

Project: 8 The Broadway – Crouch End

Activity: Strip Out

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Revision summary: Removal of non-licensed textured coating asbestos

Scope of Work

The works comprise of the strip out of a Grade II Listed commercial building in London Borough of Haringey.

The strip out will include but not be limited to:

- The removal of ceiling
- The removal of partitions
- The removal of floor finishes
- The removal of M&E
- Strip out WCs
- The removal of mezzanine floor
- Removal of safes (Separate RAMS to be developed)
- The removal of asbestos (Separate RAMS to be developed)
- Protection of heritage elements including curved glazing on ground floor, entrance door and surrounds, first floor timber panelling, main staircase structure, hollow pot floors and encased steel, historic piers and linings
- Historic floor finishes in the eastern rooms and concrete floor beneath the mezzanine

The decommissioning and surveys necessary to achieve the strip out will involve mechanical and electrical isolations, refrigeration purging, hazardous material survey.

General Approach

All works will be carried out in a controlled, phased manner to ensure completion without disruption to building occupants, compromise to safety, or impact on ongoing operations. Prior to commencement, all operatives will attend a site induction. Relevant toolbox talks and permits to work will be implemented to ensure personnel are fully aware of site constraints, live environmental risks, and emergency procedures. Particular care will be taken in the vicinity of heritage elements

High level sequencing

FDS will commence with the mobilisation of operatives, tools, and equipment. All operatives will undergo a site induction conducted by the Site Manager prior to starting work.

Works will begin with site establishment, a condition survey, and a hazardous materials survey, including the cordoning off basement asbestos debris until its removal.

Site establishment will include but not limited to:

- Creation of a safe access route from the site entrance to the work areas
- Installation of welfare and site office facilities
- Installation of protection measures for heritage fabric

As this is happening, mechanical and electrical validations and isolations will also be carried out.

Site condition Report: A Detailed condition survey will be carried out, documented and sent to Quantem representatives.

Once the condition survey has been completed, site establishment will commence. This will include the setup of the site office, canteen, drying room, notice boards, first aid stations, and the installation of all necessary protective measures.

A designated laydown area and material routes will be established to facilitate safe and efficient operations. Protective measures will remain in place until all areas are fully secured and formally signed off.

At this point selected strip-out activities may begin. These will be limited to elements that have no interface with live services, and which will assist with the identification, tracing, and isolations of existing services. These activities will include the removal of floor finishes, ceiling tiles, glazing, doors, together with clearance of any loose materials and debris within or around the work areas.

Once works on site are complete the H&S file will be submitted to Quantem Consulting and Stace representatives. This will include material removal statistics and documentation, H&S information including residual risks and isolations certificates.

Access, Egress, and Waste Movements

Main personnel access and egress to site will be via the entrance door located at the front of the building on The Broadway. Waste generated from the works will be removed via the rear door located on Hatherly Gardens. Waste vehicles will be parked in the road in the loading area. A combination of waste vehicles will be utilised for this project. All the waste vehicles will be wait and load with no static skips.

Detailed methodology

Now that the high-level organisation of the works has been set out, this method statement will now detail the execution of individual tasks.

Ceilings

Working from a mobile tower, plasterboard ceilings will be removed by operatives first making a hole using a crowbar or mattock. Care will be taken that no other operative is within 1m of the location while this happens. Then, once a visual can be had above the ceiling to identify potential hazards, cuts will be made into the ceiling using a reciprocating saw fitted with a demolition reciprocating saw blade. Once three sides of a square of circa 750mm have been cut out, operatives will pry the board down using a mattock. By this stage, operatives should have a good view of the ceiling support structure. Cuts will then be made sequentially in bays so that the support structure is exposed progressively with the removal of the finished level. Depending on how these are fixed, they will be removed by either cordless drill or reciprocating saws fixed with short metal blades. As the ceiling is progressively removed, pieces of ceiling will be stacked neatly into a bin for transportation or stacked in a laydown area. For tiled ceilings, the tiles will be lifted out manually first. Once the tiles are removed the secondary grid member will be removed followed by cutting the hangers for the primary using a reciprocating saw and lowering to floor level.

Partitions

Similarly, plasterboard partitions are to be removed. This will be done using a reciprocating saw to cut through the boarding and remove in sections to expose the stud work. Vertical

studwork will also be cut by reciprocating saw and pried off any remaining board. Floor and head track will be removed and unfixed using a crowbar. As with the ceiling, plasterboard arising will be neatly stacked. Any insulation will be bagged or placed directly into a wheelie bin to limit contact with skin and avoid irritation. Metal studs will be placed in wheelie bins in such a way as to ensure no sharp edges are sticking out. Dust filtration and dampening down will always be used during these activities.

