



DOWNWELL GROUP

Enabling Solutions

Demolition Management Plan



Ugly Brown Building

Plot A

2-6 ST Pancras Way

Camden

NW1 0QG

Date: 5th October 2020

Proudly Working with Gardiner & Theobald

GT GARDINER
& THEOBALD

Revision Number: **03**







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Document Register				
Revision No.	Comments	Revised/Created By	Approved	Date
01	Initial issue	David Goulding 	Ian Munn 	05/10/20
02	Revised following Comments from Paul Eldred.	David Goulding 	Ian Munn 	08/10/20
03	Revised Following Comments.	David Goulding 	Ian Munn 	21/10/20

Any amendments or alterations following the previous issue is in **RED** so that they can easily be found and read.

Project Contacts

Contract Title & Address	Ugly Brown Building Plot A 2-6 ST Pancras Way Camden London NW1 0QG
Client Name & Address	Reef Group 51 Welbeck Street Marylebone London W1G 9HL
Principal Contractor	Downwell Newcastle House Oliver Close West Thurrock Essex RM20 3EE David Goulding – 07342 990510 Email: David.goulding@downwell.co.uk
Principal Designer	Bennetts Associates 1 Rawstorne Place London EC1V 7NL TEL NO: 020 7520 3300



Asbestos Removal Contractor	Innercity Environmental Unit 5 Schooner Park Schooner Court Crossways Business Park, Dartford DA2 6NW
Local Authority	Camden Council 5 Pancras Square London N1C 4AG Tel: 0207 9744444
HSE	Health & Safety Executive 151 Buckingham Palace Rd London Tel: 0207 2151820

Introduction

This Demolition Management Plan has been prepared specifically for the enabling demolition phase of this project in accordance with the CDM 2015. On completion of the demolition phase our role as PC will come to an end.

The plan has been formulated by taking into consideration the pre-construction information provided by the client, Principal Designer, designers, following surveys and risk assessment of the environment by the operations management team responsible for this project.

The Company's Health, Safety and Environmental (HS&E) Standards contain the core arrangements for managing health and safety in all our operations.

In addition, a management system has been compiled for assisting the project's operations management team in the planning, management of, recording and communicating of relevant health and safety information to provide a safe place of work, safe systems of work and to provide uniformity and consistency in the management of health and safety. Every project will have at least one copy of the Company's Health, Safety and Environmental Standards, with every manager receiving their own personal copy.

Company HS&E Standard – "Construction, Design and Management" details how the Company manages the CDM process. The contents page for the Company Standards and for the health and safety management system documents can be found in Company Health & Safety Policy Document... producing safe systems of work tailored to the project.

We aim to reduce the provision of generic paperwork and to only provide in this Health and Safety Plan project specific paperwork that should help with the communication and risk management of this project. Other information this file makes reference to, but is not project specific, will be clearly identified with the location where it is available, if there is a need to review these documents they will

be provided on request.

The aim of this Construction Health and Safety Plan is to provide clear, concise and specific information required to manage the works and the arrangements for controlling significant project specific site risks.

We are committed to providing a safe place of work and continually review our HS&E Standards and systems to provide clear and relevant information through all stages of the project's life.

The project team members responsible for the compilation, review and maintenance of this Demolition Management Plan are David Goulding – 07342 990510 and Ian Munn – 07557 110862.

1. Project Details

1.1 Location and Description of the Project

The project described in this document is made up of a 4-storey commercial block, the works involve providing an intrusive demolition and refurbishment survey, other enabling works before demolishing the structures on site. The ground slabs and foundations are to remain.

The site is located within a mainly commercial area in the London Borough of Camden. The demolition works, and subsequent construction works are part of a regeneration project.



1.2 Scope of the Works

The scope and sequence of works is listed below. This sequence has been chosen as it has been identified to be the most efficient. Each item will be specifically referred to in the methodology section.

- Asbestos removal
- Soft strip
- Scaffolding erection
- Structural demolition of cube area
- Staircase erection
- High reach demolition of commercial block
- Leave the site clean and tidy.

Should the scope of works change, or the sequence be altered, this document will be updated and inducted to all involved.

1.3 Timing of the Works

Contract Period	12 Weeks
Site Start Date	02/11/20
Planned Contract Completion	05/02/21
Form F10 (Rev) Date Submitted	23/10/20

The normal hours of work are as follows:

Monday to Friday	08:00-17:00
Saturday	08:00-13:00
Sunday and Bank Holidays	No Working Permitted

1.4 Pre-Construction Information

All pre-construction information (as seen below) is adequate for starting and completing the works to the required specification.

- Noise & Vibration impact assessment – Downwell Demolition
- Asbestos surveys – Geoenvironmental and Geotechnical Site Investigation

1.5 Liaison Between Parties



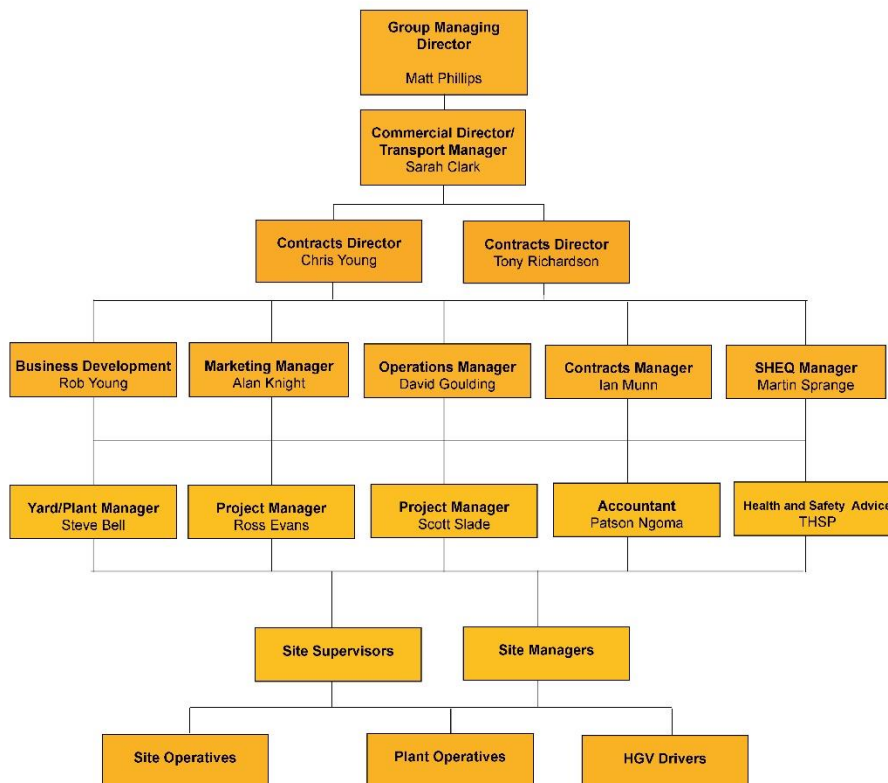
All topics relevant to the works will be discussed with the main objective aimed at the health and safety of the site together with any breach to the site boundaries.

Daily briefings will be held between Downwell at the start of each shift. During this briefing the upcoming workday will be discussed. At the end of the shift the briefing form is then to be signed off by both the demolition Supervisor.

Downwell Demolition operates a near miss procedure and all of the work force are familiar with the procedures required to operate this procedure in the correct manner and diligence it deserves. In the event of a near miss being reported, and investigation will take place immediately to establish the cause and with immediate respect any necessary control will be implemented to rectify the incident with reviews to ensure that there is no re-occurrence.

2. Safe Management of the Work

2.1 Management Structure, Competence & Responsibilities



A dedicated site Supervisor will control all aspects of the work from commencement to completion. He will be supported by our Operations Manager (David Goulding), Project Manager (Ross Evans), and SHEQ Manager (Martin Sprange) who will be contactable throughout the project and make weekly visits to site and attend progress meetings. In the event that the management structure is to be changed formal notice will be given and the replacement manager will attend site together with the former manager to ensure that all aspects of the project are understood.

The site supervisor will ensure that all practices and procedures are kept up to date together with all training requirements for all personnel on site. Furthermore, they will ensure that all aspects of the Health and Safety file are updated on a continual basis and all plans of work and risk assessments are in place and relayed to all members of staff with the completion of the mandatory registers.

The site supervisor will ensure that all aspects of the work are undertaken in compliance with the plans of works and risk assessments and will carry out toolbox talks with a minimum talk being carried out on a weekly basis on a topic that is relevant to the work being undertaken.

In the event that a major non-conformance is found all works will cease until an investigation has been carried out and all factors have been rectified and all operatives have been made aware of the deficiency and the procedures to ensure that the same occurrence is not repeated. The non-conformance will be reviewed in accordance with our quality policy.

The general health and safety responsibilities are as laid out in the Downwell Health and Safety Policy and the competency of the operations management team are as identified on the Company's competency matrix which can be found in the Company's Health, Safety and Environmental policy

The Company have formally appointed Chris Young to be the Director responsible for this project; David Goulding – Operations Manager; Ian Munn - Contract Manager and Ross Evans - Project Manager; all other key persons are shown at the front of this document.

Issues regarding H&S will be communicated to Martin Sprange. He is the projects SHEQ Manager. External H&S advice will be obtained from Prime Safety.

The following table shows the different roles on the site and what the minimum competency level will be for that job role.

Project Management Competencies	
Job Role	Minimum Competency
SHEQ Manager	NEBOSH – CCDO Black card
Project/Contracts Managers	CCDO Black card – level 6 NVQ
Site Supervisors	CCDO – Gold card – SSSTS – Asbestos awareness, First aid
Plant Operators	CPCS – Asbestos awareness
Demolition Operatives	CCDO – Asbestos awareness – Manual handling – Face fit

The following table shows how management will be visible on site.

Management Identification (Hat Colour)	
Job Role	Hat Colour
SHEQ Manager	Black
Project/Contracts Managers	Black
Site Supervisors	Black – Green sticker for first aid
Plant Operators	White
Demolition Operatives	White

2.2 Health & Safety Goals for the Project

The Downwell H&S goals for the project are:

- (a) To carry out weekly health and safety inspections and close out any areas for improvement within 2 days.
- (b) Complete the project in a safe manner and completing it within the designated programme.
- (c) Zero harm to operatives and the public.

2.3 Health & Safety Monitoring

Copies of all Health and Safety Monitoring carried out on this site by the operations management team, the Company's own management team, the Health, Safety and Environmental Advisor, HS&E Auditor or by a contractor's health and safety team / representative will be presented to the client if they require them to be.

In addition to visiting site on a regular basis the HS&E Advisor will provide health and safety support as requested or deemed necessary.

Fortnightly health & safety audits will be conducted by Downwell with copies of the report issued to the client & Principal Designer.

The project will be provided with up-to-date HS&E Standards and notified of any legal or system changes via communication from the Health, Safety and Environment Department to ensure current legislative and organisation requirements are continually updated.

The health and safety advisor will attend site and carry out a review process once a month a report will be prepared and left on site for action and close out purposes

Please see attached Health and Safety Policy

2.4 Methods of Communication

The project specific methods of effective communication are through prestart induction as recorded on our induction sheet and through toolbox talks as given by our supervisor and contained within our toolbox talk books carried by all supervisors.

Toolbox talks, and method statement briefings will be used as methods of consultation with the workforce and the Downwell demolition management as a minimum; the company also operates an "open door" Policy on all projects. Toolbox talks, and method statement briefings will be recorded and can be located in the site file.

Daily briefings will be conducted prior to the start of the working day. These briefings must be attended by all contractors working on the site at the time. Details of works to be completed and the current site conditions are to be discussed.

Any major deviations from the documented method of work will be communicated to the project team prior to the work commencing. Enough time will be given to allow discussion and review of the new proposed method of work.

- (a) The exchange of health and safety information between contractors
 - Site specific induction for all persons who require access to site areas
 - Daily task sheets will document and communicate activities on site.
 - Project progress meetings (frequency to be agreed with Gardiner & Theobald)

2.5 Selection and Control of Contractors

The Company HS&E Standards require that all contractors be evaluated prior to selection, where high risk activities are being undertaken the HS&E advisor will be notified by the Project Co-ordinator to provide assistance in the evaluation process.

All contractors will receive a thorough evaluation of competence. Contractors will be selected across all aspects of intended work which they have potential for participation. Records of contractor evaluations are kept at head office.

All contractors working on the site whilst Downwell are PC, will have their method statements reviewed on a weekly basis. Any changes must be documented in the method statement review log with the Downwell Supervisor making sure that the changes are inducted to the workers completing the works.

2.6 Site Security

The minimum standards for ensuring protection of the public and a secure site are as defined in the standards for demolition BS6187 :2011 will be adopted.

