

Frank O’Gara & Sons Ltd – Demolition Plan

Frank O’Gara & Sons Ltd - Outline Method Statement (OMS01) (Initial Issue. 8th July 2024)

Site establishment and enabling works, removal of existing glazed windows including shop fronts and piecemeal mechanical/ Brokk demolition of the redundant basement stair core, goods lift 3, disused bin chute & ancillary walls within early works package, inclusive of hot cutting works.



Of
Frank O’Gara & Sons Ltd
Sorby Road
Northbank Industrial
Park
Irlam,
Manchester M44 5BA



For work’s at
Rylands Building Manchester
109-127 Market Street
M60 1TA

For
Domis Construction Ltd



Contract Number:



Prepared By: Mr. David Hickey (MIDE), Demolition Director, and Mr. Dean Payne (Demolition Manager)

Telephone: 0161 775 4587

Location (Project)	Rylands Building, 109-127 Market Street, Manchester M60 1TA	Risk Assessment Ref.	FOG/RBD/DRA01
Method Statement by	Dean Payne / David Hickey	Work Phase	Demolition
Persons Reasonably Affected	Frank O’Gara & Sons Ltd members of our workforce and our appointed supply chain employees, visitors to site and others reasonably affected by the works i.e. Domis Construction staff and lawful visitors. Local residents, users of the local highway, footway, (pedestrians and vehicles), and unauthorised persons (Trespassers).	Start Date	15 th July 2024
Description of Task / Activity			
Site establishment and enabling works, removal of existing glazed windows including shop fronts and piecemeal mechanical/ Brokk demolition of the redundant basement stair core, goods lift 3, disused bin chute & ancillary walls within early works package.			

Record of amendments and issue of controlled copies			
Amendment No	Details	Date	Signature
Initial Issue/ Draft	Issued to Domis Construction Ltd as part of their RAMS appraisal process.	08/07/24	<i>Dean Payne</i>
Issue 1			

Circulation / Distribution	Copy No
Frank O’Gara & Sons Ltd, Demolition Director – Mr. David Hickey	01
Frank O’Gara & Sons Ltd, Demolition Manager – Mr. Dean Payne	02
Frank O’Gara & Sons Ltd, Demolition Supervisor – Mr. Pawel Sobanski	03
Domis Construction, Project Manager – Mr. Gary Lewis	04
Domis Construction Ltd Senior Site Manager – TBC	05
Domis Health & Safety Manager/ Consultant – TBC	07
Frank O’Gara & Sons Ltd Appointed Contractors	08
Site workers, during the RAMS briefing / site induction	09
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.	

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Section 1 – Company, Title, Revision Number, Date & Access / Egress Arrangements/Public Safety/ Welfare			
Company	Frank O’Gara & Sons Ltd Sorby Road, Northbank Industrial Park, Irlam, Manchester M44 5BA Tel: 0161 775 4587 E-mail: info@ogara.co.uk	Work Package	Removal of existing glazed windows including shop fronts and piecemeal mechanical/ Brokk demolition of the redundant basement stair core, goods lift 3, disused bin chute & ancillary walls within early works package.

Compiled by	Dean Payne and David Hickey	Client Name	Domis Construction Ltd
Issue / Revision No.	Initial Issue/ Draft	Date	8 th July 2024

Access / Egress

All Frank O’Gara & Sons Ltd personnel, visitors etc., will access the site via the site entrance point, turnstile. Pedestrian Access is off Tibb Street opposite the Starbucks coffee, all pedestrian visitors should access the site following the Particulars of the Domis Construction site logistics/TMP. All delivery and collection vehicles (including plant, multi-lift wagons & 8 wheeled tipper) to and from the site will be via Bridgewater Place.



Note: When leaving site, collection and delivery vehicles are to proceed with due care and attention, adhering to the sites speed limit always. Once a delivery or collection has taken place vehicles will turn left out of the site, We are fully aware of the security arrangements at Rylands Building with it being in a city centre location and will ensure that this is not comprised.

Note: when leaving site, collection and delivery vehicles are to proceed through this section of the site with due care and attention, following the Domis TMP system and whilst also adhering to the required speed limit always.

Proposals

It is envisaged that on average hook lift loader will attend site on 1-2 occasions each day once the window removal works and Brokk demolition process has commenced to the work areas. Given the Nature of the work area available we will process waste in situ prior to drop chute removal in readiness for collection.

Note: all deliveries and collections will be pre-booked.

The following risk control measures will be adopted:

1. 1no HGV hook lift Vehicle will be specifically assigned to the project and will be inducted accordingly. The collection of waste will be coordinated by the Demolition Supervisor and Frank O’Gara & Sons Ltd, Transport Manager Mr. Peter Schofield, taking peak traffic flow times into account along with the surrounding schools opening and closing times. O’Gara will remove all waste from site and issue waste transfer documentation.
2. Dedicated Vehicle Marshals (NPORS) will be positioned along the front elevation of the buildings and at the entry and exit point onto Bridge water Place to police vehicle movement where required (Hi-visibility vest / jacket will be worn. We are aware of how narrow this section of Bridgewater Place is and the need to ensure that vehicles enter and leave Bridgewater Place in a safe manner.
3. HGV’s will leave Tib Street and right onto Bridgewater Place, left into the access to the site. Vehicles on this section will be required to reverse in under the direction of the dedicated banksman.
4. Vehicles will enter our section of the site through the dedicated secure and entrance gates.
5. Prior to entering the site, the driver will engage the vehicle hazard warning lights and amber beacon.
6. The wagon will then enter the site and will proceed to the loading/unloading point with due care and attention.
7. The hook-lift vehicle will drop the 40-yard containers within the loading bay area.
8. The Hook Lift Wagon will attend site to collect and exchange skips / containers.

9. Upon completion of the above operation and under the direction of a Vehicle Marshal the HGV will leave the work area passing through the security gates. Vehicles will turn right out of the site, driving with due care and attention along Bridgewater Place to Tib Street for the onward journey.

It will be confirmed with our client, Domis Construction if a pressure washer will be available to clean the wheels of the wagons before they re-enter the highway. Given the nature of our works this would generally not be required.

It is not envisaged that mud and or debris will be deposited on the surrounding roads, 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, giving due consideration to peak traffic flow times in and around this section of the site. With this in mind vehicle movement will be avoided during peak traffic flow periods e.g. 7:30-9:30am – 14:45-16:00. 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.



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 Construction Ltd as Principal Contractor 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 city centre location and given is a main thoroughfare for pedestrians reaching the piccadilly Garden area of the city.

Public Safety

The project is taking place within a city centre location. Members of the public and others reasonably affected by our works, including visitors to the site, are protected from harm from the work to which this method statement applies by the safety procedures agreed between our Client, Domis Construction and Frank O’Gara & Sons Ltd and implemented by them.

Security of the Site

The site is ringfenced by 2.4-meter-high wooden hoarding security fence the site is covered CCTV, motion sensors, an alarming system.

Access into the site will be by way of facial recognition through a pedestrian turnstile, access will be granted to all operatives when the Domis site induction has been completed.

Frank O’Gara and Sons Ltd will introduce barriers around the work area at ground level, where so required to ensure that the work area is secured at all times (drop/processing zone) in such a manner that unauthorised access is prohibited into our area of work. We will also introduce fencing or barriers alongside the enclosed drop / waste processing area at floor & basement levels, to ensure that the work area is secure.



Warning signs will be placed at vantage points to identify that demolition works are in progress and the controls to be adopted. The gates to the drop zone will be locked/secured during normal working hours i.e. 07:30-18:00, in line with Domis Construction requirements.