Glazed partitions or panels within partitions will be removed by carefully knocking out the fixing. Once this is removed operatives will carefully lay the glazing on the floor and cover with a thin plastic membrane within an exclusion zone. As the glazing is safety glass, no operative will tap the glazing just hard enough to cause the panel to break into small pieces. The pieces will be shovelled into plastic rubble sacks and into a skip. Broken glazing will be cleared as a priority to minimise the hazard of loose broken glass on site. For smaller pieces of glass, they will be removed whole for removal from site. In either case, the glass will be placed in wheelie bins for transportation.

Flooring

Carpet tiles will be lifted using a manual scraper. They will come loose quite easily and will be picked up progressively and deposited into bins to maintain tidiness. In the event of a particularly sticky area, dampening down overnight will be used to try to loosen the adhesive.

Vinyl floorings will be removed by prying up with a crowbar. If possible, the vinyl will be peeled up by hand, if not a crowbar will be used throughout. Any backing will be taken up by prying away from the raised floor.

Removal of Mezzanine Floor with Dwarf Brick Support

Prior to demolition, the area will be fully isolated with barriers and signage installed to establish a safe working area. All mechanical and electrical services to the mezzanine will be confirmed as disconnected and an isolation certificate produced. Care to be taken to avoid damage to the heritage concrete slab below using plywood during the demolition. The demolition will commence with preparatory works, including the removal of non-structural finishes, fixtures, and attachments from the dwarf wall and the edges of the timber mezzanine. The timber mezzanine will then be dismantled progressively from the mezzanine entrance towards the exterior walls, starting from the free edges, with all components carefully removed via the staircase to ground level. The dwarf wall will be removed systematically from top to slab level using hand tools or suitable small, powered tools (Hilti TE700 breakers). Debris will be collected and disposed of progressively to maintain a safe working environment and prevent trip hazards. All timber and brick waste will be segregated and disposed of in accordance with site waste management procedures. Dampening down will be emphasized during the breaking works. Arisings will be stored in buckets or rubble bags for removal from site. Following demolition the area will be cleaned.

Removal of textured coating asbestos to plaster secondary ceiling

The asbestos removal works will involve the controlled removal of asbestos-containing textured coating from the plaster secondary ceiling in accordance with the Control of Asbestos Regulations 2012 and current guidance issued by the HSE. Prior to commencing work, the

asbestos survey and laboratory analysis results will be reviewed to confirm the presence, extent, and condition of the asbestos-containing material and to determine whether the work is classified as Non-Licensed Work or Notifiable Non-Licensed Work. Where required, notification will be submitted to the HSE before work starts. All operatives engaged in the work will hold current asbestos training, face-fit certificates for respiratory protective equipment, and medical surveillance where applicable.

The work area beneath the ceiling will be cleared of furniture, fixtures, and unnecessary materials. Electrical services, lighting, and any ventilation systems serving the area will be isolated or made safe. Floors, walls, and fixed items that cannot be removed will be protected with 1000-gauge polythene sheeting. Warning notices and barrier tape will be erected to establish a controlled work area, and access will be restricted to authorised personnel only. A dedicated decontamination area will be set up adjacent to the work zone, with facilities for cleaning equipment and safely removing contaminated personal protective equipment. All operatives will wear suitable personal protective equipment consisting of disposable Type 5/6 coveralls with fitted hood, gloves, and non-laced footwear or disposable overshoes. Respiratory protective equipment with P3 filters will be worn at all times during disturbance of the asbestos-containing material. Before removal begins, the textured coating will be thoroughly wetted using an approved fibre-suppressing solution or amended water applied by low-pressure sprayer to minimise fibre release. Adequate time will be allowed for the solution to penetrate the coating and soften the material.

The textured coating will then be carefully scraped from the plaster secondary ceiling using hand tools only. Removal will be undertaken using gentle techniques to avoid damaging the plaster substrate and to minimise dust generation. Dry scraping and the use of abrasive or power tools will not be permitted unless specifically assessed and controlled. Waste debris will be collected continuously during removal and placed directly into UN-approved red asbestos waste bags. Once sealed, these bags will be placed inside clear outer bags bearing the prescribed asbestos warning labels.

