



Ely Road Gatehouse, Ely
Road, Queen Adelaide,
Cambridgeshire, CB7
4TZ.

DEMOLITION METHOD STATEMENT

CLIENT REF: Spence Construction Ltd

PROJECT TITLE: Ely Gatehouse

RHODAR REF NO: DMO00TBC - 3

ISSUE DATE: 19/12/2023

Document Preparation and approval status

	Name	Position	Signature	Date
Prepared by	Shaun Stephenson	Contracts Manager		06/10/2023
Reviewed by				

Revision Record

Version Number	Date	Amendments	Prepared by:

Other Relevant Documents

This Methodology Statement is to be read in conjunction with the following related Project Specific Documents. Each listed document below is to be read in conjunction with this method statement.

Project Documents	Document No.	Revision No.

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1.0 Scope of works

- Establish welfare.
- Erect perimeter fence
- Disconnect Services
- Asbestos Removal
- Demolition and processing
- Demobilisation

2.0 Key Safety Points on this Project

- Securing the site
- Isolation of services
- Removal of asbestos
- Demolition
- Working at height

3.0 Project Delivery Team

Name	Job Title	Contact Number	Email
Andrew Fisk	Director		a.fisk@rhodar.co.uk
Tony Clarke	Contracts Director		t.clarke@rhodar.co.uk
Shaun Stephenson	Contracts Manager		s.stephenson@rhodar.co.uk
Bradley Stephens	Quantity Surveyor		b.stephens@rhodar.co.uk
Name	Site Manager	Phone number	email@rhodar.co.uk
Name	Site Supervisor	Phone number	email@rhodar.co.uk

4.0 Safety and Administration Support Team

Name	Job Title	Contact Number	Email
Julie Sefton	HSEQ Manager		j.sefton@rhodar.co.uk
Natalie Wood	Senior Administrator		n.wood@rhodar.co.uk

5.0 Operational Guidance (Operational Procedures)

OG No	Activity	Yes	No	NA
DM01	Documentation (Photographs, amendments, role of supervisors, permits & signage)	√		
DM02	Site set up (Fencing, Welfare, Services, Fuel tanks, Exclusion zones)	√		
DM03	Soft stripping			√
DM04	Manual Handling	√		
DM05	Mechanical Demolition	√		
DM06	Excavating (Safe systems of works, marking & permits)			√
DM07	Crushing (scope, safety issues, setting up, operating & side conveyor)			√
DM08	Hot works (Hot work general, Oxy/ propane)			√
DM09	Asbestos – Non-Licensed (Asbestos cement sheets and floor tiles)	√		
DM10	Waste Removal	√		
DM11	Key Safety Issues (Asbestos, Sharps, Silica, Confined spaces, HAVS, Noise and COSHH)	√		

6.0 Training

All operatives will hold CCDO/CSCS, they will all hold minimum of Asbestos Awareness training, although the majority will hold>NNLW Asbestos removal training and will be face fit tested on the Half Face Masks. All training certificates will be sent to Spence Construction Ltd prior to works starting.

Expected maximum number of persons on site 10

7.0 Emergency Procedure and First Aid

Emergency Procedure (accident)

- a) In the event of an emergency **STOP WORK**, make safe, call first aider, inform the supervisor/ site call emergency services (999)

COSHH Procedure

- b) Spill kits adequate to the task being undertaken are to be on site and close to the works taking place.
- c) If there is release of COSHH **STOP WORK**, apply spill skips to effected area, remove contaminated waste from site

First Aid

- d) The principal contractor will have first aiders on site (Min 3 day)

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- e) The Rhodar site manager/ Supervisor will be first aid trained (Min 3 day)
- f) At least one first aider will be on site at all times during the working day
- g) A suitable first aid box will be on site (Size dependant on amount of resource on site)
- h) The name/names of the first aider/aiders and procedures will be communicated during induction
- i) Notices regarding the first aider and first aid box location will be posted on site (Welfare area & office)

Rhodar Industrial Services first aiders on this project

Name	Role
TBC	Fully Appointed
TBC	Fully Appointed
TBC	Emergency First Aid at Work
TBC	Emergency First Aid at Work

Spence first aiders on this project

Name	Role
TBC	Fully Appointed
TBC	Fully Appointed
TBC	Emergency First Aid at Work
TBC	Emergency First Aid at Work
TBC	Emergency First Aid at Work

8.0 PPE

Minimum PPE on project shall be:

- Hard hat
- Light eye protection
- Ear Protection (task specific)
- Hi viz waist coat or full coat with reflectors.
- Gloves (Task specific)
- Safety boots with mid sole

HOLD POINT: Any out of date or damaged PPE shall be discarded and replaced.

