

FAIRFAX

BUILDING & CONSTRUCTION LTD

CONSTRUCTION METHOD STATEMENT

FOR

8 SPRINGFIELD ROAD
KINGSTON UPON THAMES
KT1 2SA

This is an CDM Action Plan for the following project:

Job name:

8 Springfield Road

Your name / company:

Fairfax Building & Construction

Your email address:

brindley69@gmail.com

Client name:

Everett Consultants

Client address:

127 High Street Teddington TW11 8HH

Job address:

8 Springfield Road, Kingston upon Thames, KT1 2SA

What is the job associated with?:

One storey new build

Is there anything the client has made you aware of?:

Demolition of existing garage structures. Garage rooves may contain asbestos.

Start date:

1st February 2021

End date:

1st August 2021

Other key dates:

Who else is working on the job with you?:

Work colleagues

Other trades / contractors / sub-contractors

Please list all other trades / contractors / sub-contractors:

Name: Giles Ward

Company Address: Fairfax Building & Construction

Name: James Hunt

Company Address: James Hunt

Name: Brian Mowatt

Company Address: Brian Mowatt

Name: Jim Custy

Company Address: JF Custy

Who will be responsible for ensuring the job runs safely?:

Mark Brindley

Giles Ward

Who will be the principal contractor?:

Fairfax Building & Construction Ltd

How will you keep everyone on site updated during the job?:

Face to face as changes arise

Phase Planning

The works are to build a new single story dwelling on the land to the rear of 8 Springfield Road. The phases of works are as follows:

- Securing of works area.
- Demolition of existing garage structures.
- Grading of plot
- Digging and pouring of foundations
- Laying slab/block & beam floor.
- Digging of trenches for drainage
- Construction of foundation wall and cavity walls
- Construction of roof and coverings.
- Supply of utilities, water, gas and electrical.
- Fitting of windows and doors
- Interior fit out of plumbing and electrical
- Dry lining and plastering
- Fitting of kitchens, bathrooms
- Interior decoration
- External landscaping

Parking Provision

1 parking space to be available on site. Springfield Road is in CPZ zone G1, traders permits to be obtained for workers if any on street parking is required during the works. Other visitors to use available Pay & Display parking spaces.

Unloading of Materials

All materials to be unloaded to the site via the access road off Springfield Road. Due to access restrictions all materials to be offloaded onto front of access road and then moved and stored within the site area by telehandler forklift.

Deliveries will be kept to a minimum by not having multiple deliveries for similar items. i.e All bricks and blocks to be delivered to site at one time.

All deliveries to be scheduled within the normal hours of site operation. Deliveries will be scheduled to ensure no more than one delivery is to take place at any given time.

All site equipment to be stored within the site fenced off area.

Hours of Work

Normal construction hours will be worked at the site (8am - 6pm Mon to Fri; 8am - 1pm Sat). So far as reasonably practicable the site team will coordinate noisy operations in order to minimise any adverse impact.

Welfare

Site welfare facilities will be available throughout the construction period. These will comprise chemical toilet and cold hand wash.

Standpipe for water supply to be installed for building purposes.

Site Security

The site build area is to be fenced off and secured using Heras type fencing.

Removal/Demolition of existing structures.

Existing garage structures to be demolished and removed by grab lorry. Asbestos roofing panels to be removed and disposed of by licensed asbestos contractor.

Waste Management

Majority of muck away will occur with the first few weeks of the project. This will require the removal of the existing garage structure and soil from digging of footings.

The access road is deemed too narrow for a standard grab lorry to drive down so waste materials will be moved to the front of the access road by dumper and then collected by the grab lorry.

All other waste materials to be disposed of by licensed waste carrier with at least 90% of materials being recycled. A standard 6 yard skip can be stored within the site perimeter.

Plasterboard waste to be separated and removed at job completion.

Protection of Trees

Any trees or shrubbery adjacent to site to be fenced off to avoid any damage occurring.

Suppression of dust.

Cutting of materials on site to be kept to a minimum . Dust suppression during demolition of garages to be provided by way of a mobile site 'Dust Suppression Bowser'.

Cutting of blocks and bricks during construction phase to use splitters and block saws rather than grinding tools.

