

METHOD STATEMENT



Ref No.	MS-ACM-C0042/1	Revision No:	0
Prepared by:	Name: Dave Cobern	Signed	Date 27/06/2023
Reviewed by:	Name:	Signed	Date
Revision Detail			
Revision No.	Revision Detail& Issue Status	Completed by:	Issue Date
NOTE: All REVISIONS completed will be UNDERLINED to highlight and show changes made after first issue. Where DELETION required, double strike through [e.g. text No Longer Required].NOTE: Where updating a previously revised document, convert previous revisions <u>UNDERLINED</u> back to NORMAL TEXT and DELETE text that was previously double struck through			

PART ONE:

Method Statement Details:

Method Statement Title: Asbestos containing material removal

Overview of Scope:

Asbestos containing material (ACM) Floor tiles & Adhesive, Bitumen / Cement packers, Stair nosing's, Pipe Gasket, Flash Guards, Sink pad Removal

Description of Works & Safe Working Arrangements:

Localised removal in a controlled manor of asbestos containing packers and asbestos containing floor tiles in compliance with the current regulations: -

- HSG33 health and safety in roof work (5th edition 2020)
- Control of asbestos regulations 2012
- Asbestos essentials-HSE.

Using hand tools and or 110v tile lifter

Water suppression using water and surfactant from mechanical hand pump sprayers.

Pre-commencement work

- All services certified disconnected except water.
- Voids to be filled small ones expanding foam larger ones to be boarded and plastic covered.
- Any void found in the floor to be sealed prior to any work commencing.

Hold Point

**Ensure all service isolations required to conduct the works have been identified, conducted, the services proved dead and the appropriate service isolation certificates have been raised;
Termination of services to be completed prior to any work commencing.**

- Fuse boards in bound cable must be cut as proof of disconnection.
- Armoured cables must be traced to the incoming point and a physical cut must have been made prior to any removal work. Otherwise treat as live.
- Electrical components / equipment. Ensure no cables are attached that pass-through walls as source cannot be traced. If so, seek advice before removal from your supervisor.
- Electrical wiring will have a disconnection notice. Any wires passing through a Party Wall or into an area not assessable and have not been cut off are to be treated as live until proven otherwise.
- All overhead cables to the building must cut at the building side, sleeved, or treated as live.
- Service termination Certificate to be attached to this method statement

Supervisor NameSignature..... Date.....

Do not continue past this point unless signed off by Supervisor/Manager

- All M&E to be removed as far as reasonably practicable.
- All suspended ceilings to be removed along with the framework.
- All soft skin materials to be removed.
- All floor coverings to be removed as far as reasonably practicable (soft coverings must be removed without exception)

- Drains internally or in potential run off areas to have Geotex or similar catch membrane installed

PPE & RPE

- The operatives will be using white coveralls type 5/6 Class 3 marked for this project
- Gloves Cat 2 CE
- Boots Preferred no laces however this accepted and allowed to be duck taped
- Hard hat
- Orinasal half mask FFP3
- All operatives will hold in date Cat -B removal certificate.
- A current in date medical
- Hold a face fit certificate within 12 months of a test (company policy).

Floor Tiles & Adhesive

- Respirator zone will be set up with tick a tape or fencing with signage
- The area will be cleared of all loose fittings and coverings prior to commencement.
- Signage will be put up, a controlled waste route established in the shortest route to the enclosed Asbestos skip.
- The operatives using Blue / white coveralls type 5/6 Class 3 marked, gloves Cat 2 CE, boots, hard hat and an orinasal half mask FFP3 all operatives will hold in date Cat -B removal certificate along with a current in date medical and hold a face fit certificate within 12 months of a test (company policy).
- The operatives will enter the area via the bag lock,
- The floor tiles will require the operatives to wear the same ppe as described above and the operatives to hold the same competencies.
- The floor will have been thoroughly soaked from the day before to help release the tiles this will be kept damp to reduce the spreading of any fibres again the release level is low see table below.
- Using a floor scraper or tile lifter 110v the tiles will be lifted from the concrete screed.
- The second operative will pick the tile up and place in inside a red marked bag and swan necked taken to the back lock wiped down and placed in a clear marked bag swan necked and taped.
- These bags will then be taken to the enclosed asbestos skip via the established waste route.
- Once all the tiles have been lifted the floor will have all arising removed the walls wiped down window plastic wiped down and removed bagged as previously described.
- The floor will then be wiped clean all tack rags coveralls bag lock gloves will be placed in waste bags as previously described.
- Outside the bag lock will be two buckets for washing of boots and cleaning of masks also red bag for disposal of suits gloves and pre- filters / filters pending on brand of mask used.
- Personnel monitoring will be carried out periodically throughout the works contained within this document.
- Background monitoring periodically throughout the works in this document this will ensure the works stay in the working parameters set out in asbestos essentials regulations.

