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1. Introduction

This Project Health and Safety Plan has been developed by the Blue Rock Demolition Limited as required by The Construction (Design and Management) Regulations 2015.

This plan details the Health and Safety management systems that are to be used on site.

The Project Health and Safety Plan is a live working document and reference to it will be required on a regular basis. It will contain details of Safe Systems of Work, Emergency Procedures, Fire Procedures, etc., which in turn will form the bulk of the contents of the site induction training process. Part of the site induction includes how we implement risk assessment on COVID 19 and how all visitors should protect themselves and others.

The Project Health and Safety Plan will be made available to all those who have a legitimate need to see it.

The Health and Safety Policy is an integral part of the plan and is shown as section 13 of the Project Health and Safety Plan

The Health and Safety Procedures must be read in conjunction with this document.

This plan is produced. Hard printed copy for site, an electronic copy is provided to client prior to start of works.

At project Closure, an updated and/or additional information is provided electronically to the client.

NOTE : Hard copy supplied upon request.

All data is electronically stored on the companies server.

BLUE ROCK DEMOLITION LTD
DEMOLITION HEALTH AND SAFETY PHASE PLAN

1.1 Project Details

Site: Asbestos removal-Soft Strip-Demolition
Dyffryn Lower School
Talcennau Road
Port Talbot

Client: Linc Cymru
387 Newport Road
Cardiff
CF24 1GG

Principal Contractor: Blue Rock Demolition Limited
Unit 3, 270 Cockett Road
Cockett
Swansea
SA2 0FN

Contact Name: Gareth David
Tel: 07860 341551
Site Supervisor Gareth David
Tel: 07860 341551
Principal Designer: Ateb Consult
Tel: 07734 254992
Contact Name: Gareth George

Local HSE Office: HSE
Ty Myrddin
Old Station Road
Carmarthen
SA31 1LP
Tel: 0300 003 1747
hse.gov.uk

Description of Works: The work comprises of:
Site setup

Removal of Asbestos containing materials

Soft Strip structures ready for Demolition

Demolition of selected structures down to ground level

Breakout foundations and redundant under ground services

Demolition Environmental Services Ltd

1.1 Quote

**Linc Cymru
Asbestos removal-Soft Strip-Demolition
Quote**

See Next Page

29 December 2023

For the attention of Mr. Alex Leighton
Blake Morgan
One Central Square
Cardiff
CF10 1FS

Our ref: BRD112/GD02

Dear Alex,

Re: Dyffryn Lower School

Further to our meeting on site with Paul and my colleague Sean I have pleasure in submitting out complete final costs for demolition and associated works as discussed,

Scope of Works

- Blue Rock Demolition Ltd to act as Principal Contractor for the whole duration of our works as detailed. To make arrangements for Principal Designer for the duration of our works.
- To provide site welfare for the duration of our works.
- To provide access equipment & scaffold to remove all asbestos containing materials as identified & quantified in R&D survey reference J062153.
- To soft strip all buildings as identified & agreed ready for demolition.
- To demolish buildings down to top of slab.
- To reclaim & stockpile 800m2 of dressed stone, crop stone to 100mm to 150mm and bag (3m2 per bag) Inc all plant/transport costs.
- To reclaim 500m2 of Parke flooring, place and pallets and store on site for others.
- To reclaim up to 8 large timbers and store on site in agreed location for others.
- To reclaim time capsule and place with client.
- Back fill any basements with onsite materials and track into existing ground level.
- To breakout & lift all footprint slabs Inc. all footings and foundations to 1.5m BEGL.
- To grade off over site hardstanding's and remove from site.
- Remove all materials arising from demolition/soft strip works from site after reclaiming items have been accounted for.
- All costs associated with plant, and equipment to undertake these works in a controlled and safe manner.

Demolition | Asbestos Removal | Repair & Replace | Site Clearance | Strip Out

Blue Rock Demolition Ltd, Unit 3 270 Cockett Road, Cockett, Swansea, SA2 0FN

E: info@bluerock.wales W: www.bluerock.wales T: 01792 850883

Company Number 12071108 | VAT Number 327 8893 51

Project Cost -

Payment Terms – Invoice/application upon completion of our works.
Zero retention unless otherwise agreed.
Quotation fixed for 90 days.

The Works:

- Works will be carried out in accordance with all current and relevant Health & Safety Legislation, the Control of Asbestos Regulations 2012 and BS 6187:2011 Code of Practice for Demolition including all necessary Risk Assessments and Method Statements.
- Programme – 12 Weeks

Exclusions from our offer

- Any responsibilities for delays that may be encountered due to circumstances outside and beyond our control or due to inclement weather conditions.
- Asbestos surveying & testing.
- Termination/isolation of services.
- Ecology reporting.
- CCTV/external works
- VAT if applicable

All works will be undertaken in full accordance with

- The waste (England and Wales) Regulations 2011
- The Construction (Design and Management) Regulations 2015

We trust that this meets with your approval; however, should you have any queries, please contact the undersigned.

Yours Sincerely,

For and on behalf of **Blue** Rock Demolition Limited

Gareth David

Tel: 07860 341 551

E: gareth@bluerock.wales

www.bluerock.wales

Demolition | Asbestos Removal | Repair & Replace | Site Clearance | Strip Out

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SSIP



National Demolition Training Group
Training the Demolition Industry



CHAS Accredited

1.2 Programme of Works

BLUE ROCK
DEMOLITION LTD

07 February 2024

Demolition Programme

/Prog-01

BRD112 - LINC - DYFFRYN LOWER SCHOOL - DEPP

BLUE ROCK DEMOLITION LTD
DEMOLITION HEALTH AND SAFETY PHASE PLAN

1.3 Form 10 (to be displayed on site)

1.4 Employers Liability Insurance Certificate (to be displayed on site)

See Next Page / Pages

1.4 SCHEDULE OF INSURANCE POLICIES

BLUE ROCK DEMOLITION LTD

Schedule of Insurance Policies

Policy	Policy Number	Renewal Date	Insurer	Limit of Indemnity
P Liability	1.05102E+11	22 January 2025	Douglas Insurance	£10,000,000
E Liability	XSPLACH200851	22 January 2025	Douglas Insurance	£10,000,000
Hired In Plant	CP1002252ACT	22 January 2025	Douglas Insurance	£250,000.00



2nd Floor, Frigate House
Quay Parade
Swansea
SA1 1SR
T: 01792 650298
enquiry@douglas-insurance.co.uk

Opening Hours: Monday - Friday 09:00 - 17:00

To Whom It May Concern,

Your Ref: 80269107
18th January 2024

Our Client: Blue Rock Demolition Ltd

Business Description: Demolition

As the Insurance Broker acting on behalf of **Blue Rock Demolition Ltd &**, please accept this letter as confirmation that the insurances detailed below are in force.

Employers' Liability

Insurer:	QBE UK Limited
Policy number:	II1051/01723118/2024
Cover period:	23/01/2024 – 22/01/2025 - Inclusive
Indemnity limit:	£10,000,000 – Any one event

Public and Products Liability

Insurer:	QBE UK Limited
Policy number:	II1051/01723118/2024
Cover period:	23/01/2024 – 22/01/2025
Public Liability Indemnity limit:	£10,000,000 – Any one event
Products Liability Indemnity limit:	£10,000,000 – (£5,000,000 any one event and in the aggregate)

Please Note:

The information provided in this document provides a brief overview of cover in place on the date of issue. The full details of the above policy, including terms and conditions, are provided in the respective policy documentation. The expiry date given is the expected expiry date of the policy. The cover stated above may change or be cancelled at any time, and we are under no obligation to advise you as such. This document does not in any way change cover provided to the insured.

Please contact us if you require any further information.

Yours sincerely



Douglas Insurance is a trading name of Brown & Brown Insurance Brokers (UK) Limited which is authorised and regulated by the Financial Conduct Authority (Reference Number 745618). Registered in England and Wales with number 09850559. Registered office: 7th Floor, Corn Exchange, 55 Mark Lane, London, EC3R 7NE.

A handwritten signature in black ink, appearing to read 'Davies', with a large, stylized initial 'D'.

Donna Davies

Commercial/ Personal Lines Handler

Telephone: 01792 650298

Email: donna@douglas-insurance.co.uk

BLUE ROCK DEMOLITION LTD
DEMOLITION HEALTH AND SAFETY PHASE PLAN

1.5 Notifications

DEMOLITION NOTICE

This notice is to be completed by the person who intends to carry out demolition works.

1: Owner's Details

Name: LINC CYMRU
Address: 387 NEWPORT ROAD, CARDIFF
Postcode: CF24 1GQ Tel: email: Paul. Stephens @ LINC - CYMRU.CO.UK

2: Demolition Contractor's Details

Name: BLUE ROCK DEMOLITION LTD
Address: UNIT 3, 270 COCKETT ROAD, SWANSEA
Postcode: SA2 0FN Tel: 07860 email: garath@blue-rock.co.uk

3: Location of Building to Which Notice Relates

(Please include an OS map showing position of Building 1:1250)

Address: DYFFRYN LOWER SCHOOL
TALCEN AU ROAD, PORT TALBOT
Postcode: SA3 1EP - GRID REF: SS77060 89487

4: Description of Building to be Demolished

REDUNDANT SCHOOL BUILDINGS

5: Proposed dates

Commencement: 19-02-2024 Completion:

N.B. This notice should be deposited six weeks prior to commencement.

6: Statement

This notice is given in relation to the demolition of the building described and in accordance with Section 80 of The Building Act 1984.

Name:

Signed:

Date:

1.6 Site / Traffic Management Plan

See Next Page / Pages

BLUE ROCK DEMOLITION LTD
1.6 - TRAFFIC MANAGEMENT PLAN

Traffic Management Plan		
Client	Linc Cymru	BRD112
Development	Asbestos removal-Soft Strip-Demolition, Dyffryn Lower School, Talcennau Road, Port Talbot, SA13 1EP	
See Next Page		

BRD112 DYFFRYN LOWER SCHOOL - TMP & SITE SETUP - BLUE ROCK DEMOLITION LTD



- KEY**
- TRAFFIC
 - ENTRANCE
 - WELFARE
 - WASTE
 - SITE BOUNDARY
 - EMERGENCY POINT
 - STOCK

2. Arrangements for the Project / Site Set up

General Commitment

All construction work will be carried out in accordance with the Health and Safety at Work etc. Act 1974 and any relevant regulations and codes of practice.