Downwell are responsible for the security of the Ugly Brown Building site during operational hours. The site's security is extremely important. Nobody other than the contractors working on the site are to be permitted to enter the site. The entrance to the demolition area is to be kept closed at all times when not in use. At the start of every shift, especially during structural demolition the building will be checked to ensure that no intruders have gained access through the night.

All areas of the site will be secured when not in use with the appropriate signs displayed at all entrances. The entrance gates will be closed at all times when not in use.

Warning signs will be erected around all areas of the site boundary warning people not to enter site, with a large Multi Board at the site entrance. These signs will address the dangers of entering the site, especially young children who may attempt to enter the site.

2.7 Site Inductions and on-Site Training

All demolition personnel and other contractors on site are required to have a demolition specific site induction. This will be carried out for all persons required to work on site, they shall be recorded using the site induction form, Site specific training requirements i.e. toolbox talks will be recorded on Toolbox Talk instruction sheet. A copy of the site-specific induction for this project and the records of induction and site-specific training carried out can be located in the site file. These records will be maintained securely as part of the project's data protection policy.

The competency levels of persons working on site will be identified prior to the commencement of the project and persons provided with the appropriate training for the tasks to be undertaken. Where additional training is identified during health and safety planning or individual's performance development reviews this will be arranged in conjunction with the Company's Human Resources Department.

Operatives will only be provided with on-site training for specific activities if required. The safety aspects of all operations will be discussed prior to commencing the activity via method statement briefings or toolbox talks. The HS&E Advisor allocated for this project will provide such on site as is necessary to ensure personnel are working to suitable safe systems of work and thus not reducing the likelihood and severity of injury to personnel, visitors and members of the public.

The competency levels for personnel operating equipment, plant etc. whilst working on the site will be checked by the operations management team, identified on the site induction form and copies of any formal training certificates will be kept on site until the work is completed, they can be located in the site file.







The competency levels for persons on this project are in line with the Competency Training Matrix provided in the Company HS&E Standards.

In line with the company standards, all personnel completing works on behalf of Downwell Demolition will have preferred certification to CSCS, CCDO or CPCS standards or other equivalent certification qualification.

2.8 Welfare Facilities and First Aid

Welfare facilities will be provided by Downwell for the duration of the project. These units will be of the self-contained type and will be positioned in a suitable location to the front of the site. Welfare units on site will be diesel powered with all effluent stored within the unit and regularly collected by a specialist waste removal company.

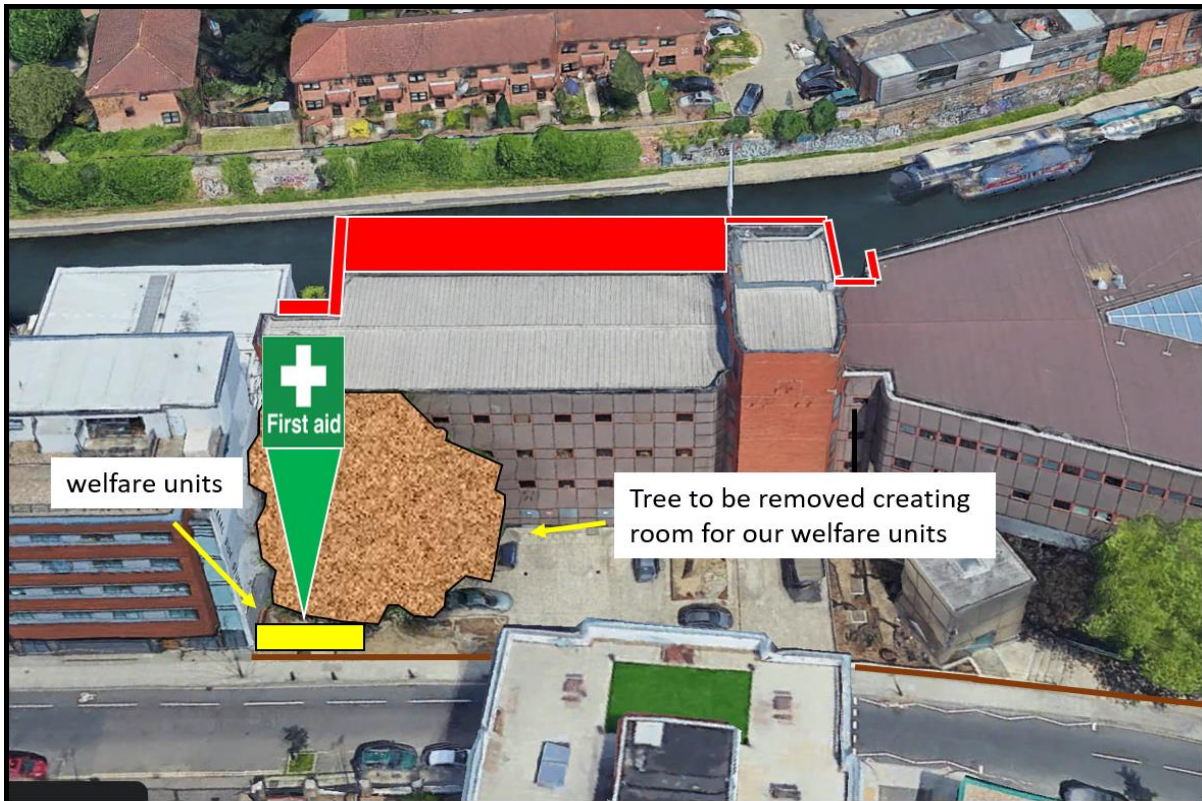
Welfare units on the site will have the following features.

-  Adequate space for the number of personnel on site
-  Toilet facilities adequate for the number of personnel on site
-  Enough seating for all personnel
-  Changing areas and clothes storage
-  Hot and cold water suitable for washing and drinking
-  Means to make warm drinks and heat food.



- Adequate space for the Supervisor of all contractors working on the site to complete their work. This space must be separate from the other demolition workers.

A typical site welfare unit



The minimum standards to be complied with are as set out in the health and safety at work act, and the CDM regulations 2015.

The first aid requirements for this project will be specifically risk assessed for the type of work and numbers of persons on the site.

The first aider on site will be: Scott Slade (3-day first Aid qualification)

No. of first aid boxes & size: 1 x large First Aid Boxes

Location of first aid boxes: The site welfare office

Resuscitation Equipment: The nearest one will be located with information of its location displayed on site.

The first aid boxes and equipment will be re-filled after each use, visibly checked each week during the weekly inspections and monthly checks carried out. All first aid boxes will be replaced when the use by dates have been exceeded.

2.9 Accident Reporting, Recording and Investigation

The accident reporting, recording and investigation will be in line with the requirements outlined in the Company's HS&E plan. All incidents will be investigated, the person undertaking the investigation and the type of investigation will depend upon the severity or potential severity. The operations management team will report any potential RIDDOR injuries immediately to the project's HS&E Advisor who will provide support and assistance.

The requirement to report all incidents, method of recording and online addresses etc. will be communicated to persons working on the project during the site induction.

Where any accident is reportable to the Health and Safety Executive the employer of the injured person will be responsible for ensuring it is reported, a copy of the F2508 will be available electronically on the site. The information on the form is to be kept confidentially.

Where a contractor does not provide evidence of reporting to the Health and Safety Executive the project's operations management team will report it directly to the Health and Safety Executive on behalf of the contractor.

There is no longer a paper form for RIDDOR reporting, since the online system is the preferred reporting mechanism. Should it be essential for you to submit a report by post, it should be sent to:

RIDDOR Reports
Health and Safety Executive
Redgrave Court
Merton Road
Bootle
Merseyside
L20 7HS

By Telephone

0345 300 9923 (opening hours Monday to Friday 8.30 am to 5 pm).

Investigations will be carried out and risk assessment reviews undertaken following the investigation. Where lessons can be learnt Safety Alerts, Toolbox Talks, Information Sheets or other appropriate media will be used to communicate the information across the Company.

Significant near misses will be treated in the same manner as an accident with appropriate investigations undertaken.

The specific method of near miss reporting for this project is the completion of near-miss cards or verbal instruction via the open-door policy.

Incident information and records of investigations shall be kept in the site file securely for data protection of any individual's who may be named. Incident report forms and incident investigations shall not be released to any third party without formal permission from the Company's senior management team.

2.10 Risk Assessments and Safety Systems of Work

Risk Assessments will be provided for the workplace and for individual operations involved in the project. Method statements and permit to work systems will be introduced as applicable, these will be mandatory for high risk activities. The Company Health, Safety and Environmental plan include the systems to be used for identifying hazards and for recording risks assessments. These shall be completed for risks identified on the project undertaken by our employees. The following major hazards have been identified within the project and will be covered within the method statement and risk assessment document. All hazards identified on site will have the risk associated with reduced as far as reasonably practical prior to arrival to site. Any operatives who are then exposed to the residual risk will be protected using PPE and other protection measures.

Main Hazards

- **Falls from height** – No works to be completed by any open edges. All open edges will be protected using fixed barriers. Scaffolding must only be accessed once it is completed and signed off.
- **Instability of structure** – Adequate exclusion zones to be established within work areas. NFDC publication on Exclusion Zones must be referenced when setting out exclusion zones.
- **Exposure to asbestos** – All asbestos works are to be completed by our licensed asbestos removal contractor. Areas having asbestos works completed must be suitably barriered off. All operatives on site must have asbestos awareness training
- **Moving plant and machinery** – Operatives working on the ground must have keep clear of moving plant and never work behind a working machine. Machine operators are not to move plant without facing in the right direction.

A log of all contractors and risk assessments/ method statements will be kept on site this will be updated as contractors are appointed through the lifetime of the project. The project's operations management team will ensure that all risk assessments and method statements have been briefed to all relevant personnel and keep records of briefings held on site.

Where contractors are used to undertake the works, the operations management team will review the risk assessments and method statements they produce, where the work is identified as high-risk additional support will be provided by the HS&E Advisor. Contractors will not be allowed to work on this project until they have provided a relevant risk assessment / method statement as appropriate and received a positive review back from the operations management team. Method statements and risk assessment reviews will be attached to the document reviewed.

All Risk Assessments and Method Statements will be reviewed by the client and any comments they may have will be actioned as necessary and all documentation amended where required.

The requirements for other risk assessments required by specific legislation are also identified in the Company HS&E Standards and where risks are identified they shall be used.

A “permit to work” shall be issued by the appointed person, the persons issuing and receiving the permit will sign it off and a copy of the permit will be held by both parties, when the work is complete the appointed person will check the work area before closing out the permit. Permits to work include “Hot Cutting” with fire extinguishers positioned. A fire watch will be done at regular intervals and all hot works will cease one hour before the end of the shift; a final check will be carried out prior to leaving the site.

Copies of permits to work will be filed in the site file.

2.11 Site Rules

Site rules for this project are located in the site file on the reverse of your induction form. Ensure these are read and understood before signing your name. A copy of these rules will be issued to all contractors at the pre-start meeting / induction and will be brought to the attention of every person working on site during the site induction. A copy of the site rules will be displayed on the project’s health and safety notice board; these will be reviewed throughout the project’s duration.

Employees who breach health and safety site rules will be subjected to the disciplinary procedures as laid down in the Company’s H & S Policy. Where contractors breach site rules the Project Manager or Site Manager will first issue TWO verbal warnings. If a third breach takes place, a written warning is issued to the offending contractor(s) management personnel and or temporary suspension from site. Any further breach in rules that expose themselves or others will be firmly dealt with by removal from site.

A formal report will then be sent to Downwell Demolition Ltd main offices in West Thurrock to advise relevant Contract Directors of the action taken and causation.

Drugs and Alcohol

Downwell Demolition Ltd operates a ‘zeros tolerance attitude to drink and drug abuse and will proceed to take swift and prompt action against those who breach company policy or site rules.