Timber cutting tools to use dust collection fittings.

Provision of Power during construction phase.

Contractor by way of UK Power Networks to provide temporary builders electrical supply. It is unavoidable that for initial works the use of a petrol generator will be required but this will be kept to a minimum and only ran when absolutely necessary.

Risk Assessments

Trades to be undertaken on this job:

General building work or maintenance

Ground works / drainage / foundations / screeding

Brickwork, block work

Roof work.

Plastering, rendering, dry-lining

Carpentry work (internal and external)

Plumbing and heating

Electrical work

Painting, decorating and internal finishing

Risk Assessments

1. Health Risks

Activities

Cutting, sawing, drilling, breaking out, chasing, sanding/rubbing down or sweeping up which creates harmful dust or working in a dusty work place?

Risks

Health risk: Breathing in harmful construction dust leading to lung diseases such as silicosis

You will need to

- Avoid creating dust
- Maintain good ventilation
- Use on-tool extraction systems
- Dampen down or use wet cutting techniques
- Use a vacuum rather than sweeping with a brush if possible
- Wear respiratory protection such as a disposable face mask and make sure it has a CE mark and is FFP rated (preferably FFP3). Workers should be 'face fit' tested before you issue them with respiratory protective equipment. For further information visit the HSE website: <http://www.hse.gov.uk/respiratory-protective-equipment/fit-testing-basics.htm>

Activities

Lifting and carrying heavy or awkward materials and equipment?

Risks

Health risk: Manual handling injuries and repetitive strains such as back pain

You will need to

Think about ways to reduce the risk by:

- Use lifting aids (wheel barrow, hoist, sack barrow)
- Ordering materials cut to size
- Splitting the load if possible
- Ask someone to help with the lift

Activities

Using hand held vibratory tools and equipment? Such as drills, breakers, grinders, cut-out saws, sanders, chasers?

Risks

Health risk: Permanent damage to nerves and blood supply to fingers, wrists and hands known as vibration white finger a form of hand arm vibration syndrome HAVS

You will need to

- Reduce the amount of time on the tools. There are legal limits for vibration exposure.
- Rotate the work with others
- Keep your hands warm and dry
- Keep drill bits, points and chisels sharp
- When purchasing or hiring tools and equipment select those with low vibration ratings
- TIP: Don't grip too tightly - let the tool do the work

! If your hands tingle after using equipment it's an early warning sign. Repeated exposure can lead to permanent damage !

Activities

Using noisy tools, plant and equipment or working in a noisy work place?

Risks

Health risk: Permanent damage or loss to hearing / or ringing in ears known as tinnitus

You will need to

- There are legal limits for noise exposure.
 - Reduce exposure to noise where possible (use quieter equipment for example)
 - Wear hearing protection (i.e. ear plugs or ear defenders/muffs) every time you use noisy tools and equipment even for short periods or if you work in a noisy area
-

Activities

Working outside in sunny weather?

Risks

Health risk: Over exposure to sun resulting in skin cancer

You will need to

- Cover up bare skin (keep your top on)
 - Use high factor sun cream
 - Drink plenty of fluids to avoid dehydration
-

Activities

Using hazardous materials such as cement, solvents, paints, chemicals?

Risks

Health risk: Risk developing skin conditions such as dermatitis or cement burns and breathing in harmful fumes

You will need to

- Follow any hazard label instructions
- Avoid contact with skin
- Use the correct gloves
- Wash any cement off your skin immediately
- Maintain good ventilation
- Wear suitable respiratory protection

! Different types of respiratory protective equipment will protect against different hazards. Make sure you have the correct type !

2. Safety Risks

Activities

Working on or over exposed roof trusses, rafters, joists, staircases or open holes in floors?

Risks

Safety risk: Falls, dropping materials or equipment onto others

You will need to

- First consider working in ways which prevent falls
- Fix covers over ALL open holes or voids that are large enough for someone to fall through or large enough to cause an injury
- Alternatively use methods which 'save you' in the event of a fall such as properly installed safety nets or soft landing systems ('bean bags')
- Only consider using harnesses and lanyards (PPE) if you can't do the work any other way. Consider how these will be used:
- Is there a strong, securing point any harness or lanyard can be attached to?
- Use a fall restraint harness/lanyard (these stop you falling) rather than a fall arrest harness/lanyard (these will 'arrest' your fall but leave you suspended and needing to be rescued)

Activities

Carrying out 'hot work' with a naked flame or using items that could produce sparks or heat (such as using a blow torch, bitumen boiler, grinder, cut-out saw, heater or halogen lamp?)

