

Construction Phase Plan

Construction (Design and Management) Regulations 2015

Land to the West of Woodgate Farm House Planning applications AL/5/18/RES and AL/75/14/OUT

This document must be read in conjunction with Guilfoyle Construction's following documents:

Health and Safety Policy including Environmental Statement (May 2018)

General Site Risk Assessments (May 2018)

General COSHH Assessments (May 2018).

The above documents were authored by the companies Health and Safety advisors

Complete Health & Safety Ltd. and reviewed by Jane Ashby and John Guilfoyle on the 25th May 2018.

This construction phase plan will refer to these documents for general practice, risk assessment and use of every day substances. This document will review and document deviations from standard situations, for example the activity of connecting the sewer in the public highway with a high-water table.

This is a speculative residential development. Under the Construction (Design and Management) Regulations 2015 Guilfoyle Construction Limited will assume the role the client, principle designer and principle contractor. Other third parties have been listed below (principle sub-contractors).

Documentation supplied (awaiting formal numbering June 2018):

Document	Reference number	Date of issue
Pre-construction phase plan	To be agreed	30 th May 2018
Site layout plan phase 1	17-01-110-p1	31 st May 2018
Site layout plan phase 2	17-01-111-p1	31 st May 2018
Planning drawings	AL/05/18/RES application	Various
Building control documentation	To be agreed	Estimated 11 th June 2018
Structural Engineers calculations	To be agreed	Estimated 8 th June 2018
Promap desktop study	To be agreed	1 st June 2018
Public sewer diversion	17-01-123-02-C1	22 nd May 2018

Written by:

John Guilfoyle

Guilfoyle Construction Limited

The Mill,

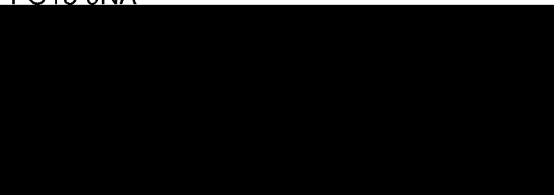
Ides Common,

Eartham,

Chichester,

West Sussex,

PO18 0NA



Woodgate Farm Cottages,

Hook Lane,

Woodgate,

Bognor Regis,

PO20 3SS

Description of works:

Preliminaries and construction of a pair of semi-detached, 2 ½ storey houses to planning application AL/5/18/RES. The demolition and initial site clearance was completed by others prior to purchasing. Conventional strip foundations and masonry superstructure under pitched tiled roofs. All finishing works to include hard and soft landscaping.

Information that is specific to the site identified in the Pre-Construction Phase:

Refer to Pre-Construction Phase Plan-P1
Reviewed by Simon Harvey and John Guilfoyle on the 29th May 2018.

Construction Phase Plan observations:

Management of public:

Please refer to Site layout plan phase 1 and two for the layout of the northern boundary. This details the gates, signage and hoarding arrangements for both phases. It also clearly defines the plant/vehicular areas and the pedestrian separation.

Working hours

Monday to Friday 8:00am to 5:00pm for any work exceeding 80 db.
Saturday 8:00 to 12:00 noon

Neighbour liaison

John Guilfoyle to act as Neighbour liaison.

Control of noise, dust and waste

Noise Assessment Standard risk assessment 56
Dust Assessment Standard risk assessment 33 and 34

Vehicle movement

Unloading and loading by crane will be done from the loading bay running the length of the northern boundary. Small deliveries can be unloaded after passing through the principle site entrance.

- Loading and unloading (see site plan)
- Pedestrian separation (see sight plan)

Staff parking

Hook lane has unrestricted parking. Direct staff and contractors can unload on-site and then park on the road providing they are 15 metres from the road junction to the east.

Potential undermining of plot 1 foundation

Due to the proximity of the existing public sewer to the foundation of plot 1 refer to design to ensure the foundation will not be undermined. Consult Structural Engineer if needed.

Catchment pit

Located in the center of the site is a redundant catchment pit formed in reinforced concrete and measuring 1.5 metres square and 1.2 meters deep. Refer back to Structural Engineer for comment.

Welfare provision

Compliant to schedule 2 of the Construction (Design & Management) 2015

Welfare provision for 6 people (Site layout plan phase 1). This will be provided by a self-powered self-sufficient welfare unit located at the front of the site.

Welfare provision for 12 people (site layout plan phase 2). Two sheds on the southern boundary of the site run off a temporary site water, electric and sewer connection (see phase two site plan).

Utility Routes and Equipment

There is no known electric, gas, water or telecoms infrastructure identified on-site. Refer to Site layout plan phase 1 17-01-110-p1 for details of nearby services.

Public sewer diversion

There is a public sewer that is subject to a diversion (s185) Proposed depth of excavation up to 1.5 metres. Please refer to drawing 17-01-123-c1. There is a high-water table 1.1 meters. Therefore, specific RAMS required for the sewer diversion activity. First a full assessment of the entry invert levels at existing IC4 needs to be undertaken. We may be able to prevent work in the highways by rising the invert of IC4.

Deconstruction of boundary wall

High boundary wall on the western boundary needs to be deconstructed. Due to its height and proximity to the public highway a specific RAMS will be required.

Width of site and means of escape

Once the houses are being built the width to the west boundary is only 1.2 metres. Therefore in order to supply an alternative means of escape from the site the scaffolding will have to offer clear access at ground level. The skip bay door will have to be opened from inside the site to enable escape.

Nearest A and E Hospital:

St Richards Hospital
Spitalfield Lane,
Chichester
PO19 6SE

Due to the

Start date on-site:

July 2018

End date:

December 2018

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

Daily briefings, Face to face as changes arise.