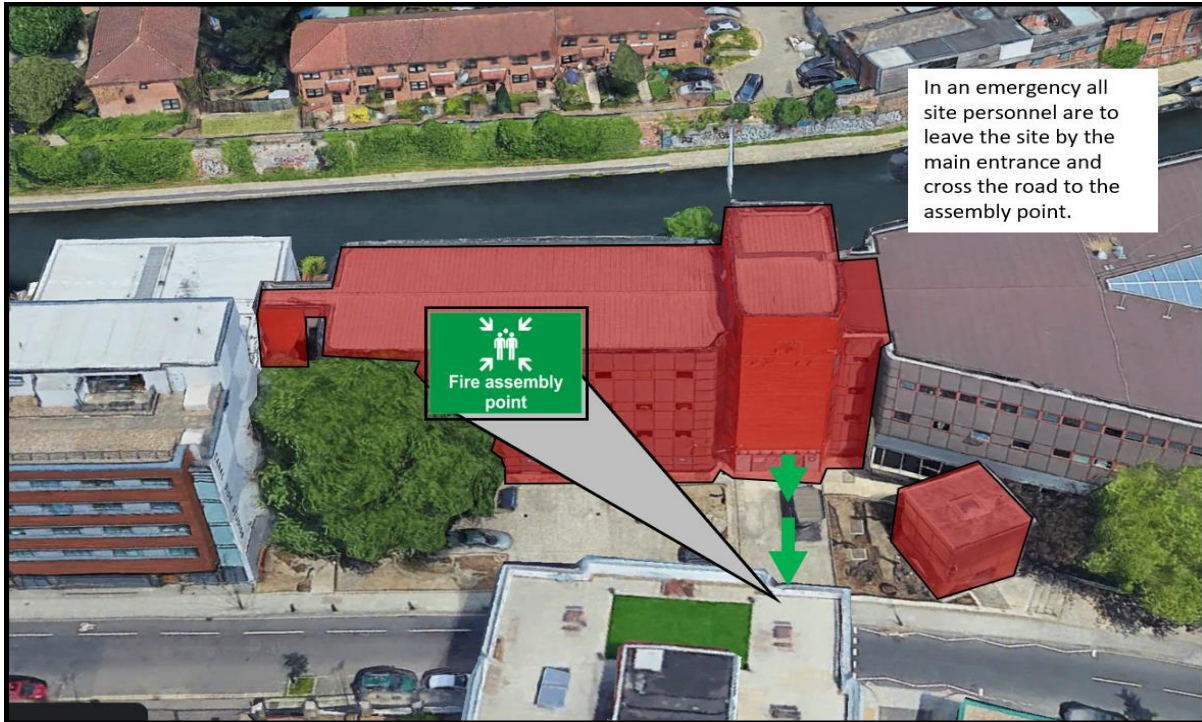
A copy of the ‘Drugs & Alcohol’ Policy can be found on the site notice board. This policy will also be clear to site personnel during Inductions and safety briefing sessions.

A full list of site rules will be sited within the welfare facilities. They will be updated on a regular basis and will consist of but not limited to the following.

- All PPE must be worn at all times applicable to the tasks being carried out. The minimum requirement for PPE on site will be Hard Hat, Gloves, Safety Boots, safety glasses and Hi Vis Garments. Other PPE task specific will be worn as stipulated with the method statement and risk assessments produced for the specific item of work.
- All tools must be kept clean and maintained in good working order and be locked away or made safe at the end of the working shift.
- All personnel must be aware of the contents of the method statements, risk assessments and company health and safety policy and the registers should be signed and dated by each member of staff before works commence.
- All operatives must observe a strict hygiene policy and thoroughly wash hands before eating or drinking to eliminate hand/mouth contamination and the possibility of infection due to Weils Disease.
- All staff must be aware of all evacuation procedures and location of assembly points and first aid stations together with positions of alarms and fire points.
- All staff must act in a responsible way at all times on site and ensure their safety and safety to others is paramount at all times. Any horseplay will result in immediate dismissal from site
- The site will be a no smoking site smoking will be allowed in designated areas only.
- Anyone caught either under the influence of alcohol or drugs will be dismissed from site.
- All staff will report any near misses to their site supervisor who will assist in compiling the relevant form
- Staff will report all accidents to the site management however small and all details will be entered within the accident book sited within the site office.
- All staff must be suitably dressed for their work application.
- The site boundary must remain undamaged and be suitable to prevent unauthorised access to the site.
- No one other than trained personnel with permission to do so will operate any plant or equipment.
- All keys must be removed, and doors locked when plant is not being used
- No personnel are to congregate outside the site during break times.
- No parking is permitted outside the site entrance prior to 08:00 in the morning.
- Members of the public must be treated the upmost respect at all times.

2.12 Fire and Emergency Procedures

A fire and emergency plan will be created and included within the induction prior to the start of the works. This emergency plan must include locations for the fire points, where the nearest defibrillator is and where the nearest fire exit is from the site. A separate rescue plan for the scaffolding works will need to be created and issued prior to the erection of the scaffolding. This will be created by the scaffolding contractor (InnerCity Scaffolding).



The plan must also inform every one of the locations of the muster point and the quickest route for getting there. Once at the muster point you should not go back into the site until you have been given the all clear to by the Demolition Supervisor and or the emergency services.

The fire plan must illustrate which fire extinguishers are present on the fire points and which can be used on the different types of fires.

All persons qualified in First Aid must be contained in the emergency plan. Their contact details must be communicated to everyone during the induction, with the location of the first aid box and accident book also included.

In the event of a fire the following procedure must be followed.

- If small the fire can be extinguished with the available extinguishers. Only do so if chance of injury is minimal.
- Leave the area in the safest and most direct route telling everyone to leave the area
- Use the air horns at the fire points to warn people to leave site. Use the following pattern 1,2,3.....1,2,3.....1,2,3..... In a continuous pattern. If people are in areas likely to have not heard speak to the site manager and get him to call them.
- Make your way to the muster point. The site manager should be the last person there and have the signing in register in his possession.
- Call the fire brigade and inform them of the site address, which is - Ugly Brown Building, 2-6 St Pancras Way, Camden, NW1 0QG.
- Wait at the muster point until told return the site by the fire brigade. Never return to the buildings for any personal belongings.
- In the event of a non-fire emergency or injury please follow this procedure.

- Assess the incident and check for injured persons
- If the incident involves no injured personnel, then calmly instruct people to stay clear of the area and when possible cordon the area off using fencing.
- If people are injured contact the first aider immediately by phone. The first aider will be the Supervisor.
- If you cannot reach them by phone stay with the injured person and flag somebody else down to go and get the first aider.
- Do not touch the injured person as this could cause further injury. Do not move them, however if they are still in danger of being injured.
- Call the emergency services on the telephone and let them know of the injuries having been sustained.

References:

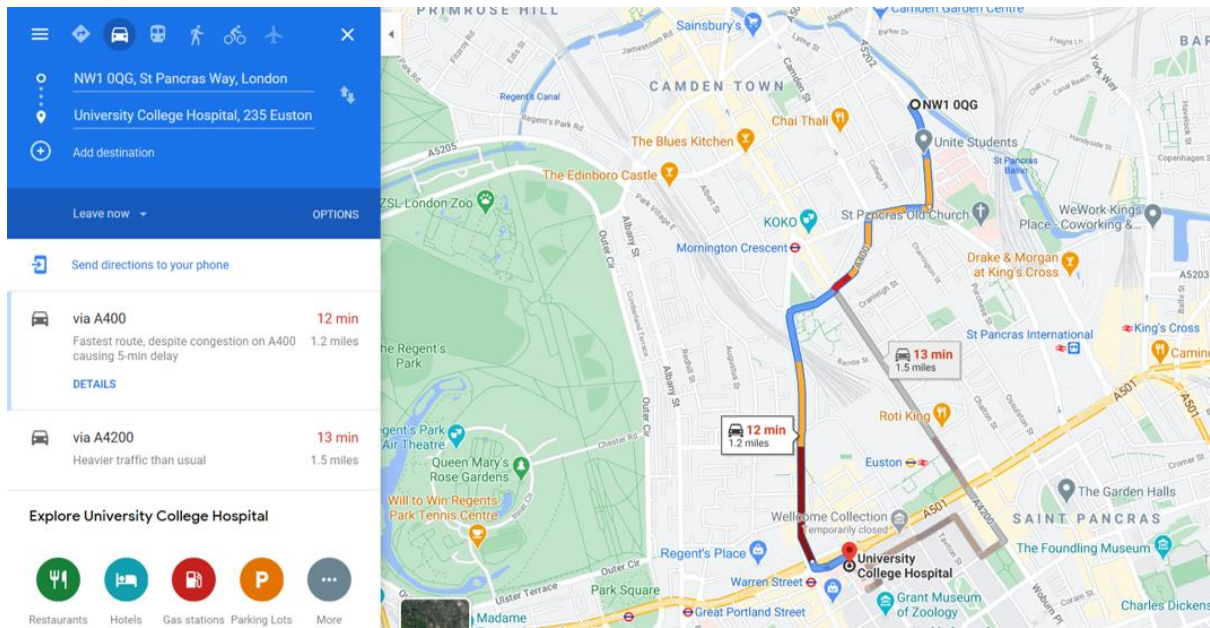
Health and Safety Guidance HS (G) 168. Legislative Requirements: www.opsi.gov.uk –HSAWA 1974. MHSW 199. CDM 2015 regulations and the regulatory Reform (Fire Safety) Order 2005.

If there is a fire within the site and it is small enough to safely fight operatives must use the fire extinguishers from the fire points. At no point must anyone put their own safety at risk.

If the fire is too big to fight operatives must use the air klaxons that are available to raise the alarm and leave the site via the designated route.

Nearest Hospital to the site:

University College Hospital
235 Euston Rd
Bloomsbury
London
NW1 2BU



2.13 Delivery, Storage & Removal of Materials

All vehicles servicing the site are to use the main site entrance on St PancrasWay. This road is a residential and commercial road so all vehicle **MUST** drive in a slow and considerate manner. All vehicles are to stick to the agreed transporation routes as suggexted by Camden. These routes must be printed off and issued to all contractors and suppliers servicing the site. See section 2.19 fo rthese routes.

Vehicles entering the site will be banked in by a trained Banksman. He is responsible for the movement of vehicles which require access & egress to the site. The gate will be kept closed at all times when not being used, the Traffic Marshal will ensure that all site rules and the procedures are adhered to by those entering and leaving the site.

All delivery/collection drivers must wear correct PPE during this time. Drivers are permitted to stay with their vehicle and not walk onto or around the site area. Prior to any driver having to walk around /across the site they will receive a full site induction.

All vehicles entering and leaving the site must do so in a slow and controlled manner ensuring that pathways/kerbs are driven on and always be aware of pedestrians and other road users. Vehicles are not permitted to wait outside the site in the morning causing congestion to the access rd.

No reversing of vehicles on site is permitted without the use of a Banksman. Reversing out onto the road is strictly forbidden.

On the approach to the site the vehicle driver must call the site to let them know they are almost there. Hands free communication devices must be used. This allows the gates to the site to be opened. After entering with the aid of the Traffic Marshal, they will then be guided into the site, to the point of the delivery or collection.

All equipment and materials must be dropped in the secure deliveries area. The materials must be stacked in a safe way so that they are not at risk of falling onto anyone and stacked in a way that



makes the most of the space within the delivery area. At no point, must heavy materials be climbed or sat on as this may cause them to fall, potentially hurting you. If materials are being stored out of the deliveries area, then they must be enclosed within a fenced exclusion zone to prevent being getting too close.

Prior to leaving the site, all vehicles must be checked for loose debris and anything wedged between the wheels must be removed.

Housekeeping

Good housekeeping on site is essential to ensure that the access routes to and from the entrances and exits from the site are obstruction free. This includes both plant and equipment storage and waste storage. Agreed access routes and pedestrian paths must be left unobstructed throughout the works.

Combustible waste materials must not be stored close to boundary lines, plant or any areas that are to be retained.

Throughout the day the site is to be checked for the accumulation of debris that could be building up at the site boundary. Any lightweight items that may have blown to the boundary must be bagged up and disposed of.

Plant

All plant will be delivered on a low loader or flatbed lorry. As plant is being unloaded the Banksman is to be present and supervising the plant disembarking the low loader and crossing the threshold into the site. Only CPCS operators can driver the plant from the low loader and into the site.

Approximate Vehicle Movements Table – Ugly Brown Building		
Type/Reason	Quantity/ Frequency	Period of Movements
Contractors in small vehicles	8 every day	Throughout our programme
Plant deliveries – Large low loader articulated vehicle	8 in total of no more than 2 in any one day	1 at the start until asbestos and soft strip has been removed. 3 during the structural demolition and 4 at the end of the project when the plant is removed.
Waste removal – tipper and roro vehicles	70. No more than 10 in any one day.	Spread out throughout the project. Mostly during the soft strip and asbestos removal.
Small tools and equipment deliveries – small vans	10	Throughout project
Welfare deliveries – Hiab flatbed	4 in total	At the start and then the end of the project
Delivery Restrictions		
Day/Time	Type	Restriction Details
Mon - Fri	HGV Rigid	Delivers and collection from site are to be restricted between 10:00 and 15:00
Sat	HGV Rigid	Delivers and collections to be scheduled between 10:00 and 13:00

Mon-Fri	HGV Artic	Delivers and collection from site are to be restricted between 10:00 and 15:00
Sat	HGV Artic	Not permitted
Mon-Fri	Small Vans & Cars	Delivers and collections scheduled for after 08:00 and before 15:00. Cars driving to site no restrictions
Sat	Small Vans & Cars	Delivers and collections scheduled for after 08:00 and before 13:00. Cars driving to site no restrictions

2.14 Services

We will be expecting that all services going through the site and that are likely to be affected by the demolition works are to be isolated and cut back to the site boundary prior to the start of any works. Pre-Construction information is on file to show that certain services are not within the site boundary.

At present no isolation information has been issued to us. **At present treat all services as live.** Do not start works until Gardiner & Theobald have issued the isolation certs.