Our health and safety goal for the project is **zero accidents**. The project will be under the direct control of a site manager and work will only take place whilst adequate supervision is available.

A copy of the Health and Safety Management Structure diagram is included which should be cross referenced to individuals responsibilities detailed within our Health and Safety Policy.

The company retains the services of Ateb Consult to advise on health and safety matters, who will visit the site on a regular basis to inspect, advise, comment and report on conditions prevailing at the time. Special visits will be made when necessary.

Sub-Contractors

All sub-contractors appointed to carry out work on this site will have been assessed in respect of their attitudes to health and safety, their systems and policies and their historic performance.

Temporary Works (TW)

BRD site manager will ensure that all temporary works will be managed, co-ordinated, inspected and monitored during the execution of the project. The temporary works may include:

1. Site Fencing
2. Scaffolding
3. Site Signage

Scaffolding will be installed by certified Scaffold Operatives, who will carry training and certification to sign off on Design and fit for use; they will also carry out weekly inspections and make any changes that are deemed necessary.

BRD site manager will act as Temporary Works Co-ordinator who will maintain a register of all TW requirements for the project and ensure that a suitable design has been prepared for the relevant temporary works to be carried out, once erected an inspection of the temporary works will be carried out by the Temporary Works Supervisor to ensure that it has been erected to the design and monitoring during its use to ensure that its integrity is maintained.

Each contractor will be responsible for complying with the regulations of The **Health and Safety at Work etc. Act 1974** and all relevant statutory provisions.

In particular the requirements of The Construction (Design and Management) Regulations 2015 must be complied with in respect of:

- 1 Co-operation with the Principal Contractor.
- 2 Providing any information which might affect the Health or Safety of any person at work or any other person who may be affected by the work activity.
- 3 Providing any relevant risk assessments prepared under The Management of Health and Safety at Work regulations 1999, the Control of Substances Hazardous to Health Regulations 2002 (as amended) and The Noise at Work Regulations 2005.
- 4 Complying with any directives issued by the Principal Contractor.
- 5 Co-operating with rules contained in this plan and being prepared to discipline any individual who fails to consider his own well being or that of others around him.
- 6 Providing the Principal Contractor with any information concerning a death, injury or dangerous occurrence on site.

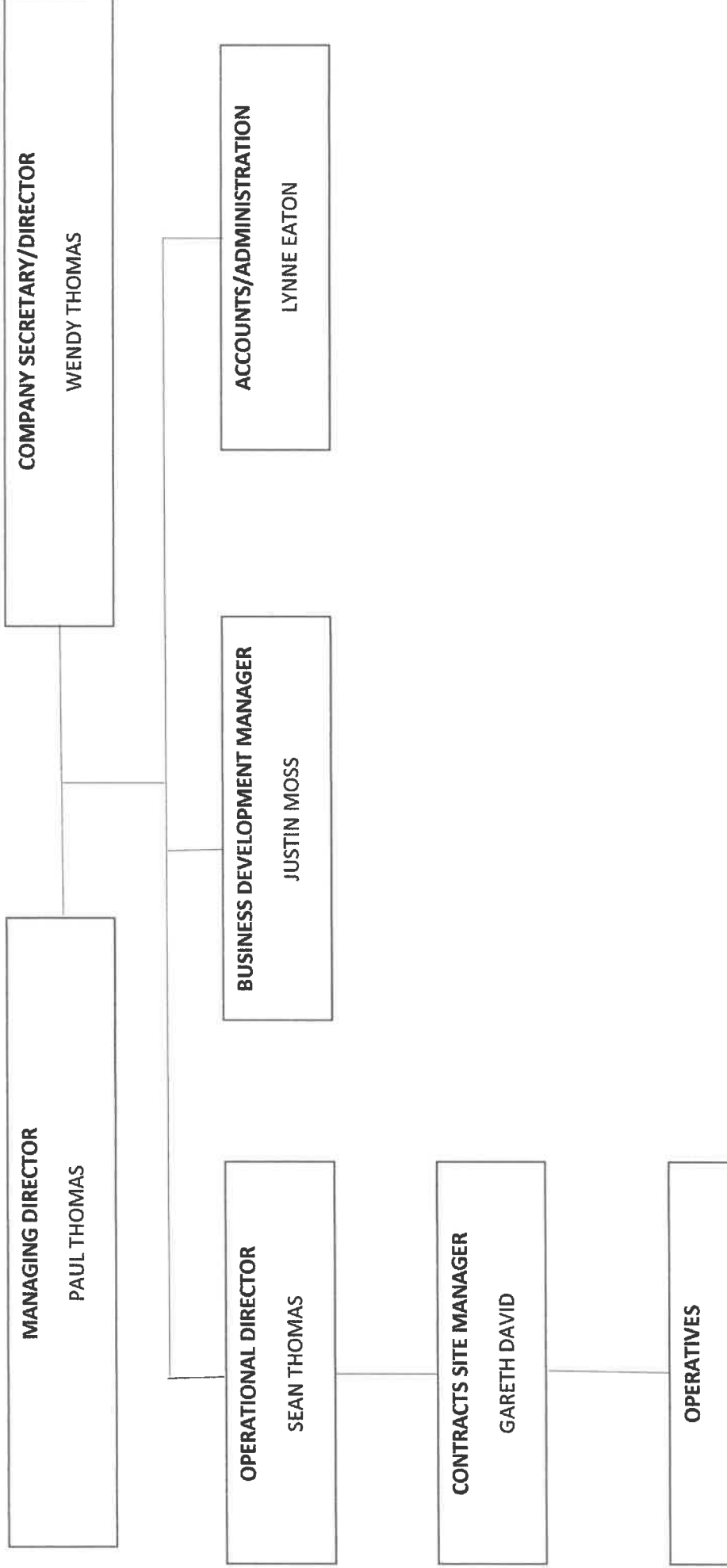
Note: - Inductions and toolbox talks will be utilised to achieve the most effective communication between all parties.

2.1 Management Structure

Blue Rock Demolition Ltd.'s management structure is as detailed on the enclosed diagram. Reference should be made to Section 2.3 of The Company Health & Safety Policy for information on each individual's responsibilities.



ORGANISATIONAL CHART



2.2 Traffic Routes and Interface with the Public / Security / Special Arrangements

The routes and methods required for both pedestrian and vehicular access need to be specified, as required by The Construction (Design and Management) Regulations 2015. Routes into and through the site need to be established prior to work commencement, and may require modification as the work progresses.

The Construction (Design and Management) Regulations 2015 require the Principal Contractor to take reasonable steps to ensure that only authorised persons are allowed into the areas where construction work is being performed. Further guidance may be obtained from the HSE publication. This will then entail certain measures which are detailed below. HS (G) 151 Protecting the Public - Your next move.

2.2.1 Access and Egress to the Site

Access and egress to the site will be from Talcennau Road

The site boundary fencing will ensure no unauthorised persons are able to enter the site. Appropriate pedestrian / traffic routes should be set up in accordance with the Site / Traffic Management Plan. Boundary Heras fencing is supplied by BRD Ltd as per attached design which will be secured, inspected and maintained by site supervisor which will be located away from demolition works which will prevent any risk to pedestrians and maintain that no access to pedestrians to site.

2.2.2 Access and Egress to the Working Areas

Refer to Traffic Management plan

2.2.3 Segregation of Work Areas

Where a particular operation specifies the need within the risk assessment or method statement for a safe working area/exclusion zone or where the operation causes a risk to people in the vicinity fencing must be used to segregate the area whilst the operation is taking place.

2.2.4 Storage of Material

All materials will be appropriately stored in designated areas.

2.2.5 Removal of Waste Materials

All waste materials will be removed by specialist contractors under the appropriate licenses.

2.2.6 Security

As part of the site set-up where existing fencing is not adequate the boundary of the site will be fenced using metal security (heras) fencing. At the end of each shift the site gates will be locked using a heavy duty chain and padlock.

Note: - Visitors will not be permitted to enter the site without the consent of the site manager. Permission will not be given unless it is safe to do so.

Sub-contractors visiting site on behalf of the client must only do so by prior arrangement with the Site Manager or BRD Ltd Office, following submission of the appropriate paperwork (risk assessments, method statements, insurances etc...).

2.3 Welfare Facilities

Regulation 22 & Schedule 2 of The Construction (Design and Management) Regulations 2015 require suitable and sufficient welfare facilities, with arrangements for maintaining them in a functional, clean and tidy condition. The specific provisions are detailed below.

2.3.1 Office Areas

A Scout Unit or cabins will be placed on site as shown on the site plan and in accordance with BRD site welfare specification.

2.3.2 Messing Facilities

Location	The mess facilities are included in the Scout Unit or cabin.
----------	--

Drinking Water	Drinking water will be available in the Cabin
----------------	---

Means of heating food	Cooking facilities are provided in the Cabin.
-----------------------	---

2.3.3 Washing Facilities

Washing facilities including hot and cold water and a drying room are provided inside the scout unit / cabin.

2.3.4 Toilet Facilities

Toilet facilities are provided at the rear of the Scout Unit or a separate toilet unit available including hot & cold water

2.3.5 Other (Shower etc)

Bunka bins facility 6nr 3x3mtrs Showers and Toilet in each unit with hot and cold water

2.3.6 Responsibility for Cleaning & Maintenance

The Site Manager / Supervisor will be responsible for the cleanliness of all welfare facilities.

Blue Rock Demolition Ltd Site Welfare Specifications

Note:

Ensure all cabins are ordered with electrical connectors to suit.
Where possible cabins to be supplied in company colours.