Asbestos Bitumen/Cement Packer Removal

The Bitumen/Cement packers will require the operatives to wear the same ppe as described above and the operatives to hold the same competencies.

- Respirator zone will be set up with tick a tape or fencing with signage.
- As this material holds the fibres in a matrix release is very difficult to occur however care will be

taken not to tear or damage the material.

- The area will be sprayed from a killer spray with a surfactant at the start of the work and maintained damp.
- To remove the packers the glass from the window will be removed by others, then the frame cut above and below the packer on the vertical or to either side on the horizontal the frame and packer will be placed in a red marked bag and swan necked and taped.
- This will then be placed in a Red marked bag swan necked taped then placed in a clear marked bag swan necked taped and taken to the enclosed asbestos skip via the designated waste
- Once the area has been cleared the operatives will pass through to decontamination area where there are two buckets for washing of boots and cleaning of masks also red bag for disposal of suits gloves and pre- filters / filters pending on brand of mask used.

Stair Nosing's

Will require the operatives to wear the same ppe as described above and the operatives to hold the same competencies.

- Respirator zone will be set up with tick a tape or fencing with signage.
- As this material holds the fibres in a matrix release is very difficult to occur however care will be taken not to tear or damage the material.
- The area will be sprayed from a killer spray with a surfactant at the start of the work and maintained damp.
- To remove the stair Nosing's, they will be lifted with a pry bar from the stair once free will be placed in a red marked bag and swan necked and taped.
- This will then be placed in a clear marked bag swan necked taped and taken to the enclosed asbestos skip via the designated waste.
- Once the area has been cleared the operatives will pass through to decontamination area where there are two buckets for washing of boots and cleaning of masks also red bag for disposal of suits gloves and pre- filters / filters pending on brand of mask used.

Pipe Gaskets

Will require the operatives to wear the same ppe as described above and the operatives to hold the same competencies.

- Clear access will be gained to the area the gasket is located.
- These are in the following locations this list is not all inclusive or exhaustive.
- Each side of a valve block & inline Flanges
- Where two pipes join in line.
- Pipe bend or T junction
- Joining to a tank / Boiler or item of plant
- Removal technic is very simple.
- Firstly, the system will be confirmed redundant and decommissioned prior to any works commencing.
- The operative will have been instructed on the type of pipe if it requires hot or cold cutting refer to Resip rams for cold cutting, Sthil saw rams, or oxy propane on large bore heavy duty pipe.
- None of these methods will disturb the asbestos it is a protective measure for what the pipe has been used for
- Either side of the gasket approximately 150mm the pipe will be cut so as not to disturb the gasket.
- The pipe will be allowed to cool even after cold cutting as a small amount of heat is generated.
- Once cool the vales maybe bagged if the gasket protrudes past the flange if not this can be placed direct into the asbestos waste skip for disposal via a licensed facility.

Sink Pad Removal

Will require the operatives to wear the same ppe as described above and the operatives to hold the same competencies.

- The pads are easily removed with a scraper as they are glued in place.
- This will then be placed in a Red marked bag swan necked taped then placed in a clear marked bag swan necked taped and taken to the enclosed asbestos skip via the designated waste route as previously described.

Asbestos Rope Removal

Will require the operatives to wear the same ppe as described above and the operatives to hold the same competencies and follow the same procedures.

Asbestos rope can be found on doors to Furnaces Boilers and Northern light frames for example its removal is very simple.

- Once the area has been prepared as previously described
- The rope is lightly sprayed with water from a killer spray.
- The rope is then gently pulled away whilst lightly spraying with the sprayer.
- The rope is placed in a red asbestos sack.
- The area from where it was removed is wiped down with a damp cloth to remove any residue.
- The cloth is placed in the red sack.
- Once the red sack has sufficient weight in it, the sack will be sealed up as previously described and placed in a clear sack as previously described.
- It will be taken via the waste route to an enclosed lockable skip for disposal.