A site review of all the disconnected services is to be carried out prior to any demolition works.

If there are any services to remain live during the demolition works these must be clearly marked, protected and then included within the site induction.

Should the works be completed during the autumn/Winter seasons the lack of light on site could be an issue. Temporary task lighting is to be used to give adequate light to safely complete the works. These lights are to be 110v lights which can be powered from an external generator.

2.15 Adjacent Land Use

The land surrounding the site is predominantly commercial, the building across the road is a builder's merchant with student accommodation above. The following map is of the surrounding area and several local services have been identified for consideration.

At the time of writing this document there is evidence of no substantial projects in the immediate area that may affect the running of this project. Should during the implementation of this project and a neighbouring project begin. The strain on local roads will be assessed to ensure that the logistics plans for both sites are not causing too much of a disturbance to residents. Contact details for any neighbouring projects will be collected and meetings arranged to discuss site logistics will be arranged, if required.



2.16 Temporary Works

Temporary works are to be a part of the current scope in this project. The use of scaffolding is included within the project and this is referenced in section 2.28. The scaffolding will be covered by a separate set of RAMS supplied by InnerCity Scaffolding.

Downwell demolitions CCDO Gold card supervisors and Project managers are all trained temporary works supervisors.

The following procedure will be adopted prior to the implementation of any temporary works.

- Temp works appointment letters to be issued to the TWD, TWC and TWS.
- The works will be scoped out and designed and have RAMS created
- The designs and RAMS will be checked before being issued to the TWC and TWS.
- The works will be installed.
- The works will be signed off by the TWD and a permit to load issued.
- Temporary works are to be inspected daily at the beginning of each shift.

2.17 Preventing Falls

Works at height are being minimized through the methods used to complete the project.

The scope of works dictates that there is a need to work at height. This will be carried out from MEWPS, all MEWP operators will hold the correct IPAF training for the item of plant being used.

Where working from towers is required to access height, they must be erected by a PASMA trained operative. This trained person must ensure it is erected on flat, sturdy ground and according to the manufacturer's specification.

Where sub-contractors fail to produce a system of work that sufficiently reduces risks to members of the workforce, the Downwell Demolition H&S Advisor, in conjunction the relevant contractor(s) will develop a suitable system of work to ensure the health and welfare of site personnel performing significant works, other personnel and members of the public.

2.18 Procedures for working near water

The Canal is located 10m from the work area and all scaffolding and temporary works will take place at a maximum of 8m from the canal wall.

Heras fencing with an access gate will be installed 2m from the water's edge during erection of the scaffolding.

Warning signs will be posted indicating deep water. Buoyancy aids will be placed along the work area.

All scaffolding and temporary works operatives will always be harnessed when working on the erection of the scaffolding and staircases.

A banksman will always be monitoring the works.

The scaffolding will be covered in monarflex, providing protection to the area behind the building during demolition.

No operatives will work in the area behind the scaffolding during demolition works.

2.19 Subcontractor information

Subcontractor Selection procedure.

Downwell have a database of suppliers that have been established for a minimum of 5 years and therefore have a trading history and are performance checked.

They are reviewed as part of our ISO 9001 management reviews and any non-compliances are addressed. All suppliers are required to submit Health and Safety information and accreditations on an annual basis.

All supplier details are logged onto a spread sheet and are contacted prior to any renewal deadlines for up to date information.

On site all subcontractors are monitored using a subcontractor performance sheet which is filled in by the Site Supervisor and is kept as part of the Health and Safety file.

New suppliers are required to fill in a questionnaire as attached.

Primarily as a Demolition Contractor our subcontractors are:

- Scaffolding
- Asbestos Removal
- ME
- Temporary works
- Waste removal
- Tree Surgeons

2.20 Maintenance of Plant & Equipment

All plant and equipment will be subject to daily inspection by the operator / user as a minimum. All vehicles on site must have provision of inspection or service before arrival on site. Regular

greasing and oiling of plant and equipment is to be completed by the operator during the plants time on site.

Copies of all inspection sheets will remain in the file on the specific item of plant.

All plant and machine operators will have suitable certification for items of plant intended for use. This includes the 12-monthly thorough examination certificate which will be on site.

Downwell are aware of the NRMM scheme which monitors the emissions of plant and equipment on construction sites. All the plant that is part of the Downwell fleet is checked against the NRMM requirements and only plant that meets the requirement of this site will be used on the project. Plant deliveries for site will be booked to site through the NRMM online portal.

The below is required for Downwell to comply with planning conditions in relation to plant.

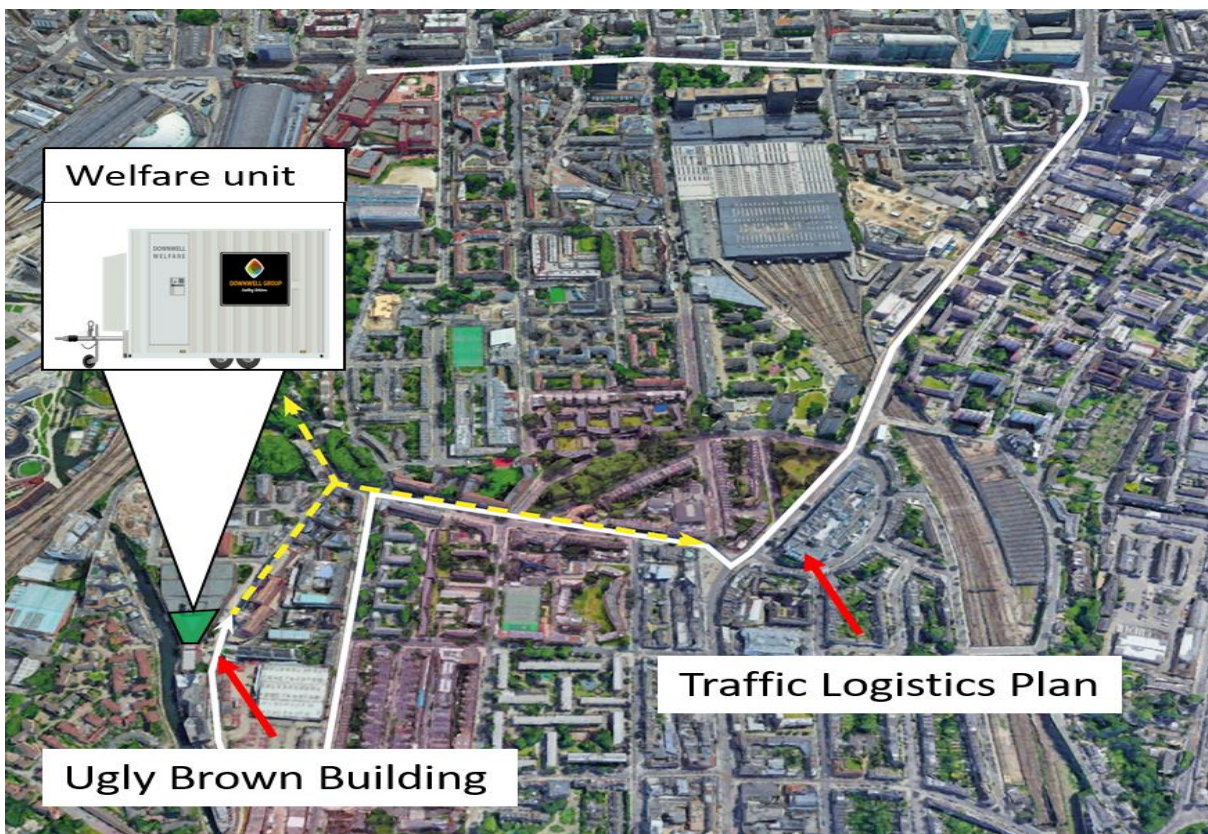
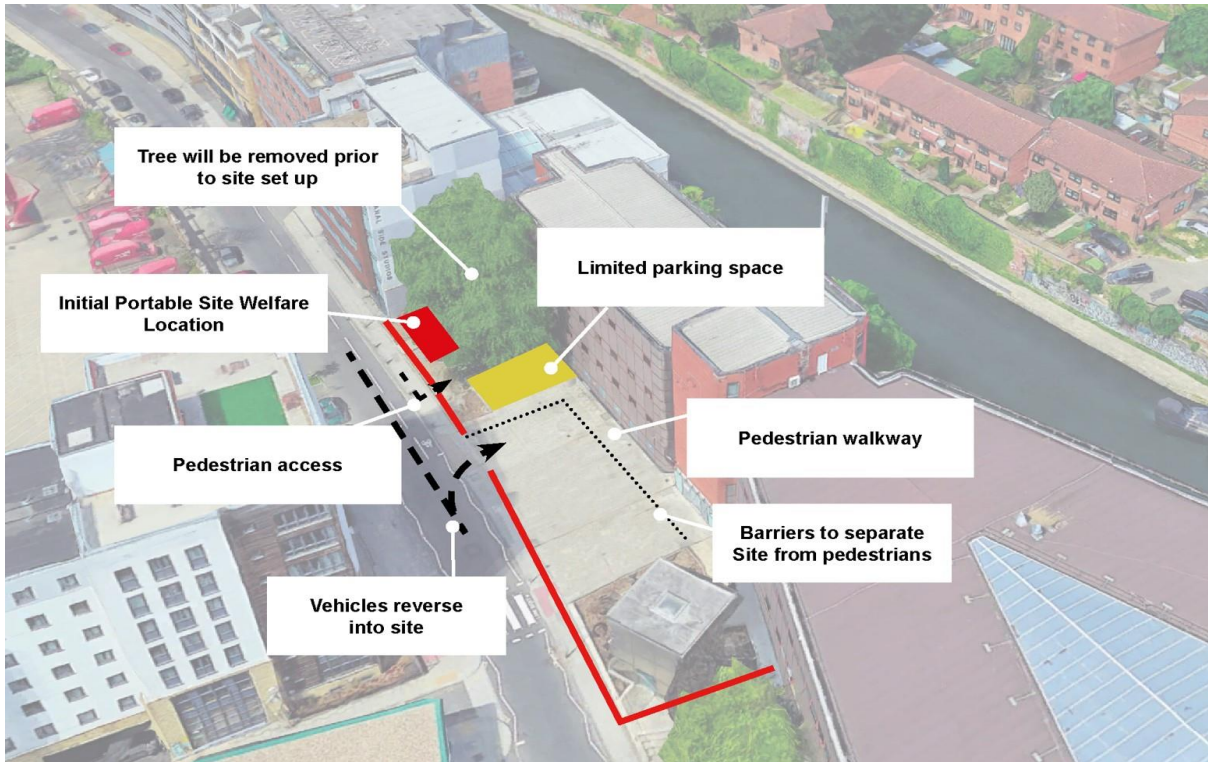
Condition 28: All non-Road mobile Machinery (any mobile machine, item of transportable industrial equipment, or vehicle - with or without bodywork) of net power between 37kW and 560kW used on the site for the entirety of the [demolition and/construction] phase of the development hereby approved shall be required to meet Stage IIIA of EU Directive 97/68/EC. The site shall be registered on the NRMM register for the [demolition and/construction] phase of the development.

Reason: To safeguard the amenities of the adjoining occupiers, the area generally and contribution of developments to the air quality of the borough in accordance with the requirements policies A1 and CC4 of the Camden Local Plan.

2.21 Traffic Routes, Segregation & Parking

There is to be no Parking on site for any visitors due to the limited space, the demolition supervisor must be consulted with before bringing a vehicle to site. There are only a few available spaces on site and these need to be managed by the demolition manager.





When walking around site it is advised to use existing hard standings whenever possible. Always give vehicles and plant a wide berth when walking around them. Never walk or drive close to exclusion zones, waste bins or buildings being demolished.

All of Downwell vehicles are FORS/CLOCS compliant. We have achieved our FORS Silver status which means all of our vehicles and their drivers are up to this standard. When using 3rd party hauliers, we

expect them to have at least the same safety standards as our own vehicles. This will all be verified before the haulier is permitted to start work on the site.

As the demolition phase unfolds areas for parking and lay down areas may change, if and as they do this will be communicated to all site personnel and revised plans placed on display and into the site file. Care sharing and public transport is to be encouraged and communicated to all employees and sub-contractors prior to the start of the works. Only temporary waiting of no longer than 5 minutes will be permitted whilst the site gates are opened in the mornings/evenings etc.

All vehicles servicing the site must ensure they call ahead to the site manager, when driving on the site the vehicles must stick to the sites 5mph speed limit. When driving off the main through road of the site the vehicle must be escorted by a banksman as there may be personnel moving around the site. No reversing on site without a banksman at any time.

All traffic will arrive from a pre-determined route to ensure vehicles only use routes appropriate to their vehicle types. The primary aims of the routing strategy are to prohibit all vehicles associated with the development from using unsuitable roads and to retain all vehicles on the strategic highway network, (SRN/TLRN), for as long as practically possible.