9.0 Asbestos

Non- licensed asbestos can be removed by the trained, medical and face fitted demolition site team.

- a) Cat B (removal of non-licensed asbestos) trained persons only can remove non- licensed asbestos.
- b) CAR regulations:2012 adhered too, during removal (See separate RAMS for licensed asbestos)
- c) Correct PPE/ RPE worn.
- d) All asbestos waste product removed will be double bagged, sealed and placed on a lockable asbestos skip.
- e) All asbestos waste will be taken to a licensed waste disposal facility.
- f) Waste records will be kept.

All persons on site will be asbestos awareness trained.

HOLD POINT: Should further non surveyed asbestos be found the procedures are:

- a) Stop work.
- b) Make safe.
- c) Secure the area.
- d) Inform the Rhodar site manager/ supervisor.
- e) Form an exclusion zone.
- f) Conduct a toolbox talk
- g) Have sample removed and tested by qualified persons/ laboratory.
- h) Once sample is tested then remove in accordance with CAR regulations:2012.

10.0 Service Isolations

The works will require a minimum 24 hour possession of the railway lines.

Full-service drawings required from Spence Construction Ltd.

All services are to be isolated or diverted prior to commencement of any works.

Isolations/ diversions are to be conducted by trained persons only.

Records of isolation/ diversion are to be recorded and available.

HOLD POINT: If unchartered services are suspected during any activity the procedures are:

- a. Stop work.

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- b. Make safe.
- c. Secure the area.
- d. Inform the Rhodar site manager/ supervisor.
- e. Form an exclusion zone.
- f. Conduct a toolbox talk.
- g. Engage specialist and trained persons/ organisations to confirm service status.
- h. Engage specialist and trained persons/ organisations to isolate/ divert services found.

11.0 Dust, Noise and Vibration

Dust

All dust generating activities will be suppressed where practicably possible using water.

Where a client's direct water supply is not given, a hired and metered standpipe will be connected to an approved and existing hydrant. The team connecting the standpipe will be 'calm water' trained.

The Rhodar site Manager/Supervisor will monitor the dust.

During the activities dust will be suppressed in the following manner:

- a. Atomisers filled with water (commonly used internally)
- b. Self-generating water cannons (size and type directed by the Rhodar site manager/ Supervisor)
- c. Trained and experienced persons stood at a safe distance from the works directing water via a fire hose directly at the dusty operations and or immediately at the 'debris fall' zone.

Where dust cannons are used, these units will be lifted into place using a suitable excavator with certified chains/ straps or where wheels are attached to lesser weighted units, experienced operatives will manually move the cannons into position.

Where dust cannons are used and as the work progresses there may be a need to move water cannons. Work will cease, any structures will be made safe then the cannons will be moved.

Noise

Noise on site will be kept to a minimum where practicable.

Noisy works are to be kept below 85db

Any works above 85db - an alternative method of working will be proposed by the Rhodar site manager/ Supervisor.

Where noisy works cannot be reduced to 85db then a noise exclusion zones will be established and sign posted. Any person entering the noise exclusion zone will wear suitable hearing protection.

The Rhodar site manager/ Supervisor will conduct ambient noise monitoring using a hand-held noise meter at strategic places around the site. These are known as baseline levels.

The Rhodar site manager/ Supervisor will monitor and record noise levels at the same strategic places during work periods.

Vibration

Vibration on site will be kept to a minimum where practicable.
 The Rhodar site manager/ Supervisor will monitor vibration levels.
 Any works that create large vibrations - an alternative method of working will be proposed by the Rhodar site manager/ Supervisor.
 Where vibrating hand tools are used, the Rhodar site Manager/ Supervisor will produce and record hand arm vibration tables (HAVS). No person using the vibrating tool/ equipment will be allowed to extend past his/her allotted 'time on the trigger'.

12.0 Hand Arm Vibration (HAV's)

Rhodar assess and identify measures to eliminate or reduce risks from exposure to hand-arm vibration so that we can protect employees from risks to their health.

Therefore when using vibrating tools, operatives are to ensure they are at the most minimal risk of ill-health, conditions such as hand-arm vibration syndrome (HAVS), as well as specific diseases such as carpal tunnel syndrome.