Waste route & Disposal

- A dedicated waste route will be identified and maintained.
- All waste will be transported in a double bagged method as described above to an enclosed skip in a dedicated area.
- The waste route will be checked visually.
- Any breaches of the bag will be cleaned up immediately and reported to the supervisor to prevent recurrence.

• ANTICIPATED EXPOSURE LEVELS & SELECTED PPE & RPE

Due to the high level of control procedures adopted, it is not anticipated that the fibre levels should exceed 1 fibres/ml during the removal of any asbestos materials.

Evidence of average recorded fibre levels recorded during our specific removal works is detailed within the table below and will be utilised for “anticipated exposure” for exposure monitoring unless Personal Monitoring is undertaken on site.

Task	Average Recorded f/ml	RPE	Protection Factor	Coveralls Type 5/6 Class 3
Pre-Clean	N/A	N/A	N/A	White
Respirator Zone Construction	N/A	N/A	N/A	White
Removal of asbestos under cat-b conditions	<0.03	Half Mask	20	White
Waste Run	<0.03	Half Mask	20	White
Dismantling Enclosure	N/A	N/A	N/A	White

- If in Doubt Question your Supervisor about the MS or do not do it

PART TWO: All text to be review and answered

Personal Protective Equipment Requirements: [delete as applicable]

PPE Type					Required	Details & Specification Required			
									
Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No

Various PPE Requirements throughout Task:

Hi-Vis Clothing [high speed roads, railways, DLR]	Class 2 Orange Hi-Vis Vest & Class 2										
Hard Hat / Safety Helmet [impact levels]	Hard Hat										
Protective Footwear [toecap, midsole, slip, chemical]	Boots, including ankle support, toecap & midsole										
Gloves [abrasion–cut–tear–puncture / chemical]	Mechanical hazard rating [4-1-3-1										
Eye Protection [glasses / goggles – impact, dust, liquids, welding]	EN166 Glasses Class F Goggles class B										
Respiratory Protective Equipment [dust / fume]	FFP3 Dust & Mist disposable half masks										
Hearing Protection [Ear Plugs / Ear Muffs]	<table> <tr> <td>A-weighted noise level (dB) of</td><td>Select a protector with an SNR of</td></tr> <tr> <td>85-90</td><td>20 or less</td></tr> <tr> <td>90-95</td><td>20-30</td></tr> <tr> <td>95-100</td><td>25-35</td></tr> <tr> <td>100-105</td><td>30 or more</td></tr> </table>	A-weighted noise level (dB) of	Select a protector with an SNR of	85-90	20 or less	90-95	20-30	95-100	25-35	100-105	30 or more
A-weighted noise level (dB) of	Select a protector with an SNR of										
85-90	20 or less										
90-95	20-30										
95-100	25-35										
100-105	30 or more										
Protective Overalls	White coveralls type 5/6 Class 3 marked										
Other:											

Personal Fall Protective Equipment Requirements: (if no go to Statutory Inspections, Site Monitoring & Certification Requirements)

Are 'Work at Height' operations required during the completion of the works?	No
Has the 'Work at Height Regulations' hierarchy for management and selection of work equipment been applied?	
Full Description of 'Work at Height' Operations required and work methodology:	
Operation 1.	
Fall Protection Equipment Required:	
Operation 1.	
Designated anchor points to be used for the works:	
Operation 1.	
Has a work at height rescue plan been developed?	

Statutory Inspections, Site Monitoring & Certification Requirements: [delete as applicable]

Mobile Tower, Podium Steps	Yes	Manual Handling	Yes
----------------------------	-----	-----------------	-----

Permits, Hold & / or Control Points: [delete as applicable]

Permit to Work [High Risk Activity]	Yes		
-------------------------------------	-----	--	--

Plant, Deliveries & Work Equipment**Anticipated Delivery & Waste Removal Vehicles:** [delete as applicable]

Waste Skip Removal Lorries inc RoRo	Yes		
-------------------------------------	-----	--	--

Small Plant & Work Equipment: [delete as applicable]

Mobile Scaffolds, Podiums	Yes	Task Specific Lighting	Yes
---------------------------	-----	------------------------	-----

Materials & COSHH**Materials to be Used:**

- None

COSHH Materials to be Used: [see Appendix for COSHH Assessments]