2.22 Waste Management

All waste arising from the works will be separated into the necessary categories and placed into their respective skips for disposal to the necessary recycling centre. All skips will be signed showing their contents. A full waste management plan will be compiled at the start of the project and will be updated as each items of waste are removed. All duty of care documentation will be submitted to the client's representative.

All waste arising from the works will be dealt with in accordance with the Environmental Protection Act 1990. Most waste from the works will be classified as Non-Hazardous although there will be numerous skips of asbestos waste.




All skips will be checked that they are correctly locked and sheeted before leaving site. No materials must be hanging out of the skips or extending up past the top.

The waste must leave in skips via main site entrance into Dollis Avenue. The vehicles must be pre-booked and must be scheduled to site within their agreed time slot. This is important to allow for smooth running of the site and to cause as least disruption to neighbours.

Asbestos waste will be collected by the asbestos removal contractor and disposed of at a licensed facility. All waste notes for this asbestos will be kept on site.

2.23 Permit to Work

A permit to work system will be employed throughout the duration of the works these will include the following operations.

-  Hot works
-  Work at height
-  Permit to work (required for working in areas where live services are present)

Before any works commence within the above categories the area of works will be inspected to identify any known hazards and identify if it is safe for works to continue. After all controls, have been put into place and all staff are familiar with proposed scope of the works the relevant permit will be raised. It will be raised by the site management and will be signed on by the person supervising the works. At the end of the works or shift the permit will be signed off after a final inspection of the workplace has been inspected by the site management.

2.24 Stability of Structures

The structures on the site are to be demolished in a steady and controlled manner, ensuring that the stability of the structure is maintained throughout and at the end of each shift. No free-standing sections are to be left up or loose debris on high up edges at the end of any shift.

Adequate exclusion zones are to be established around the areas being demolished so that in the unlikely event of collapse, no personnel will be in the area. With the demolition works being close to the canal and St Pancras Way an additional buffer zone is to be established as the demolition progresses through the building. These buffer zones are to be 3m outside of the hoarding and are to be manned at all times by a Banksman.

Downwell will ensure that all demolition is done in accordance with the agreed demolition method which is outlined in the demolition method statement. This method must not be deviated from without the document being revised and approved by the project director.

2.25 Working at Height

When any working at height is undertaken areas will be delineated using barriers to eliminate the risk of falling objects. The barrier will be suitably signed. All of the floor openings within the site must be boarded over prior to the main demolition team coming to site.

Before any works of this nature are carried out a toolbox talk will be held advising all staff of the areas of works and the type of works being carried out.

Any access to high level ceilings within the building will be undertaken using MEWPs or mobile towers and podiums. MEWPs will only be operated by IPAF trained operatives and Towers will only be erected by PASMA trained operatives.

All scaffolders on site must be working behind a handrail at all times. Harnesses must also be worn and secured to a secure anchorage at all times.

Where working at height is required using a MEWP. The area above the work at height must be checked for over head power cables or other obstructions. The operator of the MEWP must have a valid IPAF training cert for the machine.

2.26 Control of Lifting operations

Any lifting operations will only be conducted in accordance with an accepted lifting plan. This must be provided in adequate time for the document to be inspected before the works can start. This includes the delivery of site cabins, moving attachments around site and unloading items from lorries using the

arm of the machine. The cabin provider must provide a lift plan prior to the delivery of the cabins. This plan should outline the method for safely fixing the chains to the cabins without having to climb on then.

All vehicles delivering cabins must be suitably positioned on firm level ground. All non-essential personnel must be asked to clear the area whilst the lifting operations are being completed.

All lifting operations will be conducted in accordance with the Lifting Operations and Lifting Equipment Regulations 1998 and Use of Work Equipment Regulations (PUWER) 1998

2.27 Plant & Equipment

All equipment will be suitable for the tasks being carried out and all test certificates will be available for inspection within the site office. Further copies will be kept within the file on each item of plant.

All plant operators will be trained in accordance with the CPCS (Construction Plant Competency Scheme) or NPORS (National Plant Operators Scheme). All plant operatives will be in possession of their cards with copies within the file situated in the site office. Any new operatives joining the company will have their cards verified with their respective training organisations.

All plant will be switched off when unattended with the keys removed. When machines are being operated the keys must be attached to a lanyard that is then attached to the operator's clothes. This will help to prevent keys being accidentally left in machines as the operator leaves.

All plant will be stored in a central area at the end of each working period and immobilised by removing the isolator switch.

All fuels will be kept in bunded tanks/bowsers which will be kept in a designated area where all refuelling will be undertaken. Spill kits will be available on site and all necessary fire fighting equipment will be sited adjacent to the refuelling areas and shown on the site fire plan.

Any electrical equipment will be pat tested in accordance with the Electricity Regulations. All tools will be inspected daily by a competent person.

All excavators are fitted with rear facing cameras and mirrors that allow the operator to see clearly around them. All drivers are trained not to reverse the machine without first slewing the cab around so they can clearly see where they are going.

If reversing of plant is an essential, then a banksman must be there to accompany the reversing whilst always standing at a safe distance but within view of the operator so that signals can be clearly seen.

2.28 Excavations

N/A

2.29 Confined Spaces

It is not envisaged that any working by Downwell in confined spaces will be required within this project. If any confined space becomes apparent or are uncovered during the works all required

monitoring will be carried out and any operative entering the space will have confined space training and the necessary escape equipment where necessary.

Before any confined space is entered until a detailed risk assessment and method statement have been compiled and approved.

No operatives will enter a confined space until a permit to enter a confined space has been raised. Any personnel entering a confined space will be trained in accordance with the confined space regulations 1997. The training will include emergency evacuation procedures.

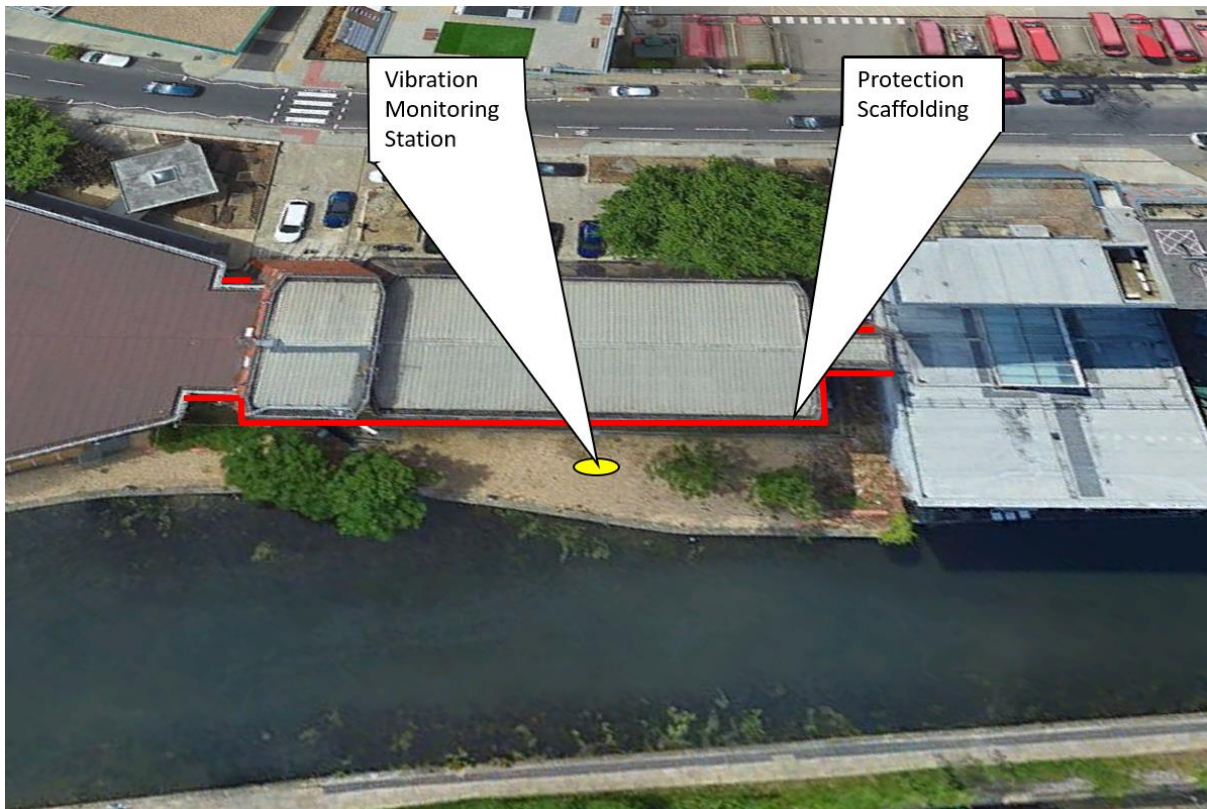
2.30 Scaffold

Scaffolding is required to the northern aspect of the Ugly Brown Building. This scaffolding is required due to the proximity of the building to the canal's boundary.

A full design for the scaffolding including the wind loadings for the Monarflex is to be issued and included within the TWD file for the project. This design is to be passed onto the TWC and TWS prior to the installation of any scaffolding.

This scaffolding will be fully boarded and be encapsulated with flame retardant Monarflex. The Monarflex is required to prevent small fragments and dust leaving the footprint of the building

The scaffolding must be inspected and tagged before the building can be demolished. The scaffolding must also be checked and tagged weekly, following any adaptations, or following any adverse weather.



2.31 PPE Maintenance

The site will be a mandatory PPE site with the minimum requirement of Hard Hats, Safety Footwear, Hi Vis Vests and Gloves. All PPE will be issued to each and every operative and each item issued will be documented in the PPE issue register.

All operatives will wear the above equipment with the addition of any other PPE appropriate to the tasks being carried out and listed within the method statement and risk assessments i.e.: - Ear protection, Eye Protection, respirators and Fall Arrest Equipment.

All PPE will be of the correct type for the task being carried out and the relevant BS-EN number will be imprinted on each item of equipment.

Any operative found not to be complying with the company requirements or any applicable legislation will be dealt with in accordance with our disciplinary procedures as listed within our company health & safety policy.

When any breach of PPE regulations occurs a toolbox, talk will be held containing detailed requirements of PPE for the particular tasks being undertaken. The person/s involved in the breach of regulations will be dealt with as appropriate.

All equipment required to safely complete the works will be issued free of charge.








2.32 Asbestos

All identified asbestos containing materials will be removed from the site prior to the demolition works commencing. The ACM identified in the surveys are of the licensed and non-licensed category. They will be completely removed prior to the start of any intrusive or structural demolition works.

All clearance certs and hazardous waste notes will be contained within the site file and issue to Gardiner and Theobald at the end of the project.

All Downwell operatives have received training to recognise ACM's, should any additional ACM's be located within the buildings during demolition, work will cease, and the Site Manager notified, an asbestos surveyor will be called to site, and a sample taken for testing to confirm, prior to works in that area continuing.

Should anyone become accidentally exposed to asbestos fibres the following procedure must be adopted.

-  Stop work move away from the immediate area but do not go to the welfare or other areas where other people are.
-  Phone or call for assistance.
-  The area must be cordoned off and warning signage displayed.
-  Instruct the people what has happened and not to approach you (this is key to reduce the likelihood of exposing others)
-  Ask the help to bring some disposable overalls, an FFP3 disposable mask and some asbestos waste bags.
-  The exposed person must remove all clothing and place it inside the asbestos waste bag.
-  The person assisting must call for asbestos analyst and for a decontamination unit to be delivered to site.



- The asbestos analyst must monitor the area to identify the type of asbestos present and conduct background air monitoring.
- The exposed operative must clean themselves thoroughly inside the decontamination unit.
- The exposed person must then seek medical advice.
- If the analyst confirms that it was asbestos that was disturbed, the incident must be reported to the Reporting of Injuries, Diseases and Dangerous Occurrences (RIDDOR) Regulations.

2.33 Manual Handling

Manual handling will be encountered on this site and will be assessed within the method statement. Heavy lifting must be a last resort and mechanical lifting must be the preferred method for moving heavy items.

In the event that the manual handling cannot be avoided team lifting will be incorporated.

Where lifting in excess of 20kg cannot be avoided specific risk, assessments will be compiled. All staff will be trained in manual handling.

2.34 Noise

Downwell demolition will minimise noise as far as possible by using plant which is well maintained with silencers which give the best noise reduction. When plant is idle, it will be switched off. All generators will be of the silenced type.

No construction vehicles will be permitted to wait outside the site with their engines running, with exception to those vehicles waiting for the Traffic Marshal to open/close the entrance gate. If there is a delay to access/egress the site entrance the driver will be told and will then switch off the engine.

When loading bins, material must be lowered in at the start to ensure that there is a layer of material at the bottom to reduce the noise from dropping subsequent layers on top. As the layers of material are placed in the bin they may need to be compacted. This must only be done by gradually lowering the arm of the excavator into the bin and pressing down. The operator must not bang down on the bin from a great height.