The control measures that Rhodar have in place to reduce this risk are to check the vibration magnitude which will come with the equipment from the hire company and use the following table;

Tool or process	Vibration magnitude m/s ² r.m.s.	Exposure points per hour	Time to reach EAV 2.5 m/s ² A(8)		Time to reach ELV 5 m/s ² A(8)	
			hours	minutes	hours	minutes

EAV - Exposure Action value - If exposure time is expected to exceed this figure a full risk assessment should be completed.

ELV - Exposure Limit Value -What the tool user can be subjected to in a working day and must never be exceeded.

13.0 Fire and Emergency

Fire and rescue plans will be developed, agreed and communicated.
 The fire and rescue plan will be posted in the working area and communicated via daily activity briefing and toolbox talks.
 Fire extinguishers or charged hoses will be positioned close to the working area.

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Local fire and rescue services will be notified of these works.

14.0 Exclusion zones

Exclusion zones will be agreed, established and maintained.

Banksman will always be present to enforce the exclusion zones.

Exclusion zones will be communicated to all teams during early morning activity briefings (DABS). Further toolbox talks may be given and recorded.

HOLD POINT: Upon no circumstance will other persons be allowed into an exclusion zone. They must be escorted by one of the demolition team members.

15.0 Methodology

Inductions and RAMS

- Prior to commencement of any work on site, each team member will be inducted by Spence Construction Ltd the Rhodar site supervisor/ manager.
- Prior to commencement of any activity, each team member should be briefed on the Method Statement and Risk Assessment.
- These documents will be signed by all persons involved with the activity as confirmation of agreement.

Installing Heras fencing.

Heras fencing will be erected around the site to form a site exclusion zone.

All fencing will be installed as per manufacturer's instruction.

No heavy signage will be placed on Heras fence unless a temporary works design has been written, approved and recorded on the risk register.

Operatives installing Heras fencing will be trained in Manual handling.

Panels are to be erected by two persons.

Care is to be taken to situate panels and feet, on firm ground avoiding ground level gullies and service ducts where possible.

Light weight demolition warning signage to be securely fastened to the Heras fence.



Establishing welfare

- The main contractor Spence Construction Ltd will have already supplied welfare prior to the arrival of the Rhodar team
- The welfare should consist of:
 - Mess facilities
 - Toilets
 - Site manager office
 - Drying room
 - Tools store (By Rhodar)

Fuel Browsers

- Pre-planned fuel browsers will be brought to site.
- Each browser will be double bunded.
- Banksman will marshal each load – on and off the site.
- With a lift plan in place, each browser will be lifted off the delivery transport using a certified Hiab or suitable excavator using certificated chains.
- Pedestrian fencing will be placed around each browser and sign posted with COSHH data.
- Spill kits/ drip trays will be positioned close to the browser/browsers.
- **HOLD POINT:** 10m distance is required from any watercourse when positioning browsers.
- **HOLD POINT:** If spill kits are used, the kits and resultant material are to be taken off site to a suitable waste facility and records kept.

Waste

- Wagons will be marshalled onto site by a trained marshal/ banksman.
- All waste will be separated at source.
- Waste will be loaded into the wagons using an excavator fitted with a grab.
- When full, the wagons will be escorted away from the site.
- Waste will be taken to a waste recycling facility where it will be further separated.
- Waste transfer notes will be issued.
- Waste transfer notes will be filed, and copies given to Spence Construction Ltd.

Asbestos Removal

The trained, medical and face fitted CCDO operatives will remove all non-licensed asbestos in accordance with CAR regulation 2012.

Lockable asbestos waste skip wagons will be marshalled onto the site and each skip placed as close to the working area as reasonably practicable.

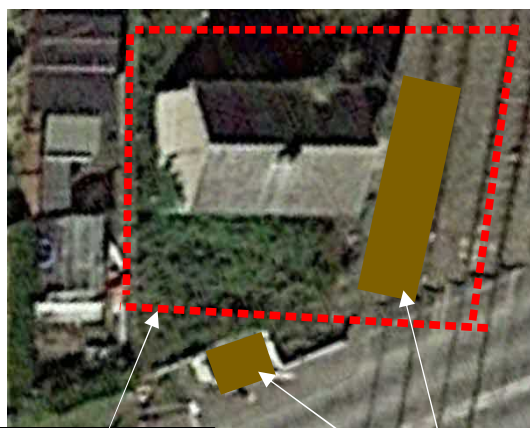
The trained operatives wearing appropriate PPE and RPE will remove the asbestos then place directly in the lockable skips

All waste will be removed from site directly to a licensed tip and consignment notes recorded.