Type A

Up to 10 Men

Duration of contract - 3 weeks

- 1 20ftx 8ft Canteen/drying room and office with desk, table and chairs to suit up to 10 men
Toilet Hot wash
10ftx 8ftStore
Microwave - (with canteen) - must ask for it
Water fountain - by others (with cups)
Generator with correct leads

OR

- 2 Scout Unit
Inc. generator, toilet, drying room and tables and chairs to suit
Water fountain - by others (with cups)
Check microwave included with scout unit

Type B

Up to 10 Men

Duration of contract - Over 5 Weeks

12ft x 10ft Toilet block (3+2)
20ft x 8ft Canteen with drying room and tables & chairs to suit up to 10ftmen
20ft x 8ft Office with desk, table & chairs
10ft x 8ft Secure Store
Microwave - (with canteen) - Must ask for it
Water fountain - by others (with cups)
Water bowser with pump
Catchment tank (for under toilet)
Generator with leads - by others

BLUE ROCK DEMOLITION LTD
DEMOLITION HEALTH AND SAFETY PHASE PLAN

Type C

11 - 25 Men

Any Duration

12ft x 10ft Toilet block (3+2)
24ft x 10ft Office - With 2 desks and plan chest & chairs to suit
24ft x 10ft or 8ft Canteen - With tables and chairs to suit up to 25 men
16ft x 8ft Secure Store
Microwave - (with Canteen cabin) - Must ask for it
Water fountain - by others (with cups)
Generator with leads - by others
Water bowser with pump
Catchment tank (for under toilet)

Type D

26 - 50 Men

Any Duration

16ft x 10ft Toilet block (4+3)
24ft x 10ft Office - With 2 desks and plan chest & chairs to suit
2 no. 24ft x 10ft or 8ft Canteens - with tables and chairs to suit up to 25 men in each
20ft x 8ft Secure Store
2 x Microwaves (with Canteen cabin) - Must ask for them
2 x Water fountains - by others (with cups)
Generator with leads - by others
2no. Water bowser's with pumps (inc. switch to allow easy change when one runs out)
Catchment tank (for toilets)

2.4 Induction Training

To be delivered by the Site Manager or Supervisor to all new personnel prior to them starting work on site. The training must be recorded on the sheet shown on page 2. 4 of this health and safety plan.

Under Section 2(2) (c) of the Health and Safety at Work etc Act 1974 and Regulation 13 of The Construction (Design and Management) Regulations 2015, it is the duty for every employer to provide such information, instruction, training and supervision as is necessary to ensure, as far as is reasonable, the health and safety at work of their employees.

On analysis of accident statistics, it can be seen that the majority of accidents occur to those employed on construction sites during their first week on site. This illustrates the requirement of site orientation training (induction training) to be completed for all those who work on site and for any other person who requires access into the site.

Visitors who may require going onto site for a brief period may not need to go through a full induction, if they are accompanied by a member of site staff at all times during their visit.

Induction Training Check List

See individual induction training records in section 2.5

2.5 Induction Training Record (HS01)

See Next Page / Pages

BLUE ROCK DEMOLITION LTD **2.5 - INDUCTION PLAN**

Record of Site Induction Training		
Client	Linc Cymru	BRD112
Development	Asbestos removal-Soft Strip-Demolition, Dyffryn Lower School, Talcennau Road, Port Talbot, SA13 1EP	
Name		

Site Safety Management Matters - Identify points covered by induction by putting a ü in the box.

	Are you over 18 Years of age?	Yes	No- Stop	
1				11 Access restrictions - detail any areas which are out of bounds
2	Brief introduction to the project			12 Noise - nuisance noise , noise assessment procedure & restrictions on working hours
3	Supervision - site management structure			13 Security - arrangements
4	Welfare - no eating on site. Site canteen/toilet arrangements			14 Test certificates - required for electrical power tools, lifting equipment, plant and machinery etc...
5	Emergency - alarm procedure / muster point			15 Site Rules - see site rules sheet
6	Accidents/incidents - reporting procedures including near miss incidents			16 Smoking - identify any smoking restrictions in addition to the site rules
7	First aid - arrangements on site			17 Alcohol & drugs - nobody is allowed on site under the influence of alcohol or drugs (see site rules)
8	Hazard reporting - detail procedures			18 P.P.E - requirements for boots, hats and vests at all times (see site rules) and others for specific tasks
9	Entry routes to site and Car parking arrangements			19 No mobile telephones to be used when operating plant or machinery or where there use may cause distraction from the task at hand. no radios, no walkmans (see site rules)
10	COVID - 19 Risk assessment induction and keeping safe			20 Disciplinary action - for safety related failings

BLUE ROCK DEMOLITION LTD
2.5 - INDUCTION PLAN

Working arrangements - identify points covered by induction by putting a ü in the box.

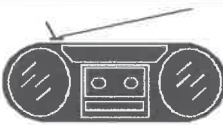
21	Site vehicles, plant & machines - only to be operated by authorised persons with proof of training and competence certificate	28	Scaffold - not to be erected, dismantled or altered except by authorised persons. Proof of training & competency is required (includes towers)	
22	Site speed limit and working hours - give details	29	Material storage, waste disposal and housekeeping - arrangements & procedures	
23	Fire prevention - location and type of fire fighting equipment	30	Manual handling - maximum weights & assessments	
24	Permit to work - describe procedure	31	Material handling - to be lowered not thrown (unless drop zone in operation)	
25	Tools - all tools and equipment should be inspected regularly and any defects corrected	32	Safety monitoring arrangements - safety inspections	
26	Environment - conditions and special arrangements relating to this site	33	Risk assessments & method statements - for each operation on site	
27	COSHH - before using chemicals, cutting, grinding, or mixing materials obtain an assessment. If in doubt ASK	34	Views of site operatives - you are encouraged to discuss any constructive aspects of safety	
35	I confirm that I do not suffer from any condition likely to detrimentally affect my work (examples might be epilepsy, chronic asthma, colour blindness, diabetes, poor hearing, or visual disability)		Yes	No
If No please confirm that your condition is medically controlled where applicable (give details to assist first aid treatment) If No, site management to refer to Health & Safety Director				
36	What training certificates do you hold? - Copies required		Yes	No
37	CPCS		Yes	No
I have been instructed on and understood the above items				
Operatives Name:		Signature:	Date:	Trade:
CSCS Card Number		If no CSCS card then you can not work on this site		
Inductor Name		Signature:	Date:	Position

2.6 Site Rules

See Next Page / Pages

BLUE ROCK DEMOLITION LTD

2.6 - SITE RULES

	Site Rules
	You are now entering a Blue Rock Demolition site. You must maintain the highest levels of personal hygiene and undertake your works in a safe and proper manner, at all times. You must ensure all work areas are maintained in an orderly condition, at all times.
	A copy of the Fire Safety Plan and evacuation procedure is displayed on the Site Notice Board. You must ensure that you are fully conversant with the actions you are required to follow in the event of a fire, and act accordingly at all times.
	All individuals are required to attend at induction a Risk Assessment and briefing on Blue Rock Demolition Limited guidelines on COVID -19
	Safety helmets and a high visibility vest or jacket must be worn at all times, except in the site offices.
	Safety footwear must be worn at all times.
	All other Personal Protective Equipment must be worn, as directed by the Site Management Team.
	Any unqualified persons found adjusting, altering or interfering with scaffolding will be liable to disciplinary action, which may result in dismissal.
	Smoking is prohibited except for within a designated area.
	Alcohol or drugs are not permitted on site at any time. Any persons suspected of been under the influence of alcohol or drugs whilst attempting to enter site, will be refused admission. Any person found on site under the influence of alcohol or drugs will be liable to disciplinary action, which may result in dismissal.
	Any persons using drugs for medication are required to report the matter to the Site Management Team, to allow suitable work to be allocated, where possible. Medical proof may be required in such circumstances.
	Transistor radios are not allowed on site.
	Where your work interfaces with members of the public and / or users of the premises, you are to be courteous and polite, at all times. Refer any queries or problems to the Site Management Team.

2.7 Personal Protective Equipment

In compliance with the Personal Protective Equipment (PPE) at Work Regulations 1992, all PPE must be fit for the purpose intended and suitable for the person who is required to wear it.

There is also a requirement for the employer to ensure that their employees have had sufficient information, instruction, and training in the use and maintenance of this equipment.

A register of the equipment that has been issued to each employee should be kept up to date complete with a record of the training they have received.

The type of equipment and the circumstances in which it is used is detailed below or detailed in a risk assessment or method statement.

Before issuing any P.P.E the below process should be followed to try and take the risk away

E	Eliminate
R	Reduce
I	Isolate
C	Control
P	P.P.E.
D	Discipline

Note - P.P.E is the last line of defence, the use of engineering controls should always be assessed.

Safety footwear, Safety Helmets and Retro-Reflective vests will be worn at all times unless otherwise directed.

Site supervisor to record daily weather conditions on the BRD Daily Site Diary.

In hot weather conditions all operatives are to be issued with minimum protection factor 30spf sun block.

Tool Box Talks to be carried out with use of sun protection and clothing.

Exceptions to the foregoing (list below):

2.8 Issue of Personal Protective Equipment Register (HS 02)

See Next Page / Pages

BLUE ROCK DEMOLITION LTD
2.8 - PROTECTIVE CLOTHING EQUIPMENT REGISTER

Register of Protective Clothing and Equipment Issued				
Client	Linc Cymru			BRD112
Development	Asbestos removal-Soft Strip-Demolition, Dyffryn Lower School, Talcennau Road, Port Talbot, SA13 1EP			
Date	Item of PPE	Issued By	Name of Recipient	Signature

2.9 Working Time Regime

All work will be carried out in accordance with the Working Time Regulations 1998.

Working hours will be as follows:

Project Start Date :

TBA.

Project Duration:

12 Week

Week Days

Start time	08:00
Finish time	17:00
Meal break duration	30 minutes
Tea break x 2	10 minutes

At critical periods, you may be requested to vary the hours set out above.

Note:

The time that people spend at work is governed by the Working Time Regulations 1998. These regulations basically require that:-

Employees shall not be required to work more than 48 hours in a 7 day week unless they agree to do so.

Employees must have at least a 24-hour rest period in each period of 7 working days. Alternatively, the rest period may be 48 hours in any 14 day period unless employee

Night work must not exceed 8 hours in any 24 hour period.

Employees must have at least 11 hour unbroken rest period in any period of 24 hours.

A rest period of at least 20 minutes must be provided after 6 hours at work.

The reference period over which the figures are averaged shall be 17 weeks or the duration of the project, whichever is the shorter.

BLUE ROCK DEMOLITION LTD
DEMOLITION HEALTH AND SAFETY PHASE PLAN

2.10 Services

Gas / Electric Gas - NO
Electric - NO

Water Water - YES

Sewers Sewers - YES

Telephone N/A in this instance

Note - Cable locating equipment and hand digging (under an appropriate risk assessment and method statement) should be used to confirm the position of any known services and to check for any services not shown on the drawings. No work is to be carried out where there is danger from live services.

2.11 Special Arrangements

Asbestos

Any asbestos containing materials that are identified with in the R&D survey will be removed prior to soft and demolition works starting.