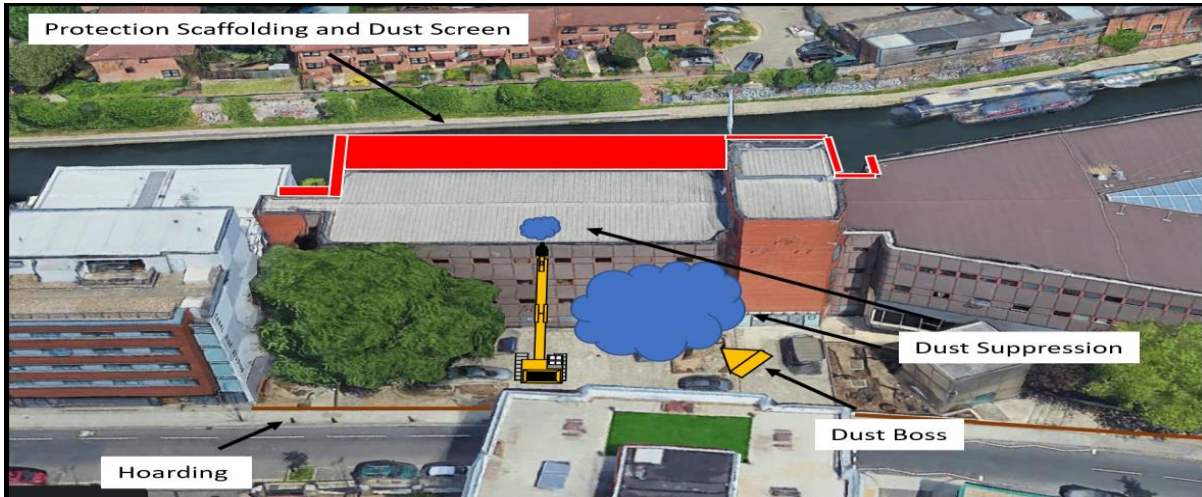
To help reduce the noise when using breakers to breakers the foundations in the ground noise barrier enclosures will be erected using Heras fence panels covered in noise reduction quilts. These barriers will help to ensure noise is reduced in areas close to boundaries with residential properties.

Excessive noise signs will be posted warning of the activity and the requirement of mandatory hearing protection.

Strategically placed noise monitoring devices will be placed within the site boundary. The equipment will monitor noise levels and notify the project team and other key personnel who require the readings, should levels exceed those set by the local authority/EA suggested levels. If levels exceed then the current work activities will cease, and the incident will be investigated? Work methods and protection measures can then be adapted to try and ensure that an exceeded level does not happen again.

2.35 Dust

If exposure to dusty works cannot be avoided, then adequate PPE must be provided to personnel on site. For all respiratory equipment used on site a valid face fit test must have been completed. This can be provided by the Downwell SHEQ department. Only respiratory equipment with a minimum value of FFP3 is to be used.



To help prevent dust from the demolition works water is to be used to help suppress this dust. Water will be sprayed onto the works to keep the areas dampened. The dust suppression techniques will vary as the works. At height demolition works will have hoses fed up through the arms of the machines or by using a hose attached to the basket of a MEWP. For medium to low level dust mist spraying units (Dust Boss) will be used to spray a fine water mist at the works. When working on the ground hoses/moto fog will be used to keep the ground and stockpiles of concrete damp and prevent dust from blowing off the ground of the stockpiles.



Dust monitoring will be carried out within the site boundary. The equipment will monitor dust levels and notify the project team and other key personnel who require the readings, should levels exceed those set by the local authority/EA suggested levels. If levels exceed then the current work activities will cease, and the incident will be investigated? Work methods and protection measures can then be adapted to try and ensure that an exceeded level does not happen again.

Where stockpiles of material maybe left on site, they must be kept dampened to prevent the wind from blowing off the stockpile.

2.36 Vibration

Excessive vibration is unlikely to be a factor for this project. To help minimise the vibration passed through an element of hand separation and saw cutting is to be completed before any mechanical demolition is to be carried out.

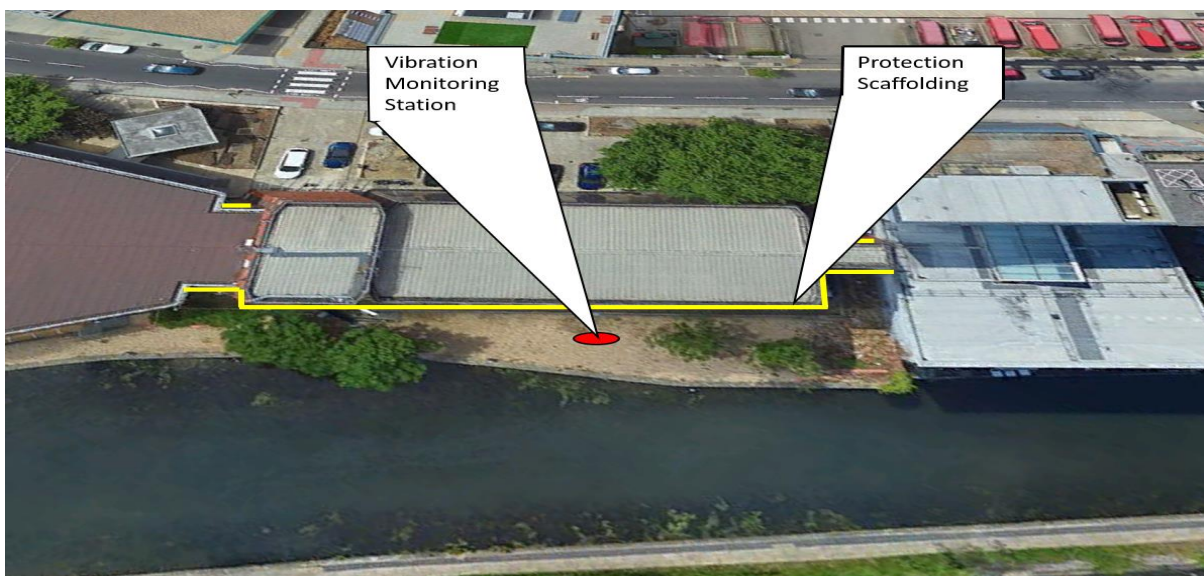
When loading materials into bins/lorries the material must be gradually lowered in and not dropped from height. Once a layer of material is in the bottom of the bin this will act as a cushion for the remaining material to be loaded in.

As bins get full, they may need to be compacted down using the attachment of the excavator. This is to be done carefully by pressing down on the contents of the bin and not hitting it from height.

Excessive plant movements must be avoided when working close to the boundary lines with neighbouring properties. To help reduce the impact of vibrations travelling through the ground where possible machines are to sit on a bed or demolition debris to act a s a cushion.

The Control of Vibration at Work Regulations 2005. The exposure limit value ELV is a daily exposure of 5m/s² A(8).) An operative rotation system will also be employed.

A strategically placed vibration monitoring device will be placed within the site boundary. The equipment will monitor levels and notify the project team and other key personnel who require the readings, should levels exceed those set by the local authority/EA suggested levels. If levels exceed then the current work activities will cease, and the incident will be investigated. Work methods and protection measures can then be adapted to try and ensure that an exceeded level does not happen again.



2.37 Control of Substances Hazardous to Health

A full and comprehensive COSHH assessment will be included within the RAMS document for the project. This will detail the COSHH items identified on the site, how you can protect yourself from them and how they are to be safely handled and stored.

Upon taking possession of the site, Downwell operatives will collect any drums or containers of chemicals and place them in a secure storage area to be agreed by the Demolition Supervisor. All containers will be placed on a drip tray suitable to carry 110% of the estimated volumes. This area will be suitably signed with current legislative compliant warning signs with spill kits and suitable means of fire fighting equipment local to the store in the way of a Fire point. This fire point will contain a means of raising the alarm and suitable extinguishing aids.

Once collected into the compound an external licenced removal company will attend site to ascertain the volumes and contents of the containers for which COSHH assessments can then be compiled and all items can then be removed to a licensed disposal facility

For the demolition works in general, COSHH assessments will be complied before any of the works commence. The materials that will be brought to site are limited ranging from fuels, oils, oxygen, and propane. For all materials on site there will be a technical data sheet present within the site office.

Where possible non-toxic agents will be used in the welfare so to reduce the exposure to operatives during the contract.

All bowsers containing fuel will be of the double banded type with locking nozzles. A Dedicated refuelling area will be set up in the appropriate work sites. All refuelling areas will be fenced off. Spill kits will be present in all areas.

Hot cutting is unlikely to be required with most works being undertaken by mechanical means, any gas bottles will be stored in a designated area delineated using Heras fencing. Oxygen and propane will be store separately. There will be a requirement of Propane to fuel the heating systems within the welfare units and the hot water within the decontamination units.

All gas bottles will be stored in an upright position and all storage areas will be adequately signed.

2.38 UV Rays

Depending on the time of year that the works start will depend on what precautions have to be taken in regard to UV rays. Excessive exposure to the sun's rays during the workday can go unnoticed and the people on site must be encouraged to wearing sunscreen. Excessive rays could be expected from the sun during this period, sun blocks will be available and should be applied if working outside in the sun for long periods.

Operatives should be discouraged from wearing short sleeves and from working outside for long periods of time.

2.39 Contaminated Land

N/A

2.40 Structural Demolition

The small cube structure situated to the front of the Ugly Brown Building is to be demolished first by Downwell to allow for the erection of the fire escape staircase. The cube consists of a concrete frame with cladding to the outside of the structure.

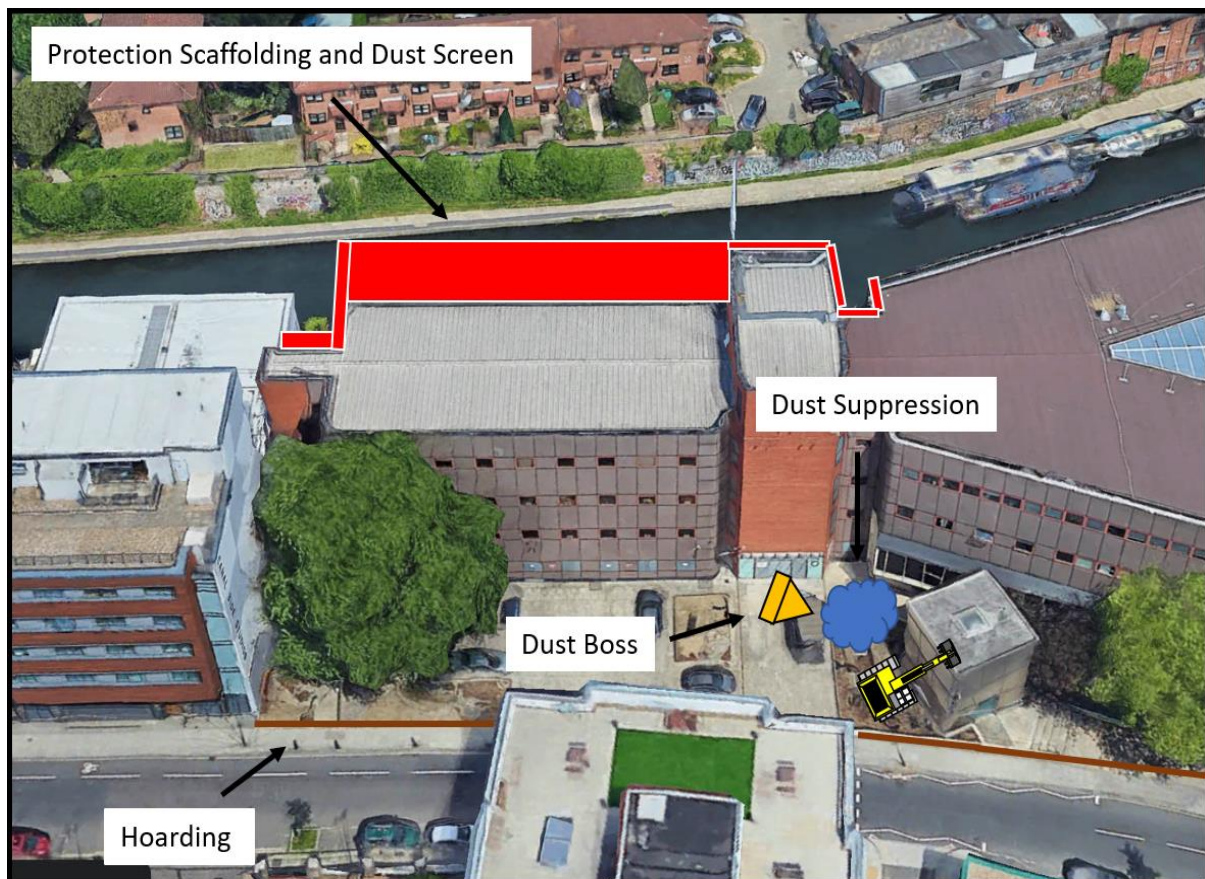
This structure will be demolished using a standard excavator, this will all be fitted with hydraulic muncher, cracker, or grapple attachments. The dust boss will supply a direct feed of water suppression to the required areas from the ground.