Throughout the works, all visible debris and dust will be removed using a Class H vacuum cleaner and damp wiping methods. Surfaces will be inspected regularly to ensure that contamination is effectively controlled. Upon completion of the removal, the entire work area, including access routes and protective sheeting, will be thoroughly cleaned. All disposable sheeting, coveralls, wipes, and other contaminated materials will be treated as asbestos waste and double-bagged for disposal.

Personnel leaving the work area will follow the decontamination procedure by vacuuming their protective clothing, removing disposable items in the correct sequence, and cleaning reusable respiratory equipment. All asbestos waste will be transferred to a secure, locked waste storage area and removed from site by a registered hazardous waste carrier for disposal at a licensed hazardous waste facility. Hazardous waste consignment notes will be retained as part of the project records.

Following completion of cleaning, the supervisor will carry out a detailed visual inspection to confirm that all asbestos-containing material has been removed and that the area is free from debris and dust. Where specified by the client or risk assessment, reassurance air monitoring will be undertaken by an independent analyst before the area is returned to normal use. The work will be considered complete only when the area has passed inspection, all waste has been removed from site, and the relevant documentation has been completed and signed off.

Services

Mechanical units will be removed after the units have been isolated and relevant isolations have been produced. This will be done by unbolting from the fixings and lowering to floor

level. If units are unwieldy a genie lift will be employed to lower the unit to a level where it can be manually handled. Once at floor level, units can be disassembled using a reciprocating saw or drill into manageable pieces for removal from site. Fixings to the slab will be either unscrewed or removed with a hammer and bolster.

High level electrical track will be cut from cut ends and then into 1m sections so that they can be placed in bins. Any fixings to the slab will be either unscrewed or removed with a hammer and bolster.

Low level services will be cut from cut ends and any fixing to the slab removed using a crowbar. These will be done in large areas at a time and any area unfinished at the end of a shift will be cordoned off as an exclusion zone due to the risk of slips trips and falls.

Joinery/WCs

Skirting boards and dado rails will be removed using a crowbar. It is anticipated that these will naturally come off in pre-manufactured sections/sizes. When they are removed that will be checked for nails and if there are any these will be made safe. If necessary, the pieces will be broken into manageable sizes for transportation.

Doors and frames will be removed by unscrewing the hinges and easing the frames out using crowbars and mattocks. All protruding nails will be made safe. Due to their size, both operatives will lower the doors gradually and place them on their side. Further, they will be cut to size horizontally using a reciprocating saw with a serrated blade.

WC installations will be unscrewed or removed manually and placed straight into bins. Anything emitting a foul smell will be bagged up and any remaining waste pipes also covered.

It is notes there are Grade II listed elements including but not limited to ground the level 1 staircase, level 1 door threshold joinery and the rear door to Hatherley Gardens. All of the above are to be protected before works commence in these areas.

Material clearance and disposal

Waste will be separated at source into the following streams:

-   Mixed ferrous metals
-   Plasterboard
-   Timber
-   General construction rubbish
-   Plasterboard
-   Glass
-   Non-ferrous metals

All material generated will be cleared via Hatherley Gardens. The bins will then be taken back to the site demised to be loaded for the next day.

Under no circumstance will materials be stored outside overnight or unsupervised.

During all loading activities, dust will be controlled with dampening techniques, banksmen in position and proper manual handling techniques used.

Protection

Prior to the commencement of works, appropriate protection will be installed to all heritage fabric listed above. This will be achieved using a combination of correx, hardboard, carpet protection film, foam wrap and bubble wrap, as required. correx sheets will be carefully laid and securely jointed to provide continuous coverage and prevent movement, ensuring all protected surfaces remain fully safeguarded throughout the duration of the works.

All elements will be part of the pre condition survey. If an element is uncovered during the works, this will be added to the survey before being protected and works in the area continuing.

The joinery will be protected using new hardboard topped with correx. This is to protect from passing materials. Any damage to the protection is to be noted with the joinery inspected under before the protection is replaced.

Historic slabs will be protected by using plywood to move along with the above strip out works. This will protect the concrete from any falling debris. Dampening down will be kept to a minimum to prevent excess water ingress into the slab. Once the works in the area are complete the protections will be removed.

The staircase will be protected by leaving finishes in situ as well as hardboard protection until the works at level 1 are completed. The handrail will be protected with correx to prevent accidental scuffs. As above if the protections are damaged the fabric itself is to be inspected for damage before the protection is reinstated.

Any historic floor finishes uncovered will be inspected for the condition, then a layer of hardboard and correx placed on top. If heavy works such as WAH or masonry wall demolition is to take place in the vicinity of these finishes a layer of ply (min 12mm) will be placed on top of the protection to bolster for these works. It is anticipated that the historic floor finish will be significantly damaged by works carried out over the previous decades. There is evidence of floor boxes which assume these have been chased in through historic floor finishes.