What if Additional Asbestos is found?

Once received the survey is checked by the Contracts Manager followed by a Director who have to have deemed it to be of a sufficient quality for work to start.

Risk assessments and method statements will be produced for the removal of asbestos identified by the survey prior to any works being carried out.

Every effort will be made to discover and remove all asbestos within the building prior to the strip out and demolition works commencing, however it is possible that asbestos may still be present, as such all Operatives must remain on the alert for the presence of asbestos throughout the strip out and demolition works.

Where additional suspected asbestos is found, work will stop and the area fenced/blocked off. The Site Manager must be informed immediately, he will then arrange for the material to be tested.

If the material tests positive for asbestos all appropriate risk assessments, method statements and notices must be prepared and in place prior to removal, if tests are negative work will continue as before.

All licensable asbestos to be removed by TBA

All non-licensable asbestos to be removed by TBA

3. Risk Management

3.1 Requirements

Method statements associated with the relevant risk assessment, describe the way in which each hazardous operation is to take place. They will normally rely upon the generic health and safety procedures but will be modified to suit site conditions or a task specific risk assessment will be done.

Risk Assessment will identify the generic procedures and provide the necessary additional information.

The production of a good quality method statement is essential and will assist management to establish time scales, resources, expertise and control, etc., that will be required. It also provides a clear understanding of the health and safety standards which will need to be adopted by the personnel who will carry out the operation.

Site supervisor will advise Contract Manager or Director of any possible changes to the works programme of how works are likely to change. An amended method statement / risk assessment can then be implemented.

At the discretion of the Contracts Manager or Director the client will be informed of any changes that may affect the project going forward. This communication may be by telephone or email.

3.2 Project Risk Assessment & Method Statement Register

See Next Page / Pages

3.2 RAMS Register

3.3 Risk Assessments & Method Statements

See Next Page / Pages

Demolition Method Statement

Site location:

Dyffryn
Lower
School

SA13 1EP



Issue Date: 30th January 2024

Proposed start date:
TBA subject to
permission

Contents:

- 1. Site Information**
- 2. Working hours**
- 3. Scope of works**
- 4. Welfare accommodation**
- 5. Emergency Procedures and First Aid Arrangements**
- 6. Health & Safety**
- 7. Work to be undertaken by others**
- 8. Soft Strip**
- 9. Main Demolition works**
- 10. Plant and Equipment**
- 11. Environmental Management**

1. Site information

The former Dyffryn Lower School site which is sited on a large parcel of relatively flat land in the Port Talbot town Centre. The site falls within the administrative boundary of the Neath & Port Talbot County Borough.

The site comprises of large school buildings and associated structures with over site hard standings/play areas. The existing buildings are stone and timber roofs.

The site is screened by stone walls and steel fence.

There are no listed buildings within the site or nearby the site, nor does it lie within a conservation area.

2. Working hours

Monday to Friday 7:30am to 5:30pm
Saturday 8:00am to 13:00pm if required

3. Scope of work

- a) Site set up of welfare and site offices.
- b) Isolation of existing services.
- c) Hoarding / fencing & secure site.
- d) Asbestos removal.
- e) Internal Soft strip of fixtures and fittings.
- f) Demolition of roof, internal/external walls & floor slab.
- g) Removal of hard standings.
- h) Removal of existing foundations as close as practical to the existing boundary.
- i) Grubbing out of drains and manholes etc.
- j) Backfilling of areas which necessitate the removal of foundations etc.

This Method Statement must be read in conjunction with the following Documents:

- Risk assessments
- 3rd Party Subcontractor Method Statements

4. Welfare Accommodation

Welfare facilities will be provided to a standard that satisfies the HSE.

The actual location of the welfare facilities together with staff / visitor parking will be identified on the Traffic Management plan contained within the Demolition Phase Health and Safety Plan.

The Provision of site accommodation will be compliant with respect to the Construction (Design & Management) Regulations 2015

5. Emergency Procedures and First Aid Arrangements

Site emergency procedures and first aid arrangements will be fully explained during the site induction.

A first aid kit will be kept within the site welfare set up in the compound area.

The following personnel are qualified first aiders on this site:

Gareth David 07860 341551

Lian Elsey 07539 487283

Alan James 07961 625798

The emergency number is 999/112

All accidents and near misses must be reported immediately to either the Site Supervisor or the Site Manager.

All accidents however minor they appear, must be recorded in the accident book held on site.

Access for emergency vehicles will be maintained and provided at all times.

6. Main Demolition works.

All demolition works are to be carried out in accordance with relevant legislation, Statutory Regulations, BS 6187 the Code of Practice for Demolition and other guidelines relevant to demolition and current good practice.

1. To reduce dust to a minimum during the works water will be sprayed on the buildings and resulting rubble etc. throughout the demolition, loading and crushing works. This will be done using water suppression systems.
2. The main above ground demolition works to the blocks will be carried out using a 22/45 ton 360° excavator with a concrete muncher, hydraulic breakers or buckets. The operation of the excavators will be directed by a banksman. These machines will also be used for moving and loading the demolition debris for disposal and during the crushing operations.

3. Where necessary additional exclusion zones will be used using heras fencing with warning signs. Signage will be set up around the working areas of the excavators, in order to create a safe working area, free from unauthorized personnel.
4. Each block will be demolished top down starting at roof level, and the demolition will be carried out so that the building and debris are pulled away from the site boundaries towards the centre of the working area.
5. Debris from the demolition of the roof will be allowed to fall either to the ground or within the buildings own footprint.
6. Once the building has been demolished to ground level the ground floor slab, foundations and hard standing will be broken out using 22t/35t 360° excavator with hydraulic breakers or alternatively executed with the bucket.
7. Rubbish, and recyclable material, will be loaded into skips/lorries for removal to a suitably licensed disposal or recycling facility, and concrete / masonry / tarmac arisings will be crushed on site.

The lorries will be loaded using 360° excavators with either buckets or selector grabs.

7. Plant and Equipment

Prior to work commencing an inspection will be undertaken on all plant and equipment.

Should any defects be reported, the equipment will be excluded from use until repaired or be replaced. All checks will be carried out in accordance with the PUWER Regulations and the relevant test certificates will be checked to make sure that they are valid, and a copy kept on site.

The equipment to be used will be inspected at least daily by the operator. Every week the equipment will be inspected by the Site Supervisor, to ensure that the equipment is in good working order. Should any defects be reported, the equipment will be excluded from use until repaired or be replaced.

1 x 30-35t Tracked Excavator
1x 22t Tracked Excavator
1x 535 Telehandler
1x 6t Dumper Truck
1x 13t Tracked Excavator
1x 3t Mini Excavator
4x 40y Waste Skips
1 x 30t Wheeled Loading Shovel

7.1 Attachments:

Selector grab
Hydraulic hammer

Concrete muncher
Telehandler bucket

7.2 Hand tools:

Wrecking bar
Wheelbarrow
Hosepipe
Sledgehammer
Crowbar

8. Health Safety and Environmental Measures

All necessary registers, accident books, certificates, method statements, risk assessments, health and safety plan etc. will be kept on site under the control of the Site Management team and can be inspected at any time. All accidents are to be reported to and entered into the site accident book.

A supply of spare hard hats, gloves, safety glasses and dust masks will be stored on site.

All operatives on site must wear full PPE in accordance with HSE requirements including safety boots, hard hats and a high visibility vest or coat.

'No smoking on site' policy will be adhered to at all times and a designated smoking area will be implemented.

Adequate segregation of pedestrians and vehicular traffic will be maintained at all times. Reversing of vehicles and plant will be minimised at all times. This will be highlighted on a site plan and will form part of the site induction for all operatives.

Ground Conditions

The ground conditions around the buildings are generally flat and are not anticipated to cause a risk or hazard.

Chamber covers are located around the building. These covers will be lifted and visually inspected for services and stability that may affect the chambers or the use of demolition plant/vehicles.

The ground around the various structures on the site generally consists of vegetation, tarmac, concrete paving's or vegetation.

Adjacent surfaces will be protected where necessary to ensure that no damage is caused during skip delivery / collection.

Adequate protection will be provided to ensure stability and /or to protect live service / drainage chambers

Existing or temporary services overhead and underground

Service layout information detailing the location of gas, water, sewer and electric mains in the vicinity has been obtained.

Intrusive soft strip out works will not commence until services have been isolated.

All known live services will be clearly marked, protected and fenced off to prevent machines causing damage when working in the vicinity.

NB. We will adopt the policy that any unknown services which are encountered are live until categorically proved otherwise.

Adjacent structures including buildings, roads, railways and waterways

There are generally residential areas around the perimeter of the site.

BRD operatives will be courteous and professional at all times to ensure the smooth running of the works and to ensure that the works have as little impact as possible on the day to day running of the adjoining properties and the site in general.

All deliveries to and from site will be controlled by a banksman at the access / egress point.

NO deliveries of any type will be permitted between the hours of 08:00 to 09:30hrs and 14:30 to 16:00Hrs due to the close proximity of the neighboring school.

All demolition works will be carried out within site hours. Any work outside of site hours must only be by prior agreement with the client.

Footpaths and roads are generally to be kept open for the duration of the works. It may be necessary to close sections of footpaths to ensure the safety of pedestrians during demolition work close to footpath areas. Such areas will be marshalled by Banksmen and adequate signage will be erected.

Footpath and road areas will be protected at all times.

A banksman/gateman will be on hand to control all vehicle movements in to and out of the site.

The access roads around the site will be kept free from obstruction at all times to prevent any hinderance to the day to day use of the surrounding road network.

Contamination, Pollution

A Demolition and Refurbishment Asbestos Survey has been undertaken.

All asbestos containing materials identified in the R&D Survey will need to be removed.

A sweep of the buildings will be undertaken to identify COSHH substances and other forms of contamination (including needles/syringes) prior to follow on strip out commencing. Any such identified materials will be removed from the building (in accordance with the attached COSHH RA) prior to loose item removal commencing.

Removed COSHH substances are to be stored in the COSHH material storage area to await collection and disposal by our specialist hazardous waste removal subcontractor.

NB: Strictly no soft strip works to take place until COSHH substances have been removed from the building.

Site specific requirements

All demolition personnel to be holders of CSCS / CPCS accreditation.

All demolition operatives to be UKATA CATB asbestos trained.

During demolition the perimeter of the building will be fenced with 2m high Heras fencing or 1m high pedestrian barriers and all appropriate demolition warning signage will be erected.

