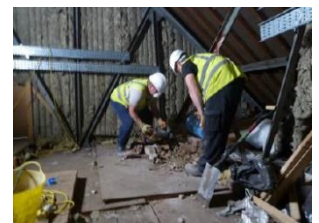
Non-load bearing stud partition walls

The traditional timber and metal stud partitioning is to be removed by the operatives using suitable hand-held tools, namely pinch bars, picks, and hammers. Access will be gained from a PAV or low-level access tower for the works. The wall structure is to be de-erected by removing the plasterboard/insulation coverings using the hammers and bars. Once exposed the remaining metal or timber stud work is to be prized free and de-nailed or the nails/screws bent flat. Once again, the resultant materials are to be removed to the designated drop/loading zones. This will leave the block/brick work walls exposed or open up a specific area.



Non-Load bearing brick and block work walls

A number of non-load bearing brick and block work walls are to be demolished throughout the building. These will be demolished by hand utilising hand tools and 110v demolition breakers with chisel and point attachments. Operatives wearing the required PPE will reduce the height of the wall's (top-down) using 110v demolition breakers and hand tools; low level access towers will be used to provide access. Waste will be removed as works progress to promote a safe and tidy work area.



Ducting, cable trays, hangars & pipe work

Hold Point -Prior to any works commencing it is to be ensured that a strict exclusion zone is placed around the base of the mobile access towers (MATs) beneath where the works are taking place above. This will ensure that no-one can enter the danger zone and also ensures that all parties meet with their statutory duty i.e. Regulation 10 and 11 of The Work at Height Regulations (Falling objects & Danger areas).

This element of the works entails the removal of cable trays/hangars, cable runs/redundant cables, redundant pipes, lighting units and warm air blowers and ducting where identified. MATs will be used to gain access to the underside of the ceilings to carry out the works and will also provide collective means of fall protection.

Working sequentially the works will be carried out as follows:

- Confirm services are terminated (certification required)
- Air conditioning units have been de-gassed
- Remove fluorescent light tubes and bulbs from light fittings

- Using hand tools, cut- off saws and reciprocating saws the hanger cables/wires will be snipped and if manageable the cable tray or light fittings will be lowered to the operative at floor level, which will be subsequently placed into the rubble truck ready for removal
- Light fittings will be divorced from their housing, passed to the operative below and disposed of into the awaiting skip
- With respects to the redundant pipe work this will be cut into manageable sections with a cut off saw, placed onto the working platform basket, and lowered to the operative ground level
- With respects to the galvanised warm air ducting this will be cold cut with a reciprocating saw to prevent the fumes that would otherwise be generated should burning equipment be used. The ducting will be cut into sections, drop rods severed and the section lowered into the MAT and ground floor thereafter.
- This process will continue until an elevation/floor has been completed leaving only the shell remaining
- This sequence will continue until the works are complete.

The soft strip/strip out works will be monitored by our Site Supervisor who will ensure that our workplace precautions and risk control measures remain effective.

Cable runs

Cables will be stripped out as the works progress. They will either be bundled into manageable consignments and placed into the MATS working platform and lowered to ground level or cut in situ with a cut-off saw, placed into the working platform, and passed to the operative at ground level once a section has been completed.

Window Frame Removal

These works will commence with operatives breaking away the plaster / plaster board to the window reveals to expose the window securing brackets/fixings.

Working systematically left-to-right, room-by-room, the windows frames will be removed by unfastening the screws that secure the brackets to the wall and frame.

A two-man team will then lift the glazed unit free and pass it inside to awaiting operatives who will place the unit on a board trolley for transportation to the drop zone and waste container thereafter.

The above process will continue until the window frames have been removed as per Frank O’Gara & Sons Ltd scope of works i.e. by hand or machine.

Glazed surfaces

Mobile Access Towers (MAT’s) will be used to remove glazed units from the top of partition walls and windows etc.

Operatives wearing suitable PPE to include gloves to EN388 with a cut level of 3 and above and Kevlar Knit Sleeves to cut level 4 will tape up each individual glazed panel and remove it from its aperture before lowering and removing to the drop point(s).

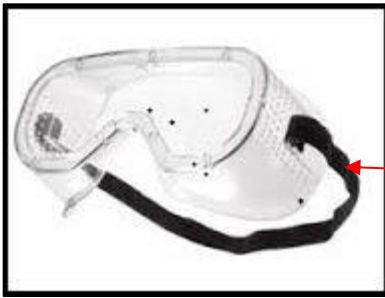
With respects to large glazed units, glass suckers will be used whilst the glazed unit is removed from its frame and lowered to an operative below; the PPE described below will be issued and worn.

The units will be removed to the Drop Point on wheeled trolleys and disposed of accordingly.

Should access be prohibitive or demolition operatives are placed at risk of serious personal injury then the high level glazed units will be removed as part of the mechanical demolition process.

Super touch 14 Inch Kevlar
Chrome Sleeve - Conforms
to EN388 (1334)





Eye protection to EN166 B to be worn during this activity.

Strip out material removal

At the loading point the waste materials generated will be carried (dependent upon the length and or weight) or placed into the wheeled rubble truck and transported to the (drop zone) and loaded directly into the 40 yard container below.