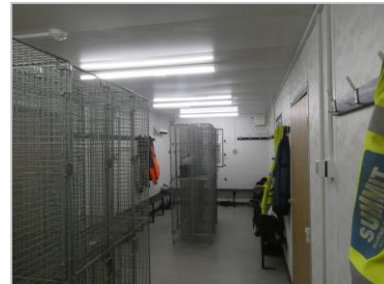
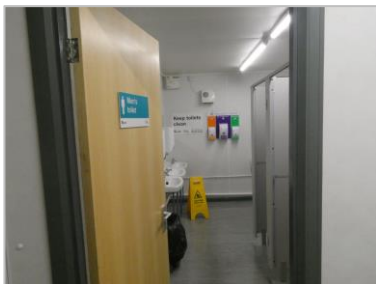
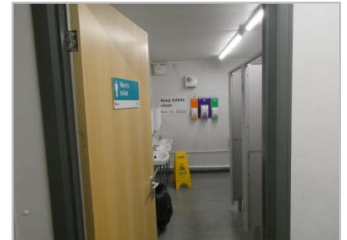
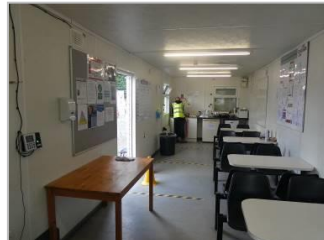
Note: Vehicle collision barriers and or clipped Heras fence panels as above will be placed around the base of the skip / waste container to **a)** prevent unauthorised access into this area and **b)** prevent a collision with the containers.



Welfare and Offices

The welfare facilities will be Domis Construction Ltd as Principal Contractor and they will comply with the provisions of Regulation 13, Schedule 2 of CDM 2015. These facilities will be established on site. These will be cleaned and maintained by our site coordinator and workers and visitors to site will utilise these facilities and will treat them with due respect.

Welfare, (for illustration purposes only)



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

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, TG20:21 Good Practice Guidance for Tube and Fitting Scaffolding, CDM 2015, the Management of Health & Safety at Work Regulations 1999, BS 5975:2019, PUWER 98, LOLER 98, the Work at Height Regulations 2005, and Domis Construction Ltd policies, procedures.

The works will be undertaken in accordance with BS 6187:2011 – Code of practice for full and partial demolition and the Control of Asbestos Regulations 2012 (CAR), HSG247/248 & the respective HSE task sheet.

Description

Once service isolation certification has been issued in writing and all known ACM’s have been removed and Frank O’Gara & Sons Ltd have confirmed such removal / isolations by way of a visual inspection and written confirmation, the elements below will be undertaken as per the programme of works.

Enabling works:

- Provision of exclusion zones supported with safety signage.

- Confirmation that services have been terminated to our areas of work (written confirmation required). Where services remain live e.g., temporary electrical supply, that they are identified and clearly marked (tagged), LOTO, signed and **protected**. Temporary supply may be needed for lighting and power.
- Written confirmation that all known ACMs within our areas of work have been removed (certificate of reoccupation).
- Provision of demolition exclusion zones supported with barriers and safety signage. This will be in line with the building plans.
- Placement of 30 / 40-yard containers within the designated laydown areas.
- Set-up drop points and waste processing zones. e
- Set up the drop-down dust control mist system (Dust Boss or Moto Fog and DF Mini) and or a charged hose.
- Pollution prevention measures.
- Effective communication with Domis Construction and their site staff with respects to the risk control measures to be adopted.

Element 1 works - Removal of all Glazed windows including the shop fronts to Market Street.

Element 2 works - The piecemeal mechanical/ Brokk demolition of the redundant basement stair core, goods lift 3, disused bin chute.

Programme	Commencement Date / Period	Site Working hour's
As per construction programme	Monday 15 th July 2024 for 11-weeks in duration (TBC).	7:30am (07:30hrs) – 17.00pm Monday to Friday. Weekend working to be advised by prior arrangement with the client. Sunday and Bank Holidays – No work.

Induction

All members of the demolition team, third party contractors and visitors working on or visiting the Rylands project will attend the site induction arranged and delivered by Domis Construction. 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 pre, or post induction.

Upon completion of the induction, all Frank O’Gara & Sons Ltd team members will be required to complete the briefing acknowledgement record to confirm 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 Supervisor. Daily Activity Briefings (DAB) and PoWRA will take place daily in line National Gas and Frank O’Gara & Sons Ltd requirements. The Demolition Supervisor will also attend the sites daily coordination meeting.

Face Fit Testing / Occupational Health

All demolition personnel 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/screed, 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 Demolition Supervisor of Frank O’Gara & Sons Ltd will monitor such compliance.

Given the nature of the work a half-mask Sundstrom SR100 with a P3 filter and disposable P3 half mask respirator will be provided and worn. The task will be rotated to ensure within reason that a demolition operative does not wear RPE continuously for more than 1-hour.

A Powered Respirator with hood / helmet will be provided and worn for those with facial hair for fashion or religious reasons. Trend Air/Pro Air shield Pro Powered Respirator

<https://www.powertoolworld.co.uk/trend-air-pro-airshield-pro-apf-20-powered-respirator-mask-230v>



Extract from Respiratory protective equipment at work - A practical guide (HSG53).

Adequacy/suitability	Respirators						
RPE type							
	Disposable half mask – particle filter*	Reusable half mask – particle filter	Reusable half mask – gas/vapour filter	Full face mask – particle filter	Full face mask – gas/vapour filter	Powered mask	Powered hoods/helmets
Effective for particles	✓	✓	✗	✓	✗	✓ **	✓ **
Effective for gas/vapour	✗	✗	✓	✗	✓	✓ **	✓ **
Continuous wear time	Less than 1 hr	Less than 1 hr	Less than 1 hr	Less than 1 hr	Less than 1 hr	More than 1 hr	More than 1 hr
APF4 types	✓	✓	✗	✓	✗	✗	✗
APF10 types	✓	✓	✓	✓	✗	✓	✓
APF20 types	✓	✓	✗	✗	✓	✓	✓
APF40 types	✗	✗	✗	✓	✗	✓	✓
APF200 types	✗	✗	✗	✗	✗	✗	✗
APF2000 types	✗	✗	✗	✗	✗	✗	✗
Page reference	29	30	31	32	33	34	35

* Sometimes referred to as a filtering facepiece or orinasal respirator.

** Only protects against particle or gas/vapour when the appropriate filter is fitted.

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

Work at Height

The work being carried out requires demolition 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 adhere to the National Gas Minimum Standards 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)

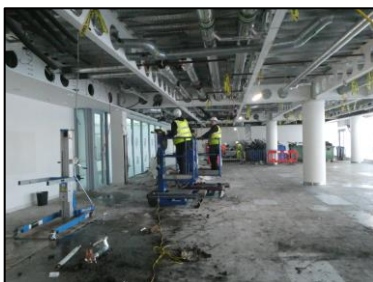
Push around verticals (PAV) will also be used to undertake our works. Those operating PAV's hold a IPAF Pal card with Static Vertical (1a) or Mobile Vertical (3a), and will have familiarisation on the machine. [F1: Familiarisation | IPAF F1: Familiarisation | IPAF](#)

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 Models shown are for illustration purposes only.

Suitable access equipment e.g., mobile towers <>2.5m or a delta deck platform will be used to strip out the respective components (window frames/glazing) within the redundant buildings where suitable access equipment is required. Anti-surf podium steps may also be used to provide a safe means of access during this strip-out phase. Additionally, push around vertical lifts (PAV) – electric NANO / Eco lift and or battery powered scissor lifts may be used.





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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

Mechanical / Material Handling Devices

Wheeled rubble bins, wheelbarrows and track barrows will be used to remove the arisings from the redundant building to the drop zone / loading point and into the awaiting skips located within the compound near to the Control Building.



Dust Control / Damping Down (suppression)



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

A 110v DF Smart Dust Suppression system will be used to suppress the dust generated at source to limit its migration.

Members of the team associated with the work i.e., demolition operatives will wear respiratory protective equipment (RPE) either a half mask or disposable respirator to FFP3 to protect them from the residual risk of the dust generated. These individuals will be face-fit tested and clean shaven when using RPE.

Dust control Air cubes Air Cleaners will be placed at vantage points in the work area. The migration of dust will be continually monitored and controlled as will the use of RPE



Note - Drop Point(s)/Zones



The entrance gates to the drop zones 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 BS 6187 and operatives and plant drivers will remain in a position of safety at all times.



Section 3 – Sequence of Work

Enabling works

Prior to the demolition phase commencing the following items below are required.

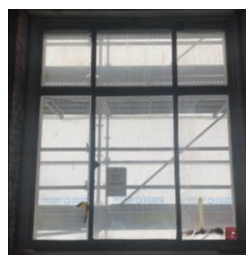
Domis Construction will identify areas of isolation, this will be done, and documentation issued. Frank O'Gara & Sons Ltd will acknowledge this during the daily coordination meeting and ask for further clarification where so required. IF IN DOUBT relating to site services works will STOP. Additionally, isolations will be discussed daily at the daily coordination meeting.