Pedestrian barriers will be utilised to delineate and manage other work areas within the site boundary

Banksman to escort all deliveries and collections to and from the work area

Parking of operative's vehicles will be such to avoid and minimise disruption to residents and local services

Noise, Vibration and Dust

Noise, vibration and dust minimisation techniques will be used, downloadable guidance is given on the HSE Website and will be used throughout, to control the generation and spread of noise and dust, as far as reasonably practicable.

All above ground demolition will be done using muncher or shears attachments on the 360° excavators. This methodology produces virtually no vibration.

Prior to taking up the ground floor slab we will ensure that it is separated from the adjacent building by saw cutting if necessary.

Breaking out of the floor slabs using hydraulic breakers creates some vibration, but this is attenuated by the ground around the sections being broken out. The floor slabs nearest to the site perimeters will be broken out last, so that they can be pulled away from adjacent properties.

Detailed procedures for monitoring of dust levels and any trigger levels for action will be agreed prior to starting structural demolition works on site.

The main method we will use for dust management will be through water suppression techniques.

Activity Isolation

Warning signs will be erected around the site perimeter warning others of the ongoing works and the dangers of unauthorised entry.

Pedestrian barriers will be used to delineate demolition work areas

Asbestos

Operatives must always remain vigilant for the possibility of previously undetected asbestos containing material being present throughout the building. If material of a suspect nature is encountered, work in the vicinity of it must halt immediately and warning barriers and signage must be erected. An Asbestos Analyst will be called to site to sample the suspect material.

Work can recommence in the area only when the test results have been received confirming that the material is not asbestos containing. If the test results confirm that the material is asbestos containing, separate RAMS in the form of an amendment to the existing Asbestos Removal Plan of Work will be written and the material will be removed by suitably trained and qualified personnel in accordance with this methodology.

Waste Disposal

Any material required to be disposed of off-site will be taken from site in bin containers and delivered to suitably licensed disposal and/or recycling centre.

All relevant Duty of Care arrangements and waste transfer notes will accompany each bin consignment taken off site.

All items of salvage value will be removed from site promptly to prevent the temptation for unauthorized access onto the site.

Copies of all waste transfer notes will be provided.

9. Method Description

Site Set up

Site Supervisor to brief the workforce daily on adopted methods of work detailed in the Method Statement and the contents of the prepared Risk Assessments.

Form exclusion zone around the perimeter of the working area for using 2m high Heras type security fence panels or pedestrian barriers. Heras panels to be double clipped and wind braced.

Care will be taken to ensure that no unauthorized personnel are able to enter our work area. Display all relevant 'Danger /Demolition' warning signs, indicating to others of the nature of the works being carried out and directing visitors to the site office.

Removal of loose materials from within the buildings

The buildings and surrounds will be carefully checked for discarded needles/syringes prior to working in those areas. Any 'sharps' found will be collected using a litter picker to avoid hand contact and will be placed directly into a 'sharps container' for disposal. Vigilance must be maintained at all times for the presence of sharps.

Loose materials to be removed from buildings and taken and deposited directly into waste bins.

Materials will be segregated at source where possible so that materials are not mixed when placed in bins

Wheeled aids to be utilized for carrying heavy or awkward loads.

Bins will be exchanged as soon as possible after being filled.

Any contaminated (or suspected contaminated) material will not be disturbed and arrangements will be made (in conjunction with the Client) for an appropriately licensed waste management company to visit site to investigate and arrange for appropriate collection and disposal.

The removal of loose materials will progress systematically throughout the buildings in a phased and controlled fashion.

An excavator may be used to assist with civilising areas in front of the buildings to facilitate ease of access for skip deliveries and collections and for assisting with placing items in to the skips.

Soft Strip out Methodology

The buildings will be stripped of all fixtures and fittings by operatives using traditional methods utilising hand held tools including, but not restricted to, pinch bars, hammers, mattock picks, shovels, wheel barrows and hand-held electrical tools.

Material arising from this process will be either walked out (if man-handle-able) or stockpiled at designated areas for removal post asbestos strip (whilst always ensuring that access escape routes are not blocked)

Access towers and podium steps will be utilized to access all works at high level.

In accordance with the attached Manual Handling RA, heavy items will be broken down in size before being manhandled and wheeled aids will be utilized where possible.

All arisings from the strip out process will be segregated and stockpiled to await removal from the building.

Skirting boards & door frames

Timber skirting boards and door frames will be removed by operatives using pinch bars and suitable hammers. The items are to be prised from their place of fixing.

Any obtrusions and nails are to be removed with all resultant materials then being transported to the designated drop/loading zones.

Plasterboard and Suspended Ceilings

All plasterboard and suspended ceilings are to be removed by operatives using pry bars working from mobile access platform scaffolds with full surround guardrail systems.

If tower scaffold platform systems are used, they must be erected by a suitably trained (PASMA) operative.

MMMF insulation and service installation pipework and wiring will be removed as part of this process. Arisings will be segregated ready for separate disposal.

As materials are removed they will be lowered to ground in a controlled manner by passing them down to the ground operative. At ground level they are to be periodically collected and bundled into man-handle-able sized parcels and removed to the designated drop zone in rubble skips / trolleys.

Non load bearing stud partitions

The majority of the internal partition walls are of solid masonry construction and will be left in place for removal with the structure of the building during the mechanical demolition phase.

Any timber stud partitioning encountered will be removed by operatives by hand using suitable hand-held tools, namely pinch bars, picks and hammers.

The wall structure will be de-erected by removing the coverings using the hammers and bars. Once exposed the remaining timber stud work is to be prized free and de-nailed. Once again, the resultant materials are to be removed to the deposition point for segregation and removal to skips.

Extreme care will be taken to ensure that no operatives are working in the vicinity of partitions being deconstructed.

Furniture / large objects / equipment etc.

The majority of large items of furniture, equipment and objects should have been removed from the building during the 'Loose object' removal phase. However, as a general rule, caution will be exercised from a manual handling point of view prior to moving large objects.

Dismantle into smaller sections if possible and seek assistance for all loads over 25kg in weight. Transport using trolleys to eliminate need for lifting. Segregate and skip.

Safe deposition of soft strip arisings into skips

Soft stripped materials will be generally walked into skips or loaded by telehandler with bucket attachment, however, at the Site Supervisors discretion, window frames may be carefully removed from the upper floor of structures in order to safely deposit soft strip arisings into skips.

Window frames will be carefully removed from inside the building by 2nr operatives using 2 double suction pad window pane holders. Beading around the edge of the frame will be carefully removed and the frame will be prised out using a screw driver, demo bar or similar.

NB: Generally, window frames on the ground floor MUST NOT be removed for security purposes. If, for any reason, the Site Supervisor deems that it is necessary to remove a ground floor window or door, the opening MUST be secured with plywood with a suitably secure timber frame backing at the end of each day and before operatives leave site. It is the Site Supervisors responsibility to ensure that all window and door openings are properly secured prior to leaving site at the end of each day.

Heras fencing, or barriers will be erected around skip zones to facilitate safe deposition of arisings into skips. Large items will be walked (or wheeled) out of the building and placed directly into skip (after ensuring that any deposition works from the floor above have been halted before accessing the skip area).

There will be strictly no access into the drop zone area during deposition works. All deposition works must cease before any person or vehicle is allowed to enter the skip area. A banksman will be on hand to control skip movements and access in to and out of the drop zone.

Structural Demolition Prior to commencement

Establish exclusion zones for the structural demolition works.

Manage these exclusion zones with pedestrian barriers and banksmen / traffic marshalls' - to be enforced and inspected by the site supervisor.

Works will be halted and made safe as necessary to allow persons and traffic passage through the exclusion zone as necessary.

All personnel will be briefed into the RAMS by the Site Supervisor.

Exclusion zones/Drop Zones will be established to ensure that no demolition operatives or personnel are allowed to access work areas around the building or machines during demolition work.

Dressed stone is to be carefully peeled away using a toothed bucket, the dressed stone is then to be loaded into a dump truck and transported to the agreed stock pile area to await cropping.

NOTE: Cropping works are to be covered under a separate method statement by the appointed contractor.

Slabs and Footings

Consideration MUST be given to the drainage easement through the site. Slab and foundation removal in drainage easement areas MUST be undertaken in a manner which ensures that no damage is caused to the existing sewer if these are to be retained.

A 'Permit to Dig' must be issued prior to ground breaking activities commencing.

Slabs and footings of the buildings are to be removed.

The demolition excavator will remove the concrete slabs and footings where possible by ripping out with a digging bucket. Where required a hydraulic hammer attachment will be used to break up the slabs and footings prior to excavation.

Concrete and masonry from the demolition and slab removal will be transported to stockpiles ready for crushing and or removal from site.

Crushing & Screening: (to be operated in accordance with the conditions of the Environmental Permit)

The Crusher/screen is fully remote control and will be operated by a certificated operator positioned in such a way as to afford good visibility around the machine whilst remaining clear of ground operations and in conjunction with the excavator driver, who will be loading the crusher/screen.

Hard arisings will be transported by dumper to a central stockpile, the location of which will be determined by the site foreman.

The material will be processed by an excavator with muncher or hammer attachment (where necessary) to remove any steel / rebar prior to sending through the crusher.

A 10m exclusion zone will be set up when processing material is taking place. Care must be taken by the machine operator to monitor the nature of the material being processed in order to avoid the potential of flying debris. Screen guards must also be fitted to any excavator 20ton or above that is carrying out this process.

The crusher/screen will be located next to the stockpile that has been previously processed and potentially free from steel / rebar etc.

The excavator will feed the hopper of the crusher/screen from within the stockpile area. The excavator must be on a stable platform & high enough to maintain good visibility of the hopper at all times. From the hopper the concrete will feed into the crusher jaws and crushed to 125mm size down. The crushed material is then deposited onto the ground from the distribution conveyor belt.

The crushed stockpile will be moved with an excavator for use in the bund later on.

If whilst in operation a blockage was to occur the crusher/screen operator will, by remote control, shut down the crusher/screen and remove all operational keys. The section foreman will be immediately notified and will attend to ensure the machine is completely shut off and keys removed prior to the blockage being removed. The loader driver will also stop his works around the crusher until the issue is resolved. Under no circumstances is an operator to enter into the crusher/screen to attempt to remove an obstruction whilst the crusher/screening plant is still operational.

