SAFETY ALWAYS FOR EVERYONE

DEMOLITION / CONSTRUCTION PHASE PLAN

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1 KEY INFORMATION

1.1 Scope of Works

This document has been prepared to describe the safe methods, techniques and controls for the safe Demolition works. The works include but are not limited to the following.

- Site establishment & delivery of plant/equipment.
- De-Gas Air Conditioning Equipment
- Internal soft strip building
- Removal of Non licensed ACM's (& Licensed ACMS via subcontractor)
- Traffic Management – Road Closure
- Protection Scaffolding to Centron House Substation
- Demolition of structures.
- De-mobilize site.

1.2 Project Summary

The project involves the controlled demolition of Centron House and Link Bridge, with full removal of all above-ground structures down to slab level. The building is situated adjacent to sensitive and live assets, including a live sub-station to the southeast of the structure within the site boundary.

The works will be executed using a combination of mechanical demolition (high reach excavator), hand demolition in sensitive areas, and licensed asbestos removal carried out by the demolition contractor themselves. The project requires careful sequencing, robust protective measures, and environmental controls to ensure structural safety, environmental compliance, and protection of third-party assets.

1.3 Project Address

Works are to be carried out at:
Centron House
Wavell Road
Wythenshawe
Manchester
M22 5QZ



1.4 Program

Commence on site: 1st June 2026
Working Hours: Mon – Fri 8am – 5pm
Estimated Duration: 18 Weeks

1.5 Supervision & Site Staff Positions

NAME	POSITION	EMAIL	MOBILE
Lee Brash	Contracts & Operations	lee@total-demolitionservices.co.uk	07973 562 444
Harrison Quinn	Contracts Manager	Harrison@total-demolitionservices.co.uk	07561 104 038
Bill Quinn	Demolition Engineer	Bill@total-demolitionservices.co.uk	07767 455 555
Michael Quinn	Business Manager	michael@total-demolitionservices.co.uk	07506 370 518
Tom Hunt	Demolition Site Manager	tomh@total-demolitionservices.co.uk	07748 637 837
Peter Miles	Demolition Site Manager	peterm@total-demolitionservices.co.uk	07442 285 663
Derek Hunt	CCDO ADO & Banksman	N/A	N/A
John Grayson	CCDO & Banksman	N/A	N/A
Ethan Quinn	CCDO ADO & Banksman	N/A	N/A

1.6 Plant & Equipment

ITEM	QUANTITY
Hand tools	Various
Power tools	Various
Aluminium scaffolding / Podiums	Various
Roll on/off Skips	Various
Skid steer	2
1t Excavator	1
2t Excavator	1
14t Excavator	1
30t Excavator	1
40t Excavator	1
50t Excavator	1
Mobile Jaw crusher	1

Please note: this list is not an exhaustive list. Plant, tools, and equipment will be provided at a frequency to deliver the works in a safe manner and in accordance with the agreed program of works. All equipment provided by Total will meet the requirements of PUWER & LOLER, as well as other relevant industry legislation. All plant and equipment will be maintained, serviced and pre-inspected prior to delivery, and any relevant certificate will be provided. Daily inspection sheets will be completed by the trained plant operator and records be kept within the plant and the site office

2 SITE SPECIFICS

2.1 Service Locations & Isolations

Prior to the commencement of soft strip and demolition works, all known building services will be fully located, identified, and isolated to ensure a safe working environment and to prevent accidental strikes or service-related incidents. This process will be planned, documented, and verified before any physical work begins.

Service Identification

- A service location survey will be carried out to identify all existing services within the building and surrounding work areas.
- Services to be identified may include (but are not limited to):
  - Electrical (mains and sub-circuits)
  - Water and drainage
  - Gas
  - Telecoms and data
  - Fire alarms, sprinklers, and security systems
- Total will work with the client, utility providers, and specialist contractors as required to confirm service locations, routes, and termination points.
- Any services that are to remain live will be clearly marked, protected, and cordoned off with appropriate signage and physical barriers.

Service Isolation Procedures

- All live services will be isolated at source prior to the commencement of any works where possible.
- Isolation certificates must be provided by the relevant service provider and verified by Total before any service disconnections take place.
- Isolation points will be secured and clearly labelled to prevent unauthorised re-energisation.
- Any residual energy will be discharged or made safe in accordance with relevant guidance and regulations.
- All operatives will attend and sign a Toolbox Talk prior to any service isolation or cutting activities.

Safe Systems of Work

- No services will be cut, exposed, or tampered with unless:
  - A valid isolation certificate has been received and checked,
  - The area has been confirmed as dead,
  - A permit-to-work or equivalent authorisation has been issued (if required).
- Cable tracing and physical verification may be undertaken prior to cutting or removal.
- Lock-off and tag-out procedures will be used where appropriate to ensure services remain isolated throughout the work.
- Where unknown or uncharted services are uncovered during work, all activities will stop immediately, the Supervisor will be informed, and the area will be made safe before work resumes.

Records and Documentation

- All isolation certificates, service plans, and permits will be held within the site file and be readily available for inspection.
- Records will include details of the service, isolation date, responsible party, verification, and status.
- Toolbox talks relating to service isolations will be signed by all operatives and filed accordingly.

2.2 Site Inductions & Briefings

Total Demolition places great emphasis on ensuring that all personnel working on site are fully aware of the site rules, specific hazards, and safe working procedures prior to commencing any activities.

All personnel will be required to complete a Total Site Induction, followed by RAMS toolbox talks and task-specific briefings before undertaking any work.

Site Induction Process

- All personnel required to work on site will undergo a full site induction, delivered by Total's Site Representative.
- The induction will cover, as a minimum:
  - Site layout, access/egress points, and muster points
  - Site rules and permit systems
  - Specific hazards associated with the project (asbestos, live services, demolition risks, adjacent occupiers, etc.)
  - Environmental considerations (dust, noise, vibration, waste)
  - Welfare and first aid arrangements
  - Emergency procedures and contact details
- Upon completion of the induction, all site staff will sign the relevant documentation to confirm that they:
  - Have received the induction
  - Understand the content and site-specific hazards
  - Agree to comply with site rules, method statements, and risk assessments.

RAMS Briefings & Toolbox Talks

- Following induction, a RAMS Toolbox Talk, and task-specific briefing will be provided by the Total Site Supervisor.
- These briefings will outline the method of work, key risks, control measures, and any specific PPE or permits required.
- Operatives must sign the RAMS briefing sheet to acknowledge understanding and agreement to follow the control measures.
- Additional toolbox talks will be held:
  - At the start of new work phases
  - When significant risks change
  - Following incidents or near misses
  - When new plant, equipment, or methods are introduced.

Daily Shift Briefings

- At the start of each shift, a Total shift briefing will be held in the site compound, delivered by the Total Supervisor.
- All operatives will sign the task briefing sheet to confirm their understanding of:
- Current site conditions and risks
  - Planned activities for the day
  - Changes to emergency procedures or access arrangements
  - Any restrictions or controls in place (e.g., exclusion zones, shared access routes).

Out-of-Hours Activities

- Where works are required to take place out of normal working hours, Total will ensure a qualified and responsible CCDO-accredited manager is present on site to manage and oversee all activities.
- Emergency contact and escalation procedures will remain in place and accessible during these times.

Site Conduct & PPE Rules

- Operatives must not enter or exit the building or the adjacent mall while wearing PPE. All PPE is to remain on site at all times.
- Any operative found leaving site in PPE will be immediately removed from site (Red Card) with no exceptions.
- All personnel are expected to conduct themselves professionally at all times, treating site staff, the public, and neighboring occupiers with respect.
- Failure to adhere to site rules, unsafe behavior, or unprofessional conduct will result in disciplinary action, up to and including removal from site.

2.3 Welfare, First Aid & Security Arrangements

Total Demolition will provide and maintain suitable welfare and first aid facilities for the full duration of its works on site. These facilities will comply with the requirements of the Construction (Design and Management) Regulations 2015 (CDM 2015) and the Health and Safety (First-Aid) Regulations 1981, ensuring the health, safety, and welfare of all operatives, subcontractors, and visitors.

Welfare Facilities

- Welfare provisions will be in place prior to the commencement of works and maintained throughout the duration of Total's activities on site.
- The site welfare setup will include as a minimum:
  - Toilet block (cleaned and maintained regularly)
  - Canteen area with facilities for heating food and boiling water
  - Drying/changing room with heating and secure storage for clothing and PPE
  - Hand washing facilities with hot and cold (or warm) running water, soap, and drying materials
- Welfare areas will be cleaned and restocked daily to maintain a safe and hygienic environment.
- Adequate lighting, ventilation, and waste disposal will be provided in all welfare areas.
- Safe access and egress to the welfare area will be maintained at all times.

First Aid Arrangements

- The appointed first aider for the project will be the Total Site Supervisor.
- Any additional Total operatives holding valid first aid certification (e.g., Emergency First Aid at Work) will be identified during site induction and recorded in the site file.
- First aid boxes and emergency response equipment will be:
  - Located within the welfare facilities
  - Stocked in Total site vans
  - Checked weekly and restocked as required
- First aid signage will be displayed in prominent positions, identifying the nearest first aid kit, emergency contact numbers, and the location of the appointed first aider.
- All accidents and near misses will be reported to the Site Supervisor immediately and recorded in the site accident book in line with RIDDOR where applicable.