Risks

Safety risk: Fire or explosion

You will need to

- Remove or protect flammable materials and keep an appropriate fire extinguisher nearby when carrying out 'hot work'
- Position bitumen boilers, soldering irons and gas-rings on non-combustible stands
- Cease 'hot work' activities at least one hour before the end of the day's work (two hours for higher risk sites, such as large timber-frame projects) and regularly monitor the area and surrounding structure in the intervening time

Activities

Working on or erecting a mobile tower, trestles, scaffolding or other access equipment?

Risks

Safety risk: Falling or collapse or overturning of equipment

You will need to

- Check what training or instruction you will need to erect and use the equipment safely
- Consider using modern trestle systems that have ladder access, guard rails and secure platforms rather than traditional trestles or band stands that can be unstable and don't have safety rails
- Check that any scaffolding is erected by trained and competent persons
- Follow the manufacturer's instructions
- Make sure the top and middle guard rails and toe-boards are fitted to any scaffolding or tower you or your staff use
- Remember to erect and dismantle in the correct sequence to maintain a safe working platform by following the suppliers/manufacturer's instructions

! Do not alter scaffolding unless you are authorised and competent to do so !

Activities

Working on a ladder or step ladders?

Risks

Safety risk: Overreaching, losing balance resulting in falls, or unsecured ladder or step ladder toppling over

You will need to

For ALL ladder work:

- Only use them for light work AND of a short duration i.e. ALL your work will take less than 30 minutes
- Check the ladders or steps are in good condition before use
- Ladders should be long or high enough to safely reach your point of work
- Don't work on the top 3 rungs - keep these free as a hand hold
- Secure ladders by tying both stiles to a secure point, or if not possible then use an effective ladder stability device
- Check ladders are on a firm base and lean at the correct angle (1 unit out to 4 units up)
- Use ALL ladders on firm level surfaces and use a suitable levelling device if it's not on level ground
- Whilst on the ladder do not over reach - keep your belt buckle (navel) within the stiles
- Remember - '3 points of contact' on ALL ladders
- On normal leaning ladders, consider the equipment you will be using and the location and use proprietary attachments such as stabiliser legs, ladder 'stand-off' devices and clip on trays
- On stepladders - If space allows, point the feet of stepladders towards the work to increase their stability

3. Environmental Risks

Activities

Using or storing materials?

Risks

Environmental risk: Every year millions of pounds are wasted by poor management of materials that end up being damaged or just thrown away

You will need to

- Store materials properly and safely to prevent damage before use e.g. bags of cement
- Keep significant off-cuts for reuse and know the correct place to stockpile and protect materials for reuse
- Consider the quantity of material to be used before ordering or opening a pack and use it all before opening a new pack

Activities

Using or hiring a waste skip, 'muck away' lorries or other waste collection services?

Risks

Environmental risk: Illegal removal or dumping of waste

You will need to

- Ensure you use a registered and licensed waste contractor
- *Note: You can use the public registers to find a waste carrier to move your waste at www.gov.uk/find-registered-waste-carrier*
- Ensure you only fill the skip with waste that it is intended for
- It is illegal to mix hazardous waste (such as asbestos, used batteries, fluorescent light bulbs, waste solvents such as white spirit, oil based paints, bitumen, epoxy resins and mastics) into a general mixed waste skip
- Waste plasterboard should be segregated and disposed of separately to general waste
- Ensure you keep any documentation such as transfer notes or skip tickets
- You must not burn or bury general building waste

Activities

Working in a residential area or near other neighbours such as schools and shops?

