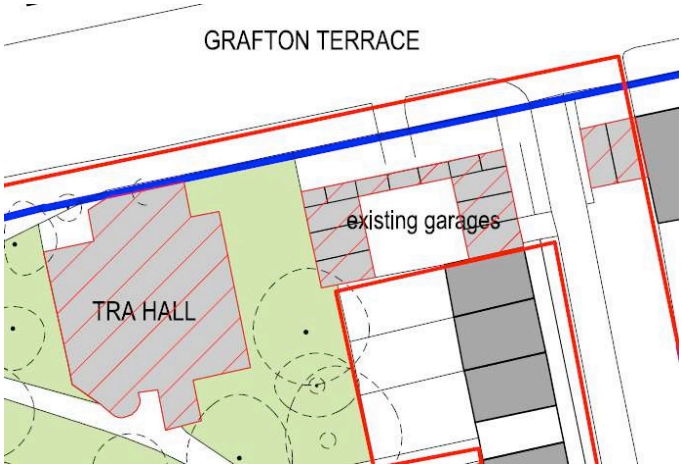
General Demolition Limited
Weylands Treatment Works
Molesey Road
Walton-on-Thames
Surrey
KT12 3PB

Project:	Maitland Park Estate (TRA Hall, Garages and Ballpark) Gospel Oak Grafton Terrace LB Camden NW3 2EX
Activity:	Demolition
Date:	04th April 2016
Prepared by:	George Stainton
Issued to:	Arcadis LLP
Revision number:	1
Revision Date:	09/06/2016
Summary of Amendments:	

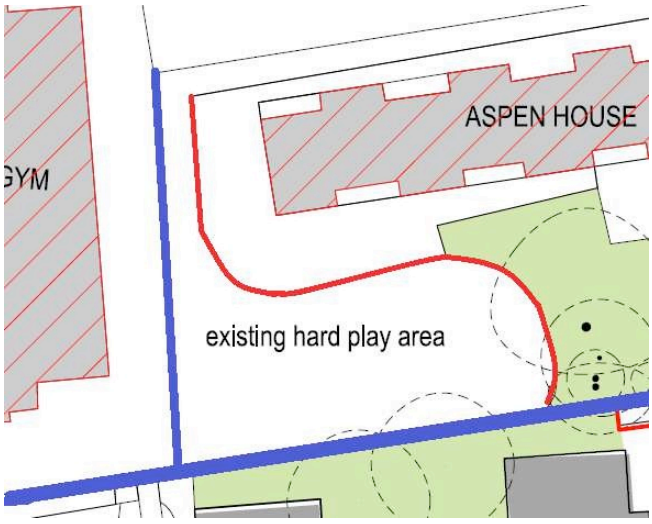
Introduction

This phase in the Maitland park area works consists of the demolition of a single storey brick clad, steel frame building (approximately 300m2) and neighbouring garages located on Grafton Terrace. The building's former use was as the Tenants & Residents Association Hall. It is noted that neighbouring buildings on the estate are still occupied so careful adherence to noise and sound pollution restrictions and hours of work are necessary.
The client has made arrangements for the disconnection and isolation of all incoming services and undertaken a Demolition and Refurbishment survey and subsequent Asbestos removal.
The buildings are to be demolished in their entirety to include the removal of associated sub structures, the clearing of site, removal of all waste and for the site to be made safe and hoarded from all sides.
In addition to the demolition works an existing hard play area with a surrounding brick wall requires removal and 'making good'. The tarmac type surface requires breaking up and removing along with any foundations. Partial removal of the perimeter wall is to be undertaken. This area is then to be graded level with imported soil and grass seed and made safe for members of the public to access freely.

TRA Hall & Garages



Ball Park Area Layout



1) Scope of work

The works comprise: -

Pre-demolition asbestos survey and removal by others
Disconnection of services by others
Site set up
Erection of fencing / hoarding and implementation of TPO
Demolition of TRA building & garages
Demolition of ball park
Import soil & seed
Clearance of arising's

2) Identified Risks

Asbestos	Leptospirosis
Broken glass	Live services
Dust	Manual handling
Electrical power tools	Mechanical plant operations
Excavations	Noise
Eye injuries	Trip hazards
Fire	Unauthorised entry
Foot injuries	Uncontrolled collapse
Hand injuries	Vibration
Hot works	Work at height
Housekeeping	Working near or over the general public
Lead	