Waste consignment notes will be filed, and copies given to Spence Construction Ltd.

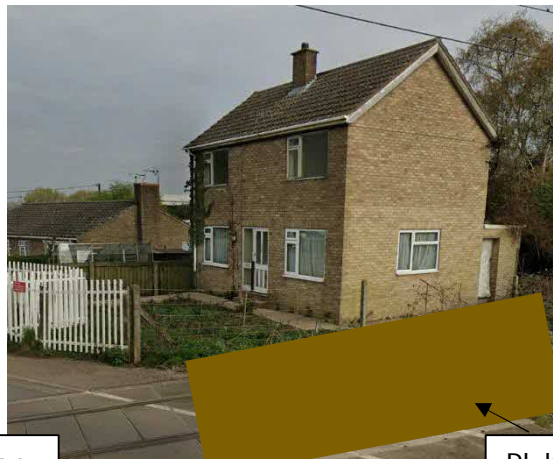
Exclusion zones

- The Rhodar site manager will agree with Spence Construction Ltd the exclusion zone area to be established.
- The works will require a minimum 24-hour possession of the railway lines.
- All Rhodar team members and excavator operators will have been trained exclusion zones management.
- The zone will need to extend onto the railway line with protection laid out on the tracks in the form of 25mm plyboard sheets and steel road plates where necessary. This can be seen in the image below.



Exclusion zone

Plyboard protection



Plyboard protection

- The railway line signal and barrier (shown below) will also be protected using a movable timber frame with plyboard to form a solid barrier (this will be taken away once the railway lines are to be used).
- The protection will also be highlighted with brightly coloured paint and reflective tape to ensure it is always highly visible.



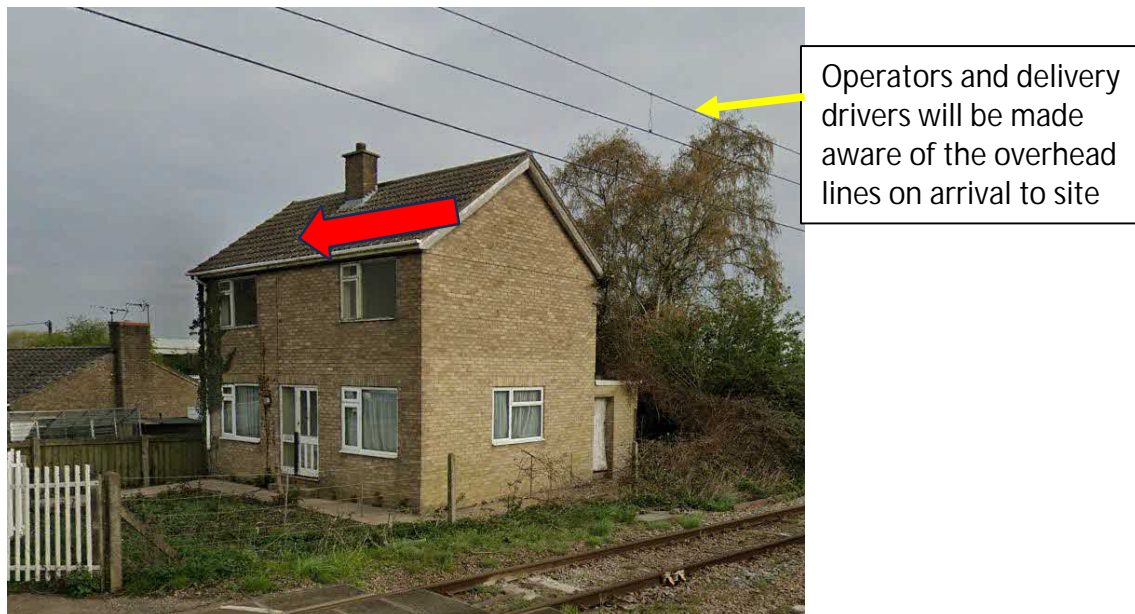
Plyboard protection

- The aim will be to push the building into its own footprint, away from the railway lines and signal/barrier. The protection is only there as a precautionary measure.

- At the end of each shift any brick rubble that has landed on or near the tracks will be cleared away by operatives.
- A banksman/vehicle marshal with a 2-way radio will ensure that all pedestrians/vehicles can pass the works safely and will stop the works or the vehicles/pedestrians where necessary.

Mechanical Demolition

- The demolition excavator with rubber tracks will be delivered to the site.
- It will be escorted into the works area by a vehicle marshal and be closed in by Heras fencing.
- The operator and delivery driver will be made aware of the proximity of the overhead lines (shown below).