Risks

Environmental risk: Causing a statutory nuisance or just getting a bad reputation

You will need to

- Be a good neighbour - always be polite and considerate
- Arrange for deliveries when traffic flow is likely to be low and avoid school arrival and departure times
- Keep disruption from the site to a minimum by minimising dust, noise and vibration, such as damping down and using wet cutting to reduce the potential for creating dust
- Maintain good housekeeping by keeping roads and pathways clean
- Let people know in advance of any noisy operations, especially at night and on weekends
- Environmental Health Officers can issue notices to stop you working if you are creating a statutory nuisance

Activities

Removing or cutting back trees, hedges or vegetation?

Risks

Environmental risk: Disturbing protected wildlife

You will need to

- Check with the Local Authority as some trees and hedges are protected and have a preservation order
 - At certain times in the year they may contain nesting birds, which should not be disturbed as they are protected by law
-

4. General Building Work or Maintenance Risks**Activities**

Employing or using other people or trades?

Risks

Safety risk: Accidents and incidents, due to lack of awareness of site rules or what others are doing

You will need to

- Provide a simple site induction that explains what the site rules are, and what is expected
 - Depending upon the nature of the work you may need to designate it a hard hat site
 - Ensure trades speak to each other and know what's going on so they can work safely together
-

Activities

Demolishing or altering any part of an existing structure or building?

Risks

Safety risk: Sudden or partial collapse of walls, arches, lintels, floors, roofs or adjacent structures

You will need to

- Ensure work is properly planned and structural stability is not compromised - e.g. do not dig a trench or hole adjacent to the foot of a wall as this may destabilise the wall
- Install sufficient and secured temporary props and check them regularly
- Support load bearing parts of structures where necessary
- Remove debris regularly and do not overload any part of the structure or temporary platforms with debris or materials

! Seek the advice of a structural engineer if in any doubt !

Activities

Using electricity supply for lighting and equipment?

Risks

Safety risk: Electrocutation, fire

You will need to

- Where possible, use 110v or battery operated portable tools to reduce the risk
- Ensure an RCD / circuit breaker is used if using 240v equipment and that plugs and sockets are protected from damage and weather
- Isolate any existing electrical supplies

Activities

Using, installing or removing glass-wool or mineral wool insulation?

Risks

Health risk: Fibres can irritate the eyes, skin and respiratory system

You will need to

- Cover up bare skin and wear gloves
- Wear respiratory protection such as a disposable face mask and make sure it has a CE mark and is FFP rated (preferably FFP3). Workers should be 'face fit' tested before you issue them with respiratory protective equipment. For further information visit the HSE website: <http://www.hse.gov.uk/respiratory-protective-equipment/fit-testing-basics.htm>

! Avoid 'nuisance' or 'general' dust masks as they have no 'protection rating' and offer you little or no protection

5. Groundworks, Drainage, Foundations, Screeding Risks

Activities

Excavating foundations, drainage trenches or bulk / reduced level dig?

Risks

Safety risk: Crush injuries or being buried by sudden collapse of excavation

You will need to

- Adequately support all excavations as you go (shore, step or batter) regardless of any depth
 - Check the excavation before work starts and after any event that may affect its stability (i.e. heavy rain)
 - Keep records of your inspections so that people can be sure it is safe for work to continue
-

Activities

Working in an excavation or trench?

Risks

Safety risk: People and materials falling in, sudden collapse

You will need to

- Provide access either by ladder, scaffolding, staircase etc. to get in and out of the excavation
 - Keep plant, soil and materials away from the edge
 - Prevent access if unsafe or unsupported
 - Adequately support all excavations as you go (shore, step or batter) regardless of any depth
 - Check the excavation before work starts and after any event that may affect its stability (i.e. heavy rain)
 - Keep records of your inspections so that people can be sure it is safe for work to continue
-

Activities

Leaving an excavation or manhole open?

Risks

Safety risk: People falling in

You will need to

- Fit temporary covers over open manholes, inspection chambers etc. and erect barriers or guards around the edge that are strong enough to take a person's weight

Activities

In contact with sewage?

Risks

Health risk: Weil's disease or Leptospirosis - starts as mild illness similar to flu but left untreated can be fatal

You will need to

- Wear protective clothing such as rubber or non-absorbent gloves
 - Wash hands after any contact - good personal hygiene is essential
-

Activities

Using driver operated plant, such as mini diggers and dumpers?