Linings and piers will be protected up to a reasonable height depending on the surrounding works required. This will be a minimum of 1.2m and higher if there is WAH required in the immediate area. The protection will be correx as minimum and potentially heavier similar to the above if heavy works are scoped in the area.

The curved windows will be protected with correx and materials will not be stored within 1m of these. When WAH operation is ongoing in the vicinity a freestanding ply screen will be erected to prevent debris from contacting the glass. This will be held in place using the stability of the mobile tower. A spotter will be stationed at slab level to monitor the areas below the tower and make adjustments and clear the area progressively.

Heritage entry doors will be protected using plywood and correx using non residue tape. As above any damage to the protections will prompt an inspection of the heritage door before reinstating fresh protections.

Historic slabs and structure including clay pot floors and encased steel beams can be protected using a floor covering consisting of correx and 9mm plywood. This is in the even any loading or impact is expected. Before protection is laid a survey will be taken for any previous damage. The protection will be laid with board abutting each other and cut in around the edges. This will be laid progressively as the floor finish of modern mezzanine is removed. The soffits will be protected by unthreading any rods inserted into them. Fixings which cannot be unthread will be left in situ and discussed further with the heritage consultant before a method is finalised. This is not anticipated.

1) **Hot works procedure**

Hot works is not anticipated to be required on this site. If required, the following will be the process:

FDS' Hot Works Procedures are to be followed and a Permit to be issued Daily when hot works are taking place.

Operatives are to be suitably equipped with the appropriate PPE for Hot works – Goggles, gloves, face masks – competent burner with an assistant will be employed for these works. FDS will provide fire extinguishing equipment appropriate to the works, this will be positioned adjacent to the works whilst cutting operations are being carried out.

All areas will be checked and cleared of any combustible materials before works commence and adequate ventilation is to be present. Once the hot works are complete, all areas are to be checked for possible fire risks (Works are to cease allowing 1 hour for fire checking) and the Hot works permit will be signed off by the FDS site manager.

All cut sections are to be left for sufficient time to cool from the cutting process prior to removing.

2) **Scope of work**

The works comprise of;

As above

3) **Identified Risks**

Vibration	Manual handling
Dust	Noise
Bodily injuries	Trip hazards
First aid	Unauthorised entry
Housekeeping	Work at height

Live services
Asbestos

4) **Method of Work**

In accordance with CT 6187:2011

5) **Labour Force**

Site Manager x 1
Labour only operatives x 10 (as required)

6) **Training**

All operatives working on this project are trained to relevant CSCS standards and hold the relevant certification for the task in hand. Machine operators will hold relevant IPAF/CPCS certificates. Copies of all training certificates are available on request.

7) **Lifting Equipment**

Genie lift

8) **Portable Tools**

Demolition Breaker
Reciprocating Saw
Angle grinder
Small handheld tools
Cordless drills
Pallet truck

9) **Mechanical Plant**

N/A

10) **Track Mounted Equipment**

N/A

11) **Materials**

Timber
Plywood
Polythene
Hard board
Fire retardant Correx

12) **Storage and Handling of Hazardous Substances**

N/A

13) Temporary Structures / False Works

N/A

14) Working at Height

Where work at height cannot be avoided, existing access routes will be utilised or safe working platforms i.e. scaffolding, scaffold towers, MEWPS etc. will be used. Appropriate training levels to be achieved prior to use and erection of mobile towers (PASMA) and MEWPS (IPAF)

All working platforms will be fitted with edge protection with the top guardrail being a minimum of 950mm with no gap exceeding 470mm. Toe-boards of adequate dimensions for the work being undertaken will also be fitted.

Where it is not possible to prevent working at height without fall protection barriers, fall arrest systems will be utilised i.e. harnesses with restraint lanyards, fall arrest harnesses, inertia reels, airbags, nets, etc.

All operatives will receive training in the use of fall arrest equipment.

15) Work Permits and Licences

Permit - Hot works (FDIMS-HS159)

Permit to work (FDIMS-HS146)

16) Temporary Lighting and Power

Temporary power will be in the form of 110 volt and 10kva transformer boxes fed from a distribution board. While temp site setup is in progress, 3kva transformers can be used. Although not anticipated to be required, splitter boxes will be utilised, when necessary, no more than 1 splitter per outlet. Site lighting will be in the form of 110v festoon lights.

