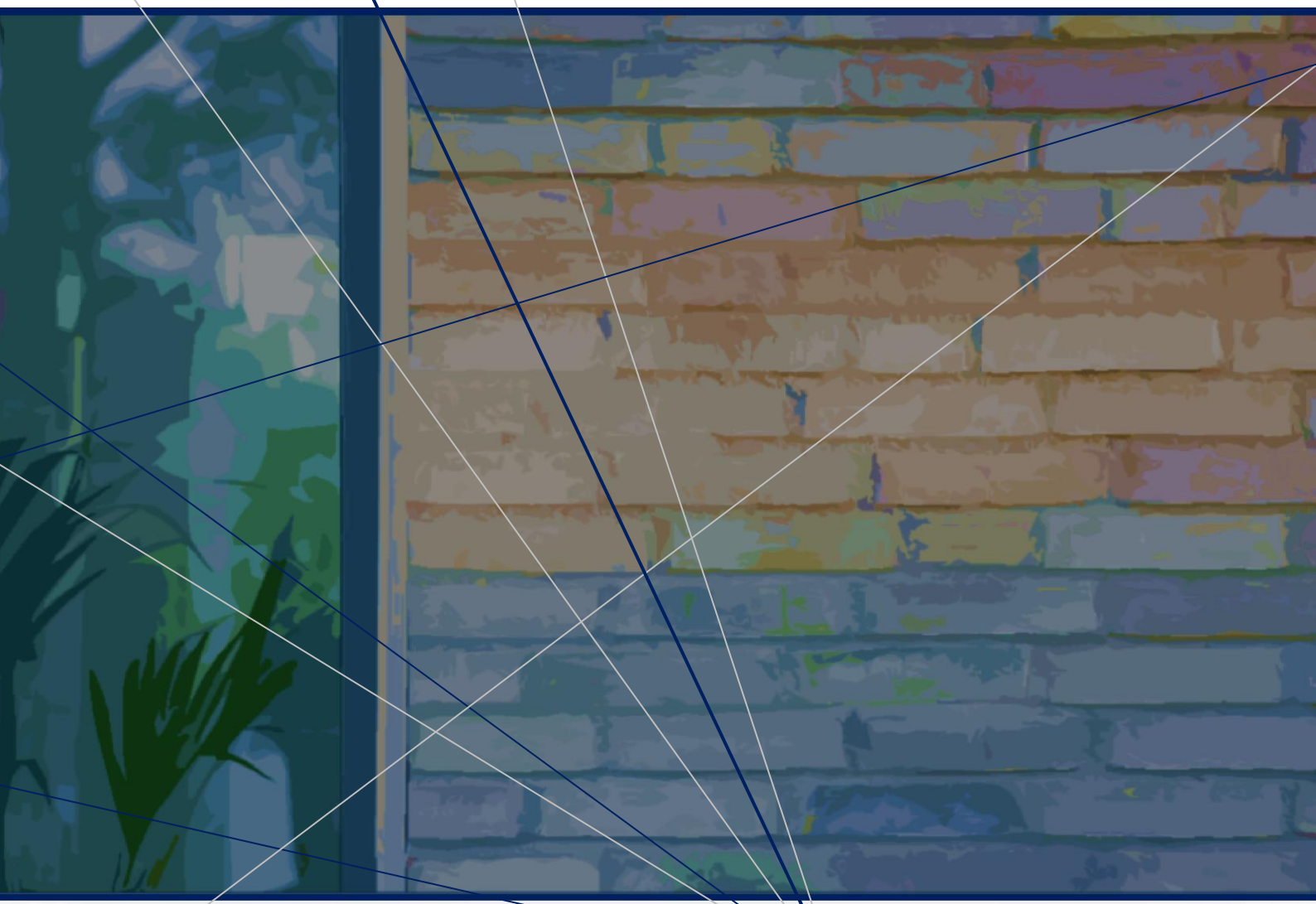
Construction Management Plan

147 Kentish Town Road
London



AM Safety Specialists Ltd

This Construction Management Plan has been commissioned to detail the potential working methods and impacts of the demolition and construction at 147 Kentish Town Road.

The project involves the demolition of the internal structure to the old building whilst retaining the street facades. The basement and ground floor will be developed into commercial use areas whilst the upper two floors will be residential accommodation.

New foundations will be dug to avoid impacting surrounding buildings, and the existing façade will be reinforced against the new structure to ensure stability. The basement will be extended to underneath the existing garden area formed with reinforced concrete retaining walls.

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INTRODUCTION

Site Address:

147 Kentish Town Road
London

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PROJECT LOCATION

Programme of Works

Commencing: **TBC**

Duration: **12- 16 Months**

Site Hours

The site hours will be Mon – Fri: 0800 – 1700,

No work will take place outside of these hours and all deliveries and waste collections will occur during these times.

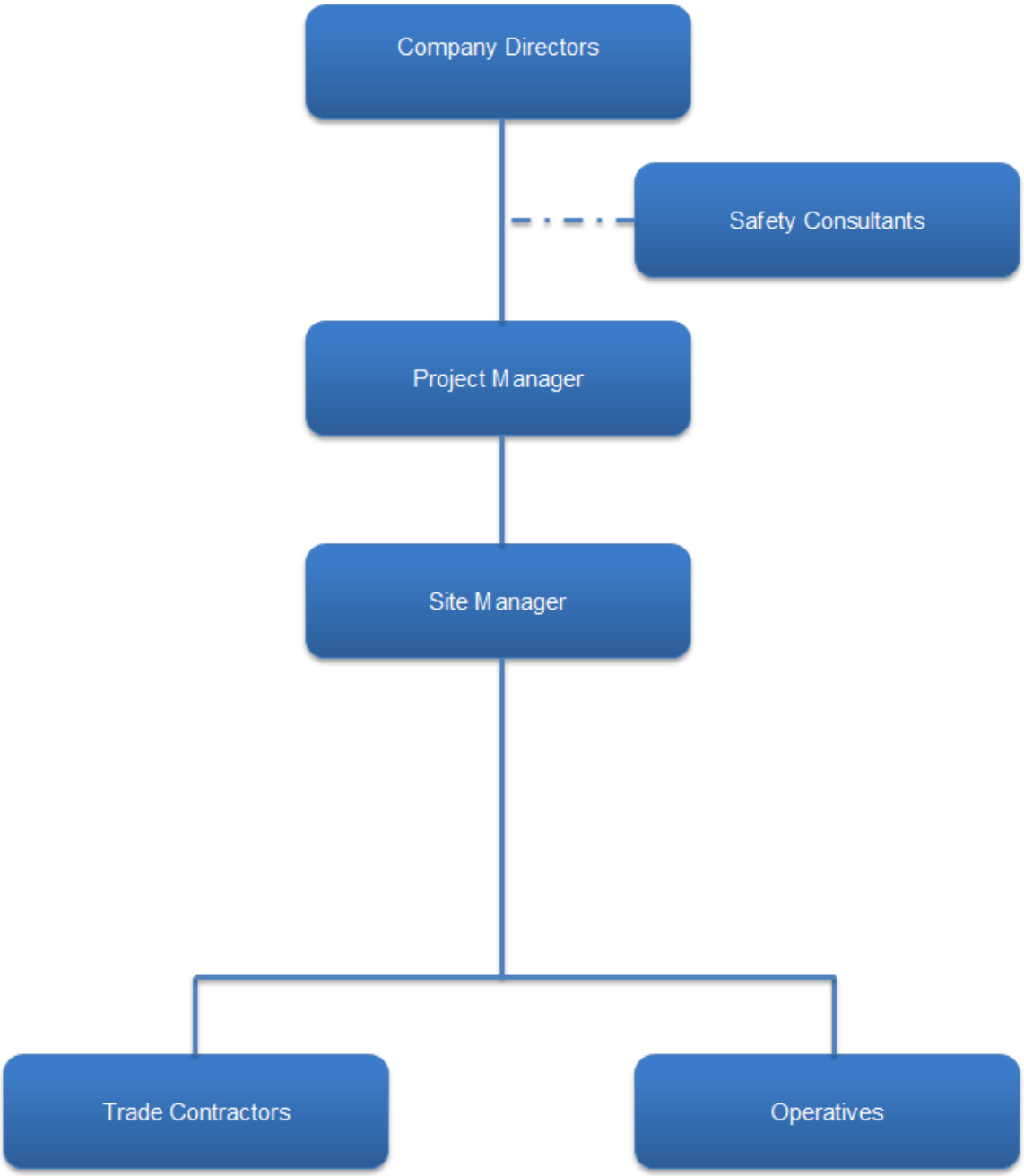
Health and Safety Project Goals

The overriding goal of this project is to complete the project within the time frame set by the client, and being both accident and injury free.

The team carrying out the work must feel that their health and safety is a key factor within the program and no work is more important than that fact.

The project will be measured a success if there are no significant injuries or incidents.

MANAGEMENT STRUCTURE FOR HEALTH AND SAFETY ON THE PROJECT



PROJECT H&S STRUCTURE

Compliance with Health and Safety Law / Monitoring Arrangements

At all times sufficient supervision by competent persons will be provided by the contractor, as Principal Contractor. Sub-Contractors will be required to also provide experienced supervisors for their works. Responsible persons will be appointed with clear terms of reference as to their responsibilities.

Day to day health and safety responsibilities will be the duty of the Site Supervisor who will be based on site. In addition to this, no notice Site Safety Inspections will be conducted as required. A record of all site safety inspections will be made and a copy will be retained on site.

Method statements will be submitted by all Sub-Contractors to the contractors Site Supervisor in advance of any works, especially where there is an increased risk to operatives conducting the works, other site operatives or members of the public. These will be specific to the works to be conducted and will detail how the works are to be conducted in safe manner. A copy of these Method Statements will remain on site for review and use during toolbox talks.

Works will not be allowed to commence without a supporting method statement and assessment of risk. In addition, all Sub-Contractors will be expected to provide a signed copy of their Health and Safety Policy and training records to the site prior to commencing works.

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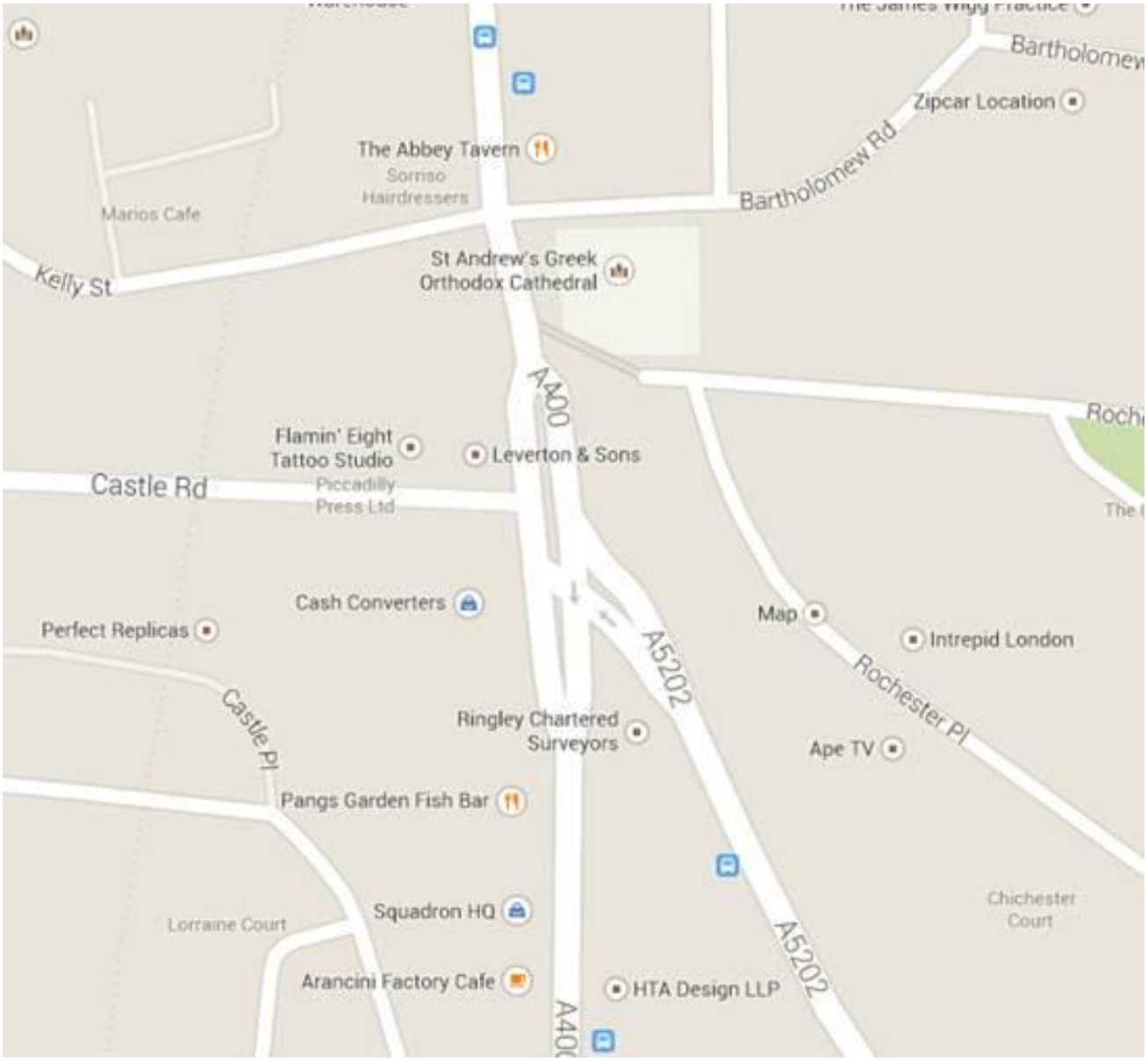
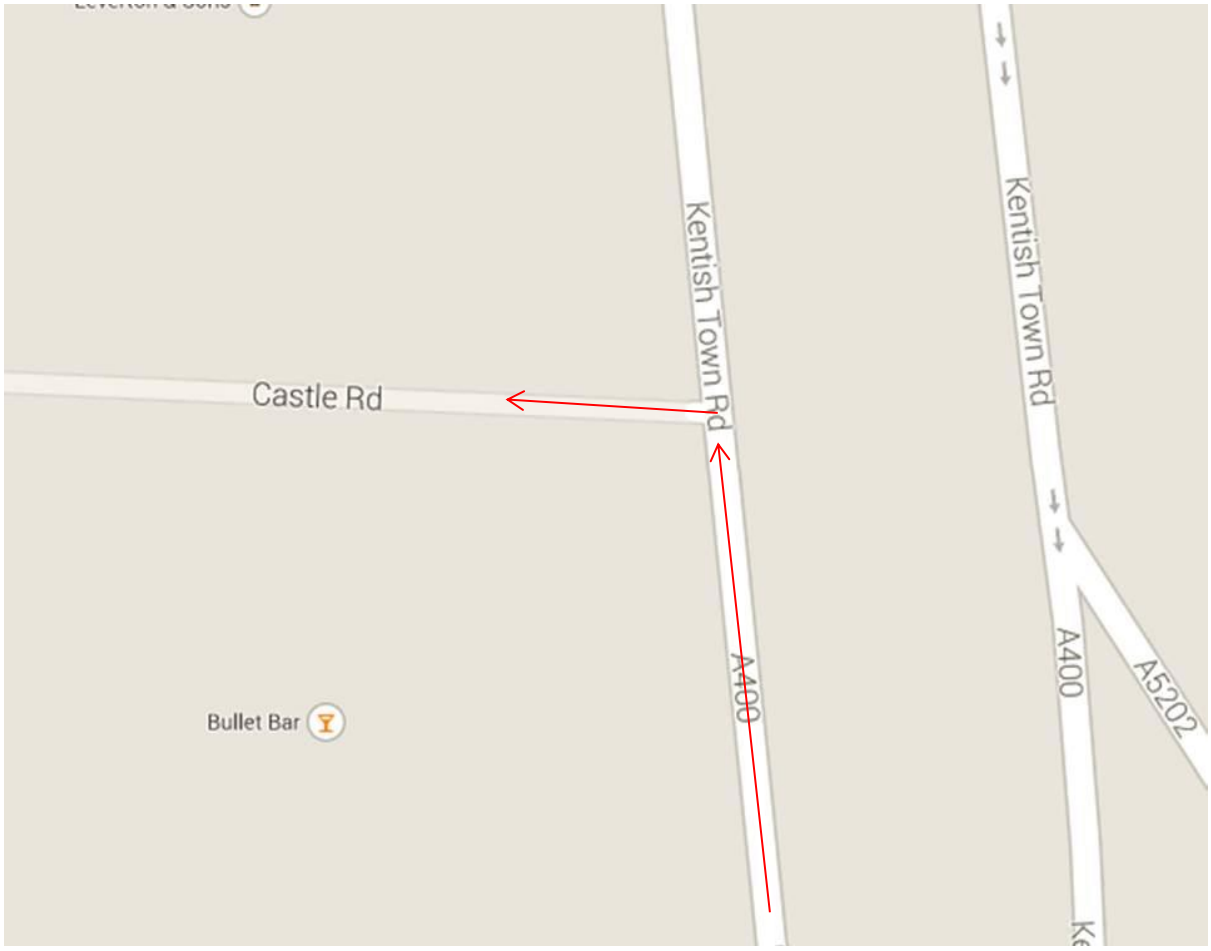
Site is accessed from Castle Street via Kentish Town Road.



SITE ACCESS


Castle Rd
Kentish Town Rd
A400
Kentish Town Rd
A400
A5202
Bullet Bar

Agency	Address	Telephone
Local A&E Department	**Royal Free Hospital** Pond St London NW3 2QG	020 7794 0500
Police Station	**Kentish Town Police Station** 12a Holmes Rd London NW5 3AE	101 (No Local Number Available)
Fire Service	**Kentish Town Fire Station** 20 Highgate Rd London NW5 1NT	020 8555 1200

LOCAL EMERGENCY SERVICES

The Principal Contractor will be responsible for providing canteen and welfare facilities for t he site operatives;

In line with the requirements of the Considerate Constructors Scheme a high level of site wel fare facilities will be maintained and the Site will be cleaned on a regular basis, especially ar ound canteens and toilets; and

All site facilities will be contained within the Site.

Sanitary requirements:

- Suitable and sufficient sanitary conveniences are required on site and these should be readily accessible with adequately ventilated and lit.
- So far as is reasonably practicable, sanitary conveniences and the rooms containing them shall be kept in a clean and orderly condition.
- Separate rooms containing sanitary conveniences shall be provided for men and women, except where and so far as each convenience is in a separate room, the door of which is capable of being secured from the inside.

Washing facilities:

Suitable and sufficient washing facilities, including showers if required by the nature of the work or for health reasons, shall so far as is reasonably practicable be provided or made available at readily accessible places.

Washing facilities shall be provided:

- in the immediate vicinity of every sanitary convenience, whether or not provided elsewhere; and
- In the vicinity of any changing rooms.

Washing facilities shall include:

- a supply of clean hot and cold, or warm, water (which shall be running water so far as is reasonably practicable);
- soap or other suitable means of cleaning; and
- towels or other suitable means of drying.
- Rooms containing washing facilities shall be sufficiently ventilated and lit.
- Washing facilities and the rooms containing them shall be kept in a clean and orderly condition.
- Separate washing facilities shall be provided for men and women, except where and so far as they are provided in a room the door of which is capable of being secured from inside and the facilities in each such room are intended to be used by only one person at a time.

Drinking water:

- An adequate supply of wholesome drinking water shall be provided or made available at readily accessible and suitable places.
- Every supply of drinking water shall be conspicuously marked by an appropriate sign where necessary for reasons of health and safety.

- Where a supply of drinking water is provided, there shall also be provided a sufficient number of suitable cups or other drinking vessels unless the supply of drinking water is in a jet from which persons can drink easily.

Changing rooms and lockers:

Suitable and sufficient changing rooms shall be provided or made available at readily accessible places if:

- a worker has to wear special clothing for the purposes of his work; and
- If he cannot, for reasons of health or propriety, be expected to change elsewhere, being separate rooms for, or separate use of rooms by, men and women where necessary for reasons of propriety.

Changing rooms shall:

- be provided with seating; and
- Include, where necessary, facilities to enable a person to dry any such special clothing and his own clothing and personal effects.

Suitable and sufficient facilities shall, where necessary, be provided or made available at readily accessible places to enable persons to lock away:

- Any such special clothing which is not taken home;
- Their own clothing which is not worn during working hours; and
- Their personal effects.

Facilities for rest:

- Suitable and sufficient rest rooms or rest areas shall be provided or made available at readily accessible places.

Rest rooms and rest areas shall:

- Include suitable arrangements to protect non-smokers from discomfort caused by tobacco smoke;
- Be equipped with an adequate number of tables and adequate seating with backs for the number of persons at work likely to use them at any one time;
- Where necessary, include suitable facilities for any person at work who is a pregnant woman or nursing mother to rest lying down;
- Include suitable arrangements to ensure that meals can be prepared and eaten;
- Include the means for boiling water; and
- Be maintained at an appropriate temperature.

Site Rules

1. The site shall be kept clean at all times, and individual waste materials shall be cleared away as soon as possible.

2. Hard hat, safety footwear and high visibility clothing must be worn at all times outside designated safe areas.

3. Personal protective equipment appropriate to the task being carried out shall be worn at all times including the adoption of suitable dress code.

4. All personnel shall be properly and trained for the work which they are undertaking

5. All personnel will be fully familiar with the method statement and Risk Assessment that applies to task being undertaken

6. No personnel, including visitors, to have access to the site without an induction. All visitors to be accompanied at all times.

7. All operatives and personnel, including visitors, will be aware of the emergency evacuation procedure in case of emergency

8. All dust, noise and pollution must be kept to a minimum, and all measures taken to prevent any nuisance arising out of the works

9. No drugs or alcohol shall be allowed on the site, nor any person who is considered to be under the influence of alcohol or drugs

10. No smoking shall be permitted within the site boundary

11. No playing of radios, Walkmans, MP3s or similar

12. Lone working on site is not permitted without adequate procedures in place.

13. Strictly no unauthorised access into restricted areas

14. No eating or drinking, with the exception of water, outside the welfare area

15. No abusive language, wolf-whistling or similar. Show considerations for neighbours and general public

16. 110V power tools only to be used on site

17. All unsafe conditions and practices to be reported

18. Any person found damaging or vandalising plant, material, welfare facilities or safety equipment will be removed from site

Security:

The works will be undertaken adjacent to pedestrian footways and the highway. Areas of work will be segregated from the public to avoid possibility of any entrance to site being gained, purposefully or accidentally. The site entrance door will remain locked to ensure that this level of security is maintained. At the time of delivery or waste removal a banksman will stand near to the entrance to ensure those going on site are authorised.

Visitors:

Visitors will only be allowed to enter the Site via designated pedestrian access gates and a dedicated segregated footpath to the main site offices for registration and obtaining PPE prior to entering the Site;

Visitors will be expected to attend a specific induction unless being accompanied by a member of the site team;

Open days:

Open days for local residents, schools and other members of the local community will be encouraged.

The Site Supervisor will make adequate provision to avoid accumulation of rubbish and debris on the site in order to prevent inconvenience or disruption and to eliminate the risk of fire. The Client, the appointed Principal Contractor and Sub-Contractors will also ensure the site is left in a clean and tidy manner both during and outside working hours.

At all times, the Principal Contractor and all Sub-Contractors will take a pro-active approach to pollution by way of noise, dust or airborne particles to minimise risk and disturbance to the site operatives, neighbouring building occupants and the general public etc.

Safety, health and environmental issues on the Development are aprimary factor in in fluencing the construction methods adopted.

The construction team will develop detailed health and safety plan, specific environm ental, fire and accident procedures to suit the construction sequences of the Develop ment.

Compliance with the following mandatory provisions shall be enforced:

COSHH, 1999;

Provision and Use of Work Equipment Regulations, 1998;

Highly flammable Liquids & Petroleum Gases Regulations, 1972; and

Health & Safety at Work Act, 1974.

Measures will be carried out to avoid environmental incidents, however if these occur then the following types must be reported to the responsible person within the Construction Team .

The overall strategy in the event of a spillage will be to

“Stop-Contain-Notify”

Spills or discharges to the atmosphere, water supplies, sewerage

systems, rivers and other watercourses, or to the ground of:

- Any chemical product or formulation;

- Oils and fuels;

- Effluents/fumes and gases;

- Waste or contaminated materials.

Damage to existing:

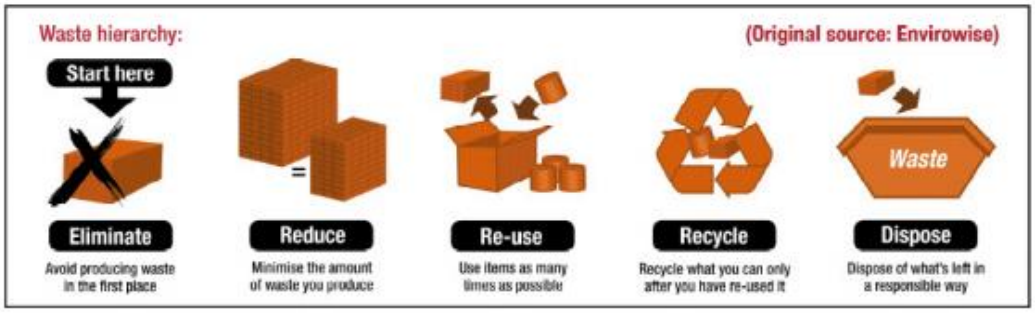
- Trees and wildlife;

- Flora and existing local habitats.

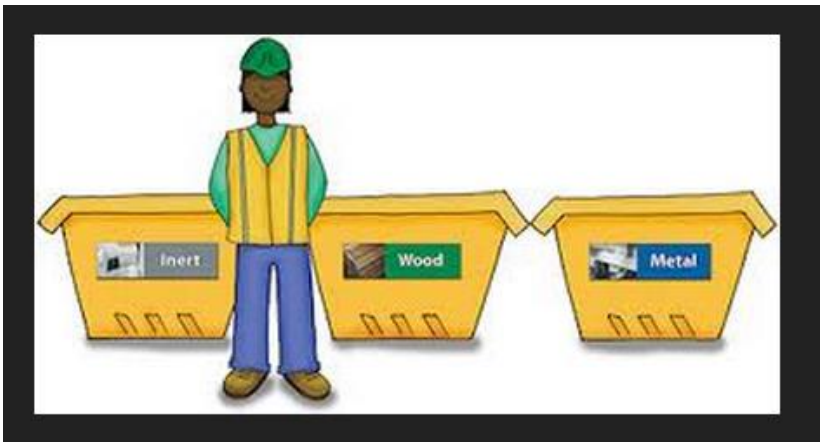
Any environmental incident that could lead to:

- Local authority or regulatory enforcement;

- Public complaint.



Site waste will be segregated on site prior to removal into designated skips located in a compound area on site. The skips will have signage indicating which waste is permissible and the site manager will strictly control and ensure that the segregation rules are abided by, through the use of site rules, the Construction Phase Plan, Tool Box Talks and on-site inspections. Clear records of all of these will be kept. The location can be seen on the logistics drawing at the end of this document.



Asbestos Removal & Demolition Surveys

Prior to commencing demolition works the following intrusive surveys will be undertaken:

- All properties will be surveyed following vacant possession;
- Demolition and Refurbishment survey to establish the location and quantity of asbest os containing material within the building.
- The survey will be undertaken strictly in accordance with the Control of Asbestos reg ulations (HSG 248) and the appropriate HSE guidance in HSG 264;
- The surveying organisation and individual surveyors will be accredited to an appropri ate body as competent to perform such work in compliance with ISO 17020 and ISO 17025;
- Habitat surveys to identify the extent of potential species using the site or existing bui ldings; and
- A Demolition Environmental Management Plan (DEMP) will be prepared.

In general terms, designs have hazards and risks that are unintentional and in many cases are unavoidable due to the nature of the work. There is a statutory requirement for the undertaking of risk assessments in order to highlight significant risks, and to then put forward control measures to reduce or eliminate the likelihood of injuries to personnel and damage to property and assets which might result from being exposed to hazards. Hazards potentially affect the health and safety of those persons involved with the construction work and then other personnel concerned with the future maintenance and cleaning work of the new structure. In many situations non-construction personnel can also be exposed to these hazards if the appropriate precautions are not taken.

The contractor will be expected to undertake his own risk assessments and establish suitable control measures to eliminate or minimise the risk of injury to all personnel and damage to the client's property.

Under Regulation 3, of 'Management of Health and Safety at Work Regulations 1992:

"Every employer shall make a suitable and sufficient assessment of the risks to the health and safety of his employees to which they are exposed whilst they are at work: and the risks to health and safety of persons not in his employment, arising out of or in connection with the conduct by him of his undertaking.

Every self-employed person is required to make a suitable and sufficient assessment of the risks to his own health and safety to which he is exposed whilst he is at work; and, the risks to health and safety of persons not in his employment arising out of or in connection with the conduct by him of his undertaking"

There are many substances and construction materials present in existing structures which, although in-situ does not pose a hazard to health, can become potentially dangerous, both to Operatives and the environment.

Asbestos Containing Materials – (Disturbance under conditions which are not controlled may lead to a release of fibres which may pose a hazard to health);

Smoke Detectors – (some types of detectors contain a small sealed radioactive source and where identified must be disposed of at an appropriate facility);

Sprinkler Systems – (certain designs of sprinkler systems have used mercury as a material for triggering the sprinkler in the event of heat. The disposal of any such mercury must be detailed to the CDM Co-ordinator in advance and must be in accordance with all appropriate regulations);

Fluorescent Light Tubes – (all such tubes should be set aside for separate disposal. The Environment Agency may require these to be treated a hazardous waste and disposed of accordingly);

Lightweight Concrete Beams – (methods of demolition must be checked by a suitably qualified and experienced Structural Engineer to ensure the risk of unplanned collapses is reduced during the demolition phase).

Cleaning Chemicals – (need to be set aside to avoid mixing of incompatible chemicals such as toilet cleaners and bleaches);

Man Made Mineral Fibres – (can be found within void areas and lagging. Mineral fibres can cause dermatitis; therefore detailed procedures must be made for handling and safe disposal);

Silica – (formed concrete and other stones contain silica that, on inhalation, may cause silicosis. This may lead to increase breathing difficulty and eventual respiratory disablement);

Polychlorinated Biphenyls – (PCBs were used as dielectric filler fluids in electric transformers and capacitors and they are still used in some refrigeration and heating equipment. Contact with skin can cause a rash called “chloracne”, or even liver damage. Their vapour is toxic. The presence of PCBs in older equipment must always be suspected and investigated. PCB waste is subject to the Control of Pollution (Special Waste) Regulations 1980 and notification must be given to the appropriate Waste Disposal Authority);

Legionnaires Disease – (Caused by a bacterium found commonly in water systems. There is a possible risk if a water system is left idle for a period, and also in the maintenance of old water systems, where there may be rusty pipe work and calorifiers);

Dust – There may be an amount of dust that is disturbed during the soft strip of the buildings, dust can cause respiratory problems. If dust is found in large quantities a survey may be required to identify the type and concentration. If applicable respiratory protective equipment may be used.

Permit to work systems

A strict Permit to Work system shall be imposed for work in hazardous areas/circumstance. This shall be administered by the contractor.

This system shall cover:

- hot works
- roof works
- confined space working;
- testing and commissioning of systems;
- electrical switch gear working;
- plant maintenance;
- toxic substance work;
- any other operation which presents similar hazards.

The operative carrying out the works must be in possession of the permit.

Hot works include:

- Open flame;
- Hot air or arc welding;
- Use of gas cutting equipment;
- Brazing or soldering;
- Heat producing equipment;
- Equipment producing any sparks;
- Blow lamps/torches with exposed flame;
- Bitumen boilers.

First Aid and Emergency Medical Care

All accidents / injuries must be reported to the site manager as soon as is practicable following the incident.

There must be at least one First Aider present at all times while operations are in progress on the project. The project office with the fully stocked first aid kit must be available at all times when site operations are ongoing.

Details of relevant addresses and telephone numbers for emergency services will be displayed on the site notice board. Arrangements for the provision of first aid and emergency medical care, including access routes for emergency services, muster points and the posting of notices with details of the relevant addresses and telephone numbers for emergency services.

Details of the site First Aider and nearest Accident and Emergency Unit will be displayed within immediate vicinity of the First Aid materials on site

FIRST AID

Fire Arrangements

The site manager will ensure that a suitable number of fire points are located at the site office and in other properties that are being worked within.

Each fire point will have water, gas and powder fire extinguishers. The fire point must be inspected by the site manager weekly to ensure that the extinguishers are serviceable.

Each contractor working on site must have at least one person trained in the use of fire extinguishers and know what to do in the event of a fire.

The site manager must have an agreed system to raise the alarm in the case of a fire, this could be via an air horn etc., and the system must be communicated to all operatives on site via the site induction.

The site manager will hold a practice fire evacuation within a reasonable time from the start of the project.

It will be the responsibility of each contractor carrying out hot work to have their own fire extinguisher and not to rely on the site equipment.

The site manager must discuss the fire arrangements with the occupied properties to ensure they know what to do in the event of the site having to evacuate due to a substantial fire.

Emergency escape signs will be placed at suitable locations throughout the site so as to assist any worker or visitor to navigate themselves to the exit safely.

All operatives will wait there until a roll call has been carried out by the responsible person to ensure no one is missing.

The site alarm system will comprise or a compressed air claxon or bell, this will be sounded in short bursts or a continuous ringing should a fire happen.

Should the alarm system be activated all work is to stop, areas are to be made safe (if time allows) and all operatives are to move via a safe route to the assembly point.

This information is to be communicated to all site teams via a tool box talk. This will ensure operatives understanding of this procedure.

A letter is to be posted to any resident whom would be affected by this explaining the procedure, evacuation routes and muster point.

At least one emergency evacuation drill should be carried out to ensure understanding of, and compliance with emergency evacuation procedures.

The site management team to provide fire points, consisting of 1x Water Gas and 1x Dry Powder.

The site management will ensure the following to reduce the risk of fire:

Damping down of any dust created

Ensure of adequate housekeeping

Tool box talk on fire prevention

No smoking signs erected throughout

Permit to work are issued of Hot Works

Working Above Ground Level

There is work to be carried out to a number of areas at height, all operations are to be carried out following planning to ensure that only competent persons carry out the work, the work is properly supervised and the correct / most appropriate access equipment is available and used.

The requirements of the Work at Height Regulations 2005 shall be satisfied.

In order to identify the measures required to avoid the risks from working at height, a site-specific risk assessment will always need to be carried out. Where it is reasonably practicable to carry out the work safely otherwise than at height, then work at height must be avoided.

Where work is carried out at height, suitable and sufficient measures must be taken to prevent, so far as is reasonably practicable, any person falling a distance liable to cause personal injury. These measures are to include ensuring that, where it is reasonably practicable to carry it out safety and under appropriate ergonomic conditions, the work is carried out from an existing place of work or (in the case of obtaining access or egress) using an existing means; where this is not reasonably practicable, sufficient work equipment must be provided to prevent a fall occurring.
Where the risk of a fall occurring cannot be eliminated, sufficient work equipment must be provided to minimize both the distance and the consequences of a fall or, where it is not reasonably practicable to minimize the distance, sufficient work equipment must be provided to minimize the consequences of a fall.
Where the risk of a fall occurring cannot be eliminated, additional training and instruction or other additional measures must be taken to prevent, so far as is reasonably practicable, any person falling a distance liable to cause personal injury.

Scaffolding will be erected in accordance with TG20:08 and BSEN12811-1 standards by competent scaffolder's working within the CISRS training scheme.

Netting will be installed and adapted by trained operatives working within the FASET fall arrest safety training scheme standards.

MEWP operators will require the relevant IPAF accreditation to operate their associated plant.

Mobile Towers will be erected, adapted, dismantled by PASMA trained operatives.

Limiting Dust and Debris off site

Mud and debris on the road is one of the main environmental nuisance and safety problems arising from construction sites. The Contractor will make provision to minimise this problem.

In the early stages of the project when demolition and ground works are being carried out, there is an increased risk of mud and debris making out on the road.

The site will be operated on principals of consideration for local residents and road users.

We will also make provision for cleaning of the road if required by an approved road sweeper.

We will insist on all muck away lorry's be fully sheeted to minimise the risk of any mud over-spilling onto the highway.

We will consider spraying a fine spray to suppress dust on the following:

- Structures and building during demolition.
- Unpaved areas that are subject to traffic or wind.
- Sand, spoil and aggregate stockpiles.
- During loading/unloading of dust generating materials

Contractors and their subcontractors will be expected to maintain a tidy site and to operate a "just in time " policy for the delivery and supply of materials for the works, particularly the fin al phase of the works when on

Site storage will be at a minimum;

- Materials stored on site to minimise damage by vehicles, vandals, weather or theft;

- Tanks and drums of liquid chemicals and fuels would be stored in bunded compound s. Packaging will be returned, where possible