Risks

Safety risk: Plant overturning, striking other people, overcome by exhaust fumes/asphyxiation

You will need to

- Only operate the plant if you are competent (combination of skills, knowledge, training and experience)
 - Keep others away from plant movements and track routes
 - Be aware of crush zones (mini diggers slewing near buildings)
 - Avoid driving close to excavations
 - Only operate the plant for which it is designed for
 - Be aware that exhaust fumes are heavier than air and can quickly fill spaces such as excavations and basements. You may need to provide mechanical ventilation/extraction
-

Activities

Mixing or using screeds, mortar or concrete on site?

Risks

Health risk: Manual handling, dermatitis and cement burns

Safety risk: Crushed if mixer topples, eye injuries, caught in moving parts, electric shock

You will need to

- Locate mixer on firm level ground
- Ensure mixer is fully guarded and guards are in place during operation
- Protect electrical leads and use an RCD / circuit breaker
- Ensure that mixer is positioned to allow the shortest possible route, free from obstructions, for operatives carrying either bags of or mixed cement
- Use cement or cement containing products by their use-by date
- Avoid direct skin contact - wear non-absorbent CE marked gloves when handling wet cement and do not kneel on wet screed unless wearing suitable protective clothing such as waterproof trousers and footwear
- Have good washing facilities on site, with hot and cold water, soap and basins large enough to wash forearms
- Have emergency eyewash to hand

! Ensure washout does not enter drains or watercourses !

Activities

Pumping screeds or concrete?

Risks

Health risk: Noise, vibration, dermatitis and cement burns

Safety risk: Injuries due to sudden bursting of hoses or struck by screed / concrete at high pressure, caught in moving parts of pump, electric shock

You will need to

- Ensure the mixer is positioned to allow the shortest possible route, free from obstructions, for operatives carrying either bags of or mixed cement
- Locate screed pump on firm, level ground and use stabilisers if fitted
- Set up a safety exclusion zone
- Ensure pump is fully guarded and guards are in place during operation
- Ensure delivery hoses are in good condition and purpose designed securing pins in place on all hose couplings
- Protect electrical leads and use an RCD / circuit breaker

! If hiring a concrete pump, additional controls will be required due to the high risk operation, such as high pressures, blockages, vehicle / wagon movements. Workers may need additional information, instruction, training or supervision !

Activities

Cutting, chasing or drilling screeds, concrete, bricks or blocks?

Risks

Health risk: Breathing in harmful construction dust leading to lung diseases

Safety risk: Eye injuries

You will need to

- Stop using dry cutting methods
- Where possible, replace angle grinders and cut-out saws with a block splitter (removing the risk of significant dust exposure)
- Use wet cutting techniques such as using a water feed while cutting
- Use a wall chaser with on-tool dust extraction
- Wear eye protection when cutting, chasing or drilling, cutting brick bands, using chisels or bolsters
- Wear respiratory protection such as a disposable face mask, making sure it has a CE mark and is FFP rated (preferably FFP3)

! Avoid 'nuisance' or 'general' dust masks as they have no 'protection rating' and offer you little or no protection !

6. Brick Work, Block Work Risks

Activities

Stacking and storing materials, creating rubbish?

Risks

Safety risk: Slips and trips, materials falling, injury to other people

You will need to

- Use brick guards to prevent falls of materials onto others
- Stack pallets of bricks and blocks on firm level ground and not more than two high
- Keep work areas and walkways tidy and clear of rubble, materials, trailing leads and rubbish
- Wear safety footwear

Activities

Loading out bricks, blocks, mortar and lintels?

Risks

Health risk: Manual handling injuries

Safety risk: Overloading scaffold or access equipment working platforms

You will need to

- Get bricks, cements, lintels delivered as close to work area as possible
- Use lightweight blocks where possible
- Cover bricks/blocks with tarpaulin when stored on site to prevent taking up water
- Use trolleys and lifting aids to load out materials
- Raise spot boards with blocks to easy working height

! Do not overload working platforms or floors !

Activities

Mixing mortar and concrete on site?