Any blockage is to be removed in accordance with the attached Risk Assessments.

Nobody is to approach the crushing/screening area unless authorized to do so by the operator.

For any breakdowns the works manager must be contacted first who will then contact the plant hirer in order to organize the fitter to come to site. The fitter must be told to report to the site offices before going on to site, site management must be informed, and a specific method statement & risk assessment drafted before repair work is started. The crusher/screen operator must at all times stay with the fitter until the repair is completed.

At no point shall the crusher/screen be operated, or any work carried out to it without the presence of the crusher operator.

At no point must the operator stand on the crusher/screen whilst being loaded.

The crusher must be connected to water supply before use to ensure that dust suppression is in constant use.

The machine operator loading the crusher/screen must be vigilant at all times to ensure that the material being loaded is free of steel/wood etc. and that the hopper isn't over fed causing potential blockages.

A water bowser will be used to control any dust being produced from the loading stockpile along with any processed stockpiles. Processed stockpiles that are waiting to be used in the works will be regularly wetted.

The crusher/screen operator will be required to carry out regular inspections on a daily basis and record their findings. If dust cannot be controlled then works must stop and the process reviewed before works can recommence.

All plant will be turned off when not in use and regular inspections carried out.

Do not walk in front of dust boss when in operation, ensure all electrics are in good condition

and secured correctly into the designated ports. Keep generator clear of working area.

NB: CRUSHING WORKS TO BE IN ACCORDANCE WITH WRAP PROTOCOL

10. Traffic Management

All road traffic will enter and leave the site using the existing site entrance located North West of the site.

This entrance will be enlarged enough for all vehicles to enter and leave the site in forward gear.

There is sufficient room on site for all vehicles to turn around within the site, again allowing all vehicles to enter and leave the site in forward gear.

Briefing Record

The undersigned confirm that they have been briefed on the contents of this method statement and the risk assessments attached and understand the method, hazards and the measures to be taken to control them.

Name (Print)	Signed	Date	Company

3.4 Environmental Impact Assessment

See Next Page / Pages

BLUE ROCK DEMOLITION LTD
3.4 - ENVIRONMENTAL IMPACT ASSESSMENT

Provision Required	Yes	No	Controls
Hazardous	✓		
Recyclable	✓		Metal will be recycled
Archaeology		✓	
Visit from EA required		✓	
Contaminated Ground		✓	
Asbestos	✓		Wet down and bag - remove from site

BLUE ROCK DEMOLITION LTD
3.4 - ENVIRONMENTAL IMPACT ASSESSMENT

Potential Aspect and Impacts Matrix				
Client	Linc Cymru			BRD112
Development	Asbestos removal-Soft Strip-Demolition, Dyffryn Lower School, Talcennau Road, Port Talbot, SA13 1EP			
Provision Required	Yes	No	Controls	
Knotweed		✓		
Vibration		✓		
Petrol		✓		
Diesel	✓			
Drip Tray and Spill Kits	✓			
Discharge of Water	✓			
Discharge of Effluent		✓		
Plant and Machinery	✓			
Client Operatives	✓		Working areas will be fenced off.	
Working Hours	✓		8.00am - 5.00 pm	
Waste to Landfill	✓		Waste will be segregated	

3.5 Ecological / Environmental Issues

Dust

Water suppression in the form of a fine mist will be used during structural demolition. Close low level demolition and/or dismantling will be supported by using high pressure jetted mist from a hose with a fitted application spray gun. At height demolition will use mobile dust suppression equipment that acts as a water cannon emitting a wide spray of small water particles that suppress dust particles to the ground.

4. Emergency Procedures

As required by Regulation 7 of the Management of Health and Safety at Work Regulation 1992 and Regulations 38, 39, 40 & 41 of The Construction (Design and Management) Regulations 2015, the risks associated with the site and/or the type of work will establish the need for emergency procedures. The emergency procedures will be appropriate to the risks and will at a minimum consist of a 'Fire Safety Plan' and 'First Aid Arrangements'.

Other procedures may also be required, dependent on the risks, such as those associated with 'Working over Water' or 'Confined spaces Entry'.

Local Hospital: Neath Port Talbot Hospital
Baglan Way
Port Talbot
SA12 7BX

Telephone Number: 01639 862000

Local Fire Station: Port Talbot Fire Station SA13 1LP - Tel: 01639 882223

Telephone Number: 999

Gas: 0800 111 999

Electricity: 0800 328 1111

Water: 0800 850 999 Emergency Leak

Client Emergency Contact Detail Linc Cymru

Daytime 0800 072 0966

Name: Mr Paul Stephens

Telephone Number: 07773 667930

Out of Hours 07773 667930

Name: Mr Paul Stephens

Telephone Number: 07773 667930

Principal Contractor's Out of hours telephone number

Contractor Blue Rock Demolition Limited

Name: Gareth David

Telephone Number: 07860 341551

Name: Sean Thomas

Telephone Number: 07812 460697

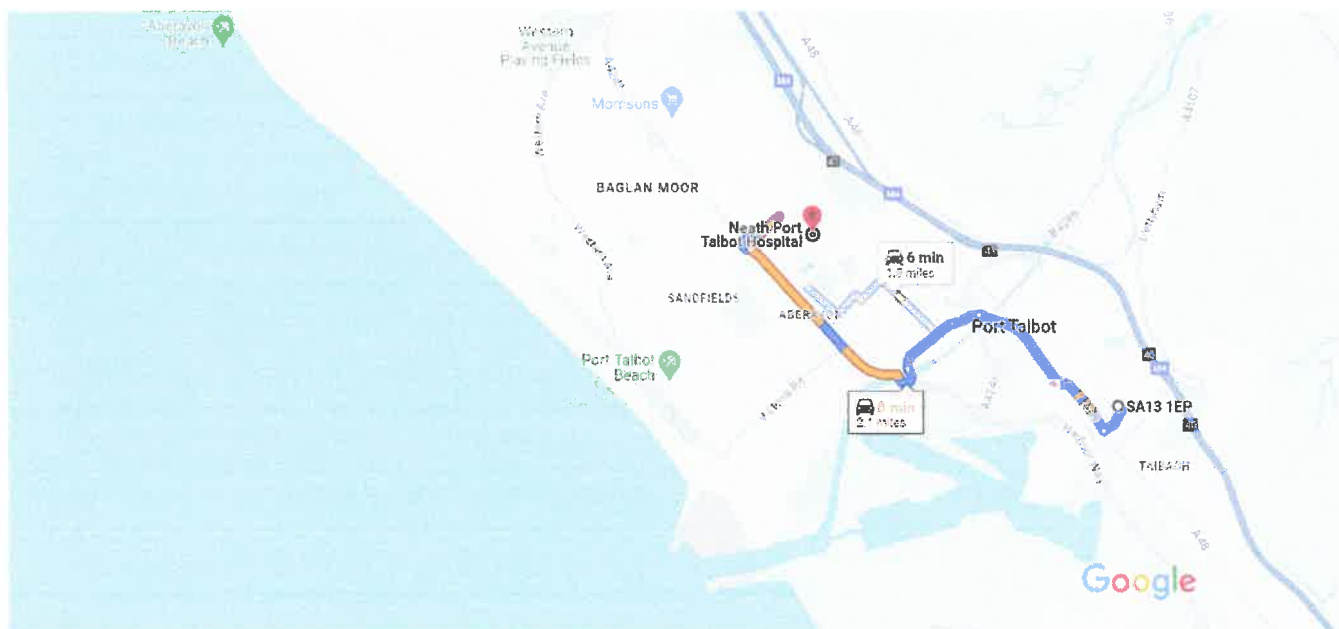
BLUE ROCK DEMOLITION LTD
4.0 - EMERGENCY ROUTE

Emergency Route to nearest A&E		
Client	Linc Cymru	BRD112
Development	Asbestos removal-Soft Strip-Demolition, Dyffryn Lower School, Talcennau Road, Port Talbot, SA13 1EP	

See Next Page



SA13 1EP, Port Talbot to Neath Port Talbot Hospital, Drive 2.1 miles, 8 min
Baglan Way, Port Talbot SA12 7BX



Map data ©2024 500 m



via Afan Way/A4241

8 min

Best route now due to traffic
conditions

2.1 miles



via Talbot Rd/A48

6 min

1.5 miles

Explore nearby Neath Port Talbot Hospital



Restaurants



Hotels



Petrol
stations



Car Places



More

BLUE ROCK DEMOLITION LTD
DEMOLITION HEALTH AND SAFETY PHASE PLAN

4.1 Fire Safety Plan

4.1 Existing Fire Safety Rules

No hot works to be carried out unless absolutely necessary

All hot works to be carried out within conditions of hot works permit (HS05).

No hot works to be carried out without a Banksman being present.

All Banksmen to be equipped with fire extinguishers and air horns.

4.2 Hot Work Permits

Permits are required for the following activities

Indicate:

Client's Permit (C)

International Ltd. Permit (WC)

Note: - All permits will be issued by: Site agent (T.B.A)

Oxygen & Propane	
Grinding	
Others	

All other fire related matters are to be address in a separate Fire Safety Plan

On a project where site conditions such as multi storey buildings make fire safety more of a risk, then a more detailed site specific fire safety plan will be put into effect.

4.2 Hot Works Permit (HS06)

See Next Page / Pages

BLUE ROCK DEMOLITION LTD
4.2 - HOT WORKS PERMIT

Hot Works Permit			
Client	Linc Cymru		BRD112
Development	Asbestos removal-Soft Strip-Demolition, Dyffryn Lower School, Talcennau Road, Port Talbot, SA13 1EP		
Section 1 General			
Permit Authorised By		Duration of Permit	
Employer		Sub Contract to	
Precise Description of the Works			
Precise Location of the Works			
Names of Persons Authorised to Undertake Work			
Section 2 Withdrawal From Service			
The above plant has been withdrawn from service and the persons under my supervision and all others who may be affected have been informed.			
Name		Signature	
Authorised Person		Signature	

BLUE ROCK DEMOLITION LTD
4.2 - HOT WORKS PERMIT

Section 3 Isolation			
The above plant has been isolated from all electrical power		Yes	No
Name	Signature		
The above plant has been isolated from all mechanical power			
Name	Signature		
The above plant has been isolated from ingress of all substances			
Name	Signature		
Section 4 Cleaning & Purging			
Signature		Date	
Combustible material covered with			
Is area free of flammable dusts, vapour & gasses		Yes	No
Test certificates attached			
Nearest Telephone Location....			
Additional Safety Facilities			
Permit Issued By			
Signature		Date	
Time of Issue		Date	

BLUE ROCK DEMOLITION LTD
4.2 - HOT WORKS PERMIT

Section 5 Completion of Works			
Time Works Complete		Date	
Operative Name		Signature	
Authorised Person Name		Signature	
Section 6 Final Inspection			
Time of Final Inspection		I confirm that all works are carried out and that no sources of heat remain.	
Print Name		Signature	
Comments			

4.3 First Aid Arrangements

4.3.1 Name of Trained First Aider/Appointed Person

A trained first aider will be present throughout the project.