Emergency Response

- All operatives will be informed of the location of first aid kits, first aiders, fire extinguishers, and emergency assembly points during their site induction and daily briefings.
- Emergency services access routes will remain clear and unobstructed at all times.
- A site-specific emergency plan will be in place and communicated to all personnel.

- Where injuries require further treatment, arrangements will be made to escort the injured person to the nearest NHS facility or to call emergency services as appropriate.

Monitoring and Review

- First aid and welfare provisions will be inspected regularly by the Total Site Supervisor to ensure compliance.
- Any deficiencies in welfare or first aid arrangements will be addressed immediately.
- Arrangements will be reviewed throughout the project to ensure they remain suitable for the number of personnel and the activities being undertaken.

Security Arrangements

- Total will deploy R.M Security to provide a manned SIA trained guard to monitor the site, equipment and general arrangements during non working hours throughout the course of the works onsite until completion and sign off.

RM Security – Richard Mates
01204 275996
07772101285
richard@rm-security.co.uk

Office Location – 7 Chorley new Road, Bolton, BL1 4QR

2.4 Emergency Procedures

All operatives, subcontractors, and visitors attending site must comply fully with the Site Emergency Plan. This plan clearly identifies:

- Fire points and fire extinguishers
- Designated muster point / assembly area
- Hospital route and emergency service access
- First aid locations and appointed first aiders
- Contact details for local emergency services and utility providers

A copy of the Site Emergency Plan will be provided to all operatives prior to the commencement of works and explained in detail during the site induction and pre-start briefings. Emergency procedures will also be displayed on prominent site noticeboards.

General Emergency Actions
In the event of an incident or emergency on site (fire, medical emergency, gas leak, service strike, plant incident, etc.), the following steps must be followed:

1. **STOP – Immediately stop work, call for assistance, and if safe to do so, move yourself and others to a place of safety.**
2. **Raise the alarm – Notify your Total Site Supervisor or the nearest trained operative. If the alarm system is in place, activate it.**
3. **Notify Emergency Services – The Site Supervisor will call 999 and provide the site address, access point, and details of the incident.**
4. **Guide the Emergency Services – If required, a designated marshal will meet and escort emergency services to the incident location.**
5. **Follow instructions – Comply fully with instructions from the Site Supervisor, emergency coordinator, or emergency services.**
6. **Evacuate if instructed – Do not collect personal belongings or re-enter the affected area.**
7. **Go to the muster point – Report to the Assembly Point identified in the emergency plan. The Site Supervisor will conduct a roll call to ensure all personnel are accounted for.**
8. **Do not re-enter – Nobody is permitted to return to the emergency area until declared safe by the Emergency Services or Site Management.**

Roles and Responsibilities
Total Site Supervisor
1. Act as the Emergency Coordinator on site.
2. Call 999 and provide key information to emergency services.
3. Control the evacuation and coordinate the roll call.
4. Liaise with Principal Contractor, Client, and Emergency Services.

Appointed Fire Marshal / Traffic Marshal
1. Direct personnel safely out of the work area.
2. Guide emergency services to the incident location.
3. Ensure access routes remain clear at all times.

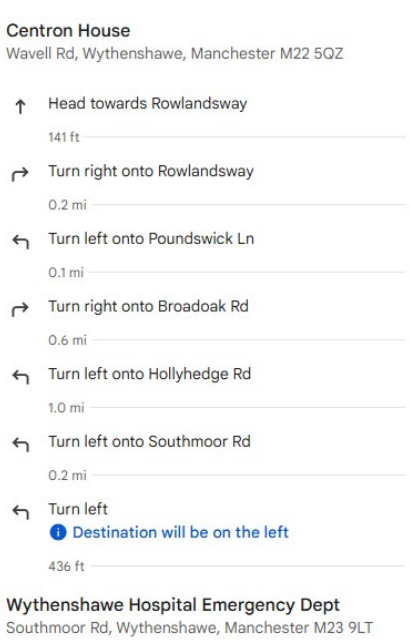
All Operatives
1. Familiarise themselves with the emergency plan and muster point locations.
2. Follow instructions promptly during any emergency.
3. Report any hazards, incidents, or near misses immediately.

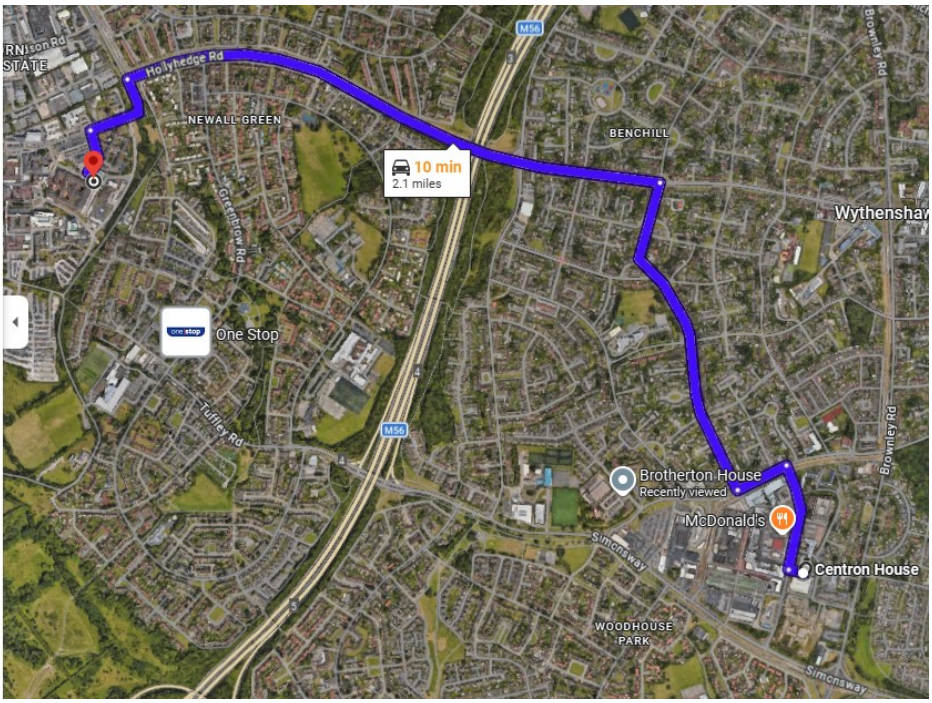
Additional Emergency Considerations

- Emergency access routes will remain unobstructed at all times.
- Fire extinguishers will be placed at strategic points around the site and checked regularly.
- Spill response kits will be located near refuelling points and plant storage areas.
- First aiders will be clearly identified, and their names and contact numbers displayed on the site notice board.
- Regular emergency drills may be carried out to ensure all operatives are familiar with procedures.
- A fire and emergency log will be maintained to record drills, incidents, and any corrective actions taken

2.4.1Hospital Route

Wythenshawe Hospital Emergency Dept
Southmoor Rd
Wythenshawe
Manchester
M23 9LT
Distance: 2.1 Miles
Time: 10 Min
Open Times: 24 Hrs
Phone 0161 291 6003





2.5 PPE

								
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Standard mandatory PPE on site will be.

Yellow/orange hi-vis coat or vest and pants/or Yellow/orange hi-vis coveralls.
Safety helmet.
Safety boots with steel toe cap and mid sole protection as a minimum.
Task specific gloves.

Specialist activities.

Goggles/face shield.
Ear defenders.
Flame retardant coveralls
Half Face Respirator

EN – Codes for PPE.

Hard Hats – EN 397
Safety boots – ISO 20345
Gloves – EN 388
Safety glasses – EN 166 / A
Hi visible clothing – EN ISO 20471 – CLASS 2
Ear defenders – EN 352 – 1 / 2
Coveralls – EN ISO – 13688
RPE - Half face fitted mask – EN 140:1998
Fall Arrest EN - 361

3 GENERAL CONDITIONS

3.1 COSHH Substances

All hazardous substances brought to or generated on site will be managed in strict accordance with the Control of Substances Hazardous to Health (COSHH) Regulations 2002.

The aim of these controls is to prevent or adequately control exposure to hazardous substances that could affect the health of operatives, subcontractors, visitors, or members of the public, and to ensure compliance with relevant legal requirements.

COSHH Assessments and Documentation

- COSHH assessments will be completed for all substances used or generated on site.
- A Material Safety Data Sheet (MSDS) will be held in the site file for each substance and made readily available to all operatives.
- If any new materials are introduced during the project, a new COSHH assessment will be completed before use.
- COSHH assessments will identify the hazards, routes of exposure, required control measures, PPE, first aid measures, and emergency procedures.

Typical COSHH Substances on Site

The following hazardous substances are expected to be present on this project:

- Engine oil – used for plant maintenance.
- Hydraulic oil – used within plant and lifting equipment.
- Diesel – used to power mobile plant and generators.
- Silica dust – generated during soft strip and demolition activities (e.g. plasterboard removal, breaking out concrete, cutting masonry).