Risks

Health risk: Dermatitis and cement burns

Safety risk: Crushed if mixer topples or caught in moving parts, electric shock

You will need to

- Use cement or cement containing products within the use-by date
- Avoid direct skin contact - wear non-absorbent CE marked gloves when handling mortar
- Have good washing facilities on site, with hot and cold water, soap and basins large enough to wash forearms
- Have an emergency eyewash to hand
- Locate cement mixer on firm, level ground
- Ensure mixer is fully guarded and guards in place during operation
- Protect electrical leads and use an RCD / circuit breaker

! Ensure washout does not enter drains or watercourses !

7. Roof Work and Installing Upper floors Risk

Activities

Stacking and storing materials, creating rubbish?

Risks

Safety risk: Slips and trips, materials falling, injury to other people

You will need to

- Use brick guards to prevent falls of materials onto others
- Stack pallets of materials on firm level ground and not more than two high
- Keep work areas and walkways tidy and clear of rubble, materials, trailing leads and rubbish
- If possible, use a hoist or other lifting devices to raise and lower materials and equipment to the work area

Activities

Mechanically cutting roof tiles or slates?

Risks

Health risk: Breathing in harmful construction dust leading to lung diseases

Safety risk: Eye injuries

You will need to

- Stop using dry cutting methods
- Use wet cutting techniques such as using a water feed while cutting
- Wear eye protection when cutting
- Wear respiratory protection such as a disposable face mask make sure it has a CE mark and is FFP rated (preferably FFP3)

! Avoid 'nuisance' or 'general' dust masks as they have no 'protection rating' and offer you little or no protection !

Activities

Stripping of existing roof coverings or structures?

Risks

Safety risk: Fragile roof surfaces, falls from height, materials falling, injury to other people

You will need to

- Undertake the works without going onto the roof where possible: e.g. -
 - Work from underneath from a suitable access platform
 - If some work can be done at the roofs edge, reach onto it from a lower, fixed, guard railed access platform - railed on the roof side too, to prevent any falls
- If you need to work on the roof this will need more careful planning, safety precautions, supervision and instruction for everyone involved, i.e. '
- Use lightweight staging fitted with handrails to safely remove the old roof coverings (both sides may need handrails) - staging can often be hired in.
- Safely cover ALL fragile roof areas you work on or work beside with suitable, strong and secured boards or sheets until they are safely removed
- Keep people away from the area in case of loose or falling materials
- Do not throw materials or rubbish off the roof or the scaffold ('bombing') - use a debris chute into a sheeted skip or lower them safely in bags using a hoist
- Cover or barrier-off any skylights to stop people falling through them

! If you don't have all the equipment with you to prevent falling off or through the roof - don't improvise - STOP, THINK and THEN ACT SAFELY !

8. Plastering, Rendering Risks

Activities

Stacking and storing materials, creating rubbish?

Risks

Safety risk: Slips and trips, materials falling, injury to other people

You will need to

- Keep work areas and walkways tidy and clear of rubble, materials, trailing leads and rubbish
-

Activities

Lifting and handling heavy or awkward objects, e.g. plasterboard or bags of plaster?

Risks

Health risk: Injuries such as back pain

You will need to

- Consider using smaller or half sheets of plasterboard if possible
 - Use mechanical lifting aids such as sack barrows and board trolleys
 - Use board and panel mechanical lifters, jacks and telescopic props
-

Activities

Mixing plaster?

Risks

Safety risk: Electrocution

You will need to

- Protect electrical leads and where possible, use 110v paddle mixer to reduce the risk else use an RCD / circuit breaker for 240v equipment
- Keep the mixing area clean and tidy to prevent slips and trips

! Ensure washout does not enter drains or watercourses !

Activities

Working on hop-ups

Risks

Safety risk: Falls

You will need to

- Ensure the floor is firm and free of wet material and debris
- Use a purpose made 'hop up' platform - do not improvise!
- Keep the hop-up top clean and dry
- Move it regularly - don't over reach

Activities

Plastering near electrical sockets, spurs etc.?

Risks

Safety risk: Electrocution

You will need to

- Check with the electrician that any exposed wires and open power points are not live

9. Carpentry work (internal and external) risks

Activities

Stacking and storing materials, creating rubbish?