Please see attached sheet.

4.3.2 Location of First Aid Box

Site office

4.3.3 Access to Clients First Aid Facilities

None provided

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4.3 - SITE MANAGERS AND APPOINTED FIRST AIDERS

Site Managers & Appointed First Aider's				
Client	Linc Cymru			BRD112
Development	Asbestos removal-Soft Strip-Demolition, Dyffryn Lower School, Talcennau Road, Port Talbot, SA13 1EP			
Site Manager	CITB	SMSTS	Site Supervisor	First Aid
Gareth David	✓	✓	✓	✓
Jamie Harris	✓	✓	✓	✓
Alan James	✓	✓	✓	✓
Contracts Manager	CITB	SMSTS	Site Supervisor	First Aid

4.4 Confined Space Permit (HS07)

See Next Page / Pages

BLUE ROCK DEMOLITION LTD
4.4 - CONFINED SPACE PERMIT

Confined Space Permit			
Client	Linc Cymru		BRD112
Development	Asbestos removal-Soft Strip-Demolition, Dyffryn Lower School, Talcennau Road, Port Talbot, SA13 1EP		
Section 1 General			
Permit Authorised By		Duration of Permit	
Employer		Sub Contract to	
Precise Location of the Works			
Names of Persons Authorised to Undertake Work			
Fire Extinguishers			
Location		Number	
Type		Last Inspection Date	
Are Smoke / Heat Detectors in the Area ?		Yes	No
If "Yes" are the Detectors Disabled		Yes	No
If yes, what alternative arrangements / procedures are in place			
Authorised Person	Signature		

BLUE ROCK DEMOLITION LTD
4.4 - CONFINED SPACE PERMIT

Is combustible material present ?	Yes	No
Combustible material covered with ?		
Is area free of flammable dusts, vapour & gasses ?	Yes	No
If yes, control measures taken		
Test certificates attached		
Nearest Telephone Location....		
Additional Safety Facilities		
Permit Issued By		
Signature	Date	
Time of Issue	Date	
Section 2 Completion of Works		
Time Works Complete	Date	
Operative Name	Signature	
Authorised Person Name	Signature	
Section 3 Final Inspection		
Time of Final Inspection	I confirm that all works are carried out and that no sources of heat remain.	
Print Name	Signature	

4.5 - Evacuation Procedure

If an evacuation of the site is required (i.e. due to a fire or gas leak etc...) the evacuation air horn should be sounded and the relevant emergency services contacted.

Upon hearing the air horn everyone must immediately leave via the nearest safe route from their work area and locate to the assembly point where a register of all persons on site will be taken.

The Site Agent, upon hearing or sounding the air horn must first of all ensure all persons are leaving site for the assembly point, then contact the relevant emergency services.

The assembly point will be displayed on a plan in the site welfare unit.

Emergency Services:

Fire Brigade -

Ambulance -

Police -

Call

999

When you get through give as many details about the current situation as possible, i.e. location, nature of fire, details of any chemicals or hazards. This will minimize the delay for the emergency services in carrying out their job.

5.1 Reporting

Accident, Incident and Near Miss Reporting

All accidents, incidents and near misses how ever minor should always be entered onto a report sheet. Details as prescribed on the form should be completed in full, the form should then be sent by post for the attention of Sean Thomas at the head office.

Details of any accident requiring off site treatment should be notified immediately by telephone to Sean Thomas (07812 460697) - Office 01792 850883

Accident reports should also be kept for three years this information could be used by the Health and Safety Executive, insurance companies and by the courts at times of litigation.

F2508 Reports to the Health and Safety Executive

In accordance with the Reporting of Injuries, Diseases & Dangerous Occurrences Regulations (RIDDOR), all prescribed injuries, diseases and dangerous occurrences are to be reported to the Health and Safety Executive on the form 2508 within the specified time

If there is an accident on site that falls within the scope of RIDDOR the F2508 will have to be completed (by office) together with a report sheet.

5.2 Investigation

It is recommended that all accidents and incidents are investigated to determine the causes so that actions may be taken to prevent the recurrence of the type of accident.

Help and advice on the application of RIDDOR and investigation assistance can be obtained from
Ateb Consult

Reference should be made to the Health and Safety Procedures

5.3 Accident, Incident, Near Miss Report

Accident, Incident and Near Miss Report Forms

All accidents, incidents and near misses how ever minor should always be entered onto a report sheet. Details as prescribed on the form should be completed in full, the form should then be sent by post for the attention of Sean Thomas at the office who will investigate the accident and distribute his findings to the project team and client.

Details of any accident requiring off site treatment should be notified immediately by telephone

Sean Thomas **07812 460697**

Office **01792 850883**

5.3 Accident, Incident, Near Miss Report Form

See Next Page / Pages

BLUE ROCK DEMOLITION LTD
5.3 - ACCIDENT / INCIDENT / NEAR MISS REPORT

THE INJURED PERSON			
Injured person	Full Name		
	Job Title		
	Date of Birth		
	Sex		
	Telephone Number		
Address			
Employment Status			
A direct employee			
Employed by someone else (Name)			
Address and Telephone Number			
Self Employed		On a Training Scheme	
Details of Training Scheme			
On Work experience		A Member of the Public	
INJURY DETAILS			
What Part of Body was Injured			
What was the Injury			
Did the injured person (Tick as required)			
Become unconscious		Need resuscitation	
Get taken to hospital		Remain in hospital over 24 hrs	
Incident Reference		Date Received	
Employer please tick box if accident reportable under RIDDOR (Reporting of Injuries Diseases and Dangerous Occurrences Regulations 1995)			

5.4 Record of HSE Visit

See Next Page / Pages

BLUE ROCK DEMOLITION LTD
5.4 - REPORT TO DIRECTOR AFTER HSE VISIT

Report to Director responsible for Health and Safety		
Client	Linc Cymru	BRD112
Development	Asbestos removal-Soft Strip-Demolition, Dyffryn Lower School, Talcennau Road, Port Talbot, SA13 1EP	
In the event of a visit by an Inspector from the Health and safety Executive, within two working days, a written report must be prepared and forwarded to the Managing Director, who may decide to contact the relevant Health and Safety Inspector to discuss the findings.		
Site Managers have prime responsibility to prepare and forward the report.		
Name / Identity of HSE Inspector		
Date and Time of Inspection		
Full Details of All Points Raised		
Name's) of any employees or sub-contractors involved in any discussions with the HSE Inspector		
Details of any changes to work practices or method statements as a result		
Details of any Improvement notice		
Details of any Prohibition Notice (NB in this case contact Managing Director Immediately)		
Date		
Name of person making report		
Signature		

6. Control of Substances Hazardous to Health COSHH

6.1 Requirements

The Control Of Substances Hazardous to Health Regulations (COSHH) 2002 place a duty on all employers to carry out a COSHH assessment on all substances within the place of work which are hazardous to health.

These assessments must be completed with details of:-

- The nature and form of the substance
- How the substance is to be used by the workforce
- Where on the site the substance is to be used
- Exposure duration
- Precautions to be taken
- Emergency arrangements

6.2 Substance Inventory

The substance inventory form is used to enter all the substances that are on site, whether in use or in the stores. It gives a quick reference to the substances that are on site and if an assessment has been completed for the particular operation it is intended for.

The contracts manager, who for this project is Gareth David, will identify what substances will be taken to and will include the necessary data sheets for each item. That will include identification and how to proceed in an incident involving the said substance.

The site supervisor, who for this project is Gareth David, will update the COSHH information for this and when any new substances come to light. He will inform his contracts manager Gareth David who will provide the required data information to be taken to site and will update the construction phase plan.

Substance Inventory (HS10).

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6.2 - SUBSTANCE INVENTORY

Substance Inventory		
Client	Linc Cymru	BRD112
Development	Asbestos removal-Soft Strip-Demolition, Dyffryn Lower School, Talcennau Road, Port Talbot, SA13 1EP	
Contractors materials will be listed when submitted as part of their risk assessments		

Substance	Contractor	Classification	Hazard Data Sheet Obtained	Date Assessment Complete	REF. NO.
Petrol	BRD	ADNR 1203	Yes		C11/01
Gas Oil	BRD	EC No. 1272/2008	Yes	23.11.23	C11/02
Engine Oil	BRD	15W/40 SJ/CG	Yes	23.11.23	C11/03
Hydraulic Oil	BRD	Hydraulic Oil 32	Yes	23.11.23	C11/04

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6.2 - SUBSTANCE INVENTORY

Substance	Contractor	Classification	Hazard Data Sheet Obtained	Date Assessment Complete	REF. NO.

6.3 Procedure for dealing with unknown substances

- 1 Approach containers holding unknown substances with extreme care.
- 2 Until proven otherwise treat unknown substances as hazardous.
- 3 Ensure Protective clothing and equipment is worn by all relevant operatives.
- 4 Inspect containers for classification labelling. Substances are categorised according to the type of harm they can cause.
- 5 Nine classifications:



Explosive / Flammable



Harmful



Irritant



Corrosive



Toxic



Carcinogens / Mutagens / Teratogens



Agents of anoxia



Narcotic



Oxidising

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DEMOLITION HEALTH AND SAFETY PHASE PLAN

6 Substance hazards describe their potential for causing damage. Risks are what people take. Assessing a substance risk means evaluating its hazards, how well they are controlled, and the likelihood of damage at all stages of use.

7 Classification:

Explosive or **Flammable** - dangerous because of their potential to release energy rapidly, or because the products of the explosion or combustion are harmful in other ways.

Harmful - substances which if inhaled, ingested or enter the body through the skin present a limited risk to health.

Irritants - adversely affect the skin or respiratory tract.

Corrosives - substances which will attack chemically either materials or people.

Toxics - substances which prevent or interfere with body functions in a variety of ways.