Before the start of any structural demolition works services are to be checked to ensure they have been appropriately disconnected. Isolation certs should have been received by Downwell and show where the services have been isolated and the location on the site boundary of the disconnection.

The building must be checked for personnel or intruders before the start of the building being demolished with doors sealed to prevent access to the structure.

Warning signs will be posted on the fence to warn of the dangers of entering the demolition exclusion zone.

NO ACCESS IS ALLOWED WITHIN THIS ZONE DURING THE DEMOLITION SEQUENCE



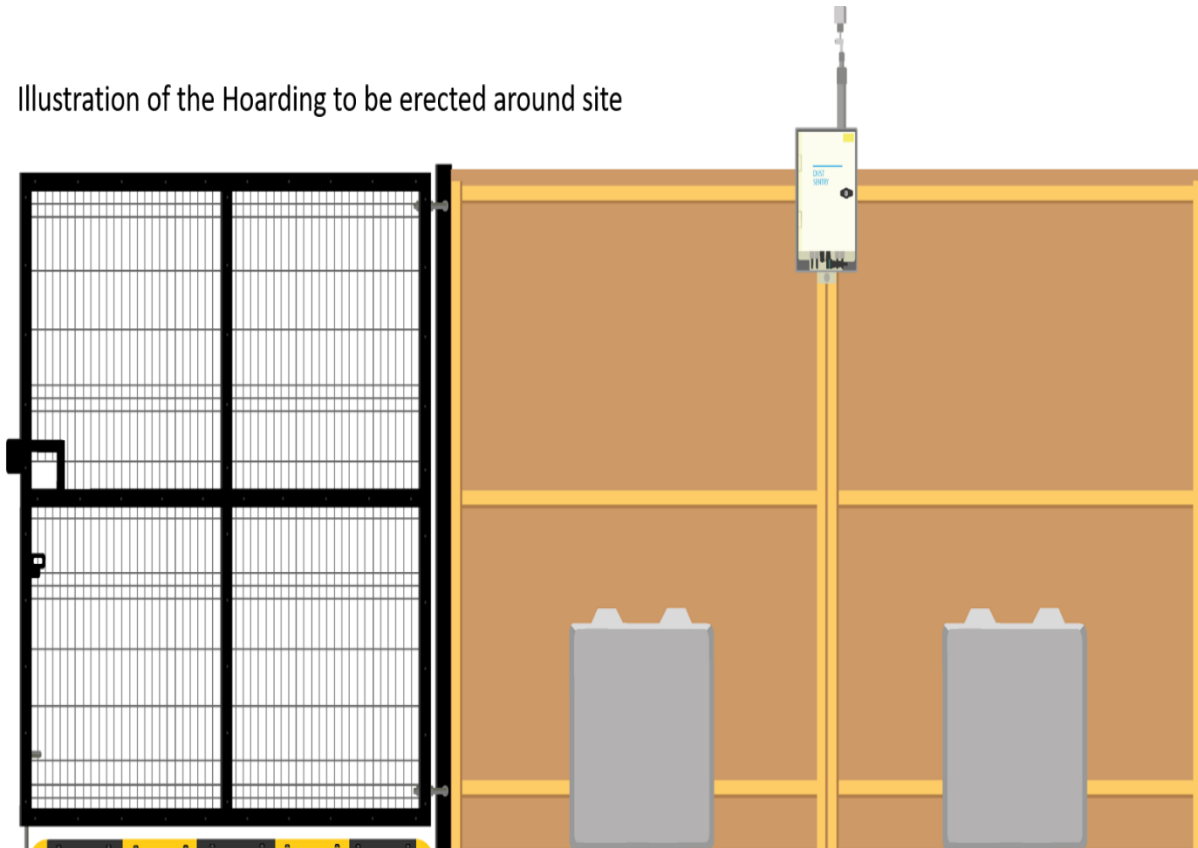
The large building to be demolished is the former premises of Ted Baker Ltd this consists off a concrete framed brick clad 4 storey structure with concrete floors and a stair/lift core.

The asbestos identified in the survey will firstly be removed by our licensed contractor Innerscity environmental.

Upon completion of the asbestos works the structure will be handed back to the Downwell site manager who will walk the structure with the asbestos supervisor and sign the works off.

All relevant air clearances and re-occupation certificates will be issued by an independent UKAS accredited analyst.

Illustration of the Hoarding to be erected around site



This structure will be demolished using a combination of a high reach excavator, and a standard excavator working in tandem, these will all be fitted with hydraulic muncher, cracker or grapple attachments, our high reach plant will be fitted with suppression hoses at the end of the arm/attachment feed from the ground.

Before the start of any structural demolition works services are to be checked to ensure they have been appropriately disconnected. Isolation certs should have been received by Downwell and show where the services have been isolated and the location on the site boundary of the disconnection.

The building must be checked for personnel or intruders before the start of the building being demolished with doors sealed to prevent access to the structure.

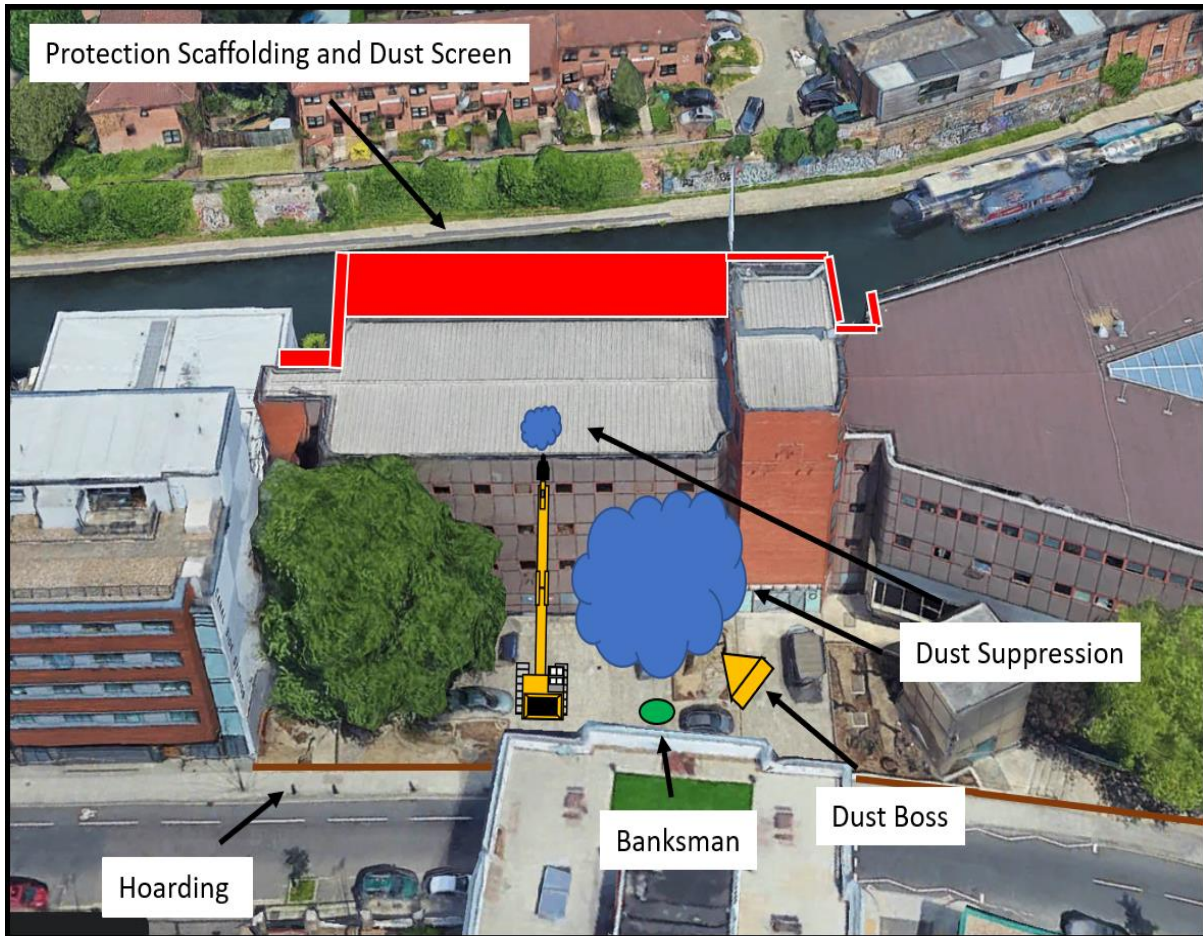
Warning signs will be posted on the fence to warn of the dangers of entering the demolition exclusion zone.

A banksman/operative will be positioned at the front and rear of the building as depicted below prior to any demolition works starting.

The banksman/operative will be in constant communication with the High Reach operator via a 2-way radio.



NO ACCESS IS ALLOWED WITHIN THIS ZONE DURING THE DEMOLITION SEQUENCE



Starting at the west gable end working east (the building will have already been separated) through the building the high reach will proceed to peel away the roof covering in manageable pieces progressing down to the outer skin of brickwork and exposing the floor area.

Once the roof has been suitably removed and the walls reduced a few meters, InnerCity Scaffolding will then access the scaffold and strike the scaffold a meter or the equivalent number of courses from the demolished point. InnerCity Scaffold will then exit the scaffold and stand outside of the demolition zone thus allowing the excavator to proceed with the demolition process. The area within the demolition zone will be cleared by a standard excavator. The demolition process described will continue down to the buildings slab completing the demolition works.

All demolition arisings created from these works are to be removed from site.

2.41 Fire Escape Staircase

Before any demolition works to the Ugly Brown Building (Building A) can be carried out, demolition to the cube building will be carried out first (as previously described). This will allow the construction of the new fire escapes and associated building works to access the staircases. The Ugly Brown Building will remain as an emergency fire escape route, temporary lighting is to be installed until the works on the staircase have been completed.

These works are to be carried out by an external subcontractor.



2.42 Design, Work Methods & Sequence

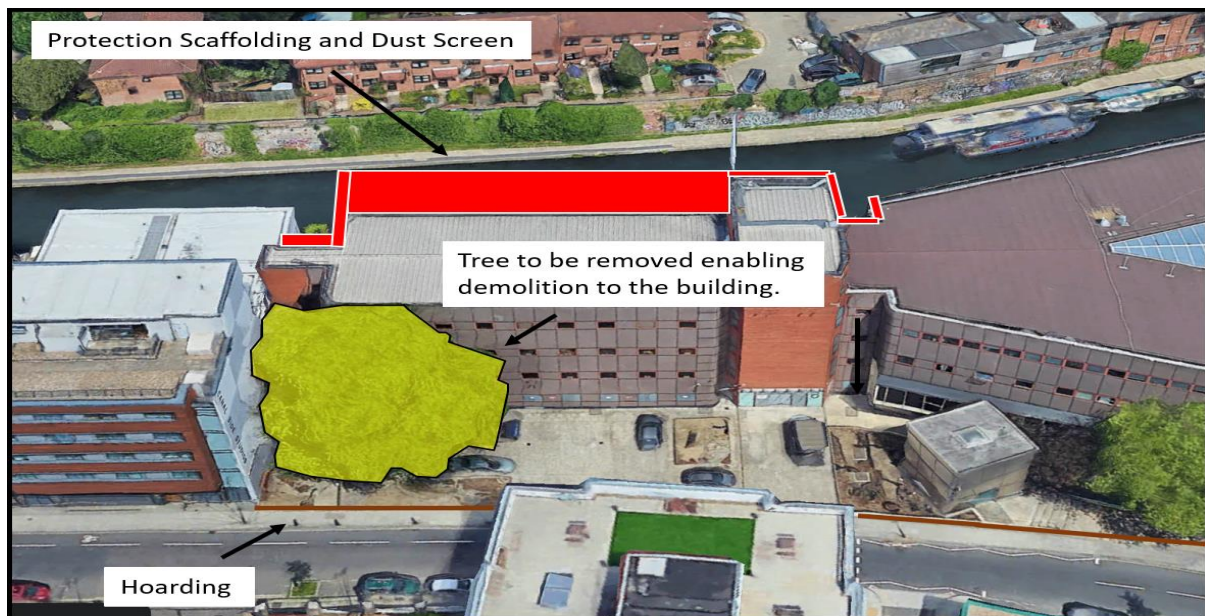
The demolition method is to be checked weekly by the Demolition Supervisor so that it remains an accurate account of the works on site. If the work method or sequence is required to be altered to suit the site conditions, then the demolition method statement must be revised.