Risks

Safety risk: Slips and trips, materials falling, injury to other people

You will need to

- Keep work areas and walkways tidy and clear of rubble, materials, trailing leads and rubbish

Activities

Using hand tools and power tools?

Risks

Safety risk: Contact with moving parts

You will need to

- Where possible, use 110v tools or battery operated portable tools to reduce the risk
- Ensure an RCD / circuit breaker is used if using 240v equipment and that plugs and sockets are protected from damage and weather
- Ensure power tools are in good condition and well maintained
- Always use the correct guard and ensure it is adjusted correctly and working correctly
- Keep loose clothing and trailing cables away from moving parts
- If fitted, regularly test emergency stops and other cut-out or breaker switches
- Ensure hand tools are properly maintained and stored safely when not in use

Activities

Using compressed gas or cartridge operated tools?

Risks

Safety risk: Struck by nails, fragments or rebounds

You will need to

- Always wear eye protection that is high impact rated
- Use the correct power cartridge or settings to avoid nails firing through and out the other side
- Load the tool with the barrel pointing away from you and anyone else
- Never keep the tool loaded when not in use

Activities

Creating harmful wood dust (softwood, hardwood or MDF)?

Risks

Health risk: Breathing in harmful construction dust leading to allergic respiratory symptoms, lung diseases, cancers as well as skin disorders

You will need to

- Maintain good ventilation
- Avoid creating dust
- Use on-tool extraction systems designed for the task and regularly clean filters and bags
- Use a vacuum rather than sweeping with a brush if possible
- Wear respiratory protection such as a disposable face mask and make sure it has a CE mark and is FFP rated (preferably FFP3). Workers should be 'face fit' tested before you issue them with respiratory protective equipment. For further information visit the HSE website: <http://www.hse.gov.uk/respiratory-protective-equipment/fit-testing-basics.htm>

! Avoid 'nuisance' or 'general' dust masks as they have no 'protection rating' and offer you little or no protection !

10. Plumbing and heating risks

Activities

Stacking and storing materials, creating rubbish?

Risks

Safety risk: Slips and trips, materials falling, injury to other people

You will need to

- Keep work areas and walkways tidy and clear of rubble, materials, trailing leads and rubbish
-

Activities

Working with naked flames (using a blow torch / hot works)?

Risks

Safety risk: Fire

You will need to

- Keep a fire extinguisher next to the work area
 - Dampen down the area prior to undertaking hot works (if applicable)
 - Use a fire blanket or non-combustible material to protect surrounding area from the heat and flame
 - Check the area at least 1 hour after to check there are no hot spots or smouldering materials
-

Activities

Using, installing or removing glass-wool or mineral wool insulation?

Risks

Health risk: Fibres can irritate the eyes, skin and respiratory system

You will need to

- Cover up bare skin and wear gloves
- Wear respiratory protection such as a disposable face mask and make sure it has a CE mark and is FFP rated (preferably FFP3). Workers should be 'face fit' tested before you issue them with respiratory protective equipment. For further information visit the HSE website: <http://www.hse.gov.uk/respiratory-protective-equipment/fit-testing-basics.htm>

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Activities

In contact with sewage?

Risks

Health risk: Weil's disease or Leptospirosis - starts as mild illness similar to flu but left untreated can be fatal

You will need to

- Wear protective clothing such as rubber or non-absorbent gloves
 - Wash hands after any contact - good personal hygiene is essential
-

Activities

Working on, maintaining, moving or installing gas appliances such as boilers, fires and cookers?

Risks

Safety risk: Explosion, electric shock, build up of fumes endangering occupiers

You will need to

1. You must be or use a 'Gas Safe' registered engineer by law when working on gas carrying parts of gas appliances
2. For more information visit www.gassaferegister.co.uk

11. Electrical work risks

Activities

Carrying out electrical installations?

Risks

Safety risk: Electrocutation, fire

You will need to

- Hold industry recognised training and qualifications to carry out electrical work (such as 17th Edition (IET) Wiring Regulations)
- Ensure all work complies with the safety standards in BS 7671 (the 'wiring regulations')
- Provide the client with handover certification when the work needs to comply with building regulations

Activities

Stacking and storing materials, creating rubbish?

