Issue Number: 1

Hellesdon M & E Pre Tender Health & Safety Plan

Date: Tuesday, 31 August 2021

PRE-CONSTRUCTION INFORMATION

Legislation: Construction (Design and Management) Regulations 2015. The Client,

Principal Designerand Designers are fully committed to full

compliance with the above regulations throughout the duration of

this contract.

Project: Electrical & Mechanical Refurbishment Project

Location: Hellesdon Community Centre Woodview Road

Hellesdon Norfolk NR6 5QB

Programme key dates: Start date:

Duration: Completion:

Key parties: Client/Employer:

Hellesdon Parish Council Diamond Jubilee Lodge

Woodview Road

Hellesdon Norwich Norfolk NR6 5QB

Project Manager: M J S Marshall MRICS DJ DESIGNS LIMITED

1 Ferry Lane Postwick Norwich Norfolk

Principal Designer: Andrew Holmes MIET

ALH Building Services Design Limited,

Green Ridge, Littlefields, Dereham,

Norfolk, NR19 1BQ

Principal Contractor (PC):

To be appointed

Existing plans & information: Drawings/Specification/ Designers Risk Assessment

Health & safety goals: The Principal Contractor will be expected to complete this project

without detriment to health and with zero injuries.

Regular liaison: Weekly progress and safety meetings.

Workforce consultation: Weekly team meetings and daily tool-box talks as necessary; induction

on first visit to site.

Design information: Available.

Sub-contractors: Principal Contractor's to confirm and be responsible for H & S / CDM

compliance. (see notes in Preliminaries)

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Exchange of H & S info: Principal Contractor to conduct site induction for all on their first visit to

site; toolbox talks as necessary.

Site security: Security fencing where required around any compound and/or welfare

facility. Any scaffolding left fully secure at the end of every working shift.

Security of the site to be maintained throughout the contract.

Site induction: Principle Contractor induction on first visit to site.

Site training: All employees will be fully competent to undertake the tasks

allocated to them.

Welfare & first aid:

The Principle Contractor to provide adequate welfare facilities to

achieve full compliance with Schedule 2 of CDM2015. Principle

Contractor to create a site set up plan

Accidents and incidents:

Any accidents, incidents or near misses will be reported to the

Project Manager

Risk assessments:To be produced by the Principle Contractor or their Contractors

and will be subjected to their internal checking procedures a minimum of one week before that element of work is due to start.

Method statements:To be produced by the Principle Contractor or their Contractors

and will be subjected to their internal checking procedures a minimum of one week before that element of work is due to start.

Site rules: Principle Contractor to agree appropriate site rules for their staff or

contractors before starting work on this site, as per Preliminaries.

Fire and emergency: The significant fire risk produced by these works is by any Hot

Works which are to be carried out under a 'permit to work' system.

Materials: Waste materials will be deposited in appropriate waste

container/s and segregated where necessary. All vehicle drivers will be

advised to comply with local road safety restrictions.

Site services: Underground site services may be affected by this work. Principle

Contractor to carry out all necessary investigations prior to excavations being undertaken. The school has electrical, water and sewerage

connections.

Stability: Work on this property should have no impact on the stability of

any other structures.

Work at height: Scaffolding to be used for all work above ground floor level

(above 3 metres). A mixture of tower scaffolding, ladders and stepladders can be utilised for low level work (up to 3 metres). A competent person to conduct a weekly inspection of all scaffolding.

Fragile materials: N/A.

Lifting operations: Use appropriate lifting equipment where feasible.

Plant and equipment: Scaffolding, ladders, stepladders and a selection of hand and

Small power tools. Lifting equipment, breakers and small mobile plant. All plant and equipment brought to site by the Principle Contractor or their contractors to be maintained to the manufacturer's recommendations in full compliance to PUWER and LOLER. Maintenance reports and certificates will be made available for

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inspection by the Client on request.

Traffic routes: Principle Contractor to use area as defined in the site set-up plan for

storage and facilities. The car-park access to the side is to be used for all

contractor's access needs. (see Designers Risk)

Principle Contractor to make suitable arrangements to protect the main entrance route during the duration of these works. The main entrance route to be kept clear at all times for emergency access/egress during

the works.

Storage: All plant, equipment and materials will be stored within the construction

compound or work area or removed from site at the end of each

working day....

The location set aside for welfare facilities & storage will be confirmed in

the site setup plan

Asbestos: Please refer to the Employers Asbestos Register.

Manual handling: Wherever practicable lifting aids to be used to minimise requirement for

manual handling. All Principle Contractors employees and contractors

are to lift within their individual capability. (see Designers Risk)

Noise: Principle Contractors employees and contractors to wear hearing

protection wherever noise levels are likely to exceed the lower exposure action values. Noisy activities are to be confined to times that cause the least inconvenience to residents/ visitors in neighbouring properties.

(see Designers Risk)

Vibration: Exposure action values (EAV) and trigger times to be calculated for all

items of vibration equipment used on this site. Trigger times to be

strictly complied with.

Weather conditions: Principle Contractor employees and contractors are to take adequate

precautions to prevent exposure by employees to adverse weather

conditions. (see Designers Risk)

Additional health risks: Potential for leptospirosis (Weill's disease), thorough washing of

hands and arms before any eating, drinking or smoking. Staff to be

warned of this potential hazard during site induction.

Covid19... $\underline{\textbf{All}}$ to work under Government Covid19 working practise guidance as applicable at the time of work / $\underline{\textbf{All}}$ to work under CITB/RICS

guidelines... Main Contractor to instigate

Health & safety file: Keep all waste transfer notes and other equipment

documentation for the Client's health and safety file.

In case of emergency:

The nearest hospital with accident and emergency facilities:

The Norfolk & Norwich Hospital Colney Lane Norwich NR4 7UY 01603 286286