Control Measures

- All COSHH substances will be stored in designated, secure, and clearly labelled areas.
- Oils and fuels will be stored in bunded containers away from drains, watercourses, and sensitive boundaries.
- Spill kits will be provided near all oil storage and refuelling areas to ensure immediate response to spillages.
- Decanting of liquids will only take place in controlled areas, using appropriate containers and funnels to minimise risk of spillage.
- Refuelling operations will be supervised and carried out using drip trays and spill control measures.
- Suitable PPE (e.g. gloves, eye protection, overalls, RPE where required) will be worn in accordance with the COSHH assessment.
- Good housekeeping practices will be maintained to prevent contamination of the site and environment.

Silica Dust Control

- Works generating silica dust will be controlled using water suppression, dust extraction equipment, and local exhaust ventilation where appropriate.
- Operatives will wear RPE with the correct protection factor (e.g. FFP3).
- Dust exposure will be kept as low as reasonably practicable and monitored throughout the works.
- Cutting, drilling, or breaking will be carried out in well-ventilated areas or with local containment.

Emergency Procedures

- Any spillage or release of hazardous substances must be reported immediately to the Site Supervisor.
- Spillages will be dealt with using spill kits and disposed of in accordance with environmental regulations.
- Contaminated materials and PPE will be bagged and disposed of as hazardous waste.
- First aid procedures outlined in the MSDS will be followed in the event of exposure.
- If there is a risk of environmental pollution, the Client and Environment Agency will be notified as required.

Training and Monitoring

- All operatives will receive COSHH awareness training as part of their induction and toolbox talks.
- COSHH assessments will be reviewed periodically or when substances or processes change.
- Site Supervisors will carry out regular inspections of storage areas and refuelling points to ensure ongoing compliance.

3.2 Traffic Management

Effective traffic management is essential on a demolition site to protect the public, site personnel, and third parties, and to ensure plant and vehicle movements are carried out in a controlled, efficient, and legally compliant manner.

Total Demolition will implement a site-specific Traffic Management Plan (TMP) in coordination with the client and Principal Contractor (where applicable), ensuring minimal disruption to the surrounding area.

Access and Delivery Routes

- Total site access will be planned to identify the most efficient and practical route, minimising impact on third parties, local businesses, pedestrian routes, and public highway users.
- Where possible, deliveries and removals of plant and equipment will be scheduled to take place outside of peak hours to avoid traffic congestion.
- Delivery routes will be communicated to all drivers in advance and included in their delivery instructions.
- Site access and egress points will be clearly signed and kept unobstructed at all times.

Vehicle and Plant Movement Control

- All plant and vehicle movements will be controlled and coordinated by Total's trained vehicle marshals positioned at prominent locations around the site entrance and work area.
- No reversing of vehicles or plant will be permitted unless guided by a trained and competent banksman.
- Pedestrian and vehicle routes will be segregated, and clearly marked with appropriate barriers, signage, and walkways.
- A one-way traffic flow will be used where practical to reduce the need for reversing manoeuvres.
- All drivers will be inducted on site traffic rules, including speed limits, designated routes, and emergency procedures.

Driver and Vehicle Management

- All vehicle movements will be pre-booked and coordinated with the Total Site Supervisor.
- All drivers must complete a site induction prior to entering the work area.
- Total's vehicles are equipped with GPS trackers, allowing site management to monitor real-time locations, scheduled arrival times, and progress.
- Drivers must wear full PPE when exiting their vehicles and follow all instructions from traffic marshals.

- Idling will be minimised, and engines must be switched off when stationary to reduce emissions and noise impact on the surrounding community.

Skip and Waste Management

- All skips will be stored in a designated area agreed prior to delivery.
- The skip area will be fenced off, and debris netting will be applied to contain materials and prevent windblown waste.
- As soft strip and demolition works progress, the skip location may be revised to ensure continued safe and efficient operation.
- Skips will only be exchanged or removed during controlled traffic management conditions under the direction of a traffic marshal.
- Waste movements will comply with environmental legislation, and waste transfer notes will be retained in the site file.

Third-Party and Public Interface

- The Traffic Management Plan will be designed to minimise disruption to surrounding roads, footpaths, shops, residents and other sensitive locations.
- Advance warning signage will be placed where required to alert the public and third parties to vehicle movements.
- Temporary traffic control measures may be used (e.g. barriers) to protect the public during plant or skip exchanges and demolition activities where required.
- Emergency access routes will be maintained and kept clear at all times.

Monitoring and Review

- Traffic management arrangements will be monitored daily by the Site Supervisor and Traffic Marshals.
- Any changes to access points, routes, or vehicle types will be reviewed and updated in the Traffic Management Plan.
- Near misses, incidents, or breaches of traffic rules will be reported, recorded, and investigated.
- Regular toolbox talks will be held to reinforce safe traffic management procedures with drivers and operatives.

Road Closure – Wavell Road

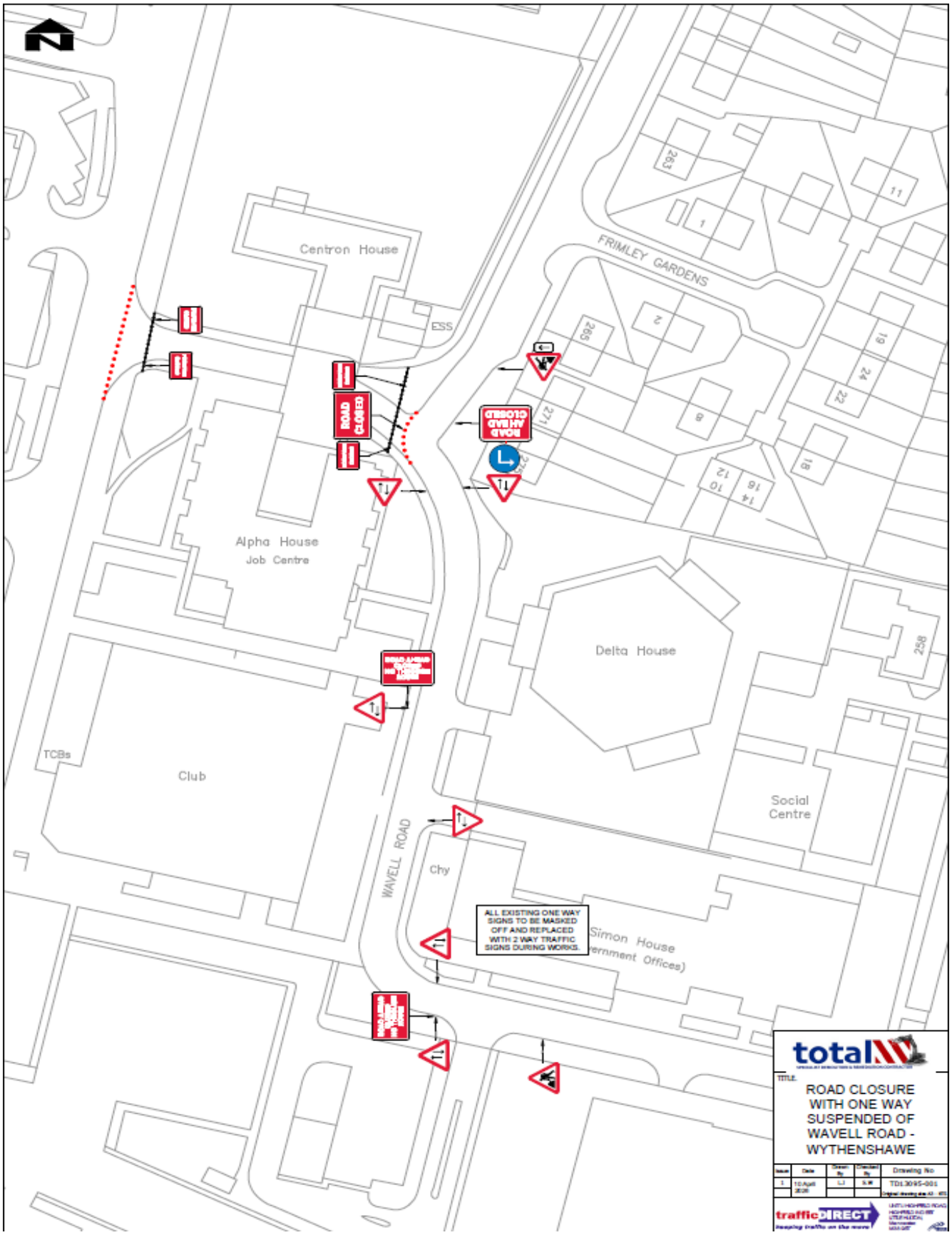
- As part of the demolition works requirements, the Link Bridge Building will require a complete road closure to Wavell Road.
- Advance warning signage will be placed where required to alert the public and third parties to vehicle movements.
- Road Closure Signs / Notices will be in clear sight to ensure that the public and stakeholders are full aware that the section of Wavell Road is closed until demolition / deconstruction works are completed in that area/section.
- The road itself and assets will be protected during deconstruction works using protection matting as indicated.
- Near misses, incidents, or breaches of traffic rules will be reported, recorded, and investigated.
- Regular toolbox talks will be held to reinforce safe traffic management procedures with drivers and operatives.