- Confirmation that services have been terminated to all areas, (written confirmation required) where services remain live, that they are identified and clearly marked (tagged), LOTO, signed and protected
- Confirmation that all known asbestos containing materials (ACM's) have been removed – Certificate of Reoccupation (Demolition)
- Provision of exclusion zones supported with safety signage

Hold Point - No works are to commence until service isolation certification has been issued in writing and Frank O'Gara & Sons Ltd have confirmed such isolations by way of a visual inspection. Copies of clearance certification is to be issued for each area. The elements below will be undertaken as per the programme of works.

Element 1 works - Removal of all Glazed windows including the shop fronts to Market Street.



Pre-Start Preparation and Planning

Before the commencement of strip-out works, the following steps will be completed:

- Demolition drop, exclusion, and loading zones will be established. These zones will be secured with appropriate signage and barriers to prevent unauthorised access and ensure safety.
- The work area will be divided into zones, each clearly marked to designate the limits of the strip-out process.
- Historic fabric and finishes, as well as adjacent areas, will be surveyed and recorded to ensure protection during the window removal process. Any specific preservation requirements will be noted.

Window Frame and Glazing Strip-Out Process

- **Traditional Strip-Out Methods:** The removal of window frames and glazing will be carried out by demolition operatives using traditional methods. Tools will include pinch bars, hammers, mattock picks, shovels, and wheelbarrows. Reciprocating saws will be employed where necessary to cut and process materials, with careful attention to minimise damage to surrounding areas.
- **Segregation of Waste:** To facilitate recycling, waste streams will be segregated at source. Materials such as glass, timber, and metal will be carefully separated to ensure they are disposed of or recycled correctly. A dedicated waste management plan will be implemented to ensure the proper disposal of materials.
- **Protection of Historic Fabric:** Special care will be taken to protect the surrounding historic fabric and finishes, including walls, sills, and masonry, throughout the removal process. Protective measures will be implemented, which will involve covering and shielding the surrounding historic areas, such as walls and masonry, to prevent any potential damage. These precautions will ensure that the integrity of the building's original architectural features is preserved during the work. Additionally, it should be noted that the floors on levels 1-6 are not considered to be of heritage significance, and therefore, no special protection measures will be necessary for these areas. The removal process will be conducted with minimal impact on the building's overall architectural integrity, prioritising the preservation of its historically significant elements.

Monitoring and Supervision

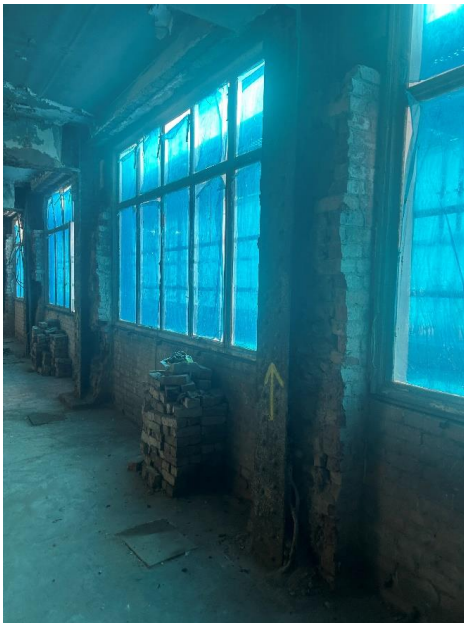
A DOMIS Demolition Supervisor will oversee all aspects of the strip-out work to ensure compliance with safety protocols and to monitor the protection of historic fabric and finishes.

The Demolition Supervisor will conduct regular site inspections to verify that:

- Work is being carried out safely and efficiently.
- Protective measures are maintained around sensitive areas.

- Waste is segregated appropriately for recycling and disposal.
- The integrity of the building and its surroundings is preserved.

Watching brief will be maintained throughout the process. The supervisor will record any significant findings, particularly where historic elements are encountered, and will ensure that these are addressed promptly. SLHA will be notified and will visit the site if anything of potential historical significance is discovered.



Conclusion

The window frame and glazing strip-out works will be carried out with the utmost care to protect the integrity of the building, its historic fabric, and surrounding areas. The process will be overseen by a Demolition Supervisor, who will ensure that all safety measures are adhered to, waste streams are correctly managed, and the historic fabric is preserved throughout the strip-out process.



Note: *Prior to works commencing Connolly scaffold will adapt the existing external scaffold.*

Glazed surfaces

Low-level Mobile Access Towers (MAT's) will be used to remove internal glazed units and windows etc.

Operatives wearing suitable PPE to include gloves to EN388 with a cut resistance level of 'E' and above and Kevlar Knit Sleeves to cut level 5 will film up each individual glazed panel from in internal floor level.

After the adaption of the external access scaffold there will still be a gap of around 150mm. To overcome this and eliminate and glass/ debris from falling externally operative will install pre-cut sections of marine ply and cover the remaining gap.

Operatives will then cut the steel window frame to divorce it, before pushing it inwards from the external scaffold and allowing it to fall in a controlled manner onto the floor level.

Operatives will then process the window frame before removing to the drop point(s).

This operation will continue until all the windows have been removed on each individual elevation (Market Street).

With respects to large ground floor glazed units, the PPE described below will be issued and worn. It may be the



case that given the size and weight of a number of the glazed partitions that the tempered or standard glass is broken and pulled internally by the remote controlled Brokk, and the glass cleaned up thereafter. This outweighs the risk of divorcing and handling such heavy units/frames. Please note that the glazed unit will be covered with a protective film to contain the shattered



glass.

The units will be removed to the Drop Point on wheeled trolleys and disposed of accordingly. The above process will continue until the window frames have been removed as per Frank O’Gara & Sons Ltd scope of works.

Hand Protection - gloves cut resistance

**EN388: 2016
NEW CUT LEVELS EXPLAINED**

EN388: 2016

1 X 3 4 5

Abrasion (D-4)
Cut (D-4)
Tear (D-4)
Puncture (D-4)
ISO 15097
TDM High Cut (A-F)

X = not tested

A 2 - 5 NEWTONS
- Light material handling
- Small parts assembly
- Light duty general purpose

B 5 - 10 NEWTONS
- Packaging
- White goods manufacturing
- Warehousing / Logistics

C 10 - 15 NEWTONS
- Metal handling
- Light assembly
- Maintenance works

D 15 - 22 NEWTONS
- Electrical installation and assembly
- Automotive assembly
- Engineering
- Utilities

E 22 - 30 NEWTONS
- Metal stamping and fabrication
- Glass manufacturing
- Automotive assembly
- Food processing
- Waste management

F 30 NEWTONS +
- Heavy metal handling and stamping
- Pulp and paper
- Waste management
- Recycling
- Glass handling

**LABELING 101:
WHAT DOES IT ALL MEAN?**

EN388 4121 A

EN388 BADGE ANATOMY
Abrasion Resistance (D-4)
Blade Cut Resistance (D-5)
Tear Resistance (D-4)
Puncture Resistance (D-4)
ISO Cut Resistance (A-F; X = Not tested)

ANSI/ISEA 105

A1 5 2

ANSI/ISEA 105 BADGE ANATOMY
Cut Resistance
Puncture Resistance
Abrasion Resistance

	Low		Medium		High	
EN388:2003	1	2	3	4	5	
EN388:2016	A	B	C	D	E	F



EN388 is the certification awarded to a pair of gloves when a specific number of mechanical hazard tests have been undertaken and passed. It is a method to rank a gloves performance based on its performance in these tests, giving a final score that can be used to match the correct gloves to their chosen risk / work activity. All gloves will feature this number on the back.

In the example of the orange Beeswift KS13 gloves the EN388 number is as below.

- 4 – denotes abrasion resistance

- X – refers to the old 2003 EN388 cut resistance test that is slowly being phased out. X means not tested.
- 4 – denotes tear resistance
- 2 – denotes puncture resistance
- B – denotes the new 2016 ISO cut resistance

Abrasion resistance – the test involves placing a glove under a moving blade and testing how much wear and tear it can tolerate, it can achieve a number between 0 and 4. The more abrasion a glove can take the harder wearing the glove will be and will last longer.