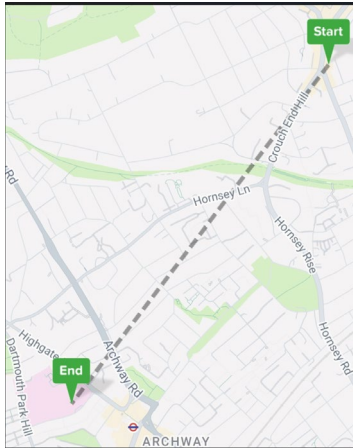
On no account will halogen lighting be used.

17) First Aid

1no first aider per 25 operatives on site. The first aider for this site will be, at a minimum Ilirjan Saferi (07713050424).

The following information will be issued at induction and will be displayed on the site notice board:

The nearest hospital with an A&E unit is located 1.5 miles from the project.



Whittington Hospital

[18 Magdala Ave, London N19 5NF, United Kingdom](#)

020 7272 3070

For emergencies dial 999

The emergency services will be contacted by the Site Manager.

18) Fire prevention

As the flammability of materials can change during use i.e. when working with solid materials (even normally fire-resisting ones), dust, crumbs and other fine materials may be generated. This by-product may be more easily ignited than the bulk. Where operations of this nature may occur, adequate ventilation will be provided.

Material will not be allowed to accumulate on site. Arisings will be stored in wheelie bins and combustible materials will be prioritised for removal from site.

Sufficient firefighting equipment is to be available throughout the site. These will remain in uniform locations on site which will also be depicted on fire plans

See hot works procedures above.

Facilities will be provided for the storage of waste i.e. bins, skips, etc.

19) Excavation

N/A

20) Personal protective equipment

Safety Head Protection (conforming to EN397)	Must be worn whilst within the site perimeter
Safety Boots (conforming to EN345)	Must be worn at all times within the site perimeter
Gloves (conforming to EN388)	Must be worn at all times within the site perimeter

Eye Protection (conforming to EN166)	Must be worn at all times within the site perimeter
Disposable Dust Masks (conforming to EN149)	Must be worn when there are high levels of dust, silica and fumes
Ear protection (conforming to EN352-1)	Required during all cutting, grinding and breaking out and any other time when 80dB (A) is exceeded
Harness (conforming to EN795)	Required when working at high level where collective protective measures cannot be utilised

21) Incidents and Reporting of Injuries, Diseases and Dangerous Occurrences (RIDDOR)

All injuries, diseases and dangerous occurrences which come under the criteria of Schedules 1, 2, and 3 of the Reporting of Injuries, Diseases and Dangerous Occurrences (Amendment) Regulations 2012, will be reported to the HSE, by completing the form F2508 online within ten days. A telephone service is also provided for reporting fatal and major injuries only - call the Incident Contact Centre on 0845 300 9923 (opening hours Monday to Friday 8.30 am to 5 pm).

Site Management will follow the procedure below:

- a) Contact the emergency services
- b) Notify on-site FDS Management
- c) Post an operative at the entry to the work area to direct the emergency services to the scene of the incident
- d) Ensure that the area is clear of non-essential personnel
- e) Notify the Client
- f) Notify the HSE (Tel: 0845 300 9923 if it is a fatal or major injury only)
- g) Take the names, addresses and statements of any witnesses
- h) Keep a record of events and take photographs of the scene of the incident
- i) Contact Base Solutions

22) Housekeeping

All employees are required to clear the waste daily, or more regularly as necessary. Bins will be provided and, when required, waste away vehicles. All power cords and leads to be kept out of evacuation/egress routes and where possible taped into place or run overhead.

External areas will be kept clean and tidy at all times. Any debris etc will be cleaned as soon as possible from external areas. This may occur during loading out activities. The area will be cleaned after each waste away.

Waste will be removed from site to a recycling facility.

Where material is required for storage on site, it will be done so as neatly as possible segregated from walkways

A safe route will be maintained with a route through site for visitors

23) **Access and egress to authorised personnel**

All employees must attend a Site Induction.

All employees are instructed to direct any unaccompanied third party they observe to the Site Manager.

Access to site is via the entrance door located at the front of the building on The Broadway.

24) **Emergency procedures**

In the event of an emergency the fire alarm will be raised, the Site Manager will ensure that the site is evacuated to the building assembly point.

See emergency procedures Appendix A

The emergency services will be contacted by the Site Manager and/or a fire warden on site.

A head count will be carried out at the assembly point using the Site Attendance Register for reference.