*Indicative image of road closure**



Traffic Management Contact Information

TRAFFIC DIRECT
Stuart Willmott
Tel – 0161703 3344
Mob – 07875 386 736
Stuart.willmott@trafficdirect.co.uk


Centron House
FRIMLEY GARDENS
ESS
ROAD CLOSED AHEAD
Alpha House
Job Centre
Delta House
TCBs
Club
Social Centre
WAVELL ROAD
Chy
ALL EXISTING ONE WAY SIGNS TO BE MASKED OFF AND REPLACED WITH 2 WAY TRAFFIC SIGNS DURING WORKS.
Simon House
ROAD CLOSURE WITH ONE WAY SUSPENDED OF WAVELL ROAD - WYTHENSHAWE
TD13095-001
trafficDIRECT

3.3 Waste Management

It is envisaged that the demolition works will produce mixed waste, wood, hard core; Total's main objective is to segregate and sort the demolition arising to maximize recycling opportunities and minimize waste going to landfill. All waste which leaves the site will be removed by Total.
All waste which leaves the site will receive a duty of care waste transfer note by the Total site supervisor.

Certificate of Registration under the Waste (England and Wales) Regulations 2011

Regulation authority

Name	Environment Agency
Address	National Customer Contact Centre 99 Parkway Avenue Sheffield S9 4WF
Telephone number	03708 506506

The Environment Agency certify that the following information is entered in the register which they maintain under regulation 28 of the Waste (England and Wales) Regulations 2011.

Carriers details

Name of registered carrier	TOTAL CONTROLLED DEMOLITION SERVICES LIMITED
Registered as	An upper tier waste carrier and dealer
Registration number	CBDU238572
Address of place of business	RIVERSIDE HOUSE PARK ROAD STALYBRIDGE SK15 1TA
Date of registration	1 May 2024
Expiry date of registration (unless revoked)	17 May 2027

This certificate was created on 1 May 2024. These details are correct at the time of certificate generation.

This copy has been issued under Regulation 6 of Waste (England and Wales) Amendment Act 2014 by the Environment Agency. This is copy number 1 of the certificate.

Making changes to your registration

Your registration will last 3 years and will need to be renewed after this period. If any of your details change, you must notify us within 28 days of the change.

3.4 Environment Considerations

The works are taking place in a town centre location with sensitive receptors including adjacent roads, shops, Residents, and pedestrian routes. Environmental controls are essential to prevent pollution, reduce nuisance, and ensure compliance with legal and local authority requirements.

Key control measures include:

- **Dust suppression:** Continuous use of water mist sprays and damping down during demolition and soft strip activities. Additional suppression measures will be deployed during dry weather or when working adjacent to sensitive areas.
- **Screening and barriers:** Hoarding and mesh sheeting will be installed where required to contain debris and reduce airborne dust migration.
- **Road protection:** Measures will be taken to prevent any water or debris runoff entering the highway. Drainage points will be protected using silt socks or filtration methods.
- **Air quality and noise management:** Noise and dust levels will be monitored and controlled through work sequencing and the use of low-impact equipment where possible.
- **Waste management:** All waste will be segregated and stored in designated skips in accordance with the Site Waste Management Plan. No waste will be allowed to migrate off-site.
- **Community protection:** Clear signage, fencing, and traffic management will be maintained.

Refuelling of Plant and Equipment

- Refuelling will be carried out in a designated, bunded area away from drains and sensitive boundaries.
- All mobile plant will be switched off and operators will remain with the equipment during refuelling.
- Spill kits will be available at the refuelling point and in all plant vehicles.
- Drip trays will be used under plant during refuelling to catch any accidental spills.
- Any spillages will be reported immediately and cleaned up following the site spill response procedure.
- Fuel will be stored in bunded and locked containers, with secure access controlled by authorised personnel only.

Monitoring and Review

- Daily environmental checks will be carried out by the Site Supervisor.
- Dust, noise, and waste management will be recorded in the site environmental log.
- Environmental controls will be reviewed regularly to ensure continued effectiveness and compliance with regulations.

Permit to Work (PTW) System

A Permit to Work (PTW) system shall be implemented to control high-risk activities undertaken during the works. The PTW system forms part of the overall site safety management arrangements and shall be used in conjunction with the approved Risk Assessments, Method Statements (RAMS), Construction Phase Plan and Temporary Works Procedures.

No work requiring a permit shall commence until the permit has been issued, authorised and communicated to those undertaking the activity.

Activities Requiring a Permit to Work

The following activities shall be subject to a Permit to Work where applicable:

- Hot works (burning, welding, grinding and oxy-cutting operations)
- Excavations and breaking ground
- Work on or near live services
- Electrical and mechanical isolations
- Confined space entry
- Work at height and roof access
- Structural demolition and temporary works activities
- Lifting operations and crane activities
- Intrusive works where asbestos-containing materials may be present
- Any other activity identified by the Site Manager as high risk

Permit Issue Procedure

Prior to issuing a permit, the authorized person shall:

- Review the relevant RAMS and supporting documentation.
- Confirm the work area has been inspected.
- Verify that all required control measures are in place.
- Ensure operatives are competent and have been briefed.
- Confirm emergency arrangements are suitable.

Permits shall clearly identify:

- The work activity.
- Location of works.
- Duration of permit.
- Required control measures.
- Authorised issuer and permit holder.

Permit Control

Permits are valid only for the activity, location and duration stated. If site conditions change, the work scope changes, or the permit expires, work shall cease immediately and the permit shall be reviewed and re-issued where necessary.

The Site Manager reserves the right to suspend or cancel any permit should unsafe conditions arise.

Permit Close-Out

Upon completion of the works, the permit holder shall ensure the work area is left in a safe condition and notify the permit issuer. The permit shall then be formally closed and recorded within the site permit register.

3.5 Asbestos

An asbestos survey has been completed for the building, and asbestos-containing materials (ACMs) have been identified. Works will be carried out in accordance with the Control of Asbestos Regulations 2012, the site-specific asbestos register, and the Principal Contractor's asbestos management plan.

Non-Licensed Asbestos Materials

- All identified non-licensed ACMs (e.g. asbestos cement, certain floor tiles, gaskets, bitumen, or textured coatings) will be removed by Total Demolition-trained operatives who hold the appropriate UKATA non-licensed asbestos training and are fully competent in safe removal procedures.
- Removal will be carried out under controlled conditions using:
- Task-specific RAMS and asbestos risk assessments
- Suitable RPE and PPE
- Controlled wetting or suppression techniques to prevent fibre release
- Sealed, labelled bags and containers for asbestos waste
- All non-licensed asbestos work will be notified where required and recorded in the site asbestos log.
- Areas will be air cleared and inspected following removal, with waste disposed of via a licensed hazardous waste carrier to an approved disposal facility.

Licensed Asbestos Materials

- All licensed asbestos materials (e.g. pipe lagging, sprayed coatings, AIB panels, thermal insulation) will be removed by a specialist HSE-licensed asbestos removal contractor appointed by the Principal Contractor or client.
- **No Total Demolition operatives will engage with licensed ACMs at any stage.**
- The specialist subcontractor will provide their own ASB5 notification, detailed method statements, and air monitoring certificates for sign-off.
- All works will be coordinated to avoid programme clashes, ensure segregation of work areas, and maintain full site safety.

LICENSED REMOVAL WORKS
MATLIA SERVICES
0161 566 7600
Contact – Ross Campbell
07897 689 492
ross@matilaservices.com

General Asbestos Controls

- The asbestos register will be reviewed during daily briefings and available on site at all times.
- Any unidentified or suspected ACMs discovered during works will result in an immediate stop of work in that area. The Site Supervisor will isolate the zone, notify the Principal Contractor, and arrange for testing before works recommence.
- All operatives will receive an asbestos awareness briefing prior to starting work on site.
- Strict exclusion zones will be established during any removal activity, and signage displayed to prevent unauthorised access.

4 METHOD OF WORKS

4.1 Site Establishment & Equipment Delivery

The establishment of the site and the safe delivery of equipment are key elements in ensuring a well-managed and controlled demolition project. All deliveries, off-loading, and plant movements will be planned in advance and coordinated between Total Demolition, the client, and the Principal Contractor (if applicable).

Delivery Planning and Coordination

- All equipment and plant deliveries will be planned and organised in advance with the Total Site Supervisor, ensuring the site is prepared and adequate space and resources are available.
- All delivery times will be scheduled to avoid peak pedestrian and vehicle movement periods in surrounding areas.
- Deliveries will follow the agreed delivery route, ensuring minimal disruption to adjacent businesses, public highways, and sensitive receptors.
- The site traffic management plan will be communicated to all delivery companies prior to attendance.

Driver and Vehicle Requirements

- All delivery drivers must wear full PPE (safety boots, hi-vis vest/jacket, hard hat, gloves, and eye protection) when exiting the vehicle.
- All delivery drivers must abide by the site rules and follow instructions given by site security and Total's Traffic Marshals upon arrival.
- Drivers must comply with all site signage, speed limits, and information set out in the Project Traffic Management Plan.
- No vehicle will be allowed to proceed past the gate unless approved and escorted by a traffic marshal.

Vehicle Movement and Marshalling

- Total's Traffic Marshal will greet all new delivery vehicles at the site entrance and escort or direct them to the designated unloading/loading area within the site boundary.
- All vehicle movements on site will be under the control of a trained traffic marshal at all times.
- Reversing of vehicles or plant will only be permitted when a trained banksman is present and in clear view of the driver.
- Pedestrian and vehicle segregation will be maintained at all times through designated walkways, barriers, and signage.
- Vehicles must switch off engines while waiting to reduce emissions and noise.