Cut resistance (2003) – this 2003 version of the EN388 cut-resistance test involves a circular blade being lowered onto a piece of glove fabric. Downward pressure of 5 newtons is exerted onto the glove until the blade cuts through the fabric, the table below indicates how many cuts can be tolerated before the blade cuts through the fabric. An X denotes that the glove has not been tested using this old method.

Tear resistance – this is gauged by clamping a glove between two vices which are gradually moved apart, the vices are moved apart at constant speed and the amount of force required to tear or rip the gloves fibres is measured. Similarly, to abrasion resistance, tear resistance is great for gauging the longevity of a pair of gloves.

Puncture resistance – this is gauged by applying a standard rounded stylus to the gloves palm fabric. The stylus is pushed 50mm into the glove at a constant speed of 100mm per minute and the maximum resistance force before breakage is then recorded. Puncture resistant gloves are less likely to get snagged or to get holes in them.

ISO cut resistance – the 2003 cut test was updated in 2016 to address the problem of ‘blade dulling’. In the old test the circular wheel used was prone to smoothing out which meant the glove could achieve a higher cut rating. The new test uses a long, straight blade that is drawn once over the test piece. The minimum force required to cut through the test piece after 20 millimetres is determined in the process. The result is given in newtons (N) and assigned to a cut protection class. Where the old cut test went from 1 to 5, there are 6 levels of the new ISO cut resistance rating i.e., A – F (EN ISO 13997).

Based upon the risk assessment produced for the strip-out works and to prevent or mitigate the risk of lacerations to exposed areas due to handling sharp objects e.g., cutting metal with a reciprocating saw or handling glass, members of the team are issued with and use gloves with the following cut resistance:

1. For general work activities e.g. handling hardcore / masonry these will be to EN388:2016 ‘C’ or above.
2. When handling glass and sharp objects as part of the demolition / soft-strip process the gloves will be to EN388:2016 with a cut resistance of ‘E’
3. Gloves will be readily replaced





Eye protection to EN166 B to be worn during when handling glass or glazed units.

Super touch 14 Inch Kevlar Chrome Sleeve conforming to EN388 to be worn when handling glass or when the forearms are exposed during the strip-out works – EN 388:2016 4.X.4.X.D.

Hand Protection - thermal risks



	EN 407 123456
1. FIRE PROPERTIES OF THE MATERIAL	
2. CONTACT HEAT	
3. CONVECTIVE HEAT	
4. RADIANT HEAT	
5. SMALL SPLASHES OF MOLTEN METAL	
6. LARGE QUANTITIES OF MOLTEN METAL	

EN407:2020 is the standard for heat-resistant gloves to protect against thermal risk during hot works.

The standard specifies the requirements and test methods for PPE (gloves and sleeves) that are intended to protect limbs so that they are adequately protected from thermal risk.

Portwest Reinforced Welding Leather Gauntlets A530. Their EN 407 rating is 414142.

Element 2 works - The piecemeal mechanical/ Brokk demolition of the redundant basement stair core, goods lift 3, disused bin chute.

Removal of ancillary walls within early works

A number of non-load bearing brick and block work walls are to be demolished within the scope of works. These will be predominately demolished as part of the early works and will be undertaken by the robotic Brokk. Where this is not the case the walls 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. Exposure to hand-arm vibration is to be avoided where possible.



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).

A dust cube will be located within the area and the and the localised area dampened down with a mist spray. Once again RPE will be worn.



All waste will be removed by the way of the previously installed electric hoist by means of 1 ton tipping skips. These will be filled by hand removed from the basement area and placed into the waiting skip within the loading bay area for further removal from site.

Full Height staircase removal.

Demolition

1No, Brokk 180 remote controlled robotic demolition excavator will be delivered to site along power extension leads.

Power leads will be connected to the Brokk will be subject to a pre-use check

The Brokk will be tracked into position on the ground floor to the full height staircase that is to be removed.

Given the amount of dust that will be generated and the need to control this a Moto Fog dust suppression system will be placed to control the dust that will be generated, additionally a charged hose may be used to control the dust generated at source.

Once it is confirmed that the exclusion zones are in place and are not compromised and O’Gara are in receipt of a Domis PTW (Load), the machines will commence by demolishing the outer wall of the stairwell exposing the stairwell itself. This will be undertaken in a methodical sequence i.e. top-down. Full PPE/RPE will be worn including hearing and respiratory protection.

The debris will be allowed to fall to the lower parts of the stairwell as demolition progresses. The Brokk operator will then continue to break out the stairwell and again allowing it to fall to the lower level, (drop point).

The arisings that will be generated will be processed in-situ within the stairwell and will be allowed to free fall down the stairwell to the basement area. **Note:** the drop point will have in place a physical barrier to prevent workers or mobile plant from approaching the leading edge.

Once the ground floor stairwell area has been completed edge protection will be installed and the BROKK will be lifted down to the basement1 level where it will commence the above operations.

Working in a systematic and logical sequence the above process will continue until such time that the work is complete to the Sub-basement

A check will be made to ensure that the floors have not been compromised

Hold Point – Prior to the works recommencing a check will be made to ensure that the exclusion zones are in place and that unauthorised persons are prevented from entering the area

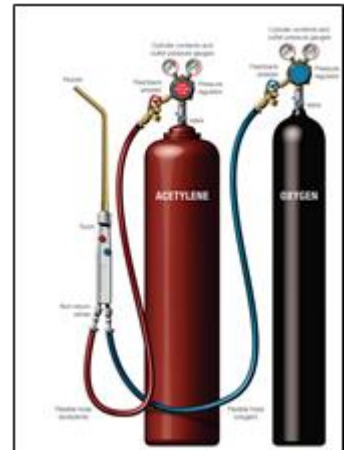


Removal of disused steel-clad bin chute.

Steel Processing – Processing steel components using Oxy/Propane (fuel gas) flame cutting equipment and hand held electrical and petrol fed handheld equipment
These works will take place in line with a hot works permit issued by the Principal Contractor.

Once services have been confirmed dead and a safe means of access is in place e.g. MEWP, MAT or Personal Fall Prevention Equipment (PFPE) – inertia reel, safety line and a harness and lanyard the respective arear will be stripped out in the following sequence:

- Prior to works commencing an exclusion zone will be place around the disused bin chute at sub basement level.
- With regards to the processing of the of the bin chute, once the burner has donned his flame-retardant overalls, welding gauntlets, eye protection, half mask respirator & visor (with ABEK & P3 filter) he will access the work face and using oxy-propane cutting equipment will cut the bin chute into sections.
- Working from low level access equipment positioned at floor level operatives using oxy-propane cutting equipment he will cut the bin chute into sections. Exposing the steel skeletal structure.
- The removed metal sheets will be allowed to fall in a controlled manner within the internal area of the chute.
- Once removed the skeletal frame of the chute will be piecemeald down and allowed to fall again within the existing internal chute area.
- After each floor level is completed, all hot works will cease, and operatives will remove all the steel work from the bottom of the chute.
- This will be place in tipping skips and removed from the basement by means of the electric hoist for further removal from site.
- The above operations will continue until the chute has been removed in its entirety.
- A fire point with portable fire extinguishers will be established at the work face.
- A 1-hour fire watch will be implemented before the end of each working day.
- Once complete the flame cutting equipment will be removed and the area cleared.



Acetylene or Propane and Oxygen cylinders will be stored outside in an approved cage in an area agreed between the Principal Contractor and Frank O'Gara & Sons Ltd. This will be out of direct sunlight and will be locked at all times with a warning sign identifying the dangers present (highly flammable gas) and the controls to be adopted i.e. No Smoking or Naked Lights. Full and Empty cylinders will be separated and identified with signage



A gas cylinder trolley will be used to secure Oxygen and Propane bottles upright and aid transportation.



Note: It is to be ensured that adequate ventilation is provided during the works given the enclosed nature of the room (forced mechanical ventilation or extraction may be required).

Waste material removal

At the drop point / loading point the materials will be loaded directly into the awaiting 30- or 40-yard container skips (situated within the loading bay). A 360°-degree mini excavator may offer assistance at ground level in ensuring full and secure loads. The works are to progress in this nature floor by floor / zone by zone until complete. As the skips are filled - contact is to be maintained between the ground operative and the floor 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 ground 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.

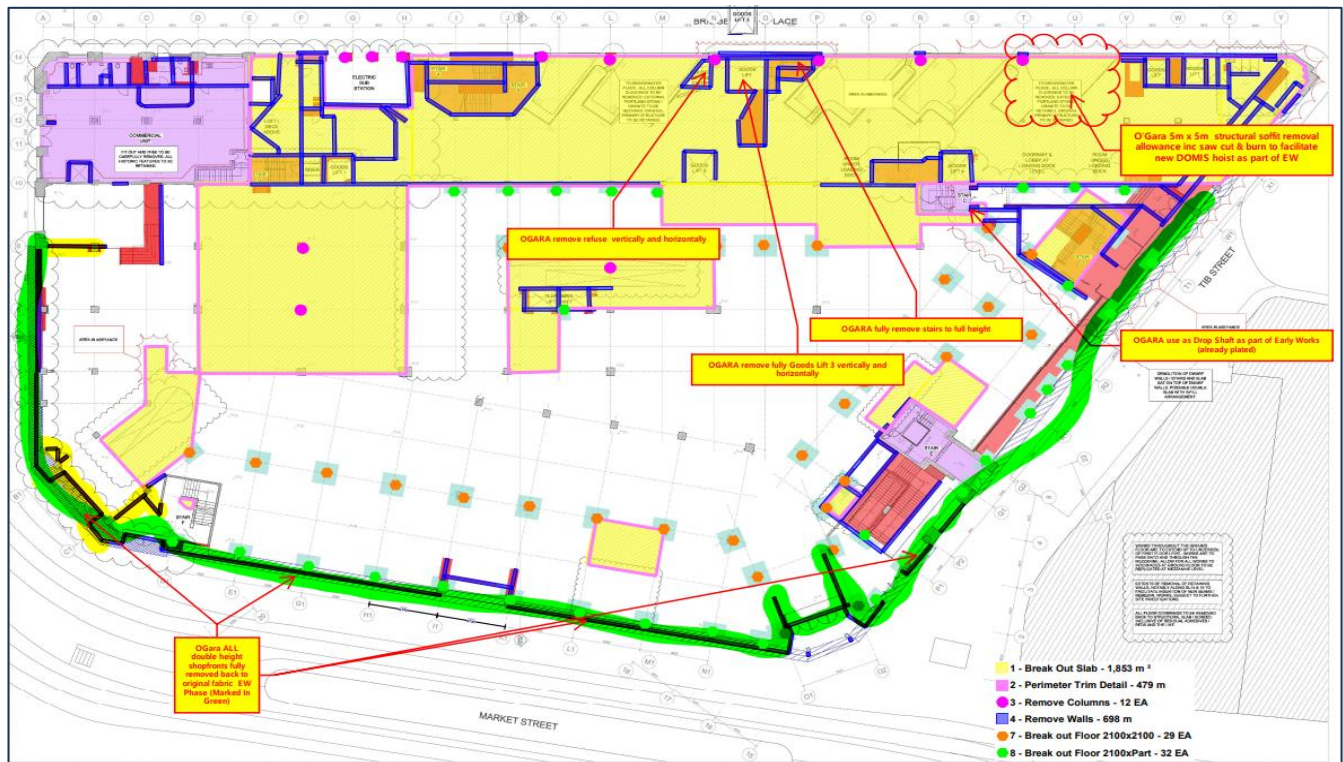
The constant monitoring of dust will be carried out and all necessary suppression will be implemented as determined by the site supervisor. All materials are to be removed to licensed disposal points via sheeted Lorries with full documentation being supplied upon completion of the works.

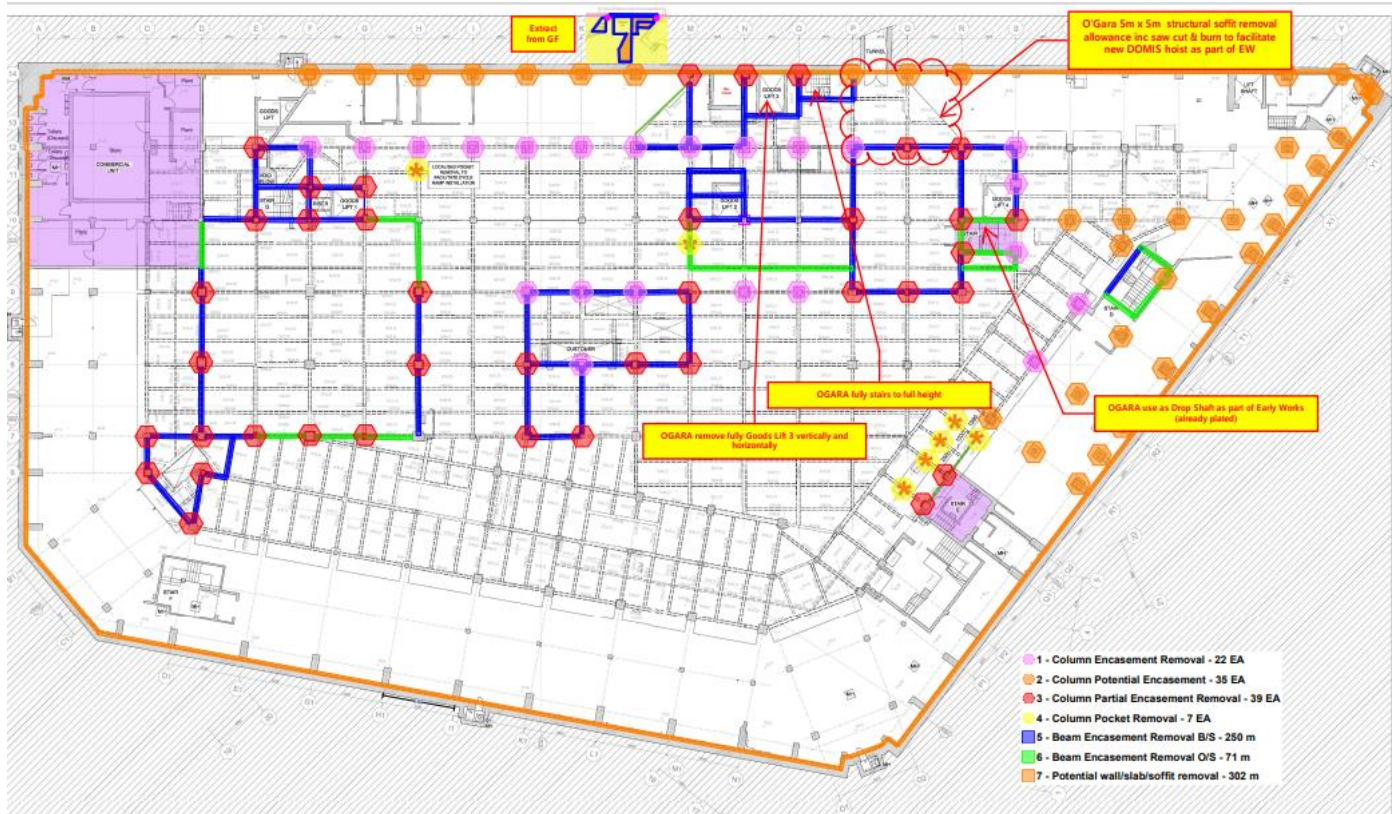


Rubble trucks will be used to transport waste materials from the point of work to the drop point, therefore reducing manual handling. The waste will be placed directly into the awaiting 40-yard container in the drop zone below where possible.

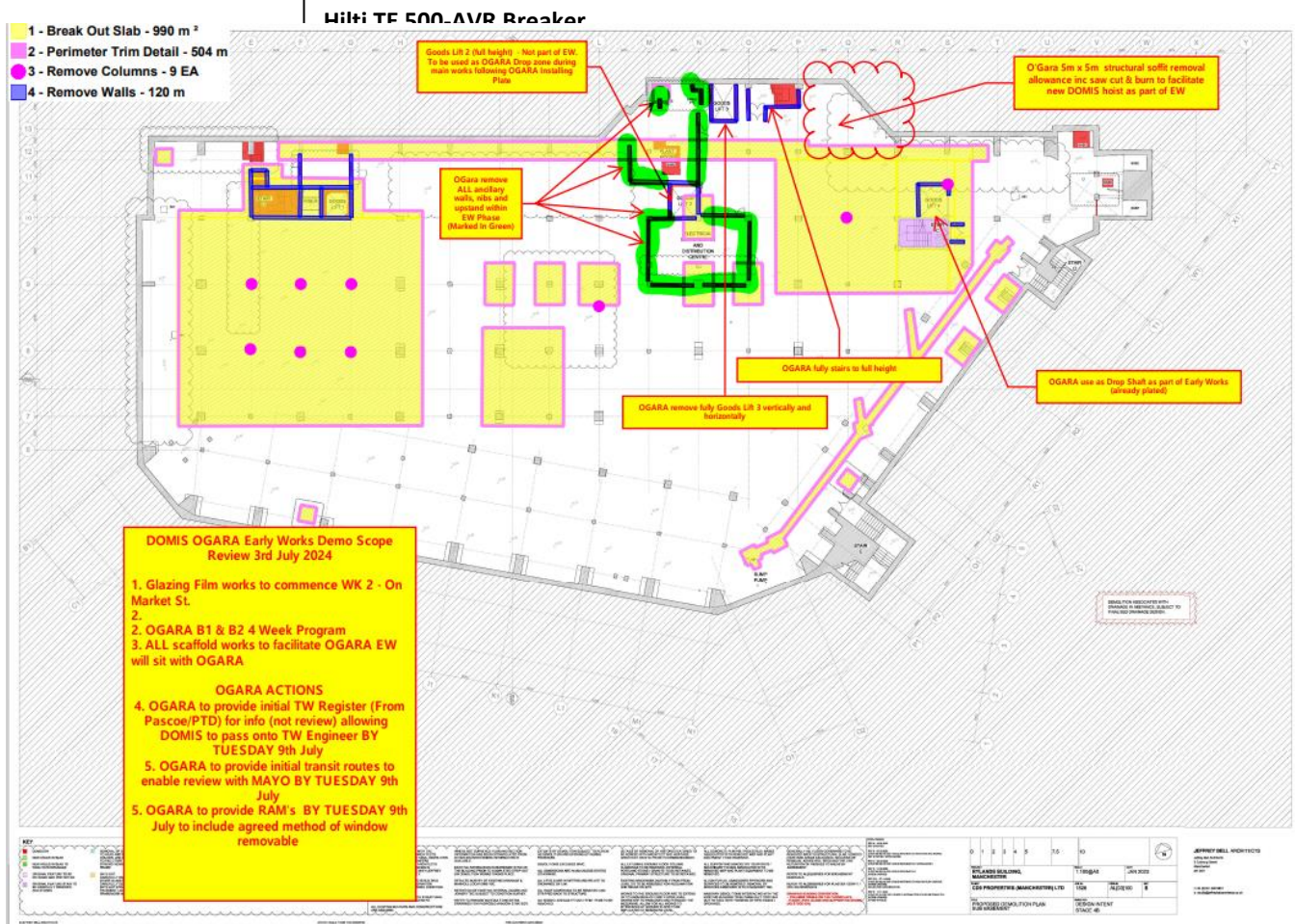
During this phase of the works dust will and must be controlled/suppressed as identified above. The migration of dust will be continually monitored and controlled by the Frank O'Gara & Sons site team.

All works will be carried out in compliance with 'BS 6187:2011 Code of practice for full and partial demolition'.





Management of Hand-arm vibration (HAV)





Stihl TS410 Cut Off Saw 300mm (12inch)

Vibration magnitude 3.9m/s^2 max usage in an 8-hour shift is 3 hour and 17 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 13 hours and 9 minutes (Trigger Time).

HSE points per hour of tool use = 30 points

>109dB(A) – Hearing protection to be worn.

Weight of cut off saw 9.4kg



Makita AVT 110v Reciprocating Saw JR3070CT

Vibration magnitude 10.5m/s^2 max usage in an 8-hour shift is 0 hour and 27 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 1 hour and 49 minutes (Trigger Time).

HSE points per hour of tool use = 221 points

>89dBA – Hearing protection to be worn.

Weight of Reciprocating Saw 4.6kg

Makita 18v LXT Impact Driver DTD152RTJ

Vibration magnitude 10.5m/s^2 max usage in an 8-hour shift is 0 hour and 27 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 1 hour and 49 minutes (Trigger Time) .

HSE points per hour of tool use = 221 points

93 dB(A) – Hearing protection to be worn.

Weight of Drill 1.6kg



Makita 110v SDS-Plus Rotary Hammer Drill HR3210C

Vibration magnitude 10.0m/s^2 (Hammer Drilling) max usage in an 8-hour shift is 0 hour and 30 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 2 hours and 0 minutes (Trigger Time) .

HSE points per hour of tool use = 200 points

89 dB(A) – Hearing protection to be worn.

Weight of Drill 5.6kg

Section 4 – Resources

Up to 10 Frank O'Gara & Sons Ltd personnel (demolition operatives and plant operators), including Supervision will be involved in the work.

- Demolition Manager, Mr. Dean Payne – CCDO Manager NVQ6 (visiting)
- Site Supervisor, Mr. Pawel Sobanski – Gold CCDO skills card, SSSTS, Temporary Works Supervisor etc
- Demolition Operatives – Red or Blue CCDO skills card
- Plant Operatives – CPCS or NPORS (partner card) skills card and Wagon drivers

Note: All employees who operate demolition plant hold the correct CPCS Category.

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.

Principal Contractors Responsible Persons – Domis Construction

Domis Construction - Project Manager: Mr.

Telephone:

Mobile:

Email:

Domis Construction – Senior Site Manager: Mr.

Telephone:

Mobile:

Email:

Domis Construction – H&S Manager / Advisor

Telephone:

Mobile:

Email:

Contractors Responsible Persons / Supervision – Frank O’Gara & Sons Ltd

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

Mobile: 0161 775 4587

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

Mobile: 07736 272 404

Frank O’Gara & Sons Ltd – Demolition Manager, Visiting: Mr. Dean Payne

Mobile: 07887994823

Frank O’Gara & Sons Ltd – Demolition Supervisor: Mr. Patrick Grady

Mobile: 07791 139080

Frank O’Gara & Sons Ltd - Health & Safety Advisor: Mr. John Thorley

Mobile: 07834 553 019

Plant & Equipment	Labour
(Please note that this is not an exhaustive list, and that plant and equipment will be provided at a frequency to deliver the works in a safe manner and in accordance with the agreed programme of works)	

Barriers Safety signs Hilti TE500 Breaker Hand tools e.g., bolt croppers Power Tools & attachments Mobile Access Tower(s) - MAT Dust and fume extraction system	Stihl Saw with water suppression Reciprocating Saw 30/40-yard skips Hook-Lift Wagon Demolition plant/ Brokk and attachments	1no Manager 1no Supervisor 8no Demolition operatives 2 x lorry drivers
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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 site induction and will be presented in Section 14 of the Project Health & Safety Pack.

Typical Competencies will include:

1. Level 3 NVQ in Supervision (Demolition and General)
2. SMSTS and or SSSTS
3. CPC or NPORS partner card <> Excavator 360-below 10 tonnes tracked and wheeled, including lifting operations
4. PASMA – User, Manager and Combined
5. IPAF – 3a and 3b categories
6. Face-fit tested
7. Asbestos - Category ‘A’ (Asbestos Awareness) or Category ‘B’ (Non-Licensed Asbestos Work)
8. Confined Spaces
9. Vehicle Marshal

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-Work e.g., demolish will 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 the Project or Site Manager for Demis Construction.

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., 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 and working practices/arrangements, 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 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 i.e., locked secure in a storage container or within a secure part of the building. 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 results

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 the Exposure Action Value (EAV) and will not in any event exceed the 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 hand-arm 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.

