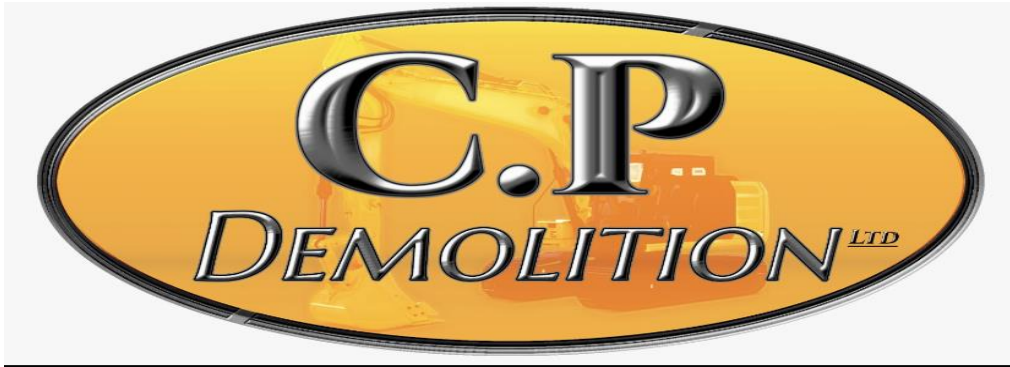




PLAN OF WORK



Document No: CLAN -POW01 Revision 1.0 A

Xaverian College Lower Park Rd Manchester M14 5RB

ON BEHALF OF



Document produced by Andrew Corkery – C.P-Demolition Limited
Document reviewed and approved by: Michael Phillips – C.P-Demolition Limited

Introduction

The project being executed on site is the careful soft strip of various floors in Xaverian collage and the demolition of the stair core using a brokk.

Items that are to remain and listed are to be identified by CLAN. Live services are to be marked by CLAN walls that are to be removed need to be clearly marked.

Scope of Works

- 1. To remove vinyl flooring on ground floor.**
- 2. To remove ceiling grid and tiles cutting wire locally Various floors and areas.**
- 3. Remove all waste generated by the demolition works.**
- 4. Remove Partition walls including stud.**
- 5. Remove 2 Kitchens Ground floor**
- 6. Stair core Rams to follow with brokk works.**
- 7. Listed parts of the building**
- 8. Hazardous waste**

Upon Arrival to Site

Staff are to park the company van in the designated car park spaces.

Site Entrance

All fencing/barriers to safeguard members of the public and vehicles are to be provided installed by Clan ahead of our commencement.

The C.P-Demolition / Clan Limited site supervisors will then take and record the temperature of the operatives at this time utilising an infrared non-contact thermometer. The temperatures will be logged into a pre-printed spreadsheet which will allow the readings to be seen over a period.



Standard Temperature 36 - 37.2
Low Temperature 37.4 – 38.2
High Temperature 38.4 – 39.2

The threshold to be allowed onto site will be below 38, anybody with a reading of 38 or more will be asked to leave and not return until a COVID 19 test has been completed or an isolation period of 14 days has passed.

Operatives will be talked through the methodology and risk assessment of the site activities undertaken on site and undergo task specific a task specific toolbox talk by CP Manger (TBC). Operatives will be issued a designated a work area and works will be concentrated in that zone.

PPE to be used in this operation.

Safety Helmet, Light eye protection, Hi Visibility T shirt/ vest, Safety boots, gloves, half face P3 respirator either Sundstrom or JSP, ear protection.

Works to be carried out

1. Vynal flooring



The vinyl Floor will be removed using a electric scraper similar to the image above to power the machine a supply of 110v 32amp needs to be put on the floors. The operatives will walk in straight lines removing the flooring and cleaning as they go. No waste will be left in the corridor or block any exits or entrances. If needed hand scrapers will be used to assist.

2 Ceiling Grid

Operative's will work from podiums and scaffolding if needed to remove the grid starting with the tiles. The tiles will be lifted out and passed down to the operative on the ground to be taken to the skip. Once all remove the operative will cut the ceiling tie locally to release the grid this will be collected and loaded to the skip.

3 Waste

All waste to be removed and not stored in the building hallways the use of the lift will be needed to get waste down.

4 Partition Wall

Clan site manager to identify any heritage assets or areas behind partitions to be protected. Works to be reviewed daily by Clan site manager. If any concerns stop work immediately and take advise. There are rooms that require soft strip these will be marked clearly before works starts. The operatives will remove all flooring and furniture in the rooms. Keeping any white goods Setting these aside for the client to re-use/ keep. Any items identified at the time as no good will be removed from site.. The stud walls are made from timber framework with plaster board finish operative's using hand tools will remove the plaster board skip exposing the stud work once all plaster board has been removed this will be loaded into a skip located outside the building. The stud work will be removed by taking out the small timber pieces placed in-between leaving up right timbers only. The legs will now be hit at the bottom until its free the operative will now lift the leg freeing it from the top timber this will be repeated on all stud walls. All waste will be placed in the waste skip outside.to free the top frame working from a scaffolding / podium the operative will start at one end prising the nail from the building and work across until free this will now be removed with the other waste. NO ONE IS TO LEAVE NAILS POINTING UP RIGHT ON THE TIMBERS ALL NAILS ARE TO BE BENT OVER AND WASTE STORED ON SITE IN THE LAOCTION AGREED.

5 Remove Kitchens.

Clan are to confirm that the areas are isolated before work stats. Once confirmed the operatives will remove all kitchen units and items not being saved these will be loaded to the skip. The floorinf is to come up the small kitchen area. the canteen area the rasied flooring is to be kept but the kitchen and service counters are to be removed when work starts in the area any items in the area will be placed in the skip unless removed again all services will need to be removed prior to works starting. The lighting in this area is to be removed this will be done with a hop up cutting the cables and wire allowing the light to passed down to the opeertive on the floor ready for the skip.

6 Staircore

RAMS TO FOLLOW.

7 Listed items Areas with listed items have been pointed out these was the tiles and flooring in the stair core and the same tiles in one room on the 1st floor. CP would suggest that these area are protected by Clan before demolition works starts.

8 Hazardous waste / Costed works

CP have not costed for the following works

Removal of any Hazardous waste

Site fencing

Power to the floor

Isolations

Protection on listed items

Weekend works

Night works

Propping

Scaffolding

These works will be repeated until the all the area is clear and handed back to the client.

Tools to be used.

- Floor scrapers
- Mattocks
- Hammers
- Ripsaws
- Bins
- Brushes
- Scaffolding
- Hop up
- Wheelbarrows

The scraper is a heavy-duty, self-propelled walk-behind scraper that plows through both soft and hard goods effectively and efficiently. Carpet, glues, mastic, VCT, VAT, ceramics, hardwoods, motor mixes, and mud baths.

- Self-propelled with instant forward and reverse
- Easy-to-operate hand controls for speed and safety
- Cleans floors better than any other machine its size
- Wheels disengage for easy transportation

HAV assessments will be recorded against all operative usage.

All operatives will wear PPE together with ear protection.

The site supervisor will complete HAV assessments for everyone involved in the task.

VIBRATION OUTPUT TABLE

www.beavertoolhire.co.uk

**BEAVER
TOOL HIRE**

MACHINE	VIBRATION (m/s ²)	MACHINE	VIBRATION (m/s ²)
Breakers		Rotovator	6
Cobra petrol breaker	8	Brush cutter	3
Breaker gun (hydraulic air)	6	Hedge trimmer	4
Combi hammer drill	11	Long reach hedge trimmer	3.5
Medium duty	10	Turf cutter	2.5
Heavy duty	11		
Compaction		Rotary Drills	
Small vibrating plate	5	Light rotary hammer	10
Vibrating plate	8	Medium rotary hammer	10
Trench rammer	4.5	Cordless hammer drill	10
Vibrating roller petrol	4.0	Diamond drill rig	6
		Cordless drill	5.5
Concreting		Right angle drill	3
Vib poker 38mm	6	Percussion drill	3.5
Vib poker 50-75mm	6.5		
HF poker	3	Sanding	
Air driven poker	4	Belt sander	3
Easy screed	2.5	Edge sander	3
Power float	7	Floor sander	3
Vibrating screed	6.5	Orbital sander	5
		Disc sander	3
Cutting & Sawing		Wood plane	2.5
Circular saw	3		
Jigsaw	3.5	Surface preparation	
TCT saw	7	Artex remover	3
Cut off saw	3.5	Tile lifter	10
Cut off saw petrol	6	Floor scrubber/polisher	2.5
Small grinder	3	Single & triple head scabblers	11
Medium grinder	6.5	Single & triple scabblers LV	6
Tyranosaw	4	Pole scabblers	12
Nibbler	3	Pole scabblers-low vibration	5.5
Pipe saw	8	Needle gun	12
Floor saw	5	Needle gun low vibration	5.5
Masonry saw bench	4.5	Floor scabblers	8
Diamond tile saw	2.5		
Diamond wall chaser	3.0	Wrenches	
Garden & Groundwork's		TEK gun	3
Petrol chainsaw	8	Impact wrench	6
		Auto feed screwdriver	3
		Cordless drill/driver	3

VIBRATION CALCULATOR

Almost all machines we hire out have a laboratory measured vibration value. This value is shown in meters per second squared (m/s²).

From this value we can work out how long a piece of equipment can be used in an 8-hour period.

These figures do not always reflect the actual vibration of the tool in real conditions. This table must only be used as a guide and you should always carry out your own risk assessment.

Vibration Value (m/s ²)	Safe usage in Hrs	Risk
2.5	8 hours	LOW
3.0	6 hours 58 mins	LOW
3.5	5 hours	LOW
4.0	3 hours 40 mins	LOW
4.5	3 hours	LOW
5.0	2 hours 20 mins	LOW
5.5	2 hours	MEDIUM
6.0	1 hour 30 mins	MEDIUM
6.5	1 hour 15 mins	MEDIUM
7.0	1 hour	MEDIUM
7.5	55 mins	MEDIUM
8.0	50 mins	MEDIUM
8.5	45 mins	MEDIUM
9.0	40 mins	MEDIUM
9.5	36 mins	MEDIUM
10.0	32 mins	HIGH
10.5	29 mins	HIGH
11.0	27 mins	HIGH
11.5	25 mins	HIGH
12.0	24 mins	HIGH

8

Fareham 01329 233731 | Chichester 01243 782510 | Waterlooville 023 9225 9325 | Petersfield 01730 264804 | Portsmouth 02392 663599

Persons involved in general site activities identified in the plan of work.

All works involved in the operations identified above are to be completed by CP Operative's operatives under the direct instruction of the Clan site manager.

PPE to be used in this operation

Safety helmet, light eye protection, hi visibility vest, safety boots, cut 5 rated demolition gloves, ear defenders, half face P3 respirator either Sundstrom or JSP.

Dust management

If Required Water will be sprayed onto the work areas during operations by use of a garden pump spray to capture any dust particles arising from this operation. The water will be controlled just to areas that seem to generate dust .

British Standards, Codes of Practice

All works undertaken will be in accordance with BS 6187 2011 Demolition Code of Practice

Health and Safety Generally

All operations will always be executed in such a way as to ensure as far as it is reasonably practicable the safety and welfare of all persons likely to be affected by our operations including subcontractors, client's staff, and where appropriate visitors.

Company Safety Policy

In accordance with the current Health and Safety at Work Act etc 1974, and accompanying legislation, C.P Demolition has and operates a Company Health and Safety Policy which applies to all contracts undertaken. A full copy of the document is available on request at our Head Office.

Coronavirus COVID-19 Action Plan

In line with guidance from Build UK and Public Health England the following additional control measures will be implemented:

Self-Isolation

Anyone who meets one of the following criteria should not come to site:

- Has a high temperature or a new persistent cough - follow the guidance on self-isolation?
- Is a vulnerable person (by virtue of their age, underlying health condition, clinical condition or are pregnant)?
- Is living with someone in self-isolation or a vulnerable person.

Procedure if Someone Falls Ill

If a worker develops a high temperature or a persistent cough while at work, they should:

- Return home immediately
- Avoid touching anything
- Cough or sneeze into a tissue and put it in a bin, or if they do not have tissues, cough, and sneeze into the crook of their elbow.

They must then follow the guidance on self-isolation and not return to work until their period of self-isolation has been completed.

Travel to Site & Co-horting

- Wherever possible staff should travel to site alone using own transport. Those that travel in company vehicles must try to maintain a 1m distance from each other.
- In the smaller vans this would be limited to 2 persons travelling with the passenger in the N/S/R seat of the vehicle.
- In the larger vans this would be limited to 2 persons travelling with the passenger in the N/S/F seat of the vehicle maintain an empty centre seat.
- Where travel to site has been in the same vehicles then wherever possible these workers must work as a team.

Travel Together - Work together - Break together

Vehicles

- Please sanitise your vehicles at the end of each day. Sanitation air fresheners have been provided.

PPE

- Re-usable PPE e.g., eye protection, gloves and respiratory equipment should be thoroughly cleaned after use and should not be shared between workers.
- Single use PPE should be disposed of so that it cannot be reused.
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Site Meetings & Inductions

- Only necessary meeting participants should attend.
- Attendees should be at least two metres apart from each other.
- Rooms should be well ventilated to allow fresh air circulation.
- Meetings should be held in open space or outside where possible.

Management

Overall control of the project will be by the Directors. In addition, a Site Supervisor will be appointed to oversee and/or undertake the day-to-day operation.

Acknowledgement by Site Operatives

Plan of Work: Clan -POW01 Revision 1.0 A

Briefing given by: **Site Manager:**
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[illegible]

Amendments

Signed:

C.P Site Supervisor

Date:

Personnel:

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