Unloading Procedures

- All equipment must remain chained and secured until the vehicle reaches the designated unloading area.
- Once in position, the equipment will be unloaded safely using suitable plant, lifting equipment, or manual handling methods (as per the lift plan or RAMS).
- The unloading area will be clear of unnecessary personnel and hazards, and controlled by the traffic marshal or appointed person.
- All lifting operations must be carried out by trained and competent personnel, using certified and inspected equipment.

Site Establishment Activities

- Establishment of site boundaries using secure fencing, hoarding, or barriers in accordance with the site security plan.
- Installation of site welfare facilities, signage, fire points, spill kits, and emergency equipment.

- Setting up designated storage areas, including plant and equipment laydown zones, fuel storage (bunded), waste segregation areas, and pedestrian routes.
- Traffic routes, unloading zones, and pedestrian walkways will be clearly marked and maintained.
- Emergency exits and access routes for emergency services will remain unobstructed at all times.
- Environmental controls such as dust suppression, silt protection, and noise mitigation measures will be put in place prior to commencement of works.
- Regular site inspections will be carried out to ensure the establishment remains safe and compliant.

4.2 Site Plan



4.3 Demolition sequence

Sequence of works will be as follows.

- Site establishment.
- Internal soft strip.
- Removal of all ACM's.
- Protection measures.
- Demolition of structures.
- Removal of slabs and foundations.
- Crushing of demolition arisings.

4.4 Pre-Start Procedures

Prior to the commencement of any demolition activities, a structured pre-start process will be undertaken to ensure all operatives, subcontractors, and supervisors are fully briefed, competent, and aware of all site-specific hazards, controls, and emergency arrangements. This stage is critical in ensuring that works are carried out safely, efficiently, and in compliance with legislation and RAMS.

Inductions and Briefings

- All new site staff will undergo a full site induction delivered jointly by the Total Site Supervisor prior to entering the work area.
- All operatives will also partake in a method statement and risk assessment briefing specific to their task. This briefing will be delivered by the Total Site Supervisor before work begins.
- All operatives must demonstrate that they have fully understood the content of the RAMS by signing the acknowledgement sheet prior to leaving the briefing.
- If language barriers are identified, suitable interpretation or translated documentation will be provided to ensure full understanding.

Emergency Procedures and Site Familiarisation

- Any changes to muster points, fire alarm systems, emergency call points, or evacuation routes shall be identified and communicated clearly to all operatives during the pre-start briefing.
- The Total Site Supervisor will undertake a site walkaround to familiarise themselves with working areas, access and egress points, emergency exits, welfare facilities, and exclusion zones.
- First aid locations, spill kits, fire points, and assembly points will be highlighted and made clear to all personnel.
- Access routes for emergency services will be checked to ensure they remain unobstructed.

Welfare, Services, and Utilities

- Total will provide all power required for 110v tools and will provide water points for connecting hoses for dust suppression and site cleaning activities.

- Total will ensure all required tools and equipment have been inspected, are in good working order, and are stored safely at the start of the shift.
- Any live services (gas, electric, water, telecoms, etc.) identified in the pre-demolition survey will be clearly marked, and isolation/permit procedures will be confirmed before work begins.
- Waste skips, plant laydown areas, and storage locations will be checked to ensure they are positioned correctly and safely.

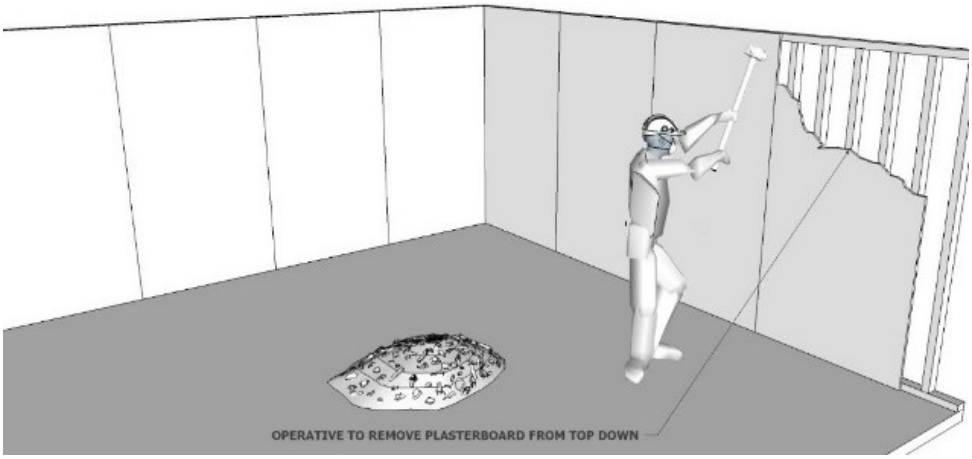
Daily Pre-Start Checks

- All operatives will confirm they are fit for work, wearing the required PPE, and have the correct tools, plant, and equipment for their task.
- Toolbox talks will be delivered where required to address any specific site hazards, such as asbestos, working at height, plant movement, or confined spaces.
- Weather conditions will be reviewed and controls adjusted as necessary (e.g. enhanced dust suppression in hot/dry conditions).
- The site supervisor will sign off the pre-start checklist before authorising the commencement of work.

4.5 General Internal strip out

Removal of non-load bearing partition walls

- Working in the arena in multiple area the operatives will carefully remove all plaster board.
- Operatives will use hand tools to remove the partition wall coverings to expose the internal steel/timber frames.



- Frames will be cut from top down using a recip saw.
- All materials generated will be stockpiled into separate stockpiles to be removed
- Upon removal of all partition walls within the area, operatives will erect the aluminium scaffolding to enable access to the ceilings
- Glass doors will be removed by a procedure known as dotty hammer braking – this is where the glass will be smash in location and then removed via bins etc to the skip the operative will set up a scaffolding next to the door and move it the either side of the door ensuring they are clear then while standing on the platform will hit the glass with a pointed hammer used for braking glass. When they have done one door they will repeat the process for the other door. They will then remove the glass using brushes and

shovels and load away in bins. All eye protection will be used and full ppe. While this task is done. The hording must be covered at the bottom to ensure no spillage of glass goes out. A banksman is to be positioned outside the hording

Removal of Ceiling tiles and associated frames.

- Access will be gained using specified access equipment.
- This may vary dependant on the height requirements.
- Usual access means will be via a mobile scaffold tower which will be erected by a trained and competent person.
- Once access has been gained, operatives will firstly remove all the bulbs (if client hasn't already removed) from the light fittings within the ceiling grid.
- These bulbs will be carefully set aside and safely stored within a specific coffin case.
- Once the bulbs have been safely removed, operatives will work in situ to remove the ceiling grid tiles
- These will be stockpiled within the building ready to be dropped down the chute for disposal.



- Once the tiles have been removed, the grids will be removed using hand tools, this materials will be sent down the drop chute ready for removal.
- The area will be swept clear of any loose debris upon the removal of the ceiling.
- Once all the ceiling has been removed operatives will commence the removal of any M&E services within the ceiling voids.
- This will be carried out using power tools and hand tools.
- Items which can be simply unbolted etc will be carried out using hand tools, other items which are more complexed will be cut using power tools to assist with programme.
- All HAVS to be recorder

General removal of internal fixtures and fittings.

- General fixtures and fittings include the following items.
- Skirtings
- Doors and frames
- Floor coverings

- Loose furnishings
- Decorative rails
- Operatives will use various hand tools to remove all fixtures and fittings.
- Skirtings will be removed by jamming the pry bar down the top of the skirting and prising the skirting free from the wall.



- The skirtings will then be stockpiled nail side down in a neat stockpile waiting for removal from the building.
- Doors and frame will be removed using a pry bar, the bar will be inserted into the door jam and prise the door from its hinges.
- The door will be set aside into a stockpile with other timbers previously removed.



- The frame will be removed using the pry bar, firstly, operatives will remove the architrave and set aside, once the architrave has been removed the door frame can be removed from the void.
- Operatives will use a sledgehammer to breach the frame at the base.

- This will allow the frame to be carefully pulled away from the door void.
- If the frame has become wedged within the void operatives may be required to saw cut the frame in the centre of the uprights which will assist in freeing the frame free.
- All materials will be set aside in a stockpile ready for removal from the building.
- Floor Carpet tiles will be removed by hand, operatives will start in the corner of the room.
- A section of the coverings will be peeled free allowing operatives to pull the section to the centre of the room.



- Each corner will be peeled over in the exact same way folding the floor covering into a neat pile in the centre of the room.
- Operatives will then share the load if required to remove from the room into the stockpile area.
- If the floor coverings are glued to the existing floor, operatives may be required to use a form of floor scrapping tool.

- Floor tiles, carpet, carpet tiles will be removed using a floor tile mutt.



- Operatives will start in the corner of the room working from one side to the other removing the tiles in equal sections.
- The waste will be loaded into barrows/rubble bins or sacks ready for removal from the building via building elevators to the loading area where they will be emptied into the skip from behind the handrail
- Loose furnishing will be removed from the building by hand, loads may require to assistance of another operative to share the load.
- If loads are too large to be removed whole, operatives will use hand tools to dismantle the furnishing into manageable sections and remove from the building.
- Waste materials will be stockpiled in their correct waste streams ready for removal from the building via the agree disposal routes and the goods hoist
- The ceiling and M&E sections will be fully lifted, stacked on pallets, and either loaded onto trolleys or transported to the skip area via the goods lift or directly from the agreed drop zone.
- After the waste has been cleared, from the zones the strip out team will start to stockpile again generating waste for the removal teams to repeat the process.

Window Frame Removal - This is for the ground floor only.
The ground floor windows have asbestos-containing putty; this method is designed to prevent disturbance, dust release, and fibre exposure by sealing everything before any dismantling or removal takes place.

- Clear internal and external work areas completely; restrict access to the ground floor work zone and display warning notices stating asbestos work is in progress.
- Wear mandatory PPE: disposable overalls, FFP3 rated respirator, safety glasses, gloves, and protective footwear. Ensure PPE is correctly fitted and worn at all times.
- Seal Windows and Frames with Polythene.
- Cut 1000 gauge polythene sheeting to size, large enough to cover the entire window area and extend fully onto the surrounding frame on both internal and external sides.
- Fix the polythene firmly and continuously to the whole perimeter of the frame using durable tape, ensuring a complete, airtight seal over glass, putty, and frame.

- This completely encapsulates the asbestos-containing putty so it cannot be disturbed, crumble, or release fibres at any stage.
- Inspect the seal thoroughly to confirm no gaps, tears, or loose edges exist — this is critical because once sealed, the hazardous material is fully contained and safe to handle.
- **Dismantle Window Sections – No Disturbance to Putty**
- Locate only the fixing screws that hold opening window sections in place — do not touch, scrape, or disturb the putty lines at any point.
- Remove all fixing screws carefully using hand tools only (avoid power tools which create dust or vibration that could break the seal or damage putty).
- Lift out the window sections gently; because they are fully sealed in polythene, any putty remains enclosed and undisturbed. Place removed sections onto the protective sheeting.
- Identify and remove all fixings securing the main frame to the building structure — again, keeping work entirely away from the sealed putty areas.
- Ease the entire frame unit away from the opening slowly and evenly; do not lever or force in a way that would stress or crack the frame or sealed putty joints.
- Keep the whole unit upright and supported; the polythene seal remains intact, keeping the asbestos-containing material fully contained within the wrapped assembly.
- Carry each sealed frame and window unit by hand; work in pairs for larger items to prevent dropping, impact, or damage to the polythene seal.
- Follow a clear, direct path to the skip to avoid dragging or catching items, which could tear the wrapping.
- Place units carefully into the designated asbestos waste skip — do not throw or drop. Ensure the skip is covered immediately after placement as required by regulations.
- Any small waste or offcuts generated must also be sealed in polythene and labelled as asbestos waste before disposal.
- Inspect all removed items and the work opening to ensure no damage to polythene seals has occurred and no debris has escaped.
- Remove protective sheeting carefully, folding it inward to contain any dust, and seal it as asbestos waste.
- Remove PPE in the correct order, bagging disposable items as asbestos waste; wash hands and face thoroughly.
- Record the removal and disposal in line with legal requirements for asbestos waste management.

4.6 Demolition of structure

The works comprise the full structural demolition of the existing Centron House building, Link Bridge, Alpha Site Sub-Station and removal of associated debris to ground level.
The scope includes:

- Installation of exclusion zones and road closures.
- Mechanical demolition of Concrete frame structure.
- Segregation and removal of all waste streams.
- Full dust, noise and vibration control measures throughout.
- Protection of adjacent assets — sub-station.

The building will be demolished progressively, ensuring the structure remains stable at all times and that no unsupported elements are left standing.

Key Safety and Environmental Considerations

- Live Sub-station: Fully protected within an exclusion zone. No entry permitted.
- Dust Control: Excavator-mounted suppression, misting cannons, damping down.
- Noise Control: Restricted working hours, low-noise plant, acoustic barriers if required.

- Structural Stability: Sequential demolition from top down.
- Environmental Protection: Waste segregation, dust suppression, silt control, spill procedures.
- Emergency Procedures: Clear lines of communication, trained first aiders, isolation plans.

Pre-Demolition Activities

- Site Establishment
- Install hoarding and security fencing around perimeter.
- Set up welfare cabins, first aid point, fire points, muster point, and site office.
- Clear site of loose debris and non-structural items.
- Confirm and verify written disconnection certificates for all redundant services.
- Mark and protect any buried or retained live services.
- Sub-station Protection
- Erect hoarding, barriers, and warning signage.
- Establish exclusion zone and maintained throughout works.
- Pedestrian walkways segregated.

Scaffolding & Protection Measures

- Install scaffolding crash deck to protect the live sib station adjacent to the structure.
- Scaffold loading calculations verified prior to use.
- Scaffold inspections every 7 days or after adverse weather.

Equipment Mobilization:

- Demolition adapted excavators, equipped with a range of specialized demolition attachments, will be the primary tool.

This will include:

  - Hydraulic Pulverizer: For crushing and breaking concrete elements.
  - Hydraulic Shear: For cutting through reinforced steel and structural members.
  - Grapple: For controlled removal and placement of debris.

- Additional machinery, such as standard excavators for loading and sorting debris, water bowsers for dust suppression will be delivered as required.

Link Bridge Demolition:

This phase will commence only after:

  - The road closure is effectively implemented and clearly signposted.
  - The ‘ekki’ mats are securely laid to protect the road surface.
  - A comprehensive exclusion zone is established beneath the link bridge.

Site establishment:

- Once road closure has been granted, operatives will erect temporary fencing around the structure creating a fully established site boundary.
- Signage will be positioned in various locations around the boundary.
- Once the site has been established, the road protection will be installed.
- This will be carried out by firstly laying terram directly on the road and pavement surface.
- Once this has been laid, 8t excavator equipped with grab attachment will commence installing the ekki mats, laying them directly onto the road surface.

- The excavator will form a full protective pad directly blow and beyond the structure.

Demolition of link bridge:
- The link bridge will be dismantled in a controlled, top-down sequence, working evenly across the span.
- Supporting beams and columns will then be systematically demolished from top down.
- All resulting demolition arisings will be cleared using secondary excavators and stockpiled on the Centron house of the site.
- Once the structure has been safely demolished and slabs and foundations removed, the removal of the established site boundary will be removed in reverse order of erection.

Demolition of the 5-Storey Structure:
- The demolition of the 5-storey structure will then commence from the top and proceed downwards, utilizing the high-reach excavator.

Roof Structure:
- The demolition will commence with the removal of the roof structure.
- This may involve breaking up roof slabs, removing parapets, and dismantling any rooftop equipment.

Floor-by-Floor Dismantling:
- The process will then move systematically downwards:

Exterior Elements First:
- Prioritize the removal of exterior elements such as façade panels, balconies, and any protruding structural components.
- This reduces the overall load and creates a safer working platform.

Slab Reduction:
- Using the hydraulic pulverizer, the floor slabs will be broken into manageable pieces.
- The operator will carefully control the direction and impact of the falling debris, aiming to keep it within the building's footprint.
- Techniques will involve "pulling down" sections of the slab rather than simply pushing them off.

Beam and Column Reduction:
- Once a floor slab is significantly reduced or removed, the focus shifts to the primary structural frame.

Beams:
- Beams will be broken using the pulverizer.
- The hydraulic shear will be employed to cut through any exposed rebar or connecting steelwork.

Columns:
- Columns will be systematically "nibbled" or broken down from the top.
- The pulverizer will break off large sections of concrete, while the shear will cut through the reinforcing steel.
- The operator must ensure the column remains stable during this process and does not experience uncontrolled collapse.

Controlled Fall Strategy:
- The entire demolition will be managed to ensure that debris falls in a controlled manner, primarily within the building's original footprint.

- This minimizes the risk of damage to surrounding protected areas (like the substation) and simplifies debris management.
- A demolition curtain will be used to direct falling debris directly to the ground.



*Indicative image of works**

4.7 Removal of Slabs, foundations, hardstanding.

The works involve the demolition and removal of the ground floor reinforced concrete slab and associated foundations to a maximum depth of 1.5 m below ground level across the footprint of the structure.

Description of Structure

- Ground floor consists of reinforced concrete slab approximately 150–300 mm thick.
- Perimeter strip footings and isolated pad foundations, depth varying up to 1.5 m below ground level.
- Local service ducts and redundant drainage to be identified prior to breaking out.
- Slab is reinforced with light mesh, with occasional dowels into column bases.

Plant and Equipment

- Demolition 360° tracked excavators (14–50 t range)
- Hydraulic breakers attachments
- Concrete pulveriser / shear attachments
- Selector grabs
- Dumpers or loading shovels for material movement
- Mobile jaw crusher (approved and permitted for on-site crushing)
- Dust suppression units (static and mobile)
- Water bowser, fire engine and hose reels
- Stockpile management barriers and bunding
- Survey equipment

Site Surveys & Service Checks

- Review as-built service drawings if provided and conduct CAT & Genny scan and trial holes to confirm the absence of live services.
- Identify and isolate or protect any remaining live services prior to breaking out.
- Mark out slab and foundation removal areas and stockpile zones on site.

Exclusion Zones and Traffic Management

- Establish exclusion zones around breaking and crushing areas.
- Install barriers, fencing and signage to restrict access to authorised personnel only.
- Implement a traffic management plan with one-way routes and dedicated plant crossings.
- Crushing area to be bunded and level to contain debris and control runoff.

Environmental Controls

- Dust suppression in place via misting units and water spray bars.
- Run-off water to be managed throughout the duration of the works.
- Noise monitored in line with project environmental plan.
- Works sequenced to minimise ground disturbance.

Slab Breaking

- 360° excavators fitted with hydraulic peckers will systematically break out the concrete slab in manageable sections (e.g., 5 m × 5 m).
- Breaking will commence from one end of the structure (e.g., east elevation) progressing in a controlled sequence westward.
- Reinforcement mesh will be exposed and separated mechanically during the breaking operation.
- Dust suppression via spray bars will operate continuously to minimise airborne dust.
- Broken material will be lifted and stockpiled using excavators with grab or bucket attachments.

Foundation Removal

- Following slab removal, excavators will excavate perimeter and internal foundations to a depth of 1.5 m below existing ground level.
- Hydraulic breakers or pulveriser attachments will be used to break down reinforced footings and pads.
- Reinforcing bars will be extracted and segregated during the breaking process.

- All foundation arisings will be loaded into dumpers or moved directly to stockpile zones.

Sorting and Stockpiling

- A dedicated stockpile area will be set up on a hardstanding or prepared sub-base.
- Arisings will be sorted mechanically using selector grabs to separate:
  - Clean concrete/Mixed rubble
  - Reinforcing steel
  - Contaminants (e.g., wood, insulation, soils)
- Reinforcing steel will be cut to size and stored separately for removal to an approved metal recycling facility.
- Concrete stockpiles will be built in stable layers and kept damp to minimise dust.

Crushing Operations

- Once sufficient stockpiled material is accumulated, a mobile jaw crusher will be delivered and set up in the designated crushing zone.
- The crusher will be operated by trained and authorised personnel only, in compliance with PUWER and the site crushing permit.
- A 360° excavator will load concrete/brick materials into the crusher's hopper.
- Crushed material will be discharged into graded stockpiles.
- Crusher output will be monitored to produce consistent 6F2/6F5 specification aggregate or as required.
- Continuous water suppression will be used at the feed hopper and discharge points to control dust.

Final Trimming and Removal

- After slab and foundation removal, the formation will be:
- Trimmed and levelled using the excavator.
- Inspected to confirm all structural elements have been removed.
- Checked for any remaining services or obstructions.
- Clean crushed material may be reused on site as fill (if approved) or stockpiled for removal off site.

Environmental and Safety Controls

Risk / Issue	Control Measures
Dust generation	Continuous misting, water spray bars on plant and crusher
Noise	Use of modern plant, restricted working hours, monitoring
Vibration	Low-impact breaking methods, monitoring, exclusion zones
Flying debris	Use of machine shields, segregation barriers, safe zones
Ground contamination	Clean hardstanding stockpile area, bunding, monitoring
Unstable stockpiles	Height restrictions, stable base, angle of repose, operator briefings
Plant movement / collision	Traffic management plan, banksmen, clear segregation
Rebar and sharp edges	Mechanical handling, PPE (gloves, boots, eye protection)

Waste Management

- All concrete arisings will be crushed on site and reused or exported in accordance with the Site Waste Management Plan (SWMP).
- Reinforcing steel will be segregated and recycled off site.
- Contaminated material or unsuitable waste will be placed in designated skips and disposed of at a licensed facility.
- Crushing activity will comply with the Environmental Permitting (England and Wales) Regulations 2016 and a valid T7 exemption or permit will be in place.

Emergency Procedures

- In case of service strike: stop work immediately, isolate area, notify site manager.
- Dust suppression failure: stop crushing or breaking until suppression reinstated.
- Ground collapse: evacuate zone, reassess excavation stability.
- First aiders and spill kits to be available at all times.

List of Standards

Legislation & Regulations
The Health and Safety at Work Act 1974.
The Management of Health and Safety at Work Regulations 1999.
The Construction (Design and Management) Regulations 2015.
The Control of Substances Hazardous to Health Regulations 2002.
The Electricity at Work Regulations 1989.
The Regulatory Reform (Fire Safety) Order 2005.
The Health and Safety (Consultation with Employees) Regulations 1996.
The Health and Safety (First Aid) Regulations 1981.
The Lifting Operations and Lifting Equipment Regulations 1998.
The Manual Handling Operations Regulations 1992.
The Noise at Work Regulations 2005.
The Personal Protective Equipment at Work Regulations 2002.
The Provision and Use of Work Equipment Regulations 1998.
The Confined Spaces Regulations 1997.
The Work at Height Regulations 2005.
The Working Time Regulations 1998.
The Workplace (Health, Safety and Welfare Regulations) Regulations 1992.
Reporting of Injuries Diseases and Dangerous Occurrence Regulations 2013.

4.8 Amendments

RISK ASSESSMENT

Assessor:	L Brash	**Issue:**	0
Site:	Centron House		
Activity:	Demolition of structures		
Job No.	2024	**Date**	25.03.2026

SPECIFIC RISK ASSESSMENT				**General**				
Task	Hazard	Potential Risks	Severity Rating	Likelihood of Occurrence	Rating before controls	People Affected	Control Measures	Residual Risk
Housekeeping	Tripping over loose objects on floors, stairs, and platforms being hit by falling objects slipping on greasy, wet, or dirty surfaces poorly stacked items or misplaced material cutting, puncturing, or tearing the skin of hands or other parts of the body on projecting nails, wire, or steel strapping	Environmental pollution, Risks of slips trips and falls, risk of injury, cuts, and abrasions	2	2	4 med	D,C,O	Ensure site including all walkways are kept clean, tidy, and clear of debris and materials at all times. Clean up any spills immediately and report to site supervisor. Make sure all hoses and cables are wrapped and stored in a safe location. Do not let litter and waste build up, dispose of all bags/rubbish into skips.	2 Low
Noisy Works	Machinery / equipment / operations creating excessive noise levels	Possible damage of hearing due to excessive noise exposure.	3	2	6 High	D,C,O	Wear suitable ear defenders / plugs if the works exceeds 85db. Use tools with lower noise levels where possible. Install noise exclusion zones if possible. Observe any Safety warning signs. Any activities which are deemed noisy to any be carried out during the hours of 9am – 5pm.	2 Low

Working around other contractors / public	Lack of communication. Sharing areas of work with other operations that may affect one another. No segregation between demolition work and others likely to be affected.	Injury to unauthorised people entering demolition & asbestos areas	2	2	4 med	E	Site security All operatives to sign in and off site. Adequate barriers and signage in place at all times to identify and segregate working areas. If there is a gate for entering and exiting vehicles to site a gate man deployed to police, the gate. Make everyone on site aware of no entry areas before work commences	2 Low
Collection of waste and scrap skips	Lack of supervision or communication during collection of skips. Exclusion zone mot set around the operation to eliminate the presence of unauthorised personnel / public.	Crush injury, head and upper body injury. Collision with structures on the site, pedestrians or other site vehicles. Objects falling from vehicle.	2	2	4 med	D	Supervision of vehicle manoeuvres. Reversing alarms, high visibility clothing worn by those in the work area, trained and competent drivers, visible banksman, mirrors to be kept clean, driver to move from cab before vehicle is being loaded. Park on good even ground. Site traffic management, (separation of pedestrians and vehicles one-way system, speed limit on site) to be implemented. Skips not to be overloaded. PPE to be worn	1 Low
Delivery/Demobilisation of Plant and Equipment	Vehicle, Plant, Equipment overturning, Environmental Spillage, Damage to Underground Services. Crushing of Structures/Equipment/ Personnel/Vehicle, Damage to infrastructure	Damage to Vehicle/Plant/Equipment. Serious bodily injury, crushing injury, damage to environment, damage to site/surroundings, death.	1	1	2 low	E	All plant/equipment to be delivered/demobilised on suitable transport. Loading/Unloading to be done by CPCS plant trained and experienced operatives. Trained and competent Banksmen to be present at all times during unloading/loading. Loading/Unloading to be undertaken as per manufacturers guidelines. Ground conditions and Weather conditions to be assessed prior to any operation. Suitable maintained plant and machinery. Well maintained transport. All unloading/loading to be carried out away from overhead/underground hazards such as overhead power lines/manholes.	1 Low

Dust management during demolition	Inhalation of airborne dust (including silica)	Respiratory problems, long-term health issues (e.g. silicosis), eye and skin irritation	3	1	3 low	D	- Use of water-based dust suppression (atomised mist cannons) continuously during demolition, Dust suppression units to be placed in various locations, direct water at source where possible,	2 Low
Use of fall arrest system	Inadequate anchor / equipment failure	Anchor pull-out, harness failure, fall not arrested	3	2	6 Med	D	Anchor certified & tested (12kN min.); equipment pre-use checks; only trained operatives; defective kit quarantined, rescue plan in place, use of scaffolding towers to prevent falls, ensure anchor point is in a position not to allow operatives to over reach, maintain good house keeping	2 Low
Mechanical demolition	Flying debris, collapse of structure, failure of attachments and hoses, dust, noise, contact with personnel, Electrical Equipment and contractors	Death serious injury, electrician, damage to infrastructure, damage to plant equipment and property	1	3	3 low	D,C	Demolition to follow a methodical sequence as stated within the method statement document. No pulling or pushing on the building supports during demolition. Demolition to follow code of practice BSI 6187. Plant and equipment to be inspected prior to use. Dust suppression to be used at all times during demolition works. Regular supervision of the works to be carried out. Information, instruction, training & supervision. Competent & trained workforce.	1 Low

Demolition	Premature collapse of structure being demolished	Serious injury, explosion, fire, crushing & possible death.	2	3	6 Med	D	Pre-demolition survey to be undertaken by the site supervisor, detailed risk assessment. Information, instruction, training & supervision. Competent & trained workforce. Demolition to follow a methodical sequence as per method statement. Adequate plant and equipment to undertake the task.	2 Low
Demolition of structures adjacent to Sub-station	Collapse of structure or falling debris	Explosion, electrocution, damage to infrastructure	3	2	6 Med	D, P	Install heavy-duty scaffold fan/crash deck, Debris netting and barriers in place. Sequential demolition away from sub-station, demolition curtain to be used throughout Safe stand-off distance maintained. Appoint banksman to monitor. Emergency response plan in place.	3 Low
Entering a crusher jaw to remove a blockage	Unexpected start-up of crusher	Crushing, fatal injury	3	3	9 High	D	Full isolation of crusher, lockout/tagout procedure, keys held by crusher operator, test dead before entry, access the crusher via the designated access points,	1 Low
Manual handling	Wrong technique for lifting. Load too heavy to be l lifted by manual means.	Muscular and skeletal injury to back, arm and body.	2	2	4 med	D	Wherever possible use mechanical aids, if not possible seek assistance or work in teams making sure everyone involved understands the task. Always use the correct lifting technique Before the task is started make sure that the pathway and landing zone is clear and clutter free	2 Low

Access & Egress	Unplanned access and egress during site set up. Build-up of waste / materials in areas of access / egress. Inadequate information or communication.	Obstructions of pedestrian routes/assigned emergency routes. Presence of demolition arising. Plant movement. Presence of excavations, pits, voids. Access by third parties. Inadequate lighting. Hazardous substances. Trailing cables.	1	2	2 Low	E	Authorised visitors to be site inducted & complete visitors register and be escorted by site management. Exclusion zone around the project to be secure with safety signs placed in prominent positions. Good housekeeping to be maintained with trailing cables protected. Provision should be made for temporary lighting. Pedestrian route to be clearly segregated from vehicle/plant routes. Excavations to be fenced. Good storage of materials, waste, flammable substances & hazardous substances. Vehicle warning systems e.g. amber beacon, horn along with a banksman in attendance. Fire points to be placed at prominent positions. Site maps showing emergency information to be displayed in various accessible locations around the site	1 Low
Working on uneven floors or poor ground conditions	Unidentified areas of uneven or poor ground conditions.	Slips, trips, and falls on the same level. Collapse of underground voids or excavations. Access & Egress & poor lighting.	2	2	4 Med	E	Good housekeeping to be maintained with pedestrian routes kept clear at all times. Installation and maintenance of good lighting if works are carried out during nights. Provision and use of PPE. Any major changes in level to be identified and clearly marked, if not possible to do fencing shall be put up to make area safe	2 Low
Line of Fire	Fingers trapped without suitable gloves or PPE.	Trapping of various body parts (Mainly hands/fingers) or clothing between materials either moving or fixed, causing possible Brakes, cuts, fractures, grazes.	1	2	2 low	D	Identify pinch-point risks and the correct controls for these before the start of undertaking the task. Use handles when opening doors. Keep hands/fingers out of "line of fire". Verify that guards are in place and used on equipment that requires guarding. Apply lock-out, tag-out procedure for energy isolation before working on the internals of any machine. Never remove equipment safety devices. Ensure that the correct gloves are worn where there is a risk of trapping hand/fingers. Never place yourself or any part of your body in a potential pinch point area unless protective measures are in place for such an activity. When reaching in to operate a control or reaching for an object, consider where your body parts are located. If it	1 Low

							is within a pinch point, identify an alternative position or make sure all movable parts are fixed in place. Refrain from wearing loose fitting clothing while undertaking tasks where the risk of trapping is present. Choose correct tools for the tasks and review any operator manuals, pinch point hazards may also be identified in these documents.	
Handling of Man/Machine Made Mineral Fibres (MMMF) e.g. glass wool, rock wool.	Handling of Man/Machine Made Mineral Fibres (MMMF) without the use of adequate PPE / RPE. Disturbance of MMMF's exposing workers or public to airborne fibres.	Irritation to skin or respiratory dangers	2	2	4 med	D	Adequate RPE (P3 respirators) Adequate coveralls to be worn Loose minerals to be bagged Use of barrier cream Signage Adequate exclusion zone to isolate the working area	1 Low
Removal of Asbestos Containing Materials (ACM' s)	Removal of Asbestos Containing Materials with adequate controls in place. Suitable and checked RPE used during removals of ACMs.	Causing illness to operatives and potential death	2	2	4 med	D,C,O	Before work commences ensure that an adequate asbestos survey has been undertaken and proof is provided. Areas containing ACMS to be identified and removed prior or during soft strip. All operatives involved in the task will have asbestos awareness training and CAT B. All operatives involved in the task must wear the correct RPE/PPE when undertaking activities inside the building. Work should be planned and communicated to ensure areas containing asbestos are identified and protected or removed prior to soft strip or demolition. All ACMs to be double bagged and sealed.	2 Low
Working at height	Falls from scaffolding, MEWPs or fragile surfaces	Serious injury or fatality	3	2	6 Med		Full working at height risk assessment completed. Work carried out from fully boarded, edge-protected scaffold or MEWP. Harness and lanyard used where appropriate. All operatives trained in working at height. Rescue plan in place. Regular equipment inspections.	2 Low
First Aid Provision	Incorrect provisions within first-aid supply's	Sprains, strains, lacerations. Burns. Serious bodily harm.	1	2	2 Low	E	All projects must have in place emergency procedures with the names of the first aiders posted on site notice boards along with details of the nearest A&E. The first aid box must be kept well stocked and inspected weekly with the first aid checklist completed to ensure supplies remain adequate.	1 Low

							First aiders must not give medicine to anyone. It should be noted that completion of the accident book does not meet the company's obligation to report specific accidents and dangerous occurrences to the HSE, and report to Health and Safety Consultant	
Protruding objects	Unidentified objects producing dangerously in and about the workplace.	Injury to head and body	2	2	4 med	D	Be alert. Observe signs. Wear hardhat and safety glasses Take care undergoing any tasks where there is a risk of unidentified protruding objects	2 Low
Use of Hand - held Power Tools	Wrong choice of tools used for the task. Tools not maintained. Lack of knowledge of the tools being used.	Entanglement, hand –arm vibration, eye hazard form flying particles, noise, dust. Explosion when used near flammable liquids or gases, electrocution.	2	2	4 med	D	Whip leads to be used on pneumatic hoses, rotation of task (to minimise exposure to vibrating tools). Provision and use of PPE & RPE. Protect trailing cables. 110-volt tools to be used and must have been tested for electrical safety (PAT). Good housekeeping to be adopted along with good lighting. HAVs to be recorded in line with the manufacture's guidelines. Fire extinguisher to be at hand. Tools to be checked and recorded prior to use. Only use the correct hand tool to carry out the works in a safe manor.	2 Low

Residual Risk Rating = Likelihood of Occurrence x Severity of Hazard **High = 7-9** **Medium = 4-6** **Low =0-3**

Likelihood of Occurrence **Low (1) May occur in time. However, hazard exists infrequently, or hazardous event occurs very infrequently. Low expectation of occurrence.** **Medium (2) Likely to occur in time. Hazard exists intermittently, or hazardous event occurs occasionally. It may be useful to define by exclusion, {i.e. clearly not' High' or 'Low' may be the most practical approach}.** **High (3) Likely to occur imminently or in the very short term. Hazard exists permanently, or hazardous event occurs frequently, or much evidence of previous harm.**	Severity of Hazard Low (1) Hazard resulting in minor injury requiring first aid treatment only. Minor consequential loss potential to both individual and organisation. Medium (2) Hazard capable of resulting in personal injury/illness requiring brief absence from work. Medical attention required. But ... Again, defining by exclusion, i.e. it simply isn't obviously 'High' or 'Low'. High (3) Hazard capable of resulting in death, severe injury, or illness. Major consequential loss potential to the individual and organisation.
People Affected Key: D- Demolition Operatives. C – Client O – Other workers P- The Public E - Everyone	HAZARDS ARE NUMEROUS, AND CAN BE EVERYWHERE THE KEY IS TO REMEMBER YOUR TRAINING. TAKE NOTE DURING SITE INDUCTIONS BE EVER VIGILANT AND WATCHFUL, DON'T TAKE CHANCES, IF YOU ARE NOT SURE ASK. REPORT ALL NEAR MISSES NEXT TIME IT COULD BE AN ACCIDENT.

ACKNOWLEDGEMENT

This is to certify that I have read the Demolition / Construction Phase Plan detailed above and fully understand its contents and have had the opportunity to input my ideas and information towards the plan.
I also understand that changes to the work programme must be preceded by a revised Method Statement before work commences.

Project Title: **CENTRON HOUSE, WYTHENSHAWE, M22 5QZ**
Project No: **2024**
Revision: 01

Name	Signature	Date