This symbol is displayed with one of the below phrases

Carcinogens, **Mutagens** and **Teratogens** prevent the correct growth of body cells. Carcinogens cause or promote the development of unwanted cells as cancer. Teratogens cause abnormal development of the embryo, producing stillbirth or birth defects. Mutagens alter cell development and cause changes in future generations.

If containers are labelled up carry out a COSHH assessment.

9 If hazardous substances are present, specialist waste collectors must be employed to remove the hazardous substances safely.

10 If substances cannot be identified for classification purposes, specialist waste collectors should be employed to remove the material from site.

11 If unidentified containers are found to be in a dangerous condition contact your line manager and report it immediately.

If you are in any doubt of the risks and dangers involving hazardous or potentially hazardous substances, stop and contact your line manager



Harmful To
The Environment

This symbol you may see on products that will have a harmful effect on animals (Foul) or plants (Fauna) and should be used with care, to prevent it entering the water

6.4 COSHH Assessment (HS11)

See Next Page / Pages

BLUE ROCK DEMOLITION LTD
6.4 - COSHH ASSESSMENT RECORD

COSHH Assessment Record			
Client	Linc Cymru		BRD112
Development	Asbestos removal-Soft Strip-Demolition, Dyffryn Lower School, Talcennau Road, Port Talbot, SA13 1EP		
COSHH Assessment Nr 001			
Substance		Date	
Assessed by		Signature	
How is the substance to be used? (including activity)			
Hazardous Substances used or present			
Hazards			
Exposure			
People at risk			
Elimination		Substitution	
Engineering controls		P.P.E.	
First Aid measures			
Maintenance controls			
Health surveillance			
Information, instruction & training			
Action required			
Person responsible			
Signature			
Date of signature			
Comments			

7. Manual

7.1 Requirements

The Manual Handling Operations Regulations 1992 require employers to identify all manual handling tasks and to reduce the health and safety risk as far as is reasonably practicable.

The employer should then attempt to:-

Replace the manual handling task with a mechanical system, or if this is not possible

Provide some mechanical aids to the manual handling task, and;

To assess the remaining manual handling risks so that these can be controlled by suitable safe Systems of work.

7.2 Manual Handling Inventory

See Next Page / Pages

7.3 Manual Handling Assessment (HS12)

See Next Page / Pages

BLUE ROCK DEMOLITION LTD
7.3 - MANUAL HANDLING

Manual Handling Assessment		
Client	Linc Cymru	BRD112
Development	Asbestos removal-Soft Strip-Demolition, Dyffryn Lower School, Talcennau Road, Port Talbot, SA13 1EP	
Manual Handling Assessment Nr 001		
Activity		
Location		
Weights to be Lifted		
Person Exposed		
Duration of Work		
Method of Work		
P.P.E.		
Name		
Signature		
Date of signature		
Comments		

8. Noise

8.1 Requirements

The Control of Noise at Work Regulations 2005, place a duty on the employer to prevent or reduce risks to health and safety from exposure to noise at work.

Exposure to noise will be reduced so far as is reasonably practicable.

The minimum number of persons will be exposed to noise

PPE will be used only as a last control

To this end action levels were produced:

- | | |
|-------------|---|
| 80 dB (A) - | Notify all employees of the noise level, make available suitable PPE and give adequate information, instruction and training in its use. |
| 85 dB(A) - | Reduce the noise at source as far as is reasonable by using quieter tools, engineering controls, noise barriers etc if noise is still above 85 dB(A), ensure the use of the hearing protection that has been provided. Areas should be clearly marked with signs warning that hearing protection is compulsory. |

8.2 Rule of Thumb - Noise Assessment

The rule of thumb noise assessment can be completed by any member of the site staff as a rough guide as to when a specific assessment should be completed.

If it is necessary to shout to be heard at a distance of 1 metre, this indicates that the noise level is 85 DBA or over and a specific assessment should be completed.

8.3 Specific Noise Assessment

A specific noise assessment can only be completed by a competent person. This type of assessment will be completed using noise metering and where necessary, octave band analyser.

Anticipated environmental noise levels can be easily calculated by obtaining the noise levels of all the plant and equipment which will be in use on the site and the distance to the nearest neighbours.

BLUE ROCK DEMOLITION LTD
8.2 - RULE OF THUMB ASSESSMENT

Rule of Thumb Assessment			
Client	Linc Cymru		BRD112
Development	Asbestos removal-Soft Strip-Demolition, Dyffryn Lower School, Talcennau Road, Port Talbot, SA13 1EP		
Area / Activity	Action	Specific Assessment	Date of Assessment

8.3 Specific Noise Assessment (HS14)

BLUE ROCK DEMOLITION LTD
8.3 - SPECIFIC NOISE ASSESSMENT

Specific Noise Assessment			
Client	Linc Cymru		BRD112
Development	Asbestos removal-Soft Strip-Demolition, Dyffryn Lower School, Talcennau Road, Port Talbot, SA13 1EP		
Area of Site Assessed			
Noise Levels		Octave Band Analysis	
Recommendations			
Type of Ear Defender			
Comments			

8.4 Specific Noise / Environmental Restriction Applicable to the Site

See Next Page / Pages

9. Use of Hand Held Vibrating Tools - Hand/Arm Vibration

9.1 Guidance and Procedure

The Control of Vibration at Work Regulations 2005 requires steps to be taken to reduce and control exposure to vibration at work.

Regular use of vibrating tools can lead to different forms of Hand-Arm Vibration Syndrome (H.A.V'S) this is a disorder which affects the blood vessels, nerves muscles and joints of the hand, wrist and arm. H.A.V'S can become severely disabling if ignored, its best known form is vibration white finger (V.W.F), which can be triggered by cold or wet weather and can cause severe pain in the affected fingers.

BRD's site operations involve the use of vibrating tools such as cutting saws, demolition breakers, whacker plates and power floats, (amongst others).

The use of vibrating equipment should be avoided wherever possible and when buying or hiring tools we must obtain ones with the lowest possible vibration.

Every piece of vibrating equipment must now have a vibration rating (measured in m/s^2) which directly affects the period of time an Operative can use it. Prior to using any vibrating equipment Operatives must identify the maximum usage period.

The maximum daily usage periods are based on how long one man can use the equipment (actual time on the trigger) in an eight hour shift.

This time must not be exceeded.

The use of vibrating equipment needs to be recorded on a vibration register (See section 9.2) and signed off by a supervisor on a daily basis. Completed vibration registers MUST be returned to the office on a weekly basis with the site returns or time sheets.

When hiring equipment advice must be taken from the hire company on the maximum daily usage period and ensure the equipment is in good working order and well maintained before accepting it.

If equipment is not properly maintained it may be unsafe to use and the vibration rating may in fact be a lot higher than stated, putting the operator at risk.

Poor quality equipment must be returned to the hire company.

If machinery owned by BRD requires attention arrangements should be made with purchasing directly or through your Supervisor to have it repaired or serviced.

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DEMOLITION HEALTH AND SAFETY PHASE PLAN

The pieces of vibrating equipment owned by BRD are to be used in line with the table below.

Equipment	Vibration Rating (m/s ²)	Max. Usage in an 8hr Shift Period (Hours)
MBW Whacker Plate GP1400	8.19	2
MBW Power float F36/4	4.18	8
Stihl Saw TS400	9.1	2

*Maximum usage periods are actual trigger time per man per 8 hour shift

Where more than one piece of vibrating equipment is to be used in a shift, the Supervisor or Operative should refer to their Site or Contracts Manager for advice.

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

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

exposure points change simply with time: twice the exposure time, twice the number of points;

exposure points can be added together, for example where a worker is exposed to two or more different sources of vibration in a day;

the exposure action value (2.5 m/s² A(8)) is equal to 100 points;

the exposure limit value (5 m/s² A(8)) is equal to 400 points;

Vibration magnitude m/s ²	15 m	30 m	1 h	2 h	3 h	4 h	5 h	6 h	8 h	10 h
40	315	180	100	56	31	18	10	5.6	3.1	1.8
30	200	112	63	35	20	11	6.3	3.5	2.0	1.1
25	160	90	50	28	16	9	5.0	2.8	1.6	0.9
20	125	71	40	22	12	7	4.0	2.2	1.2	0.7
19	112	63	35	20	11	6.3	3.5	2.0	1.1	0.6
18	100	56	31	18	10	5.6	3.1	1.8	1.0	0.5
17	90	50	28	16	9	5.0	2.8	1.6	0.9	0.5
16	80	45	25	14	8	4.5	2.5	1.4	0.8	0.4
15	71	40	22	12	7	4.0	2.2	1.2	0.7	0.4
14	63	35	20	11	6.3	3.5	2.0	1.1	0.6	0.3
13	56	31	18	10	5.6	3.1	1.8	1.0	0.5	0.3
12	50	28	16	9	5.0	2.8	1.6	0.9	0.5	0.3
11	45	25	14	8	4.5	2.5	1.4	0.8	0.4	0.3
10	40	22	12	7	4.0	2.2	1.2	0.7	0.4	0.2
9	35	20	11	6.3	3.5	2.0	1.1	0.6	0.3	0.2
8	31	18	10	5.6	3.1	1.8	1.0	0.5	0.3	0.2
7	28	16	9	5.0	2.8	1.6	0.9	0.5	0.3	0.2
6	25	14	8	4.5	2.5	1.4	0.8	0.4	0.3	0.2
5.5	22	12	7	4.0	2.2	1.2	0.7	0.4	0.3	0.2
5	20	11	6.3	3.5	2.0	1.1	0.6	0.3	0.2	0.2
4.5	18	10	5.6	3.1	1.8	1.0	0.5	0.3	0.2	0.2
4	16	9	5.0	2.8	1.6	0.9	0.5	0.3	0.2	0.2
3.5	14	8	4.5	2.5	1.4	0.8	0.4	0.3	0.2	0.2
3	12	7	4.0	2.2	1.2	0.7	0.4	0.3	0.2	0.2
2.5	10	6.3	3.5	2.0	1.1	0.6	0.3	0.2	0.2	0.2
2	9	5.6	3.1	1.8	1.0	0.5	0.3	0.2	0.2	0.2
1.5	7	4.0	2.2	1.2	0.7	0.4	0.3	0.2	0.2	0.2
1	6.3	3.5	2.0	1.1	0.6	0.3	0.2	0.2	0.2	0.2

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

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