3) Method of Work

The works can be categorised as follows:-

a) Site set up
b) Fence erection
c) Tree Retention / Removal
d) Demolition

a) Site set up

Temporary serviced welfare Facilities are to be provided as appropriate.

b) Fence erection

Heras fencing (2 x 3m) with monarflex to provide protection will be established along the perimeter of the working areas until the cessation of works when hoarding will be established. Heras fencing will also be erected around trees protected by a TPO.

c) Tree Retention / Removal

General Demolition are to be advised on any pre commencement activities relating to trees and the specific trees that are to be removed / retained.

d) Structural Demolition

- Ball Park Area;

The demolition of the ball park curved wall and the wall parallel to the gymnasium will commence with separation by hand to leave a buttress from the retained wall running parallel to Aspen House. The wall parallel to the gymnasium will be carefully removed to the top of the gym car park tarmac level as it is noted that the propped mid section is currently unstable.

The perimeter walls will be demolished and arising's removed both by hand and with the use of a 360 excavator of no more than 15 tonnes. The excavator will also be employed to break up and remove the tarmac. The area will be graded with crushed hardcore materials and levelled with imported soil and grass seed.

- TRA Hall & garages;

The demolition of both the TRA hall and the garages will commence with the soft strip and removal of any internal partitions, windows, fixtures and fittings. Roof coverings that can be accessed from within the demise can be removed by hand from a mobile tower off the existing floor construction.

It is the intention to commence hard demolition of the garages initially by separating garages 13 & 14 and 2no. garages abutting flat 123 Maitland Park Road by hand with the use of mattocks / hammers and hand held breakers from the abutting party walls. Garages no 13 & 14 (adjacent to no. 43 Grafton Terrace) are to be demolished to the top of the brick at pavement level and hoarded off. Subsequent removal of the remaining brickworks and foundations for these garages will be carried out by another. Any foundations to those garages abutting flat 123 Maitland Park Road will remain until further instruction is provided.

This will then permit the use of the 360 excavator of no more than 15 tonnes with bucket and breaker to demolish the remaining garage walls and the remainder of the TRA Halls and stockpile in preparation for removal. Following this removal of the substructures such as foundations, piles etc. will take place, grubbed out and removed from site.

Water sprays would be used throughout the demolition and also to damp down during loading to reduce the dust.

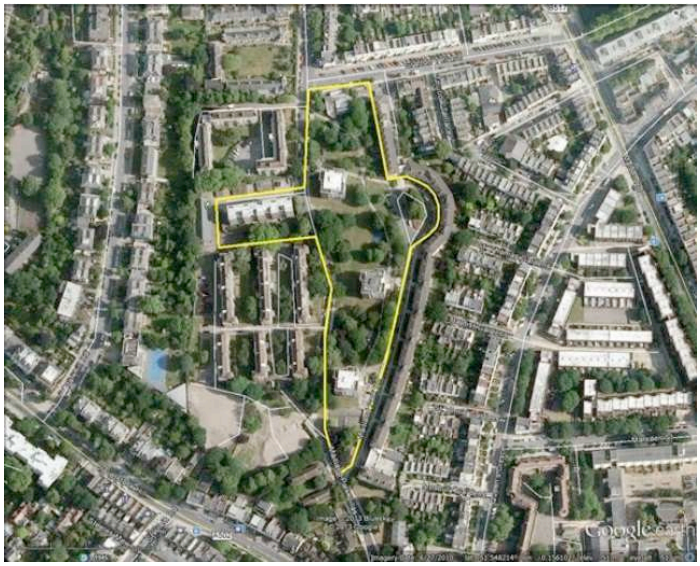
The road in the vicinity of the site would be kept clean on a daily basis.