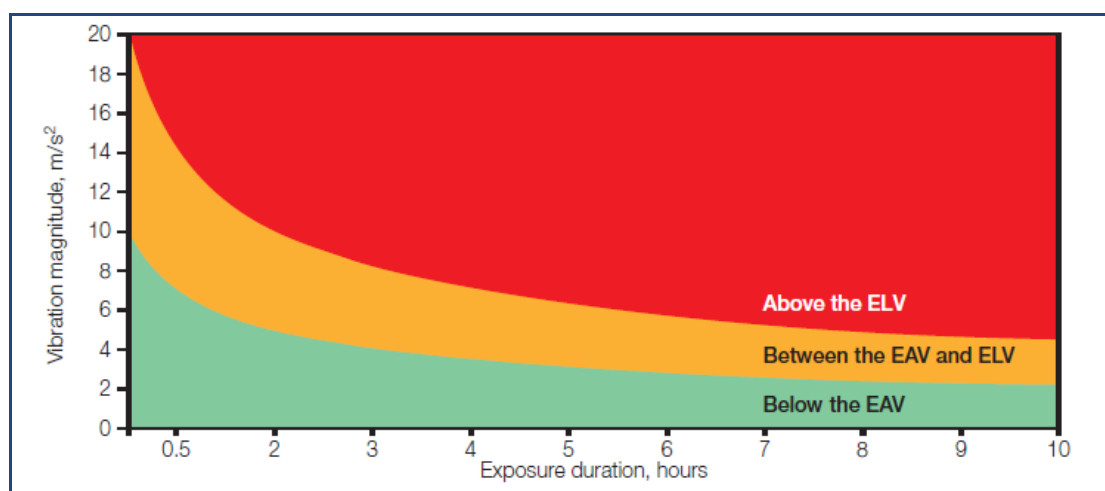
- See if the work/job can be carried out in a different way.
- Choose Tools & Equipment, which have low/anti-vibration features.
- Wear Gloves – Keep warm; ensure good circulation to fingers and hands.
- Do not grip the machine too tightly; let the equipment do the job.
- Do not smoke, this reduces the 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 7.12.01)		
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 ($2.5 \text{ m/s}^2 \text{ A}(8)$) is equal to 100 points and the Exposure limit value ($5 \text{ m/s}^2 \text{ A}(8)$) is equal to 400 points.

Exposure below Exposure Action Value $2.5 \text{ m/s}^2 \text{ A}(8)$ If your risk assessment confirms the Exposure is less than 2.5 m/s^2 in an Eight hour day or equivalent you are below the Exposure Action Value	Exposure Above Exposure Action Value $2.5 \text{ m/s}^2 \text{ A}(8)$ If the exposure is up to 5 m/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.	Exposure Above Exposure Limit Value $5 \text{ m/s}^2 \text{ A}(8)$ It is against the law if exposure exceeds 5 m/s^2 or equivalent in an Eight hour day NOT ALLOWED
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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 earmuffs) 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 or 8-wheeled tippers 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 due to the fire damage will be disposed of at landfill. A waste transfer note will be used as per our duty of care as a waste carrier. These will be included in the Health and Safety File.

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 which, are a mandatory minimum requirement. We will comply with any request from National Gas with respects to their own requirements i.e. (National Gas Minimum Standards for PPE)

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. 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 / harness worn subject to National Gas rules
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/sparks	Gloves to EN 388 (Cut-Level >3) for mechanical hazards & to EN 374 for chemical hazards. Welding Gauntlet	EN388 or EN374 EN407
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 / ABEK (Cutting operations) 	✓
Safety Boots 	✓	Coveralls 		Eye Protection 	✓	Dust Masks Half mask (FFP3) 		Safety Harness 	✓

Section 9 – Emergency Arrangements

A suitable first aid box and facilities will be made available by both National Gas and Frank O’Gara & Sons Ltd and will also supply a qualified first aid representative. Eye wash stations will be placed within the welfare facilities. The first aid box is located in the Main office/welfare area. The details of the National Gas first aiders are displayed site wide.

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

- Pawel Sobanski (Demolition supervisor) - full time

Accident Procedure and Nearest A&E

If an accident occurs the Site Supervisor will follow the Domis Construction 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



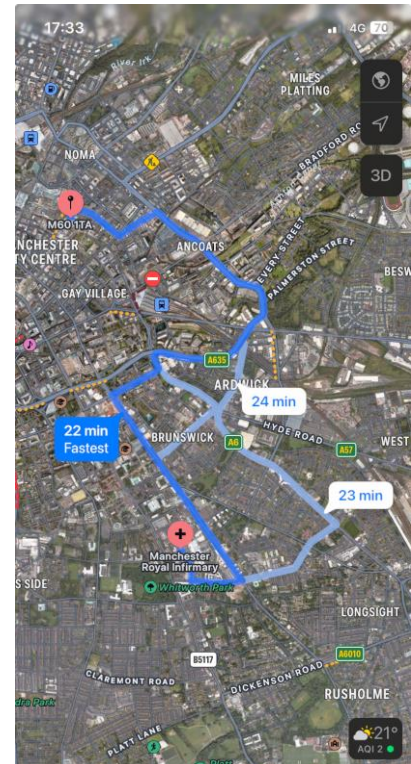
first aid kit available on site. More serious injuries will be treated by a suitably qualified off site party. In either event all parties requiring notification will receive it. The details of the nearest A&E will be made available to Frank O’Gara & Sons Ltd operatives and site workers.



Manchester Royal Infirmary,
Oxford Road
Manchester,
M13 9WL
Tel: 0161 276 1234

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. This information will be identified on the project’s emergency plan.



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 workforce.

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, 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, dust control units placed at vantage points, screening & 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 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, also those of Frank O’Gara & Sons Ltd will be monitored by our 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 Demolition Supervisor, which will include safety sampling.

The results of all such monitoring will be recorded and made available to employees for comment / discussion on how any situations of non-compliance 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.

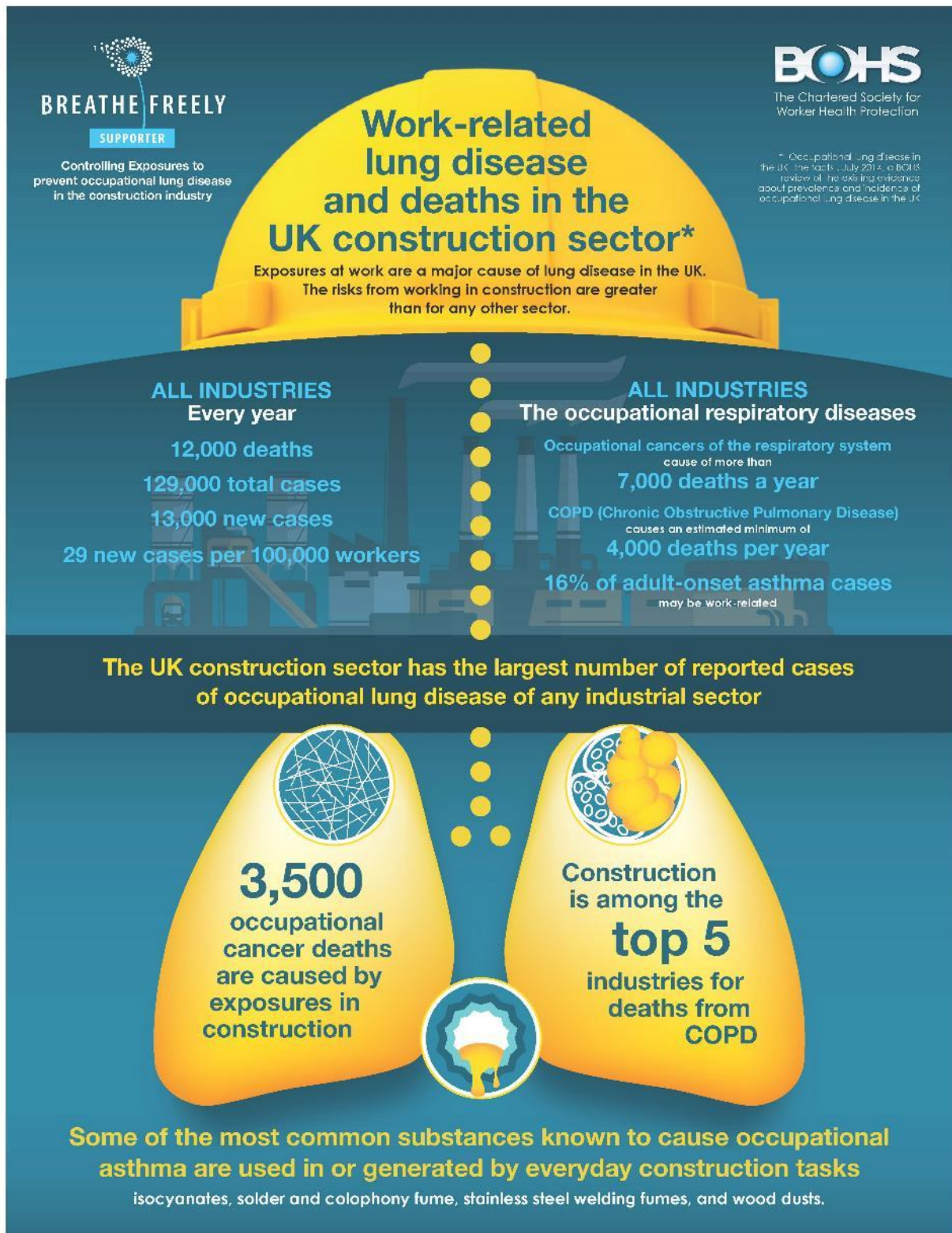
This verbal report will be followed by a scored written report in PDF format, which may include photographic evidence, to assist Frank O'Gara & Sons Ltd and or our supply chain, to overcome such instances. It is hoped that the abovementioned agree that it is in the best interests of all concerned and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

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:	



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constructing **better** health
IMPROVING WORKPLACE HEALTH

HSE

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Conversation Guide: Talking to someone about mental health

Spotting the signs of poor mental health - notice the changes

Mental Health UK

Physical symptoms

- Headaches
- Muscle tension/back ache
- Tight jaw/grinding teeth
- Raised heart rate/faster breathing
- Changes in appetite
- Stomach problems
- Difficulty sleeping

Behavioural symptoms

- Avoiding and blaming others
- Eating more, eating less or comfort eating
- Using alcohol, substances or smoking
- Snapping at others
- Becoming more accident prone
- Biting nails
- Self-harm

Emotional symptoms

- Irritable
- Frightened
- Worried/anxious
- Angry
- Feeling overwhelmed
- Fear
- Shame



Cognitive symptoms

- Worrying about the past or future
- Racing thoughts
- Panic attacks
- Problems concentrating
- Memory lapses/forgetting things
- Difficulty making decisions
- Unable to think clearly

Dos and don'ts to having a supportive conversation

Do choose the right environment

Consider who else is around and can potentially overhear the conversation. If on the phone or online, could you use headphones to allow for greater privacy? Ask them: where would you like to talk?

Do give your full attention and listen without judgement

Offer reassurance that you are there to listen.

Try not to multitask. It's important to convey that you are dedicating your full attention to the conversation.

Do ask open questions

Ask them: "How are you today?" or "I've noticed you seem a bit down, how are you feeling?" Some may make it about the present can give the ubiquitous "I'm fine" response.

Don't assume you know the answers

You're not expected to be an expert. If you don't know what to say, remember that you don't need to find an answer or even understand their feelings. Listening will let them know you care.

Don't challenge, ignore or invalidate

Don't give false situations or try to make the person feel better. If someone says they feel worthless and we respond,

"No you're not, don't be silly" we are invalidating what they have said.

Don't compare

Some times we can draw up a story comparing their situation to someone else's or our own. In some instances this can show empathy, but it can also sometimes turn into you telling your story rather than listening to them.

Do reflect back and clarify

If someone says something that isn't clear and you don't know what they mean, repeat back what they have said and ask them to clarify. Don't put words in their mouth.

Do show empathy rather than sympathy

Empathic responses show that you're trying to see where the person

is coming from. Sympathy usually expresses pity, so say something like "That must be awful, I'm so sorry." Instead of "I'm sorry for you."

Do empower the person

Ask: "What do you think would be best?" rather than tell them what you think would be best. Give information rather than advice. This makes it empowering.

Don't try to find an easy solution

What would be the someone or what they want to happen will be different for everyone so don't try to fix or give advice to your first response.

Don't diagnose

You are not in a position to diagnose a mental illness. This is not your role, even if you've gone through something similar yourself.



Signposting

Learn more about mental health conditions



SCAN ME

As a first point of call, GPs are the main gateway to further support. Let them know that they can help a little with their GP to discuss their mental health, so they don't feel rushed. They can request for a family member or friend to attend the appointment with them.

Find out more



SCAN ME

You could suggest our online community Chat. It's monitored 24/7, so it's a great way for people to connect with others and get their support.

Join Clic for free



SCAN ME

To find support in your local area, or if you or someone is experiencing a crisis, visit www.mentalhealth-uk.org/support-and-services/

Find support



SCAN ME

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Conversation Guide: Talking about suicide

Warning signs and starting the conversation

How might you spot warning signs?

If you're not sure that someone is feeling suicidal, ask them: "Changes in personality and behaviour could be a sign."

- Becoming anxious, irritable or having mood swings
- Being more confrontational
- Acting recklessly
- Sleeping too much or too little
- Avoiding contact
- Talking problems with work or studies
- Saying negative things about the future

How could you talk to someone?

• Empathise with them and encourage them to talk about their feelings

• Tell them you care and that they're not alone

• Show you're listening by repeating the words back to them

- Ask about their reasons for dying and explore their reasons for living
- Ask if they've felt like this before. Did their feelings change, just a little?
- Reassure them that they won't feel this way forever

How could you help?

- Encourage them to seek help that they are comfortable with: a doctor, a counsellor, or a charity such as the Samaritans
- Follow up any commitments that you agree to

- Make sure someone is with them if they are in immediate danger
- Get support for yourself

It is normal to feel uncomfortable. If you don't know what to say, remember that you don't need to find an answer or even understand why they're feeling this way. Listening will let them know you care.

What won't help someone?

- Trying to find an easy solution
- Changing the subject
- Judging, criticising or blaming them
- Avoiding them
- To "cheer up", "put themselves together", "man up" or "snap out of it"
- That they have no reason to feel like that

Mental Health UK

- That they should be grateful for having a good life
- That they're being silly. This may make someone feel rejected, alone, misunderstood, guilty, apologetic, or criticised. Reassurance, respect and support will help.

What you can do

Who would you talk to?



- List the people that you trust: be family and friends, and share the name of your GP, know how to contact the Samaritans, or call 1999 if you need immediate help
- Share the places you feel safe: it may be your bedroom, a friend's house, a library, or know to go to A&E if you need immediate help

What could you do to help yourself when you're feeling low?

- Think about all the good things in your life. What are you looking forward to? These can be small wins
- Try to get through the day rather than focusing on the future. You may feel more able to cope in a few days
- What are the activities you enjoy which take your mind off what you're thinking

What things make you feel worse which you should avoid?

- Knowing and trying to stay away from your triggers can make you feel more in control of your feelings or stress levels. They're different for everyone, but could be certain music, photos or drugs and alcohol. What are yours?
- Sometimes it is helpful to share them with your family and friends

Why not try this breathing exercise?

Sit on a chair or on the floor. Keep your back straight and your shoulders back. Close your eyes and focus on your breathing. Think about how your breathing feels.

Slow down your breathing as much as you can. You may find it useful to count as you "breathe in" and "breathe out". If you start to have upsetting thoughts, bring your focus back to your breathing. Never forget, you matter.

For more information

How could you help someone stay connected?



SCAN ME

- Discuss whether they or someone else should call or see people, and if they prefer to make contact more spontaneously
- Do they know any local community groups that they could join?
- Have they joined our online community where there is someone to talk to 24/7?

www.clic-uk.org

Can suicide affect anyone?



SCAN ME

Yes. Though male suicide rates are high across the UK, suicide also affects women, trans and non-binary people. But some myths and find out more information about prevalence in the UK visit mentalhealth-uk.org/suicide/

How could you encourage others in your community to help prevent suicide?

- Who can you ask this about in your area?
- What groups are there you've heard of today?
- Encourage local people to sign up to the Zero Suicide Alliance's free awareness training

How might you support someone experiencing suicidal thoughts?



- Would you listen without judgement?
- Would you encourage them to further support?
- Read Beth's Mental Illness factsheet to feel more confident



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