- The demolition excavator will remove the roof working away from the overhead lines as shown by the red arrow in the image above.
- It will proceed to carefully pull the windows and front wall of the building out towards itself placing them in a pile at the front of the building.
- It will then push the side walls onto the first floor, being careful to stay way from the railways tracks and overhead lines.
- The excavator will remove the rubble from the first floor by scraping it to the front of the building and placing in a pile.
- The building will then be reduced to the first-floor level as shown by the red line in the image below.

- The rubble will be cleared into a wagon that will arrive on the roadside and be loaded while it waits.
- The excavator will then grab the timber floor, lift it up and place it to the rear of the building.
- The remaining walls will then be pushed into the building's footprint.
- The waste including the brick and timber floor will be processed by the excavator and loaded into awaiting wagons on the roadside.



Removal of Slabs and foundations

Cat scanning and permits.

- The supervisor will obtain any utility drawings of the excavation area that are available from Spence Construction Ltd.
- The ground will be scanned by a trained and competent CAT and Genny operator in accordance with the operational guidance using recently calibrated equipment.
- The Rhodar supervisor will obtain a permit to dig from the Spence site manager before breaking ground.
- Once all services have been proven, the Spence site manager will sign off the permit to dig for mechanical excavation. The ground will be re-scanned down to a max depth of 1.5m. below this depth no manned entry is permitted.
- The Rhodar supervisor will then undertake a review of the available utility information and a CAT and Genny survey.
- The CAT and Gennie exercise will be undertaken by a suitably qualified operative.
- If trial holes for buried services are required these will be dug by Rhodar operatives using insulated tools to identify the location of such services.

Foundation removal

- The excavator operator will use his hydraulic breaker attachment to break the slab.
- The operator will work from the top of the slab back towards himself and breaking from left to right.

- When the slab is failed the operator will then attach a toothed bucket and remove the failed slab.
- The removed slab will be placed to one side.
- The slab will be processed and placed into awaiting wagons loaded at the roadside.

Demobilisation

The site will be demobilised in the reverse order it was set up.
 Banksman will marshal removal vehicles onto and off the site.
 Banksman will be always present during the removal of plant and equipment.
 The banksman will secure and police the localised plant/ equipment removal areas.
 The Rhodar site manager will inspect all areas of site.
 On completion the Rhodar site manager will obtain from Spence Construction Ltd a signed declaration of practical completion.

16.0 Other Supporting Documentation

Appendix	Title	Reference No & date
1		
2		
3		
4		
5		
6		

17.0 METHOD STATEMENT BRIEFING RECORD

By signing this document, I am declaring that I have read and understood the contents of the Method Statement, and that I will not undertake any activity on site which deviates from the information and guidance contained in this document.

Name	Signature	Date

18.0 CONFIRMATION OF SERVICE ISOLATION / DISCONNECTION

If written confirmation of service disconnections is not present in the site file, the client should produce written confirmation on site.

If however no written confirmation is present, you can proceed with due care if the client signs this document to confirm services have been isolated/disconnected.

If no one is present on site advise the office immediately who will email this to the client for confirmation prior to demolition works commencing.

I confirm that all necessary services have been isolated/disconnected for the demolition work to take place.

Signed:
Print Name:
Date:
Name of Organisation:

If any services are to remain live throughout the project, they must be clearly identified to the Site Supervisor: -

Services that are still live are:
Signed by the Client:
Signed by Rhodar Supervisor:

This document must be kept on site and returned to the office at the end of the project with other relevant paperwork.

19.0 SITE INDUCTION FORMAT FOR VISITORS AND SITE STAFF

You will be asked to complete the induction sheet.

Please be aware that this is a working demolition site.

Suitable Safety PPE to be worn as required.

These must be always worn correctly on site, except in welfare facilities.

You must be always accompanied on site by a representative of Rhodar Ltd.

For your safety always follow the instructions of Rhodar Ltd staff.

You must not enter exclusion zones beneath high level work.

Pedestrians beware of vehicle and machine movements.

In case of an emergency, the demolition assembly point is the site cabin at the entrance to our site.

It is illegal to smoke inside any building, warehouse, cabin, site machine/van etc, you are legally able to smoke outside the building; however, if the site still belongs to a client, they are entitled to state smoking must be outside the perimeter of the client's site and we must adhere to the client's regulations.

20.0 Minor amendments

Title:	
Date:	
Revision No.:	
Brief description of changes/ alterations:	

Name	Signature	Date