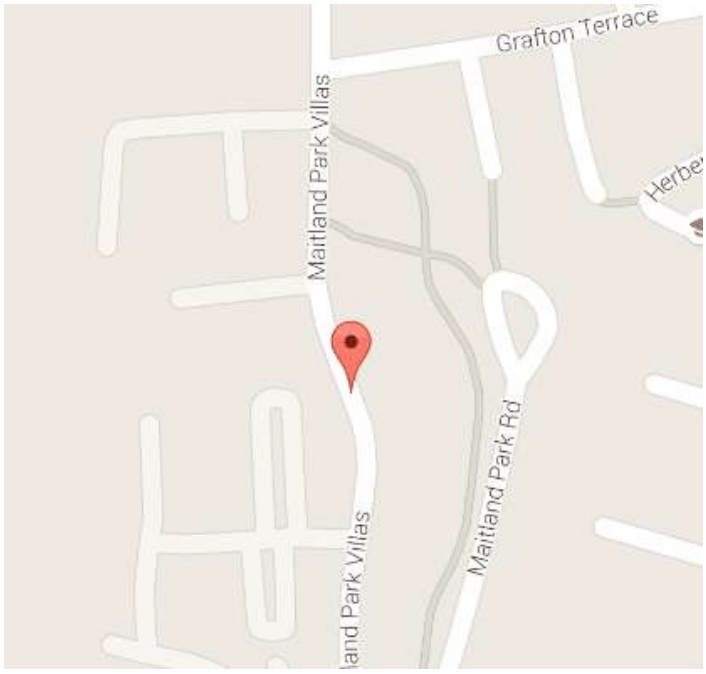
All lorry movements in and out of the site to be actively managed by a traffic marshal.

All vehicles would be fully sheeted to contain demolition arising's during transportation to recycling or waste facilities.

The area will then be cleaned, made safe and neatly hoarded from all sides.

Site Orientation





4) Labour Force

Demolition Manager 1
Foreman 1
Labour only operatives 5
Plant operatives 1

5) Training

All operatives working on this project are trained to CCDO, CSCS, CPCS, S/NVQ standards and hold the relevant certification for the task in hand. Copies of all training certificates are available on request and will be retained in the project offices.

6) Lifting Equipment

N/A

7) Portable Tools

Breakers
Hand held tools - electrical
Hand held tools - small
Mattocks
Sledge hammers

8) Mechanical Plant

Compressors
Diamond drills
Diamond saws
Diesel generators

9) Track Mounted Equipment

360º excavator of 13 tons

10) Materials

N/A

11) Storage and Handling of Hazardous Substances

Arrangements will be made for the safe handling, storage and transport of any hazardous substance and of waste containing such substances at the work place:-

by reducing to a minimum required for the work concerned:

- the number of employees subject to the exposure
- the level and duration of exposure
- the quantity of substances hazardous to health present at the workplace

by control of the working environment, including appropriate general ventilation.

by provision of appropriate hygiene measures including adequate washing facilities.

Should it be necessary to use substances classified as carcinogens, the following measures in addition to those above will be applied.

- Totally enclosing the process and handling system unless this is not reasonable practicable.
- The prohibition of eating, drinking and smoking in areas that may be contaminated by carcinogens.
- Cleaning floors, walls and other surfaces at regular intervals and whenever necessary.
- Designating those areas, which may be contaminated by carcinogens, and using suitable and sufficient warning signs.
- Storing, handling and disposing of carcinogens safely, including using close and clearly labelled containers.

COSHH Assessments will be retained within the project offices for all hazardous substances that may be used during the undertaking of our operations.

12) Temporary Structures / False Works

Not anticipated to be required.

13) Working at Height

Work at height will be avoided where possible.

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.

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 falls, 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.

14) Work Permits and Licences

Hoarding licence from local authority if required.

15) Temporary Lighting and Power

Temporary power will be in the form of 110 volt boxes fed from generator

Either temporary festoon, fluorescent tubes mounted on tri-pods or flood lighting will be provided. **On no account will halogen lighting be used.**

16) First Aid

A 50-man first aid box will be provided for this project. The first aid box will be located in the project offices.

As a minimum, one first aider and one appointed person will be provided for this project.

An accident book BI510 will also be retained on site. The accident book will be data protection compliant.

All personnel / sensitive information will be securely locked within a filing cabinet.

17) 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.

Paint, varnishes and thinners will be stored in a flameproof lockable container. This container will be stored away from emergency escape routes and the fire exit.

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

Flammable waste will be stored in closed topped fire-resisting containers.

18) Excavation

Prior to any excavation works being undertaken a Permit to Dig will be obtained from the demolition manager.

The area to be excavated will be reviewed for buried services, underground voids, contaminated ground, etc. prior to the permit being issued.

CAT (cable avoidance tool) scans will be undertaken to ensure the location of buried services.

19) 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 whilst handling waste materials unless the use of gloves presents a hazard i.e. due to entanglement or if a high level of dexterity is required
Eye Protection (conforming to EN388)	Must be worn at all times when there is a risk of eye injury
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

20) 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 Regulations 1995, will be reported to the HSE, by telephone in the first instance and then, by completing the form F2508 and forwarding this to the HSE within ten days. Alternatively, RIDDOR authorities may be contacted via the reporting line on 0845 300 9923.

Site Management will follow the procedure below:

a) Contact the emergency services
b) Notify the HSE (tel: 020 7556 2100)

c) Take the names, addresses and statements of any witnesses
d) Contact General Demolition Senior Management
e) Post an operative at the entry to the work area to direct the emergency services to the scene of the incident
f) Ensure that the area is clear of non-essential personnel
g) Keep a record of events and take photographs of the scene of the incident
h) Contact M.E.L. (Health and Safety) Consultants Limited (01708 55 55 44)

21) Housekeeping

All employees and contractors are required to clear the waste on a daily basis, or more regularly as necessary. Bins will be provided and, when required, skips. Skips will be covered during non-working hours so as to prevent waste being blown around or the pilfering by third parties.

Waste will be removed from site to a recycling facility or licensed landfill.

22) Access and egress to authorised personnel

Site security will be maintained by General Demolition Ltd.

Vehicular traffic on site will be supervised by traffic marshals at all times.

All employees, contractors and visitors will be given Site Induction by the Demolition Manager before being allowed to commence work.

All persons entering the project are required to sign the Site Attendance Register (Form HS-F-017).

All visitors must be escorted by the Demolition Manager or the Site Supervisor whilst on site.

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

23) Emergency procedures

A fire drill will be undertaken during the early stages of this project to ensure that all who are involved in the project are aware of the procedures.

In the event of an emergency the alarm will be raised, the Site Supervisor will be advised and the site evacuated to the assembly point outside No 42-46 Lukes Mews by the main compound gates.

The emergency services will be contacted by the Demolition Manager / Site Supervisor.

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

24) 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 company vehicles.

Company vehicles will also be utilised for the delivery of plant and equipment to the project.

25) Signs and notices

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

a) Welfare Location
- General Demolition Limited Health and Safety Policy Statement
- Site Plan showing welfare/first aid facilities/arrangements
- Emergency/fire instructions for cabins and 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
- Safety/Technical/Environmental Alerts
- Site Rules
- Pictorial Plan of fire escape route and exit

c) Site Notice Board
- F10 Notification of Project
- Mandatory Safety Signs
- Directional Information
- Advisory Notice containing the following information
  - Principal Contractor
  - CDM Co-ordinator
  - 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

26) 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) 2007
- The Construction (Head Protection) Regulations 1989
- 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 1995
- The Control of Noise at Work Regulations 2005
- The Control of Vibration at Work Regulations 2005
- The Work at Height Regulations (Amended) 2007

BS 6399 - Imposed Loads for Floors in Offices
BS 6031:1981 - Code of Practice For Earthworks
BS 6187:2000 - Demolition Code of Practice

27) Statutory records

a) Scaffolding
All scaffolding will be inspected before first use and 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 (Form HS-F-023).

b) Excavation
All supported excavations will be inspected where they remain open for 7 days or more. The findings of the inspections will be recorded in the Excavation Register (HS-F-024).

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 (HS-F-025).

e) Plant
All plant will be inspected before first use and at periods not exceeding 7 days, after adverse weather conditions or any event likely to affect its stability - Lifting Equipment Inspection Register (HS-F-026).

f) Portable Appliances
All 110 volt electrical portable appliances will be inspected and tested before first use and at periods not exceeding 3 months - PAT Testing Register (HS-F-031).

28) Noise and vibration

a) Noise
Should noise levels reach 80dB (A) operatives will to 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 general 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.

It is the purchasing policy of General Demolition Limited to ensure that the noise and vibration produced by work equipment is considered together with the price when new purchases are made with a view to lowering the risk when equipment is used. General Demolition Limited will endeavour to purchase equipment that is advanced in technology and equipped with vibration absorbing features.

b) Vibration

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 in order 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 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/s²	15 m	30 m	1 h	2 h	3 h	4 h	5 h	6 h	8 h	10 h
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
	Daily exposure time									

The colour of the square containing the exposure point's 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).

29) Air quality and dust

Damping down will be used a method of dust suppression in accordance with BS: 6187:2011

30) Waste management

General Demolition Limited recognise their Duty of Care under The Environmental Protection Act 1990, the EP (Duty of Care) Regulations 1991, The Controlled Waste (Registration of Carriers and Seizure of Vehicles) Regulations 1991, Special Waste Regulations 1996 and other associated statutory provisions.

"Controlled Waste" will be released only to a "Registered Carrier" after proof (original only) has been produced by the "authorised person". All parts of the "Waste Transfer" note will be suitably completed with a copy remaining with General Demolition Limited for no less than two years.

"Hazardous Waste" will be moved only by a "Registered Carrier" after the completion of a "Special Waste Transfer Note" and the pre-notification of the movement to the Environment Agency, a copy of which will be kept by General Demolition Limited for no less than three years.

All waste will be suitably packed to ensure the safety of others during storage and carriage and also to 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 General Demolition Limited commercial vehicles. Waste removal will be undertaken during normal working hours to obviate disturbance to the surrounding residents.

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

31) Protection of water

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

32) Archaeology

There is no archaeological interest in this project.

33) Nature protection

There are no nature protection issues relating to this project.

34) Management of pest and weeds

Due to the location of the property, there is a possibility of the presence of rats. This may give rise to the risk of Leptospirosis (Weils disease) transmitted by rat urine, generally absorbed into the body by cuts from infected sharp objects.

All site operatives will be informed of the risks of Leptospirosis and instructed to carry the Leptospirosis information cards at all times (cards supplied during induction).

If vermin infestation is present General Demolition Limited will employ a specialist contractor to undertake extermination as far as is reasonably practicable.

Information as to the prime importance of personal hygiene and the use of personal protective equipment will be issued to all operatives during site induction.

Hot water will be provided for washing purposes within the welfare facilities.

35) Traffic management

Access and egress to the site will be from Grafton Terrace proceeding to the work area.

All deliveries to site will be agreed in advance to ensure minimal disruption to the surrounding areas.

All vehicles will immediately enter the site to ensure that no queuing of vehicles occurs on the public highways.

Traffic marshals will oversee all vehicle movement both on and off the project.

36) Contaminated land

There is no evidence of contaminated ground on this project.

Should previously unidentified ground contamination be suspected, work will be halted until such time as a soil survey report can be obtained.

37) Health and Safety Inspection and environmental auditing

Health and Safety inspection and environmental audits will be undertaken by our retained consultants M.E.L. Contact details for M.E.L.:

M.E.L. (Health & Safety) Consultants Ltd
Rainham House
Manor Way
Rainham
Essex RM13 8RH

Tel: 01708 55 55 44
Fax: 01708 55 88 44

38) 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.

39) Live working

All services are to be isolated by competent trade contractors prior to operations commencing.

The Demolition Manager must have received isolation certificates before allowing any activity to commence.

40) Manual handling

Manual handling operations will be avoided where reasonably practicable by the use of 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.

41) Further best practice measures:

- **To control PM10 and NOx emissions from vehicles and plant;**
- **To control dust emissions from demolition;**
- **Air quality monitoring;**
- **To reduce CO2 emissions from construction vehicles:**

i) In accordance with BS: 6187:2000

- All plant and machinery must be switched off when not in use.- prevent diesel fumes
- Areas where dust is created will be dampened down with water to control dust contamination.
- Dust levels will be closely monitored by General Demolition, and if existing control measures to minimise dust levels during demolition operations to the out building are insufficient, protective screens will be placed around the area.
- Burning of any materials on site is strictly prohibited.
- Dust nuisance will be generated and will be suppressed via a fine jet spray of water and will not affect the adjacent garrison working areas.
- Mud and debris on the road is one of the main environmental nuisance and safety issues arising from construction/demolition sites. To mitigate this in the early stages of the project when demolition and ground works are being carried out, jet washers will be used to wash down all vehicles that leave the construction site where necessary.
- The wash bay area will be impermeable and isolated from the surrounding area, sand bags will be placed by gullies etc.… to contain solids, with effluent directed to the foul sewer.
- We will also make provision for a road sweeper to clean the road if required.
- All muck away lorry's will be fully sheeted to minimize the risk of any arising's over-spilling onto the highway.
- Where necessary a fine water spray [mist] will be used 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.

42) Non-English speaking operatives

No non-English speaking operatives will be employed for this project.

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

43) Declaration

I have read and understood the requirements of this method statement.

DATE	NAME	SIGNATURE