The new revision must then be issued to the site team where everyone completing the works can be inducted.

All changes must be trackable and clearly visible in the new revision. The author must also sign their name on the revision and get the changes approved by a Downwell Director.

2.43 Trees

The below tree is to be removed, creating space for the demolition process.



There is information in the preconstruction documents regarding the removal of several other trees during the scheme.

All workers and machine operators are to be informed not to remove any trees or bushes without notifying Gardiner & Theobald prior to their removal.

2.44 Unexploded Ordnance (UXO)

N/A

2.45 Ecology

There is no ecology works being completed on the site. Workers are asked to be vigilante when working on the site. Should any species of animals be found to be nesting on site, works should stop and the Site Supervisor.

2.46 Resident Liaison

As we are PC on site, we will be handling all aspects of the community liaison. We will adopt the following practices to ensure that the impression of the site is a positive one and that our works affect the surrounding neighbours as least as possible.

Potential receptors which may be affected by the works have been identified and consulted. The required Party Wall Awards have been agreed with the owners/occupiers of the adjacent office buildings on both sides and will be kept up to date throughout the demolition works.

The Canal and River Trust has reviewed the demolition management plan and provided comments on vibration, debris and dust management. These were all acknowledged and addressed in the revised DMP, which was confirmed as acceptable by the Canal and River Trust.

Downwell have carried out a newsletter drop to the local businesses to notify them of the works, explain site setup and logistics and provide contact details to address any queries.

- Downwell are aware that issues regarding pollution and dust migration. The requirement in reducing the noises omitted during the works was a great factor in deciding the demolition methods to use.
- We will issue the programme of works to all properties on the boundary of the site that are affected by the works.
- Prior to the start of the demolition works a resident's letter will be drafted. Checked off by Gardiner and Theobald and Camden Council before be letter dropped to a selected area around the sit
- Downwell will maintain on site, a system for recording any incidents and any ameliorative action taken.
- Vehicles leaving the site will be checked for loose debris and have their wheels cleaned if excessively dirty. The roads surrounding the site will be regularly checked for debris and dirt. If identified this will be cleaned at the earliest convenience. Run-off water is to be allowed to disperse down the surface water drainage that has had a filter cover placed over it to prevent soil/dirt from entering the drain.
- No vehicles will be permitted to idle outside the site during the early hours of the morning. Drivers will be instructed to come to site within the below working hours. Any drivers that come to site must not be allowed to block access to neighbouring properties.
- During breaks the workers will not be permitted to congregate outside the neighbouring properties. Shouting, swearing and other nuisance behaviour will not be tolerated by our staff.
- The working hours on site will be 08:00 – 17:00 Monday-Friday and Saturday 08:00 – 13:00.

In the event of a complaint from a neighbour or a member of the public in relation to any site activity, they will be given the Site Managers details.

Should complaints about odour, noise, dust or vibration be received, they will be addressed directly by Downwell to enable results at the time of the complaint to be reviewed, and where appropriate immediate actions employed to rectify the problem.

Records will be kept of all complaints, including details of any actions taken.

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Downwell have carried out a newsletter drop to the local businesses to notify them of the works, explain site setup and logistics and provide contact details to address any queries.

2.47 Rodent Control

Prior to the start of the project the area will be assessed to check for evidence of rodents. If the area is deemed to have a rodent issue This could affect the surrounding residents once the building is being demolished as the rodents will be forced to flee to the surrounding areas.

A specialist contractor will be approached to lay strategically placed traps around the perimeter of the site. These traps will be monitored and emptied as required.

The presence of rodents can cause a health hazard to workers. Leptospirosis is a disease that is closely linked to rats. Gloves are to be worn at all times whilst on site. Strict hygiene must be adopted by everyone on site with hands being thoroughly washed prior to eating, drinking and smoking.

If you feel yourself becoming ill with flu like symptoms it is extremely important that you go to the doctors and mention you may have been in contact with rodent waste.

2.48 Concrete Crushing

N/A

2.49 Locating and Protecting High Voltage Cables

A specialist contractor will be approached to strategically locate where necessary the High voltage electric cables and fibre cables that cross the site.

Once the specialist contractor has identified the required cables (by observing their RAMS) a protection system will be applied.

2.50 Compilation H&S File

Downwell use a construction management system for the tendering and project management. The system is called Deltek.

The system is accessed via a web browser by all our management team including our site supervisors.

All documentation relating to the Health and Safety file is logged into the Health and Safety file relating to that project on our system under each specific project.

The system logs copies of emails relating to the project.

Downwell also keep a manual copy of the Health and Safety file, this is kept on site.

All the health and safety information for the site is forwarded to the Principal Designer appointed for the project.

A full Health and Safety file will be sent to the client upon completion.

2.51 Coronavirus COVID-19

Site Operating Procedures – Protecting our Workforce

Downwell Demolition sites that are operating during the Coronavirus Covid-19 pandemic need to ensure they are protecting the workforce to minimise the risk of spread and infection.

This guidance is intended to introduce consistent measures on sites of all sizes in line with the Government's recommendations on social distancing.

All Downwell Demolition's site team are to have their temperatures taken by the site supervisor at the beginning of the day, an infrared thermometer is to be used by way of aiming at the recipient's forehead and a reading being taken of their temperature.

All results from the thermometer are to be recorded daily and kept inside the site office. Any high temperature readings recorded will result in the site team member being sent home immediately by the site supervisor (following the below listed proceedings).

Downwell Demolition will have signage erected throughout the site to help remind our operatives of the expected procedures.

Alongside these guidelines, A toolbox talk is to be issued to all site operatives by our onsite supervisor before any works are to be carried out,

All our Downwell site team operatives are to wear our branded hi-vis vests, these have been updated with the 2m social distancing rule printed on the back as a constant reminder.

These are exceptional circumstances, and the industry must comply with the latest Government advice on Coronavirus.

The health and safety requirements of any construction activity must also not be compromised at this time. If an activity cannot be undertaken safely due to a lack of

suitably qualified personnel being available or social distancing being implemented, it should not take place.

We are aware that emergency services are also under great pressure and may not be able to respond as quickly as usual.

Sites should remind the workforce at every opportunity of the Site Operating Procedures which are aimed at protecting them, their colleagues, their families, and the UK population.

Alongside these guidelines, A toolbox talk (see below) is to be issued to all site operatives by our onsite supervisor before any works are to be carried out.

Self-Isolation

Anyone who meets one of the following criteria should not come to site:

- ◆ Has a high temperature or a new persistent cough - follow the guidance on self-isolation?
- ◆ Is a vulnerable person (by virtue of their age, underlying health condition, clinical condition or are pregnant)?
- ◆ Is living with someone in self-isolation or a vulnerable person.

Procedure if Someone Falls ill

If a worker develops a high temperature or a persistent cough while at work, they should:

- ◆ Return home immediately
- ◆ Avoid touching anything
- ◆ Cough or sneeze into a tissue and put it in a bin, or if they do not have tissues, cough, and sneeze into the crook of their elbow.

They must then follow the guidance on self-isolation and not return to work until their period of self- isolation has been completed.

Travel to Site

Wherever possible workers should travel to site alone using their own transport and sites need to consider:

- ◆ Parking arrangements for additional cars and bicycles.
- ◆ Other means of transport to avoid public transport e.g. cycling

- ◆ Providing hand cleaning facilities at entrances and exits. This should be soap and water wherever possible or hand sanitiser if water is not available
- ◆ How someone taken ill would get home.

Site Access Points

- ◆ Stop all non-essential visitors
- ◆ Always introduce staggered start and finish times to reduce congestion and contact.
- ◆ Monitor site access points to enable social distancing – you may need to change the number of access points, either increase to reduce congestion or decrease to enable monitoring
- ◆ Remove or disable entry systems that require skin contact e.g. fingerprint scanners.
- ◆ Require all workers to wash or clean their hands before entering or leaving the site.
- ◆ Allow plenty of space (two metres) between people waiting to enter site.
- ◆ Regularly clean common contact surfaces in reception, office, access control and delivery areas e.g. scanners, turnstiles, screens, telephone handsets, desks, particularly during peak flow times.
- ◆ Reduce the number of people in attendance at site inductions and consider holding them outdoors wherever possible.
- ◆ Drivers should remain in their vehicles if the load will allow it and must wash or clean their hands before unloading goods and materials.

Hand Washing

- ◆ Provide additional hand washing facilities to the usual welfare facilities if a large spread out site or significant numbers of personnel on site.
- ◆ Ensure soap and fresh water is always readily available and kept topped up.
- ◆ Provide hand sanitiser where hand washing facilities are unavailable.
- ◆ Regularly clean the hand washing facilities and check soap and sanitiser levels.
- ◆ Provide suitable and sufficient rubbish bins for hand towels with regular removal and disposal.

Sites will need extra supplies of soap, hand sanitiser and paper towels and these should be securely stored.

Toilet Facilities

- ◆ Restrict the number of people using toilet facilities at any one time e.g. use a welfare attendant.
- ◆ Wash hands before and after using the facilities.



- ◆ Enhance the cleaning regimes for toilet facilities particularly door handles, locks, and the toilet flush.
- ◆ Portable toilets should be avoided wherever possible, but where in use these should be cleaned and emptied more frequently.
- ◆ Provide suitable and sufficient rubbish bins for hand towels with regular removal and disposal.

Canteens and Eating Arrangements

- ◆ With cafés and restaurants having been closed across the UK, canteens cannot operate as normal.
- ◆ Whilst there is a requirement for construction sites to provide a means of heating food and making hot drinks, these are exceptional circumstances and where it is not possible to introduce a means of keeping equipment clean between use, kettles, microwaves etc. must be removed from use.
- ◆ The workforce should also be required to stay on site once they have entered it and not use local shops.
- ◆ Dedicated eating areas should be identified on site to reduce food waste and contamination.
- ◆ Break times are always to be staggered to reduce congestion and contact.
- ◆ Hand cleaning facilities or hand sanitiser should be available at the entrance of any room where people eat and should be used by workers when entering and leaving the area.
- ◆ The workforce should be asked to bring pre-prepared meals and refillable drinking bottles from home.
- ◆ Workers should sit 2 metres apart from each other or staggered breaks to avoid all contact.
- ◆ Crockery, eating utensils, cups etc. should not be used.
- ◆ Drinking water should be provided with enhanced cleaning measures of the tap mechanism introduced.
- ◆ Tables should be cleaned between each use.
- ◆ All rubbish should be put straight in the bin and not left for someone else to clear up.
- ◆ All areas used for eating must be thoroughly cleaned at the end of each break and shift, including chairs, door handles, vending machines, and payment devices.

Avoiding Close Working

- ◆ Downwell will introduce staggered start and finish times to reduce congestion and contact.
- ◆ Introduce enhanced cleaning of all facilities throughout the day and at the end of each day.
- ◆ Consider increasing the number or size of facilities available on site if possible.



- ◆ Based on the size of each facility, determine how many people can use it at any one time to maintain a distance two metres or staggered use.
- ◆ Provide suitable and sufficient rubbish bins in these areas with regular removal and disposal.

If there are situations where it is not possible or safe for workers to distance themselves from each other by 2 metres, **then these works are not to be carried out.**

General Practices

- ◆ Non-essential physical work that requires close contact between workers should not be carried out.
- ◆ Work requiring skin to skin contact should not be carried out.
- ◆ Plan all other work to minimise contact between workers.
- ◆ Re-usable PPE should be thoroughly cleaned after use and not shared between workers.
- ◆ Single use PPE should be disposed of so that it cannot be reused.
- ◆ Regularly clean touchpoints, doors, buttons etc.
- ◆ Increase ventilation in enclosed spaces
- ◆ Regularly clean the inside of vehicle cabs and between use by different operators.

Site Meetings

- ◆ Only necessary meeting participants should attend
- ◆ Attendees should be two metres apart from each other
- ◆ Rooms should be well ventilated / windows opened to allow fresh air circulation
- ◆ Consider holding meetings in open areas where possible.

Cleaning

- ◆ Enhanced cleaning procedures should be in place across the site, particularly in communal areas and at touch points including:
 - ◆ Taps and washing facilities
 - ◆ Toilet flush and seats
 - ◆ Door handles and push plates
 - ◆ Handrails on staircases and corridors
 - ◆ Lift and hoist controls
 - ◆ Machinery and equipment controls
 - ◆ Food preparation and eating surfaces
 - ◆ Telephone equipment
 - ◆ Keyboards, photocopiers, and other office equipment
- ◆ Rubbish collection and storage points should be increased and emptied regularly throughout and at the end of each day.



Acknowledgment Sheet

Project Name & Number	
Project Start Date	
RAMS Inducted by	
Document Name & Revision	

By signing below, I confirm that I have been given the required information to complete the works on site in a safe manner and am aware of all the requirements on site to protect mine and everyone else on sites safety.

First Name	Last Name	Signature	Date