25) **Transportation**

Operatives are encouraged to use public transport, where possible, for their journey to and from work. Where this is not possible, operatives will be transported to site via personal vehicles. There is no on-site parking for site operatives

26) **Signs and notices**

Mandatory and advisory signage will be displayed as per the following schedule.

a) Welfare Location

-  First Demolition Services Ltd Health and Safety Policy Statement
-  Site Plan showing welfare/first aid facilities/arrangements
-  Emergency/fire instructions for site
-  Poster campaign material
-  Safety Meeting minutes
-  Statutory notices
-  Project Objectives/targets

b) Office Notice Board

- └─┐ As above, plus
- └─┐ Employees Liability (compulsory insurance) Certificate
- └─┐ Health and Safety Law *"What You Need to know"* poster
- └─┐ Safety/Technical/Environmental Alerts
- └─┐ Site Rules
- └─┐ Pictorial Plan of fire escape route and exit

c) Site Notice Board

- └─┐ Mandatory Safety Signs
- └─┐ Directional Information
- └─┐ Advisory Notice containing the following information
 - └─┐ Principal Contractor
 - └─┐ First Demolition Project Manager
 - └─┐ Principle Designer
 - └─┐ Client Project Manager
 - └─┐ Site Managers
 - └─┐ Key Contractors

d) Mandatory signs on sites

- └─┐ Emergency/Fire
- └─┐ Directional escape signs
- └─┐ Vehicular Pedestrian
- └─┐ Statutory and special warning

All signage will comply with the Health and Safety (Safety Signs and Signals) Regulations 1996

27) Systems / codes of practice

- └─┐ The Health and Safety at Work etc. Act 1974
- └─┐ The Management of Health and Safety at Work Regulations (Amended) 2006
- └─┐ The Construction (Design and Management) 2015
- └─┐ Regulatory Reform (Fire Safety) Order 2005
- └─┐ The Environmental Protection Act 1990
- └─┐ The Personal Protective Equipment Regulations 1992
- └─┐ The Manual Handling Operations Regulations 1992
- └─┐ The Provision and Use of Work Equipment Regulations 1998
- └─┐ The Lifting Operations and Lifting Equipment Regulations 1998
- └─┐ The Control of Substances Hazardous to Health Regulations 2004
- └─┐ The Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 2013
- └─┐ The Control of Noise at Work Regulations 2005
- └─┐ The Control of Vibration at Work Regulations 2005

BS 6399	- Imposed Loads for Floors in Offices
BS 6031:2009	- Code of Practice for Earthworks
BS 6187:2011	- Demolition Code of Practice

28) Statutory records

a) Scaffolding

All scaffolding will be inspected before first use at periods not exceeding 7 days, after adverse weather conditions or any event likely to affect its stability and after alteration. The findings of the inspections will be recorded in the Scaffold Register (FDIMS-HS150). Internal scaffolding audit to apply to all access equipment daily. Scaff-tags to be in situ on all relevant access equipment and checks to be kept up to date.

b) Excavation

Although not anticipated, all supported excavations will be inspected where they remain open for 7 days or more. The findings of the inspections will be recorded. No excavation works to be undertaken on this project.

c) Pressure Systems

All pressure systems will be inspected in line with the written scheme of examination.

d) Lifting Equipment

All lifting equipment will be inspected before first use at periods not exceeding 7 days, after adverse weather conditions or any event likely to affect its stability - Lifting Equipment Inspection Register (FDIMS-HS170). No lifting equipment to be used on this project. LOLER to be in date and a LOLER register containing all relevant lifting equipment kept on site.

e) Plant

All plant will be inspected daily before first use and recorded at periods not exceeding 7 days, after adverse weather conditions or any event likely to affect its stability - Plant Inspection Register (FDIMS-HS176). No plant to be used on this project.

f) Portable Appliances

All 110-volt electrical portable appliances will be inspected and tested before first used and at weekly intervals thereafter, with record to be supplied on request, according to provided template. A PAT test register is to be always kept on site.

29) Noise and vibration

a) Noise

Noise assessment will be carried out at beginning of a procedure and then intermittently throughout and adhering to points set out below noting the live environment.

Should noise levels reach 80dB (A) operatives will be informed of the risks to their hearing and supplied (if requested) with either appropriately attenuated ear defenders or earplugs.

Should noise levels reach 85dB (A) or above operatives will be informed of the risks to their hearing and supplied with appropriately attenuated ear defenders or earplugs and instructed to wear them during noisy operations. The contractors are to ensure compliance by carrying out regular active monitoring.

Our independent Safety Consultants will undertake noise surveys during their regular site inspections. However, operatives will be informed that, as a rule, if they need to raise their voice when standing two metres away from a noise source, it is too loud and hearing protection must be worn.

b) Vibration

Vibration assessment will be carried out at beginning of procedure and then intermittently throughout and adhering to points set out below.

To ensure that operatives are aware of the effects of hand arm vibration they will be provided with adequate information on the hazard and controls and given information to reduce the risk.

The table below is a 'ready reckoner' for calculating daily vibration exposures. All you need is the vibration magnitude (level) and exposure time. The ready reckoner covers a range of vibration magnitudes up to 40 m/s² A (8) and a range of exposure times up to 10 hours.

The exposures for different combinations of vibration magnitude and exposure time are given in exposure points instead of values in m/s² A (8). You may find the exposure points easier to work with than the A (8) values:

-  exposure points change simply with time: twice the exposure time, twice the number of points.
-  exposure points can be added together, for example where a worker is exposed to two or more different sources of vibration in a day.
-  the exposure action value (2.5 m/s² A (8)) is equal to 100 points.
-  the exposure limit value (5 m/s² A (8)) is equal to 400 points.

Vibration magnitude m/s ²	40	800																		
	30	450	900																	
	25	315	625	1250																
	20	200	400	800																
	19	180	360	720	1450															
	18	160	325	650	1300															
	17	145	290	580	1150															
	16	130	255	510	1000															
	15	115	225	450	900	1350														
	14	98	195	390	785	1200														
	13	85	170	340	675	1000	1350													
	12	72	145	290	575	865	1150	1450												
	11	61	120	240	485	725	970	1200	1450											
	10	50	100	200	400	600	800	1000	1200											
	9	41	81	160	325	485	650	810	970	1300										
	8	32	64	130	255	385	510	640	770	1000	1200									
	7	25	49	98	195	295	390	490	590	785	865									
	6	18	36	72	145	215	290	360	430	575	720									
	5.5	15	30	61	120	180	240	305	365	485	605									
	5	13	25	50	100	150	200	250	300	400	500									
	4.5	10	20	41	81	120	160	205	245	325	405									
	4	8	16	32	64	96	130	160	190	255	320									
	3.5	6	12	25	49	74	98	125	145	195	245									
	3	5	9	18	36	54	72	90	110	145	180									
	2.5	3	6	13	25	38	50	63	75	100	125									
	2	2	4	8	16	24	32	40	48	64	80									
	1.5	1	2	5	9	14	18	23	27	36	45									
	1	1	1	2	4	6	8	10	12	16	20									
		15 m	30 m	1 h	2 h	3 h	4 h	5 h	6 h	8 h	10 h									
		Daily exposure time																		

The colour of the square containing the exposure points value tells you whether the exposure exceeds, or is likely to exceed, the exposure action or limit value:

	Above limit value
	Likely to be above limit value
	Above action value
	Likely to be above action value
	Below action value

Using the ready reckoner:

1. Find the vibration magnitude (level) for the tool or process (or the nearest value) on the grey scale on the left of the table.
2. Find the exposure time (or the nearest value) on the grey scale across the bottom of the table.
3. Find the value in the table that lines up with the magnitude and time. The illustration shows how it works for a magnitude of 5 m/s² and an exposure time of 3 hours: in this case the exposure corresponds to 150 points.
4. Compare the points value with the exposure action and limit values (100 and 400 points respectively). In this example the score of 150 points lies above the exposure action value.

5. If a worker is exposed to more than one tool or process during the day, repeat steps 1 – 3 for each one, add the points, and compare the total with the exposure action value (100) and the exposure limit value (400).

30) **Air quality and dust**

Air filter cubes will run throughout the working day to maintain good air quality. Damping down will be used a method of dust suppression in accordance with BS: 6187:2000 through demolition works. With care taken to avoid pooling of water.

31) **Waste management**

First Demolition Services recognises its Duty of Care under The Environmental Protection Act 1990, the Environmental Protection (Duty of Care) Regulations 1991, The Hazardous Waste (England and Wales) (Amendment) Regulations 2009 and other associated statutory provisions.

All waste data kept on site on a weekly basis in line with SWMRP

“Hazardous Waste” will only be released to a licensed “Registered Carrier” after proof (original only) has been produced by an “authorised person” and a copy retained. As a hazardous waste producer First Demolition Services Limited will provide the carrier with our hazardous waste registration number and all parts of the “Waste Consignment” note will be suitably completed with a copy remaining with First Demolition Services Limited and records of the “Hazardous Waste” disposal will be recorded and retained for 3 years after deposit of the waste.

Where over 500kg of “Hazardous Waste” is produced over a 12-month period on our site / premises, First Demolition Services Limited will register that location with the Environment Agency, and then annually after the first notification.

All waste will be suitably packed to ensure the safety of others during storage and carriage, and have a unique consignment code consisting of letter, numbers or symbol. This packaging must also prevent spillage, leakage, waste blowing or falling or the pilfering of contents by third parties.

All general waste will be removed from site via one of the First Demolition Services Limited commercial vehicles.

There is to be no burning of waste of any type on site.

32) **Protection of water**

No watercourses will be affected by the undertakings of this project.

33) **Archaeology**

There is no known archaeological significance in this site. It is noted the pieces stored within the building which will not have any interface with the works itself.

34) Nature protection

There are no known nature protection issues relating to this project.

35) Management of pest and weeds

N/A

36) Traffic management

All vehicles will access site via Hatherley Gardens. All vehicles will be banked in by FDS logistics banksman. Vehicles will access the road following normal parking pattern. Vehicle reversing will be required due to the cul-de-sac nature of Hatherley Gardens. This will be banked at all times

37) Contaminated land

N/A

38) Health and Safety Inspection and environmental auditing

Health and Safety inspection and environmental audits will be undertaken by our retained consultants Base Solutions.:

Base Solutions Ltd
116 Blackfen Rd
DA15 8SW

Tel: 02039769478

39) Records and documentation

All records of inspections and examinations along with all Health, Safety and Environmental documentation will be retained on site. Access to this information is freely available to all parties who may have some interest in this project.

40) Live working

All remaining live services such as those supplying site power will be clearly labelled by a trained electrician/plumber. Site temporary services also to be clearly marked.

41) Manual handling

Manual handling operations will be avoided where reasonably practicable using mechanical or automatic equipment.

However, where manual handling operations cannot be avoided, operatives will be instructed in load reduction and suitable lifting and team lifting techniques.

This project will involve transporting material down the staircase. To reduce fatigue and general risk materials are to be chained down with operatives handing material to others rather than repeatedly climbing and descending the stairs.

42) Non-English-speaking operatives

Should there be a requirement to employ non-English speaking operatives, health and safety information and training will be translated or given in their own language.

43) Operative health

All operatives to attend site induction and made aware of site-specific hazards, to include dust, noise and vibration. All operatives to make site supervisor aware of any health issues prior to commencing work. PPE to be always worn while in live zones.

44) Toolbox talks

Toolbox talks are to be carried out weekly by the Site supervisor or manager and as required.

45) Contact details

Managing Director: Will Sarhangian. In office. Tel: 07478733276

Technical Director: Greg Dubinsky Tel: 07927959469

Operations Manager: Dain Gibbs Tel: 07949880170

Site Manager: Ilirjan Saferi Tel: 07713050424

Contract Administrator: Rona Campbell In office. Tel:07870627028

Document Controller: Rebecca Coombs- becky@firstdemolition.co.uk

46) Declaration

Translated by		Language	
Signature		Date	

Translated by		Language	
Signature		Date	

Translated by		Language	
Signature		Date	



Task Number	TASK	30 March 2026	06 April 2026	13 April 2026	20 April 2026	27 April 2026	04 May 2026	11 May 2026	18 May 2026
		Week 0	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
1	Desktop and personnel								
1.1	Preparation of all H&S documentation, submission and review with client team								
1.3	Welfare deliveries								
1.4	Condition Surveys								
1.5	Hazardous material surveys								
1.60	Pre-demolition survey								

Task Number	TASK	30 March 2026	06 April 2026	13 April 2026	20 April 2026	27 April 2026	04 May 2026	11 May 2026	18 May 2026
		Week 0	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
2	Site preparation								
2.2	Electrical isolations								
2.3	Mechanical isolations								
2.4	Establishment of temporary power and lighting								
2.5	Re-use identification, selection and storage compound set-up								

Task Number	TASK	30 March 2026	06 April 2026	13 April 2026	20 April 2026	27 April 2026	04 May 2026	11 May 2026	18 May 2026
		Week 0	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
3	Strip out works								
3.1 3.2 3.3 3.4 3.5 3.6 3.7 3.8 3.9									
	Removal of carpets								
	Removal of glazed partitions and doors								
	Removal of ceiling tiles								
	Removal of raised floor structures								
	Removal of catacomb dwarf walls								
	Removal of M&E services								
	Removal of asbestos coatings								
	Removal of safes								
	Check finishes and snagging								