- None

Emergency Arrangements:

Accidents & Incidents reported immediately to:	Brent Payne
Refer to induction information posters:	

Risk Assessments Review

Risk Assessment Title:	Risk Assessment Number:	Completed By:	Issue Date:
Asbestos containing Material	MS-ACM-C00	Ian Rodger	14/06/2023

Potential Severity of Work Activity: [strikethrough as applicable]

First Aid Incident	Lost Time Incident / RIDDOR	Major / Fatality
-------------------------------	--	------------------

Likelihood of Harm from Work Activity: [strikethrough as applicable]

Unlikely	Possible	Probable
---------------------	---------------------	----------

Numbers of Workers Exposed to Hazards: [strikethrough as applicable]

1 to 5	6 to 15	15-plus
-------------------	--------------------	---------

Overall Risk AFTER Controls: [strikethrough as applicable]

LOW	MEDIUM	HIGH
-----	--------	------

Method Statement Communication		
Communication Methods:		
Method Statement Briefing – to be completed prior to the commencement of the works	DABS or Pre-start Briefing – prior to the start of works daily, the Site Supervisor responsible for the works will brief the operatives on the planned and scheduled works – re-iterating the safe systems of work to be employed;	
Person[s] Responsible for Communication Monitoring & Compliance		
Name: Brent Payne	Name: Ian Rodger	Name: Dave Cobern
Position: Supervisor	Position: Contract Manager	Position: Demolition Director
Company: HCD	Company: HCD Ltd	Company: HCD Ltd

EMERGENCY PROCEDURES WITHIN THE AREA						
HAZARD CLASSIFICATION (Risk Rating):		Persons at risk	HCD LTD Operative workforce		Assessed By	Ian Rodger
L – Low	Care/ Vigilance Required	Frequency	Daily		Assessment Date	14/06/2023
M – Medium	Action Required	Duration	Minutes		Review Date	14/12/2023
H - High	Immediate Action & Stringent Controls Required	File Reference	HCD 3423	Page 1 of 1	Location	Castell Neath
TASK/ JOB COMPONENT	HAZARD	RISK RATING	CONTROLS/ PRECAUTIONS TO ELIMINATE OR CONTROL THE RISK			REVISED RISK RATING
EMERGENCY PROCEDURES WITHIN THE AREA	Fire	M	- This very low as all combustible material will have been removed at soft strip phase. - Fire point to be external at egress point. - All firefighting equipment will be subjected to periodic checks and visually inspected regularly. This will be done by a trained and competent person.			L
	People trapped in buildings - in the event of fire.	H	- Personnel to be made aware of the importance of keeping exits clear and fire escape doors unlocked. - Nominated 'Fire Wardens' will be appointed to maintain escape routes / exits. - Escape routes are to be clearly signed and where appropriate, emergency lighting installed. - An attendance sheet will be used by the Fire Warden to account for personnel.			L
	Injury / Collapse In the area	H	- Remove casualty from the area if safe to do so without further injury being caused. - Take advice from the first aider - Decontaminate casualty after person is stabilised			L
	Assembly point	H	- All asbestos personnel must be down wind of the main assembly point and a decontamination must be carried out as quickly as reasonably practicable. - Use chapter 8 fencing or tikka tape to cordon off an area to protect public / Workforce			L
	Access/Egress	H	Ensure there is safe Clear access for emergency services and personnel			L

	Communication from within the area	M	- Dedicated competent person Cat B trained to oversee the work area. - Have direct communication to supervisor / project manager. - Good visual coverage of the work area	L
	Slips, trips & falls.	H	- Good housekeeping standards and cable management will be encouraged. Walkways will be kept clear of debris. - Waste sacks cleared regularly to prevent obstruction	L
	Operatives not briefed on emergency procedures	H	- Induction to site will give general procedures. - Detailing asbestos assembly point away from public and work force - Rams and daily briefing - Works overseen by competent person monitored by supervisor / project manager	L

Exposure to Asbestos fibres

HAZARD CLASSIFICATION (Risk Rating):		Persons at risk	HCD Ltd Operative,		Assessed By	Ian Rodger
L – Low	Care/ Vigilance Required	Frequency	Daily		Assessment Date	14/06/2023
M – Medium	Action Required	Duration	Frequent		Review Date	14/12/2023
H - High	Immediate Action & Stringent Controls Required	File Reference No	HCD 3423	Page 2 of 2	Location	Castell Neath
TASK/ JOB COMPONENT	HAZARD	RISK RATING	CONTROLS/ PRECAUTIONS TO ELIMINATE OR CONTROL THE RISK			REVISED RISK RATING
Exposure to Asbestos fibres	Exposure to asbestos Fibres HCD Ltd employees Sub-contractors Public & Visitors	H	- Access only for competently trained personnel for the tasks to be carried out. - Implementation of safe working procedure as per the current asbestos guidelines. - Use RPE/PPE as stated in the site-specific Methodology. - Staff must be site inducted, supervised and trained in the work they are to carry out. - Air monitoring and control limits / action levels must not be exceeded.			L
	Work area and interface with others HCD Ltd employees Sub-contractors Public & Visitors	H	- Exclusion zone erected controlled entry or locked access & egress. - Correct signage as per the asbestos regulations and in compliance with Health and Safety (Signs & Signals) regulations 1996, and [L64] - Decontamination area for operatives in compliance with asbestos essentials EM8 to prevent spread of potential Fibers. - No suits permitted external of the area for any reason other than Fire or emergency evacuation			L
	Release of fibres HCD Ltd employees Sub-contractors Public & Visitors	M	- Pre commencement monitor around the boundary will take place for a base reading. - First day personnel monitoring and internal monitoring of the exclusion zone and at the boundary will take place. - Results will confirm the methodology is working. - If not work stops and the method is reassessed			L
	Storage of material for removal HCD Ltd employees Sub-contractors Public & Visitors	H	- All materials are to be stored in locked sealed containers when double bagged. - In lined open top roro bins for remote demolition and large sheet removal by hand then covered end of shift if remaining on site due to being partially filled bin to be locked and exclusion zone to be locked			L

PROTECTIVE SUITS

HAZARD CLASSIFICATION (Risk Rating):		Persons at risk	HCD Ltd Operative,		Assessed By	Ian Rodger
L – Low	Care/ Vigilance Required	Frequency	Daily		Assessment Date	14/06/2023
M – Medium	Action Required	Duration	Frequent		Review Date	14/06/2023
H - High	Immediate Action & Stringent Controls Required	File Reference No	HCD 3423	Page 1 of 1	Location	Castell Neath
TASK/ JOB COMPONENT	HAZARD	RISK RATING	CONTROLS/ PRECAUTIONS TO ELIMINATE OR CONTROL THE RISK			REVISED RISK RATING
PROTECTIVE SUITS	<u>Asbestos fibres getting into clothing</u>	H	The suit protects the operative from fibres attaching to clothing			L
	<u>Transporting of fibres</u>	H	The suit will be removed in a controlled area in the correct trained way and placed in a red marked polyethene sack which will be swan necked and taped then placed in a clear marked poly sack and again swan necked and taped			L
	<u>Type of suit</u>	H	white coveralls type 5/6 Class 3 marked disposable			L
	<u>Areas suits to be used</u>	H	Suits can only be used on waste transit routes Also in the area of asbestos removal no were else on the site is permitted			
	<u>Quantity of suits</u>	H	Work should only commence if sufficient suits are on site for to complete the shift that day, In reserve should be enough suits for one complete extra shift			

RESPIRATOR (RPE)

HAZARD CLASSIFICATION (Risk Rating):		Persons at risk	HCD Demolition Ltd Operative,		Assessed By	Ian Rodger
L – Low	Care/ Vigilance Required	Frequency	Daily		Assessment Date	14/06/2023
M – Medium	Action Required	Duration	Minutes		Review Date	14/12/2023
H – High	Immediate Action & Stringent Controls Required	File Reference No	HCD 3423	Page 1 of 1	Location	Castell Neath
TASK/ JOB COMPONENT	HAZARD	RISK RATING	CONTROLS/ PRECAUTIONS TO ELIMINATE OR CONTROL THE RISK			REVISED RISK RATING
USE OF RPE	<u>Incorrect fitting</u>	H	All operatives will be face fit tested to the correct shape and make for their face every 12 months or should facile changes take place in that period EG weight gain or loss			L
	<u>Failure to shave</u>	H	- All operatives must be clean shaven as not being will cause a breach in the seal - This is in employment contract and in cat b training - Covered in asbestos essential regulations			L

<u>Poor maintenance of RPE</u>	H	- Change filters /pre filters at the correct times, Keep mask clean and bagged ensure thoroughly cleaned after each use - A log is to be kept by operatives retained in the site office for inspection during works	L
<u>Type of mask</u>	H	- All operatives will be face fitted by HCD - Three types of masks are used Force JSP, Sundstrom half mask, disposable paper FFP3	L

Asbestos waste disposal and waste route

HAZARD CLASSIFICATION (Risk Rating):		Persons at risk	HCD Ltd Operative, public workforce		Assessed By	Ian Rodger
L – Low	Care/ Vigilance Required	Frequency	Daily		Assessment Date	14/06/2023
M – Medium	Action Required	Duration	Frequent		Review Date	14/12/2023
H - High	Immediate Action & Stringent Controls Required	File Reference No	HCD 3423	Page 1 of 1	Location	Castell Neath
TASK/ JOB COMPONENT	HAZARD	RISK RATING	CONTROLS/ PRECAUTIONS TO ELIMINATE OR CONTROL THE RISK			REVISED RISK RATING
WASTE DISPOSAL AND WASTE ROUTE	<u>Asbestos Waste Disposal</u> Risk of asbestos related disease through inhalation of asbestos fibres.	H	- Double bagging. - Check bags for damage. - Bags/packages to be removed from work area and conveyed along waste route and placed into the rear of the bulk headed designated waste vehicle. All waste will then be conveyed to the waste transfer station.			L
	<u>Skips</u> Not being enclosed asbestos open bins not lined with poly	H	- Bagged material will go into enclosed skip - Sheet material into an open polyethylene lined bin - End of shift bin to be overlaid with polyethene for the night			L
	<u>Waste Route</u> Other personnel coming in contact with operatives removing waste	H	- Supervisor will co-ordinate the removal of waste when surrounding work force are clear from the route and will ensure that the waste route is checked for debris not accumulate quantities of waste in the area or leave waste outside the work area unattended. - Route will be segregated from all other work force operatives			L
	<u>Cleaning of waste route</u> bag ruptures and spills	H	- All waste will be double bagged should a bag rupture work will stop on the waste route, it will be cleaned up immediately - An exclusion zone will be extended round the waste route where the rupture occurred - Once clean work can recommence on the waste route and the additional exclusion zone lifted			L
	<u>Skip removal</u>	M	Will be carried out by a licenced carrier taken to a licenced site and all consignment notes retained			L

MANUAL HANDLING

HAZARD CLASSIFICATION (Risk Rating):		Persons at risk	HCD Ltd Operative		Assessed By	Ian Rodger
L – Low	Care/ Vigilance Required	Frequency	Frequent		Assessment Date	14/06/2023
M – Medium	Action Required	Duration	Daily		Review Date	14/06/2023
H - High	Immediate Action & Stringent Controls Required	File Reference No	HCD 3423	Page 1 of 1	Location	Castell Neath
TASK/ JOB COMPONENT	HAZARD	RISK RATING	CONTROLS / PRECAUTIONS TO ELIMINATE OR CONTROL THE RISK			REVISED RISK RATING
CARRYING OUT MANUAL HANDLING ACTIVITIES IN THE WORK PLACE	Many work place activities involve frequent manual handling tasks - lifting of objects may involve difficult and heavy lifts that may lead to potential back or other musculoskeletal related injuries.	M	- Wherever possible - avoid the need for manual handling. - When manual handling cannot be avoided, ensure an adequate risk assessment is carried out and control measures introduced to reduce the risk to an acceptable level. - Always consider use of mechanical lifting equipment / appliances, in preference to manual handling of heavy, bulky and awkward loads. - Ensure all identified control measures are applied, in order to minimise the likelihood of back or other strain injuries. - Operatives will be trained in good manual handling techniques - Great care should be taken when lifting any object. - If the lift is too heavy for one person – get assistance e.g. team lift, two-man lift. - Always maintain an upright and straight posture. - Do not lift with your back bent or over reach, the correct posture and technique is essential. - Know your limitations. Remember – STOP – THINK – CONSIDER			L

This Method Statement must be adhered to. Any deviations **MUST NOT** be carried out without a written and recorded revision.

I have read or been read too or told and understand the contents of the methodology and risk assessments.

[illegible]