Risks

Safety risk: Slips and trips, materials falling, injury to other people

You will need to

- Keep work areas and walkways tidy and clear of rubble, materials, trailing leads and rubbish

Activities

Drilling or chasing walls?

Risks

Health risk: Breathing in harmful construction dust leading to lung diseases such as silicosis

Safety risk: Eye injuries and hitting hidden cables / electrocution

You will need to

- Check for the presence of cables or services before starting and mark them on the wall, floor or ceiling
- Maintain good ventilation
- Avoid creating dust
- Use on-tool extraction systems
- Dampen down or use wet cutting techniques
- Use a wall chaser with on-tool dust extraction
- Wear eye protection when drilling or chasing walls
- Use a vacuum rather than sweeping with a brush if possible
- Wear respiratory protection such as a disposable face mask and make sure it has a CE mark and is FFP rated (preferably FFP3). Workers should be 'face fit' tested before you issue them with respiratory protective equipment. For further information visit the HSE website: <http://www.hse.gov.uk/respiratory-protective-equipment/fit-testing-basics.htm>

! Avoid 'nuisance' or 'general' dust masks as they have no 'protection rating' and offer you little or no protection !

12. Painting, decorating and internal finishing risks

Activities

Stacking and storing materials, creating rubbish?

Risks

Safety risk: Slips and trips, materials falling, injury to other people

You will need to

- Keep work areas and walkways tidy and clear of rubble, materials, trailing leads and rubbish

Activities

Using solvent based paints, epoxy resins and chemical strippers?

Risks

Health risk: Irritation of eyes or sensitive skin, or short-term irritation of respiratory system, long term cancers

You will need to

- Consider using water-based products that are more environmentally-friendly and contain very low levels of solvents
- Always take note of any cautions or potential dangers indicated on the paint can, and take the appropriate preventative action
- Take precautions when handling and storing solvents
- Wash your hands after use
- Remember to ensure adequate ventilation in rooms you are painting - open windows and doors wherever possible
- Keep children away from areas you are painting
- Wear suitable eye and respiratory protection

! Different types of respiratory protective equipment will protect against different hazards. Make sure you have the correct type !

! Do not pour paints, solvents or let brush washings enter drains or watercourses !

Activities

Preparing and rubbing down surfaces?

Risks

Health risk: Irritation of eyes or sensitive skin, or short-term irritation of respiratory system

You will need to

- Avoid skin contact, excessive dust build-up and contact with eyes
- Consider using a 'mechanical drywall sander' with on-tool dust extraction system that is cleaner and faster than traditional drywall pole sanders when rubbing down walls and ceilings
- Wear respiratory protection such as a disposable face mask and make sure it has a CE mark and is FFP rated (preferably FFP3). Workers should be 'face fit' tested before you issue them with respiratory protective equipment. For further information visit the HSE website: <http://www.hse.gov.uk/respiratory-protective-equipment/fit-testing-basics.htm>

! Avoid 'nuisance' or 'general' dust masks as they have no 'protection rating' and offer you little or no protection !

About This Plan

This plan contains information on controls that can help keep you and others healthy and safe.

If you are the principal contractor you are responsible for this plan. Other contractors may use the CDM Wizard app to generate a CDM Action Plan for their own work.

It's important that everyone knows what is expected of each other, especially as things can change quickly from day to day. You may have to amend the report as the job changes or new trades / contractors start.

Speak to each other about what's to be done, when and how it can be done safely.

It is also vital that those carrying out the work have the right combination of skills, knowledge, training and experience and are provided with the right tools, plant and equipment, information, instruction and supervision.

Further Information

If you are unsure about how you can make your site safer or about the health risks, more information can be found at www.hse.gov.uk/construction. You can download Busy Builder sheets for activities such as loft conversions and small building work, and for advice on hazards such as dust and lead, and the Client leaflet.

Six CDM industry guides based on sound industry practice can be found at <http://www.citb.co.uk/cdmregs> and will help small businesses deliver building and construction projects in a way that secures health and safety. It includes guidance for clients, designers, contractors, and workers.

For information about training, apprenticeships or advice on running your business go to <http://www.citb.co.uk>

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Signed by:

Name and Position:

Company:

Date:

Signature: