

Revision 0
Demolition of Prospect Court, 76 and 77 Rossall
Road, Thornton-Cleveleys, Lancashire FY5 1HQ.

Outline Plan of
work

By



BRADLEY DEMOLITION

for

The
Regenda
Group

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 Ref: Prospect court

Issue No.:	Original	Rev 1	Rev 2	Rev 3	Rev 4	
Date:	x					
Prepared by:	7.5.21					

Issued to	Original	Rev 1	Rev 2	Rev 3	Rev 4	Rev 5
Client	x					
CDM designer						
Principal contractor General admin.						
PC Quantity Surveyor						
PC Project Manager						
PC H & S dept						
Sub Contractor						
Bdl office	x					
Client's agent						
Other						

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1. Heading

Company: Bradley Demolition Ltd
Work Package: demolition Phase
Title: **Prospect Court demolition**
Issue: **Revision 0**
Date: 7.5.21
Compiled by: J. Laffan
Client: Regenda
CDM: TBA

2. Description

The scope is the demolition of a pair of semi detached houses that have been knocked through and converted in to a multi occupancy singular property. There is a newer single storey add on extension at the rear which backs on to a large rear garden area that has both hard and soft areas. There are trees and large bushes to the rear and abutting the fence boundary.

Building description.

Ground floor.

1st floor.

Rear ground floor adjoined extension.

Roof is pitched tiled covering off timber truss frame with a small flat timber / felt roof add on to the joining area of the extension and the main building.

Masonry (block and brick) and glazed aspects to external walls.

Timber floors at ground and 1st floor level.

Internal walls are a mix of solid masonry and timber stud partition walls.

A main stairwell immediately off the hall / entrance allows access to the first floor.

Ceilings are a mix of plasterboard or lath and plaster.

Boundary wall to the rear garden is a mix of concrete panel and post and timber. The front garden has a small masonry wall with 2 suitably large driveways that continue either side of the property to the back garden.

The rear garden has both hard and soft landscaped areas with trees and large shrubs to the rear border.

Programme	Commencement	tba
	Duration	1-2 weeks

Working hour's as stipulated by Regenda.

Delivery hour restrictions: tba

General Sequence & Scope of Works
Rev 0

- **Site arrival & set up**
- **Removal of ACM's – note – assumed - no ACM survey as yet.**
- **Delivery of plant**
- **Demolition to rear area – single storey building**
- **Demolition of main building**
- **Removal of waste and demolition hardcore (ongoing)**
- **Excavation of footings**

3. Resources

Bradley Key Personnel Health & Safety Advisor Mick Degnan
Operations Manager Andy Hill
Site Supervisor Alan Rae

Equipment	Labour	Materials
30 ton 360 deg demolition machine Hydraulic attachments Container skips; Lorries / Skip Lorries; Hand tools – pinch bars, mattock picks shovels, bolt croppers, Track, Recip & circular saws Podiums and tower scaffolds Chains, lifting accessories.	Site Supervisor –1nr; Demolition operatives – 1 Plant operator - 1	Oil Diesel Petrol water

4. Assessment of Significant Risks -

See main project risk assessment.

Risk of Respiratory illness:

- R & D asbestos survey has not at this point been undertaken. Results to be assessed of legally required survey by BDL before demolition commences. Operatives Asbestos Awareness trained.
- All known ACM's removed by competent & trained operatives. Certificates of reoccupation held from independent analyst where necessary.
- PPE to be worn when handling, including type 5/6 disposable overalls, gloves, goggles, P3 or nasal facemasks. Safe systems of work employed.

Injury to unauthorised Personnel:

- Perimeter fencing provided and debris net sheeted to perimeter.
- Safety signage to be erected around the works by Bradley demolition Ltd and PC
- BDL Supervisor to check for trespass / building integrity on a daily basis;
- BDL operatives to monitor entry and exit into exclusion zone works area;
- Gates locked when not in use

Bradley managed plant manoeuvres:

- Plant to have 360° vision;
- Plant to be operated by a competent driver, trained to CPCS level
- Plant to be guided by a banksman;
- Plant to be regularly maintained and checked

Risk of fall:

- All works at height to have to be in accordance with legislation and to conform with the risk assessment;
- Compliant access equipment to be used from competent hire firm.

Fall of materials:

- Exclusion Zones as per British Standard for demolition BS6187
- Suitable distances between property and footpath / neighbouring properties to allow mechanical demolition with the 30ton demolition machine without risk of falling objects to neighbouring property.
- Banksman in attendance
- Safe system of work applied to waste loading procedure.

Also, the following topics of concern are included in the attached **Risk Assessment**:

Trespass by unauthorised personnel
Interaction with residents and public
Contact with services
Physical Activities
Working at Height
Health Hazards
Uneven working surfaces
Presence of Amphibole Asbestos
Handling MMMF
Mechanical Demolition
Pulverising Dense Concrete
Hot cutting
Storage of materials
Dismantling wooden structures
Crushing operations
First Aid

Access and egress
Plant operations & movement

Disturbing bee/wasp nests
Manual Handling
Hand held power tools
Cutting and Grinding
Removal of AC sheets
Tanks and reaction vessels
Premature collapse
Using hydraulic breaker
Fires & Explosions
Refuelling of plant
Confined spaces
Waste collection

5. Additional Control Measures - standard

- All **operatives and visitors** will be required to sign on and off site daily, in addition to this, all visitors to the project will be escorted by a competent person;
- An **induction and toolbox talk** is to be given by Bradley's Site Manager / supervisor in accordance with Bradley Demolition Ltd company policy prior to commencing work on site;
- All **power tools** to be used are to be either 110V or cordless. A generator is to be used for 110V power;
- All **plant operatives** will be CCDO/CPCS registered and will have copies of their certificate in the site file for inspection;
- All **services** are to be terminated/isolated at or beyond the site boundary, agreed with BDL, and written confirmation issued to Bradley Demolition Ltd prior to any works commencing;
- Any existing remaining **live services** are to be visibly identified on site by the client and notified to Bradley Demolition Ltd;
- **Permits to work** are to be issued prior to any relevant works commencing;
- After completion operatives are then to put on **PPE** as required (**refer to Section 6 or SSW**) and transfer all necessary equipment to the working area.

During the site induction all personnel will be made aware of **Bradley Demolition Ltd Site Rules, Accident Reporting and Site Emergency procedures**. Operatives will be required to confirm they have received the induction briefing by signature and a copy of this will be kept in the Site file.

All **areas of work** will be supervised at all times. It will be the responsibility of the Supervisor to constantly assess the ability of each operative both before and during with regard to the individual's capabilities in respect of the work he has been assigned to do in terms of experience, competence and most importantly, his ability to complete the work in a safe manner without incurring risks to himself or third parties. The Supervisor will be in possession of a set of documents relating to the sequence of work.

As each new area of work is approached, the site supervisor will communicate with the site operatives in respect of the works to be executed, in which areas they are to be executed and, most importantly the factor of risk likely to be encountered during each specific operation.

6. Personal Protective Equipment

Bradley Demolition Ltd will issue all site personnel with standard personal protective equipment. Each operative will have general protection issued by the aforementioned dependent upon the work in hand. Safety wear will generally comprise of the following:

Hard hats, nasal protection against high volume of dust, hand protection to exposed vulnerable areas, footwear against risk of penetration and impact, high visibility vests, safety glasses to protect against airborne dust during soft strip and cutting operations along with hearing protection where required.

All personnel will be issued with the necessary PPE for the task in hand and must wear it at all times on site. Special PPE will be issued as necessary in the hazardous locations following site induction and / or issue of a permit to work.

6.1 Personnel Protection Equipment to be used

Safety Helmet EN397:199 9 5/A 1:2000	✓	Hi-Vis Clothing class 2 warning clothing EN147	✓	Ear Protection EN352-1	✓	Gloves general purpose construction EN388	✓	Respirators P3 Sundstrom Sr100 ps x 20	✓
Safety Boots EN345	✓	Coveralls Type 5/6	✓	Eye Protection EN166 class1b & Class FN (anti mist low impact)	✓	Dust Masks P3 filter	✓	Safety Harness EN 361:2002 & EN 358:1999	
Gloves EN388 (4544) protection factors) Soft strip	✓								

7. Emergency Arrangements

A suitable first aid box will be made available on site – welfare facility / office
A qualified first aid representative will be present on site.

During the course of the works communication will be maintained through good clear verbal instruction from supervisor to operatives and also through the use of 2 way radios in specified activities (specified within their specific SSW).

Fire points will be placed in prominent positions as per BDL Principal contractor plan.

Evacuation plan to show movement direction and muster point. (see site plan)

Accident Procedure

If an accident occurs the Site Manager will follow Bradley Demolition Ltd emergency arrangements.

In the event of **any accident occurring**, a standard procedure will be adopted, a detailed record will be maintained on site in the accident sheet within the site file.

Minor injuries will be treated in situ, if possible, by utilising a standard first aid kit available on site.

More serious injuries will be treated by a suitably qualified off site party.

In either event all parties requiring notification will receive it.

All accidents will be thoroughly investigated by the Site Manager. He will assess the degree of competence adopted, as to whether the incident is likely to re-occur if the methods adopted continue to be used.

Bradley Demolition Ltd safety consultant will be informed of the incident and will undertake an investigation where required.

8. Temporary Amended Systems

Should it be necessary to re-route persons working on site to enable the works of Bradley Demolition Ltd to be carried out safely, this will only be done after discussion with the client.

In such instances, where Emergency Escape Routes may need to be diverted, the necessary signage will be provided by Bradley Demolition Ltd and will be in compliance with the Health and Safety (Safety Signs and Signals) Regulations 1996.

9. Submission of Information

- Section 80/81 Notice – compliance with the building act needed. BDL to facilitate
- Prior planning consent – needed from client.
- Pre demolition asbestos survey – needed from client
- Structural engineers report - na
- Service isolation certificates; - needed from the client. *To be given before commencement from project manager to Bradley supervisor. To be checked.*
- Site service records - diagrams needed
- Operatives to sign '**Acknowledgement by Site Operatives**' at the end of this method statement to confirm briefing.

Bradley Demolition Ltd reserves the right to alter/amend, in consultation with the client, the Method of Working as a result of on-going operations. Should the method of works alter significantly the Method Statement will be amended and re-submitted for comment prior to works proceeding.

10. Monitoring & Compliance

The Site Supervisor will check daily and, if necessary, hourly to ensure the works are progressing safely and in compliance with the Method Statement. In addition, Bradley Demolition Ltd Health and Safety representative will inspect the works and audit 4 week and over programme projects

11. Environmental Impacts –

Noise Reduction Strategy –

Works taking place internally to building: - Noise not expected to breach thresholds 80/85 db outside building.

Internally ear defenders will be worn at all times when plant / power tools operating.

Mechanical demolition

Bradley Demolition Ltd will monitor noise levels during the course of the works. It is accepted that noise cannot be eliminated entirely, but reasonable steps will be taken to reduce any adverse effects of noise generated by the works on both the local residents and the occupants.

Previous works of this nature have been carried out and have had noise assessments produced. A table summary of these results is shown below for reference.

Anticipated Noise Levels -

Activity	Noise produced at Source	Noise produced at site boundary minimum 40 metres
1, Background noise levels.	50-60 dB (A)	50-60 dB (A)
2, Traffic passing on roads.	Average 69dB(A)	Average 69dB(A)
3, Mechanical Demolition with breaker attachment.	97 dB (A)	77 dB (A)
4, Mechanical Demolition with shear attachment.	89 dB (A)	69 dB (A)
5, Mechanical Demolition with pulverisor attachment.	86 dB (A)	66 dB (A)
6, Mechanical Demolition with rotating grab attachment.	84 dB (A)	64 dB(A)
7, Mechanical Demolition with bucket attachment.	81 dB(A)	61 dB(A)

Dust Control Strategy -

The creation of dust has been identified as a potential cause for concern. This has been taken into consideration and we are to adopt sympathetic approach to demolition to reduce dust.

Mechanical demolition

- Water sprayed from large hoses onto the demolition work face, and by water spray diffusers affixed to the demolition machine directly onto the demolition face / debris pile and any removal activity.

Hand demolition

- The careful skilled use of hand tools over power tools minimise the production of dust that is generated at source.
- Power tools fitted with water suppressant or exhaust applications
- Use of Brokk robotic demolition breaking activity to concrete etc used with water suppression involved in activity
- Concrete cutting to towers and roof areas to have water suppression applied to cutting tool.
- In general water to be used as suppressant where dust is produced
- PPE & RPE enforced by supervisor where necessary
- Pedestrians / non essential operatives kept clear of work area.
- Bunds and filters to the drainage points used to catch sedimentary run off.

C.O.S.H.H.

The items below are not envisaged to be brought when soft stripping. But during the following mechanical phases, products will be brought to site for use by Bradley Demolition Ltd when mechanical demolition arises.

Product:

COSHH Assessment:

Gas Oil Fuel	on site
Lubrication Grease	on site
Hydraulic Oil	on site
Engine Oil	on site

Fuel will be stored on site in bunded bowzers with manufacturer fitted pumps and nozzles for discharge.

Nozzles will be locked within the bunded area when not in use.

Drip trays will be used when filling into or discharging fuel from the bowser.