A 360° degree excavator may offer assistance at ground level in ensuring full and secure loads. The works are to progress in this nature until complete. As the skips are filled - contact is to be maintained between the ground operative and the foreman. Works will cease whilst skips are swapped and/or re arranged to enable continuous filling. Works will commence again once the necessary movements have been completed. Movements on and off site are to be fully supervised by the attending operative at all times.

Site pedestrians are to be segregated by the fencing to be erected to the agreed route. Damping down measures are to be adopted should the need arise.

The constant monitoring of dust will be carried out and all necessary suppression will be implemented as determined by the Demolition Supervisor. The works will be continually monitored to ensure that the health and safety of site workers and the adjacent residents is not compromised. All materials are to be removed to licensed disposal points via sheeted Lorries with full documentation being supplied upon completion of the works.

The sequence of operations will be on a floor-by-floor basis where practicable, although that sequence may be altered as required to suit the interest of efficiency and a safe working practice.

Element 2 works – The sequenced hand and mechanical demolition / deconstruction of the pre-fabricated steel portal framed building and adjoining offices.

Hold Point – Prior to this element of the works taking place is to be ensured that a strict exclusion zone is in place and that warning notices are displayed at vantage points to give due warning of the works taking place.

Hold Point - Prior to any form of access being permitted onto the working platform, the scaffolding contractor and Domis Construction will be required to issue Frank O’Gara and Sons Ltd with a copy of the hand-over certificate and evidence that a percentage of the anchor ties have been tested.

Hold Point - No works are to commence until such time that the dust control system is operational, work equipment has been subject to a formal daily inspection, a strict exclusion zone is in place and a PTW issued by our Client, Domis Construction.

Hold Point – No works will commence until such time that Frank O’Gara & Sons Ltd have been given written confirmation that all known asbestos containing materials (ACM’s) have been removed – Certificate of Reoccupation (Demolition).

Hold Point - During this phase of the works it will be ensured that a strict exclusion zone is in place to prevent unauthorised access into the work area, particularly the level below where the demolition works are taking place above. **(A sweep of the building(s) floors will take place to ensure that no unauthorised persons are present within the building / work area).** The daily building sweep will be recorded in the site diary.

The elements below will be undertaken as per the programme of works.

After such time that the access scaffold / protective screen is in place and a scaffold hand-over certificate issued the following activities will take place:

Roof Structure

Given the proximity of the building’s frontage and side elevation to Epworth St a working scaffold will be erected, and a tunnelled walkway will allow access to be kept open on the Epworth St elevation, the roof coverings will be stripped by hand and the timbers cut and dismantled insitu. This will mitigate the risk of debris etc. inadvertently falling and striking a pedestrian, vehicle, or other building. The stripping of the roof covering and structure will in affect be the reverse of its original construction. The roof is trussed timber pitched. Our appointed scaffolding contractor Tunny will provide an access scaffold.



1. Working from an internal lightweight tower scaffold from the inside of the building, the 1st metre of roof, battens and felt will be removed. Once removed the battens and felt will be passed down and removed to a segregated area for further removal from site. The flat roof of the office block will be removed in its entirety working from Epworth street elevation into the site.
2. Once the roof has been removed, operatives will commence removal of the brick elevation of Epworth street by hand demolition. This will be undertaken from a combination of access from the scaffolding and internal floor plates.
3. Operatives will remove each course of brick in a horizontal direction along the entire elevation of Epworth St. No more than 3 courses will be removed at any one time horizontally.
4. The waste will be positioned on the floors for removal. At no time will waste be allowed to build up and overload the floors.
5. The above operations will continue until the Epworth St elevation is down to the ground floor roof level.
6. As the works progress, all arisings i.e. timber, felt battens etc. will be removed to promote a clear, tidy and safe work area.

Note: A physical barrier, must always be in place during the works to provide suitable edge protection.

Hold Point - During this phase of the works it will be ensured that a strict exclusion zone is in place to prevent unauthorised access into the work area.

Dust will and must be controlled/suppressed by way of a charged hose or mobile dust control unit; the migration of dust will be continually monitored and controlled.

Mechanical Demolition

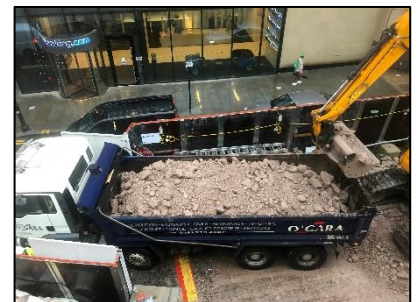
This element of the demolition process consists of methodology for reducing the steel portal framed structure down to ground floor slab level. For this element of the demolition phase the structure will be divided into bays

During this phase of the works it will be ensured that a strict exclusion zone is in place to prevent unauthorised access into the work area. Once the exclusion zones are in place the building will be demolished in line with the undernoted bullet points:

1. Confirmation that the building has been checked for unauthorised personnel prior to the commencement of the demolition and that the building will remain secure throughout the demolition process.
2. During the demolition works, traditional dust controls will be implemented to eliminate / reduce dust migration. Knock down atomising sprays or water bowsers will be used to keep areas damp for the duration of the works, where required specific water sprays (charged Hose) will used on particular points.
3. The demolition excavator fitted with a demolition attachment will be positioned south east elevation of Epworth street within the site boundary.
4. It will commence the demolition of the remaining ground floor brick office structure and progressively move forward in a north easterly direction.
5. Once the brick structure has been demolished and the arising's have been removed the operator will position the demolition excavator in a north westerly direction.
6. The excavator will then proceed to remove the roof truss.
7. The operator will cut through the main roof truss on the Great Ancoats street elevation with the shear attachment.
8. He will then proceed to cut the opposite side of the truss allowing it to fall within the footprint of the building.
9. He will then remove the roof sheets and place them in a skip for removal from site.
10. The operator will the proceed to cut the roof purling's against the next roof truss this will allow the trust to fall to ground level where it will be processed and placed in the correct waste skip.
11. The operator will continue this operation until the roof in its entirety has been removed.
12. Once the roof has been removed the sides of the prefabricated steel building will be removed commencing with the Great Ancoats street elevation.
13. The excavator operator will remove one section of panels between the middle two legs of the building.
14. The excavator driver will position the shear on the central leg of the section of wall holding it in place.
15. A burner will cut the base of the legs cutting first of all the rear flange of the leg and through the central Webb, leaving the front flange intact. He will do this through all the legs in the section.
16. Once cut he will retreat to a safe distance.
17. The excavator operator will then lower the section to ground level within the building footprint for further processing.
18. This operation will continue until all the walls have been removed.

Note: A Banksman will be in attendance at all times while mechanical operations are being undertaken

During this phase of the works, it will be ensured that a strict exclusion zone is in place to prevent unauthorised access into the work area. **Dust will and must be controlled/suppressed by way of a charged hose or mobile dust control unit; the migration of dust will be continually monitored and controlled.**



Note:

- Structural steel / reinforcement will be processed in-situ and placed into the awaiting 30/40-yard skip for offsite disposal
- The concrete generated from the building will be stockpiled and processed to remove rebar.

Section 4 – Resources

Up to 10 Frank O’Gara & Sons Ltd personnel, including Supervision will be involved in the work.

- 1no Demolition Manager – Gold CCDO skills card and SMSTS
- 1no Site Supervisor – CCDO skills card (one of CSCS’s Partner Card Schemes) SSSTS
- 2no Demolition Operatives – Red or Blue CCDO skills card
- 2no Plant operative – CPCS skills card and or a CSCS partner card - NPoRS in line with Construction Leadership Council (CLC) requirements.
- 1no Brokk operators
- Wagon drivers



Subcontractors/Consultants

- Scaffolder

Note: All employees who operate demolition plant hold the correct CPCS Category i.e. D90 A-F e.g. D90 A – Processing, D90 C – Demolishing up to 15 metres. Those using the Brokk remote controlled demolition excavators will provide evidence of training. Plant operators will be subject to the O’Gara random drug testing regime.

All employees of Frank O’Gara & Sons Ltd are fully trained and competent to undertake any task required of them, they may at times be assisted by trainees who, where this is the case, will be adequately supervised at all times.

Sub-contractors used are mostly known to Frank O’Gara & Sons Ltd, as are their relevant skills. Where this is not the case their progress is initially monitored by the Contract Manager and Supervisor, to ensure that they are competent to carry out the work for which they have been taken on, this includes working safely.

Client Responsible Persons – Domis

Domis - Pre-Construction Manager: Mr. Paul Hawkins

Telephone: 01925 594254

Mobile:

Email: paulhawkins@domisconstruction.uk

Domis – Senior Project Manager: TBC

Telephone: 01925 594254

Mobile:

Email:

Frank O’Gara & Sons Ltd Responsible Persons

Frank O’Gara & Sons Ltd Managing Director: Mr John O’Gara

Tel: 0161 775 4587

Frank O’Gara & Sons Ltd Demolition Director: David Hickey

Mobile: 07736 272 404

Frank O’Gara & Sons Ltd Demolition Manager: Dean Payne

Mobile: 07944 467494

Frank O’Gara & Sons Ltd Supervisor: Steve Nunn

Mobile: 077897156901

Frank O’Gara & Sons Ltd, Health & Safety Advisor: John Thorley, will visit site to undertake site inspections as required.

Telephone: 0161 775 4587

Mobile: 07834 553019

Plant & Equipment		Labour
360° Excavator & attachments	Stihl Saw with water suppression	1 Demolition Manager 1 Supervisor 2 Plant Operative 4 Demolition operatives 2 Brokk operatives
Brokk	Mobile access tower (MAT)	
Barriers	30 yard skips	
Safety signs	Multi-Lift Wagon	
Hand tools	20 Tonne 8-wheeled tippers	
Power Tools & attachments	Cable Avoidance Tool (CAT)	
Mobile Access Tower(s)	Diesel	
Hose Pipe	Bowser/Spill Kit	
Portable fire extinguishers	Oxy/Propane Burning/Cutting equipment	

Section 5 – Training Records

Frank O’Gara & Sons Ltd has in place a training matrix, which identifies the training and competencies of those working on its behalf. Training records will be submitted during the FOG Site Induction and will be presented in Section 14 of the Project Health & Safety Pack.

Typical Competencies will include those identified below

<i>Specialist Safety Training – Frank O’Gara & Sons Ltd</i>			
Operative	Cards/Certificates	Registered No	Expiry
SMSTS or SSSTS	Citb/NPORS		
Excavator 360- below 10 tonnes (tracked) (A58) A Excavator 360-below 10 tonnes (wheeled) (A58) B Excavator 360- below 10 tonnes (lifting operations) (A58) C Excavator 360- above 10 tonnes (tracked) (A59) A Excavator 360-above 10 tonnes (wheeled) (A59) B Excavator 360-above 10 tonnes (lifting operations) (A59) C High-Reach – Demolishing up to 30 metres (D90) D Brokk	NPORS CPCS		
Forward tipping dumper – Wheeled Forward tipping dumper – Tracked Ride on roller	CPCS NPORS		
Banksman / Slinger Mobile Plant	NPORS		
Quick Hitch Safety – Automatic, Semi-Automatic and Manual	NPORS		
Abrasive Wheels	Shaw Training Services / NPORS		
First Aid at Work or Emergency First Aider (3 or 1 day)	Pulse Training Partnership		
Mobile Access Towers (MAT) <> 2.5 metres (User)	PASMA		
MEWP	IPAF / PAL		
Certification of Competence of Demolition Operatives	CSCS/CCDO		
Confined Space	CSTS / NDTG / Dr Paul J. Griffiths – Occupational Physician		
Face-Fit Tested	In-house		
Burner + Medical	NDTG / Dr Paul J. Griffiths – Occupational Physician		
Cable Avoidance Tool (CAT)	Survey @ Laser		
NVQ L2, 3 or 4	NDTG / edexel		
Category ‘A’ (Asbestos Awareness) or Category ‘B’ (Non-Licensed Asbestos Work) + Medical	UKATA – NTDG http://ndtg.training/course Dr Paul J. Griffiths – Occupational Physician		

Section 6 - Assessments of Risks for Work Included

Assessment of Risks for Work Included

Please see separate risk assessment document as presented with this method statement

Point-of-Work Assessments

See separate assessment document pack as referred to above

Manual Handling Assessments

See separate assessment document pack as referred to above

COSHH Assessments - Including any Hazardous Materials

See separate assessment document pack as referred to above

Section 7 - Control Measures

Permits to Work

A Permit-to-Dig/Break Ground may need to be issued to put in place further risk control measures to control the residual risk associated with our activities. This will be issued by FOG Site Manager.

Where digging is required, the area will be surveyed using existing knowledge of the site, i.e. drawings, information from utility companies etc, local knowledge when available & by means of CAT Scanning / Radar Scanning & visual ground investigation. All services identified will be marked.

A PTW will be required for Confined Space entry & Hot Works.

Health & Safety of Others

The Health & Safety of any person who may be affected by operations undertaken by Frank O’Gara & Sons Ltd are fully considered and controls included within the relevant Risk Assessments. These include control measures such as segregation/signage and effective communication to protect others who may be reasonably affected by our works e.g. FOG Staff, the general public, users of the local highway and other workers.

Where noise could be an issue, segregation is also used as a control measure. Where segregation is used as a control measure, the possible effects on access / egress routes, including those for Emergency situations, will be taken into consideration with suitable arrangements implemented i.e. barriers, signs and or a Banksman.

Where Frank O’Gara & Sons Ltd Health & Safety Advisor undertakes inspections to monitor compliance with our Method Statements & Risk Assessments, this will include monitoring the Health & Safety of others. The monitoring will include assessing not only the risks from our own operations, but those that may be caused by others on site. In such cases the Principal Contractors representative will be informed of any instances of non-compliance.

Security

All plant, equipment & tools used by Frank O’Gara & Sons Ltd operatives will be made secure, or removed from site, at the end of each working day. All operatives have been instructed that they must not create any situations, which could lead to a breach of security on the site.

All operatives have been instructed to report any instances which could lead to a breach of security of the site.

Protection from Silica/Wood Dust

All persons who use powered equipment to cut / break materials containing silica, i.e. Bricks & Blocks/Concrete etc, will, in compliance with the CoSHH Regulations, be Face Fit Tested & a copy of their personal certificate will be provided for the site file, the certificate will contain the following information:

- The name of the individual tested
- The date of the test
- The make & model of the Respiratory Protective Equipment, (RPE), used for the test
- Whether this was a disposable filtering face piece or half mask etc
- Whether the test was Qualitative or Quantitative
- The test result

In addition to RPE, any person whose work exposes them to silica dust will also be protected by means of suppression, these two control measures must & will be used together at all times.

HAVs

The exposure to vibration by each Operative over a working day will not be greater than either the Exposure Action Value (EAV), or Exposure Limit Value (ELV).

A daily register will be used to log the amount of time that each Operative has carried out work using equipment that has exposed him to vibration. Should there be a risk of the workload increasing such that the level of risk is greater, then Operatives will be rotated around the work.

There has been no report from any of the Operatives in relation to problems associated with exposure to vibration, and all have been instructed to report any issues that may be connected with this.

Operatives are provided with gloves, which will keep their hands warm in cold weather, which in turn assists circulation and reduces the likelihood of harm occurring, which may be greater when the hands are cold.

A Risk Assessment for the use of the equipment has been produced and included in the Project Risk Assessment.

Vibration Levels Formula to Determine 8 - Hour Usage

When using handheld / guided tools & equipment employees may be exposed to vibration, prolonged exposure to unacceptable levels may have an adverse effect upon them.

Here are some simple steps, which will help to control the effects of vibration and minimise the risk.

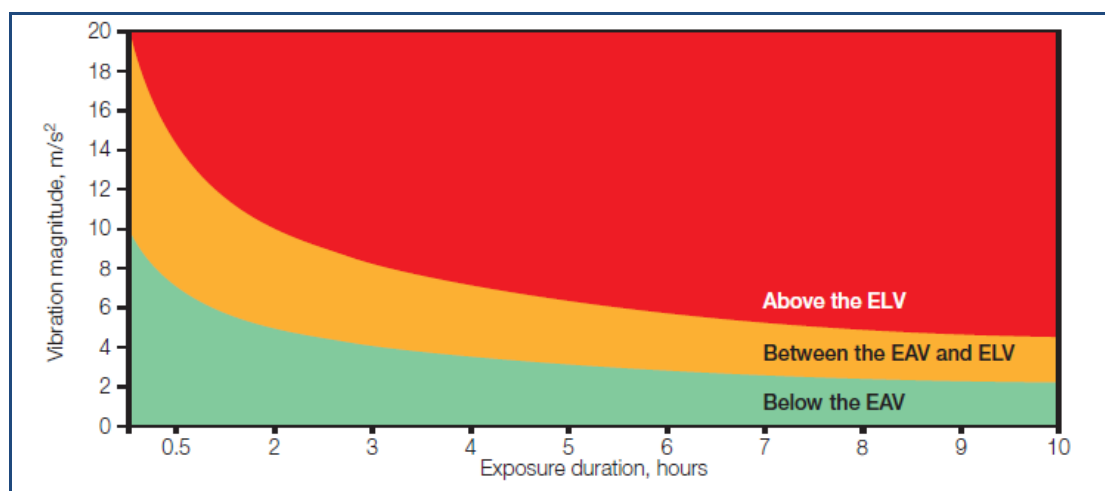
- See if the work/job can be carried out in a different way.
- Choose Tools & Equipment, which have low/anti-vibration features.
- Wear Gloves – Keep warm; ensure good circulation to fingers and hands.
- Don't grip the machine too tightly; let the equipment do the job.
- Don't smoke, this reduces the blood flow to fingers and hands.
- Only use sharp tools (Point, Chisel, Drill Bit, and Blade). This will allow the job to be done quicker, less time exposed.
- Do take regular breaks.

The following information, which is based on the H.S.E. Formula, is offered as a guide to usage times (Trigger Time)

Vibration (Check tag details from hire company)	Time to reach EAV (Complete HAVS Register Daily)		Time to reach ELV (Complete Surveillance Form Weekly – Form 7.1Z.01)		
Magnitude m/s ² r.m.s.	2.5 m/s ² A(8)		5 m/s ² A(8)		Exposure Points per hour (Check tag details from hire company)
	Hours	Minutes	Hours	Minutes	
2.5	8	0	>24		13
3	5	33	22	13	18
3.5	4	5	16	20	25
4	3	8	12	30	32
4.5	2	28	9	53	41
5	2	0	8	0	50
5.5	1	39	6	37	61
6	1	23	5	33	72
6.5	1	11	4	44	85
7	1	1	4	5	98
7.5	0	53	3	33	113
8	0	47	3	8	128
8.5	0	42	2	46	145
9	0	37	2	28	162
9.5	0	33	2	13	181
10	0	30	2	0	200
10.5	0	27	1	49	221
11	0	25	1	39	242
11.5	0	23	1	31	265
12	0	21	1	23	288
12.5	0	19	1	17	313
13	0	18	1	11	338
13.5	0	16	1	6	365
14	0	15	1	1	392
14.5	0	14	0	57	421

Note: The exposure action value (2.5 m/s² A(8)) is equal to 100 points and the Exposure limit value (5 m/s² A(8)) is equal to 400 points.

Exposure below Exposure Action Value 2.5m/s ² A (8)	Exposure Above Exposure Action Value 2.5m/s ² A (8)	Exposure Above Exposure Limit Value 5m/s ² A (8)
If your risk assessment confirms the Exposure is less than 2.5m/s ² in an Eight hour day or equivalent you are below the Exposure Action Value	If the exposure is up to 5m/s ² in an Eight hour day or equivalent then employers must take action to protect employees, e.g. control measures, health surveillance, job rotation, alternative methods, etc.	It is against the law if exposure exceeds 5m/s ² or equivalent in an Eight hour day NOT ALLOWED



Noise

Hand-held and guided power tools and plant will be used during the course of the works. It is not reasonably practicable to prevent Operatives from being exposed to this hazard which will be greater than the lower exposure action value, i.e. a daily or weekly average noise exposure level of 80 dB, at which the employer has to provide information and training and make hearing protection available.

It is probable that the upper exposure action value will be reached, this is set at a daily or weekly average noise exposure of 85 dB, above which the employer is required to take reasonably practicable measures to reduce noise exposure, such as engineering controls or other technical measures. The use of hearing protection is mandatory if the noise cannot be controlled by these measures, or while these measures are being planned or carried out.

As this is the case Frank O’Gara & Sons Ltd Operatives will, when using items such as Breakers / Reciprocating Saw / Stihl Saw (Cut-off Saw), or where they may be in close proximity to one in use, wear suitable hearing protection to EN 352 – 3, (i.e. helmet mounted ear muffs) or Disposable ear plugs to EN352-2.

Disposal of Controlled and Hazardous Waste Including

All waste materials will be collected by Frank O’Gara & Sons Ltd via the Company’s Multi-Lift Wagon for off-site disposal. Frank O’Gara & Sons Ltd is registered with the Environment Agency as a waste carrier. The waste will be transported to our waste management transfer station for recycling to allow its reuse. Waste not meeting this criterion will be disposed of at landfill. A waste transfer note will be used as per our duty of care as a waste carrier.

Waste Consignment Notes will be issued to Domis upon removal of the hazardous waste associated with the asbestos removal, if applicable.

Section 8 – Personal Protective Equipment

Personal Protective Equipment

Frank O’Gara & Sons Ltd employees will be issued with the following Personal Protective Equipment (PPE) commensurate with the activity to be undertaken. Head Protection, Protection of the Hands and Eyes, Safety Footwear and High Visibility Long Sleeved Jackets/over-trousers which, are a mandatory minimum requirement.

PPE & RPE Assessment

Part of Body Requiring Protection	Risks Identified	Hazard	PPE/RPE Selected	Standard
Whole Body	Yes	Being struck by moving plant and vehicles. Poor visibility/lighting levels Exposure/contact with molten metal	High Visibility Vest / Jackets High Visibility Flame Retardant Coveralls	BS EN ISO 20471:2013 Class 2 or 3. GO/RT 3279:2013 EN ISO 11612:2008 (A1 B1 C1 F1). EN ISO 11611 CLASS 1 A1+A2
Head	Yes	Falling objects, impact hazards and physical obstructions	Hard Hat, site induction stickers will be attached where provided	EN 397 EN 12492 Chinstrap worn, subject to risk assessment
Ears (Hearing)	Yes	Noise associated with the use of plant and machinery or working close to noisy operations	Hearing Protection to EN 352 – 3, (helmet mounted ear muffs) and ear plugs to EN 352-2.	EN352
Respiratory System	Yes	Exposure to inhalable and respirable dust, fumes and vapours	Particulate Respirators to at least EN140 or EN 149: 2001 + A1:2009 – FFP3/P3 or ABEK Filter , Assigned Protection Factor, (APF), can be used in atmospheres up to 20 times WEL. Powered respirator with hood/helmet.	EN140 or EN 149 Operatives are ‘Face Fitted’ in compliance with the requirements of the COSHH Regulations ACoP. Where the hazard is silica, a method of dust suppression will be used in addition to respirators. BS EN 1294(Powered Respirator) EN14387:2004 (Gas Filters and Combination Filters (ABEK1P3R)

Hands		Yes	Contact with chemicals, contact with bacteria(s), sharp objects Contact with hot surfaces/equipment/molten metal	Gloves to EN 388:2016 (Cut-Level >3) for mechanical hazards & to EN 374 for chemical hazards. Welding Gauntlet	EN388 or EN 374 EN407 Performance Level 3 (contact temperature 350°C)
Feet		Yes	Falling objects and presence of sharp objects	Safety Footwear (steel midsole and toe protector) (laced)	EN 20345 - SBP or S1P Rigger boots are not to be worn
Eyes		Yes	Airborne dust & particles & protruding objects at eye height Molten metal	Safety Glasses or Goggles	BS EN 166 1- F, (low energy impact) BS EN 166 9 1B, (medium energy impact/molten metal).
Whole Body		Yes	Contamination of clothing	Boiler suit or Category 3 Type 5/6 disposable coveralls.	

Safety Helmet 	✓	Hi-Vis Clothing 	✓	Hearing Protection (As & when required) 	✓	Gloves 	✓	Respirators FFP3 (cutting operations) 	✓
Safety Boots 	✓	Coveralls 	✓	Eye Protection (As & when required) 	✓	Dust Masks 	✓	Safety Harness 	✓

Section 9 – Emergency Arrangements

A suitable first aid box will be made available and Frank O’Gara & Sons Ltd will supply a qualified first aid representative. Eye wash stations will be placed within the welfare facilities. The first aid box is located in the office/welfare area.



Frank O’Gara & Sons Ltd First Aid Representatives for this site are as follows:

- Demolition Manager – Dean Payne
- Site Supervisor – TBC – full time

Accident Procedure

If an accident occurs the Site Supervisor will follow emergency arrangements.

In the event of any accident occurring, a standard procedure will be adopted. Depending upon the level of injury, a detailed record will be maintained on site. Minor injuries will be treated in situ, if possible, by utilising a standard first aid kit available on site. More serious injuries will be treated by a suitably qualified off site party. In either event all parties requiring notification will receive it.

Assembly Point

All employees of Frank O’Gara & Sons Ltd are fully aware of what to do in the event of a site emergency evacuation, in the event of an alarm sounding they will leave the work area and go directly to a place of safety identified by suitable signage.

The evacuation procedure must be followed at all times, this includes any drill evacuations. Failure to comply with the evacuation procedure will be dealt with as a disciplinary matter, which could lead to the person(s) being prohibited from site.

Nearest A&E and Route / Map

The details of the nearest A&E will be made available to Frank O’Gara & Sons Ltd operatives and site workers.

Section 10 – Temporary Amended Systems

Should it be necessary to re-route persons working on site to enable the works to be carried out safely, this will only be done after discussion between the Supervisor and Demolition Manager.

In such instances, where Emergency Escape Routes may need to be diverted, the necessary signage will be provided in compliance with the Health and Safety (Safety Signs and Signals) Regulations 1996.

Section 11 – Environmental Impacts

Frank O’Gara & Sons Ltd will monitor noise levels during the course of the works. It is accepted that noise cannot be eliminated entirely, but reasonable steps will be taken to reduce any adverse effects of noise generated by the works on both the local residents and the general public.

The production of dust will be kept to a minimum; this will be achieved by damping down as necessary & good housekeeping practices. All waste materials will be placed in the correct skip.

There will be no adverse environmental impact created by the storage of items to be used for the work.

Section 12 – Provision / Transfer of Information

Toolbox Talks

The main risks and hazards associated with the work this document refers to is covered in the FOG Site Induction. Toolbox Talks will be held at intervals not greater than weekly. The subject of the Toolbox Talks being determined by the amount of time the Operatives are on site, and the nature of the work taking place at that time.

Should this not be the case, and an unexpected Toolbox Talk is held, (e.g. due to a specific need that was not known of at the commencement of work, or the drafting of this Method Statement), the Toolbox Talk Delegate Register will be used to record this, and left under the control of the Supervisor or Nominated Deputy.

Where a Toolbox Talk is held, a copy of the delegate registration entry must be made immediately following the Toolbox Talk, and returned to the offices of Frank O’Gara & Sons Ltd.

Review and Updates

Any new, reviews and / or updates of Method Statements, Risk Assessments etc. involving the work being carried out by Frank O’Gara & Sons Ltd will be forwarded to the Client.

Record of Updates and Briefings

All persons attending updates and briefings will be required to sign the training log to confirm this.

Health and Safety Inspection Checklists

Copies of any checklists completed by our Supervisor and Health & Safety Professional will be logged on our inspection matrix and issued to the Client if so required.

Health and Safety File

All necessary information including, (as applicable), as built drawings, materials used, M & E manuals, maintenance manuals etc., will be made available to the Principal Contractor/Client upon completion of the work undertaken by Frank O’Gara & Sons Ltd, for inclusion in the Clients Health & Safety File.

Change Management

Any routine changes made necessary due to the work taking place will be noted and signed for in a Change Procedure Record.

Any variations to the method of work, equipment or materials used will be recorded in a revised Method Statement and / or amended Risk Assessment. These documents will be defined as REV ‘A’ / ADDENDUM ‘A’ for the first revision / addendum, the prefix progressing through the alphabet for further changes as necessary.

In all instances where revisions are made, Operatives of Frank O’Gara & Sons Ltd, and Operatives of any other organisation working under those documents will be provided with a verbal update.

Section 13 – Monitoring & Compliance

Compliance with the Health and Safety standards required by legislation will be monitored by our Site Teams & Health and Safety Professional at periods not greater than 4 weeks, this will be in addition to the day to day monitoring undertaken by our Site Supervisor.

The results of all such monitoring will be recorded and made available to employees for comment / discussion on how any situations of noncompliance observed should be addressed, in order that a return to compliance can be achieved.

Our Health and Safety Professional completes a “scored” Checklist which provides a “Percentage Safe Score” figure when he undertakes site visits. Where there is a need for recommendations to be made to ensure a return to compliance, these will be recorded and attached to the scored checklist.

The Health and Safety Professional of Frank O’Gara & Sons Ltd will inform the Site Supervisor, verbally upon completion of his site visits of any Health and Safety issues which could cause injury to those mentioned above or damage or loss on the project. Unsafe Acts/Conditions, which place individuals at risk of injury, will be addressed during the inspection.

This verbal report will be followed by a scored written report in PDF format, which may include photographic evidence, to assist Frank O’Gara & Sons Ltd to overcome such instances. It is hoped that the abovementioned agree that it is in the best interests of all concerned and such communications, should they be necessary, will be accepted in this light.

Section 14 – Temporary Works

TEMPORARY WORKS INSPECTION

This report is to be completed by the Temporary Works Co-ordinator (TWC) whenever an inspection is carried out and issued to the Project Manager.

The Project Manager shall take the necessary measures to ensure that faults identified are rectified before the report is signed.

To: Project Manager		Structure:	
Contract No.:		Location:	
Title:		Inspection No.:	
Inspection Carried Out By:		Date of Inspection:	
Weather Conditions:		Proposed Date of Loading:	
Description of Temporary Works:			
Drawing No.:			
State of Completion at time of Inspection			
Recommendations for Rectification of Faults (TWC to tick as appropriate)			
None			
I confirm that the recommendations made in the above Temporary Works Inspection Report have been carried out.			
Signed:		Project Manager:	

Section 15 – MEWP Rescue Plan

Project			
Full description of MEWP including make and model)			
Description of Activity			
Rescue Plan compiled by		Date compiled	

The increased use of Mobile Elevated Working Platforms (MEWP’s - e.g. self-propelled booms (cherry picker) and scissor lifts) in construction, maintenance and other applications where trapping risks are present has led to accidents in which people on the platform have been trapped between the platform (often referred to as a cage or basket) and objects in the work area. In some cases these accidents involved a fatality. Managers must take a lead in identifying when trapping risks are present in the work activities they control. Where trapping risks are present extra care is needed and all involved must understand what they need to do to avoid or reduce the risks involved.



Accidents can be avoided if good practice is encouraged and followed. The basis of preventing trapping accidents must be task, site and equipment specific risk assessment. All involved in the management and operation of MEWPs need to understand how to minimise the risks of someone being trapped in the basket and the importance of having effective rescue procedures should such an entrapment occur.

In accordance with the Work at Height Regulations 2005;

Regulation 4(1) states that; Every employer shall ensure that work at height is (a) properly planned, (b) appropriately supervised and (c) carried out in a manner which is so far as is reasonably practicable safe and that its planning includes the selection of work equipment in accordance with Regulation 7; 4(2) Reference in paragraph (1) to planning of work includes planning for emergencies and rescue.

Regulation 7(1) states that (b) every employer, in selecting work equipment for use in work at height, shall take account of; (v) the need for easy and timely evacuation and rescue in an emergency and (vi) any additional risk posed by the use, installation or removal of that work equipment or by evacuation and rescue from it.

Emergency Plans and Rescue Drills

- It is a legal requirement to plan for emergencies and rescue when anyone is working at height. Rescuing quickly someone who has become trapped can make a very significant difference to the injuries sustained – it may be the difference between life and death. There must always be someone at ground level who is able to take action in the event of an emergency while a MEWP is in use and trapping risks are present.
- A suitable rescue plan must be developed to ensure that emergency recovery can be carried out safely and quickly in the event of an operator or anyone else becoming trapped between the platform and an adjacent object.
- MEWP operators, supervisors and others involved should be briefed on and practice the emergency procedures to follow if someone becomes trapped.

- The location of the operator’s instruction manual should be identified in the emergency plan so those people who are authorised to operate the ground and emergency controls can refer to it.

Description of Emergency Situation	Action to be taken in the event of the Emergency Situation
1) Development of a medical condition to the operative in the basket of the MEWP (e.g. Heart Attack, Fainting, Stroke and the effects of prescribed medication) 2) Failure of equipment (e.g. loss of hydraulics, loss of electrical power and or electrical / mechanical faults) 3) Entrapment of operative and or equipment against a fixed or stationary object / structure Other Considerations: Ground Control Key It is important to ensure that the keys remain in the base unit during normal operation. This is necessary because the ground controls normally provide a much quicker way of bringing the platform to ground level than using the emergency controls. In situations where keeping the key in the base is not ideal, e.g. when working on or adjacent to occupied premises, additional control measures should be implemented. These may include the provision of a second key to be held by the designated person who is authorised to act in the event of an emergency. Activation of Emergency Stop Check that the emergency stop has not been activated as this may inhibit the undertaking of a rescue.	Should the operative whom has developed a medical condition be able to do so, they should operate the controls themselves to return the MEWP basket to ground level (if safe to do) and they must immediately summon assistance (i.e. first aider). Should it be the case that there are two operatives in the basket, the second operative (trained) shall activate the controls to return the MEWP safely to ground. Where the normal upper control functions fail, the trained/appointed operative (first or second) shall use the auxiliary controls from the platform to lower the boom safely to the ground. If the above is not possible then a trained/appointed person at ground level can lower the MEWP provided they have been familiarised with the use of the emergency lowering systems and ground controls on the MEWP, instructed through appropriate emergency drills and in the procedures to follow under the emergency plan and authorised to carry out rescue at ground level by their employer. If the above is not possible, then a ‘mid-air rescue’ must be undertaken by suitably qualified / authorised persons whom have been trained in mid-air rescue techniques (as defined below): Procedure for Mid Air Rescue (2nd MEWP) • The rescue machine must be positioned so as to enable the rescue procedure to be carried out without compromising the safety of personnel involved in the rescue. • The platforms of both machines must be adjacent to each other with a minimal gap between them unless exceptional circumstances mean this is not possible. • A double lanyard must be attached to the person being rescued and the anchor points on both machines before the rescue takes place. • Care must be taken not to overload the rescue machine. This may mean making more than one journey to complete the rescue. • Where alternative emergency systems are not possible, consideration should be given for the use of an emergency evacuation system,

	examples of which are: control descent systems, crane basket rescue (this is not exhaustive). In this emergency situation, it is required that the emergency services are immediately summoned.
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Drill Briefing Contents

Operative Name	Employer	Drill 1	Drill 2	Drill 3	Signature

Comments

Signature of Site Supervisor	
Signature of Principal Contractors Representative	

Section 16 – Additional Information