Fuel will be pumped directly into plant fuel tanks from the bowser.

Oils will be dispensed from containers into measuring jugs then directly into plant.

Absorbent spill granules will be available on site for use in the event of any spillage occurring.

12. Interfaces with others

To enable the demolition works to be carried out safely, the site will be excluded from other contractors, members of the public & unauthorised visitors and declared an **Active Demolition Zone** and controlled accordingly. Visitors shall be escorted at all times.

13. Site Establishment, Special Requirements & Preparation Works

Welfare facilities will be established by the BDL principal contractor in an area agreed with the client appropriate to the site requirements.

The facilities will comprise of a self-contained unit, which will include:

- Canteen – clean drinking water, cups to use, means to heat up water / food
- drying room - space to allow wet clothing to dry
- rest facilities – shelter from elements, adequate number of backed seats
- washing facilities - a supply of clean hot and cold, or warm, water (which should be running water so far as is reasonably practicable); soap or other suitable means of cleaning; towels or other suitable means of drying; sufficient ventilation and lighting; sinks large enough to wash face, hands and forearms.
- toilet – flushing drained toilets where reasonably practicable, otherwise chemical. All toilets to be ventilated, cleaned and emptied on a frequent time scale. Portable toilets have a limited capacity and will need emptying. The number of portable toilets needed depends on the number of persons and the frequency of emptying. BS6465–1:2006 recommends a ratio of 1 toilet to 7 persons where portable toilets are emptied once a week.

These above facilities will be in accordance with the Construction (Design and Management) Regulations 2015. Additional cabins will be brought to site as required, e.g. stores.

14. Method of Work

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- **Site arrival & set up**
- **Removal of ACM's – note – assumed - no ACM survey as yet.**
- **Delivery of plant**
- **Demolition to rear area – single storey building**
- **Demolition of main building**
- **Removal of waste and demolition hardcore (ongoing)**
- **Excavation of footings**
- **Decant site**

Arrival & set up

Competent and experienced Bradley demolition operatives will arrive at site and will establish a fence perimeter.

Suitable welfare will be delivered and will be cited to the rear area of the site away from the demolition area. Pedestrian and vehicular site access and egress will be via the driveway to the side of the left hand side of the building. A muster point will be established for emergency evacuations.

See site plan for details of fencing and welfare positioning.

Operatives will sign in and out of the site compound as required by the demolition phase plan. Operatives will park vehicles to the rear of the site away from demolition activity. Speed restrictions will be observed and upheld.

Induction

Operatives will be inducted by the site supervisor into the site health and safety scheme and will be made aware of the site arrangements for health and safety.

The Bradley demolition site supervisor will induct operatives in this method statement and relevant site specific risk assessments and operatives will sign in their understanding of these documents.

Fencing and Segregation

This will form the demolition exclusion Zone.

This will be CDM compliant Heras fencing.

Access points will be restricted to authorised demolition operatives only.

No unauthorised access to this area will be allowed.

Access to the demolition area will be supervised by competent Bradley demolition operatives / banksman.

Plant arrival

For Mechanical Demolition to commence, competent and experienced Bradley demolition operatives will manage the delivery of the specialised 30 ton demolition excavator with rotating 360 degrees attachment on a low loader carrier. (note: these will be delivered to site in sympathetic hours to the surrounding environment and at different points of the programme)

This will be carried out by a competent and licensed carrier. CPCS holder to drive the plant off the low loader.

Delivery of plant to site will take place in line with the traffic restrictions of the traffic plan.

This will be done under banksman activity and the banksman will halt the operation at any time if persons are in danger of coming into proximity of the plant movement.

ACM's

We await a demolition and refurbishment specification asbestos survey.

The buildings are to have ALL known ACM's removed prior to demolition.

Certificates of reoccupation are to be held for the buildings before demolition commences.

Demolition to small single storey building

This building will be demolished by the 30 ton demolition machine with competent driver and banksman in attendance.

Banksman will be situated in a safe area away from immediate proximity to the demolition drop and predicted debris zones.

The machine will grab the roof materials with the grab attachment and will deposit the roof materials onto the ground inside the site.

Roof beams and trusses will then be grabbed and set down.

Internal and external masonry walls will then be dislodged with the demolition machine attachment. These debris items will be placed in a short term stock pile and will await compliant depositing into a skip.

Slab will remain in place as hardstanding to facilitate access to the rear area until such a time that it is to be excavated and removed.

Water suppression will be active through the process.
2 way radio contact between banksman and driver to employ 'Stop – Go' procedure if necessary.

Mechanical demolition of building 1st floor, ground floor and excavation of footings

A specific SSW will be prepared for this activity.

It will be based on the following points:

30ton demolition machine demolishing the building in a 'Top Down' method, removing structural and functional materials loading other materials within the construction in sequence. Generally:

Roof materials

Supporting walls – both external and internal

Floors

Foundations

Mechanical demolition will take place under dust suppression from water sprayed onto the demolition interface at point of contact and onto falling rubble points.

Roof materials like tiles, board, trusses and purlins, along with 1st floor ceiling materials will be accessed with the hydraulic rotating demolition grab attachment. These will be laid down and deposited in a short term stock pile to the side of the building.

Once relieved of the immediate roof material loading above, corresponding sections of the masonry external walls will be dislodged. Hardcore and general waste from this activity will be separated into waste stream short term stock piles. Internal 1st floor walls will be accessed in the same way as demolition progresses through the building from the left to the right hand side. 1st Floor floorboards and flooring & GF ceiling materials will be accessed by the hydraulic grab attachment and will be lifted and set aside in a short term stock pile when relieved of those 1st floor materials that have previously been loading.

GF Walls both internal and external will be demolished, being dislodged by the rotational attachment. This debris will be falling inside the demolition debris zone within the exclusion zone – on site.

These will be accessed and set aside in a short term stock pile to the rear, awaiting removal.

Windows and partition walls will be removed in the same manner, as the demolition machine moves through the building.

Slabs and foundations will be lifted by the demolition excavator and bucket attachment, broken up and deposited in the stockpile awaiting removal.

Waste will be removed in a continuous fashion so as to not overload the site area and be in line with good housekeeping requirements.

Hardcore will be crushed to a on site to 6f2 grade specification. It will be used as backfill the grubbed up footprint.

15. Reference Documents

Legislation and codes of practice

All work will be carried out in accordance with current legislation, with particular regard to the following.

- Health & Safety at Work Act 1974
- Confined Spaces Regulations 1997
- The (COSHH) Control of Substances Hazardous to Health Regulations 2002
- Construction (Design & Management) Regulations 2015
- The Management of Health & Safety at Work Regulations 1999
- Personal Protective Equipment at Work Regulations 1992
- The Construction (Head Protection) Regulations 1989
- The Health & Safety (Safety Signs & Signals) Regulations 1996
- Control of Noise at Works Regulations 2005
- The Reporting of Injuries, Diseases & Dangerous Occurrences Regulations 1995 (RIDDOR)
- The Provision & Use of Work Equipment Regulations 1998
- The Manual Handling Operations Regulations 1992
- The Work at Height Regulations 2005
- The Control of Vibration at Work Regulations 2005

References

BS 6187	Code of Practice for Demolition
HSG150	Health and Safety in Construction 3 rd Edition
BS EN 397	Industrial Safety Helmets
BS EN 166	Personal Eye Protection
BS 5228	Noise and Vibration control on construction and open site
BS EN 420	Protective gloves; General requirements
EN 345	Steel Toed Safety Boots
EN 471	High Visibility Vest Class 2, as a minimum

17. Site survey

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EXISTING SITE SURVEY (SERVICES)

ELECTRICITY – Present on Site	Yes	No
Are they to be terminated at the site boundary	Yes	No
Whose responsibility is it to terminate them? Please State		
When are they to be terminated	Date:	

GAS – Present on Site	Yes	No
Are they to be terminated at the site boundary	Yes	No
Whose responsibility is it to terminate them? Please State		
When are they to be terminated	Date:	

WATER - Present on Site	Yes	No
Are they to be terminated at the site boundary	Yes	No
Whose responsibility is it to terminate them? Please State		
When are they to be terminated	Date:	

DRAINAGE - Present on Site	Yes	No
Are they to be terminated at the site boundary	Yes	No
Whose responsibility is it to terminate them? Please State	Yes	No
Are they to be capped	Yes	No
When are they to be terminated	Date:	

ARE SERVICE DRAWINGS IN OUR POSSESSION	Yes	No
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ARE OVERHEAD SERVICES PRESENT	Yes	No
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ARE ANY SERVICES INCLUDING GAS/WATER/DRAINS/CULVERTS /FIBRE OPTICS/TELECOMS/COMBINED SEWER-SEPARATE SYSTEM/ELECTRICS/ STEAM – To remain live and in use whilst the demolition works are undertaken	Yes	No
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APPENDIX 1



APPENDIX 2

APPENDIX 3

APPENDIX 4

APPENDIX 5