F10 confirmation

See attached.

Working Together

Other parties:

Discipline	Contractor	Contact	Telephone
5000 Professional services			
	Structural Engineer	John Sexton	
	Drainage Consultants	RGP Designs	01243 210418
	Air testing	Therm Energy	01903 884357
	Building Control	Arun DC	01903 737756
	Warranty provider	Build Assure FMB	
5100 Preliminaries	Guilfoyle Construction (GCL)	John Guilfoyle	
	Sewer diversion by above		
5200 Groundworks and services	Ground works (GCL)	John Guilfoyle	
	Gas	TBC	
	Water	Portsmouth Water	
	Electric	Scottish and Southern	
	Telephone	Openreach	
	Sewer connection	John Guilfoyle	
	Surface (GCL)	John Guilfoyle	
5300 Super struct.	Bricklayers	TBC	
5400 Roof struct.	Truss erectors	TBD	
	Garnett Roofing	Jez Garnett	

5500: Carpentry	Arundel Carpentry	Kieran Munt	
5600: Electrical	Guilfoyle Construction (GCL)	Ian Stanley	
5700: Plumbing	Plumbing and Heating Engineers		
5800: Plastering	Board tackers	Andy Brooks	
	Plasterers	Ray Hunt	
6200: Decoration	Painters and decorators	L Decoration	
	Ceramic tilers	Richie Cook	
6300: Fixtures and fittings			
Kitchens	Hubble Kitchens		
Bathrooms	Travis Perkins		
Other			
6400: Landscape			
Hard	Guilfoyle Construction Limited		
Soft	Litchfield & Fox		

First Aid provision

John Guilfoyle Site Manager 3-5th July 2018 First Aid at work
 Richie Cook Foreman Brickwork Emergency First Aid at work 2 November 2019
 James King Bricklayer Emergency First Aid at work 19 December 2019
 Two First Aid kits provided 1 in the welfare unit and one in the company vehicle.

Safety training

John Guilfoyle Site Management Safety Training Scheme 31/05/2019
 Richie Cook Foreman Brickwork Site Supervisor Safety Training 31/07/2021

For all other training please refer to the company training matrix.

Fire plan

To be agreed by 15th June 2018

First induction meeting

scheduled for internal staff 18th June 2018. Additional induction meetings as required.

Reference section from the CITB For draft RAMS and other safety considerations. This will be replaced by actual assessments as the work progresses.

Select the relevant task or trades you will be undertaking on this job

Ground works / drainage / foundations, Brickwork, block work, Roof work and installing upper floors, Plastering, rendering, dry-lining, Carpentry work (internal and external), Plumbing and heating, Electrical work, Painting, decorating and ceramic tiling.

Control procedures for Health Risks – Reference CITB CDM Wizard

**Activity:**

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

**Risk:**

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

**You will need to:**

- Maintain good ventilation
- Avoid creating dust
- 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)

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

**Activity:**

Lifting and carrying heavy or awkward materials and equipment?

**Risk:**

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

**You will need to:**

Think about ways to reduce the risk by:

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

**Activity:**

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



Risk:

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



You will need to:

- 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



Activity:

Working outside in sunny weather?



Risk:

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



Activity:

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



Risk:

Health risk: Risk developing skin conditions such as dermatitis or cement burns



You will need to:

- Avoid contact with skin
- Use the correct gloves
- Wash any cement off your skin immediately
- Follow any hazard label instructions

Control of Safety Risks



Activity:

Working in a confined space such as a loft or basement



Risk:

Safety risk: Lack of oxygen, fire, excessive heat, falls



You will need to:

- Use a secure tied ladder or other suitable access equipment and cover the hatch to prevent falls
- Use boards or staging over ceiling joists to create a stable working area
- Ensure there is good ventilation and lighting
- Check labels and data sheets for the controls to follow if using hazardous substances such as paints, solvents etc.



Activity:

Working off a ladder or step ladders?



Risk:

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



You will need to:

- Only use them for light work of a short duration
- Check they are in good condition before use
- Secure ladders by tying them at the top or if able to then secure at the bottom.
- Check ladders are on a firm base and lean at the correct angle (1 unit out to 4 units up)
- Use step ladders on firm level surfaces
- Consider the equipment you will be using and the location and use proprietary attachments such as stabilisers, 'stand-offs' and clip on trays



Activity:

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

Risk:

Safety risk: Falling off 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
- Follow the manufacturer's instructions
- 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
- Check that any scaffold is erected by trained and competent persons.

! Do not alter scaffolding unless authorised!



Activity:

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



Risk:

Safety risk: Falls, dropping materials or equipment onto others



You will need to:

- First consider working in ways which prevent falls, such as boarding out the area and providing guardrails
- Alternatively use methods which 'save you' in the event of a fall such as safety nets or soft-landing systems
- Only consider fall arrest and suspension equipment (harnesses and lanyards) if you can't do the work any other way
- Fix covers over any open holes or voids that are large enough for someone to fall through



Activity:

Working on or accessing a roof or other place where there are unprotected edges or no barriers to stop you falling?



Risk:

Safety risk: Falls, dropping materials or equipment onto others



You will need to:

- Consider safe ways of working - almost all domestic roof work needs scaffolding or access equipment

[Type here]

- Fit edge protection to stop people and materials from falling from eaves and gable ends
- On terraced properties make sure you provide scaffolding at the front and back of the property
- Stop materials falling onto the street, and people - for example, use debris netting sheeting and/or close-fitting scaffold boards.

5200: Ground works

**Activity:**

Digging in an area that could have buried services (water, gas, electricity, cable etc.)?

**Risk:**

Safety risk: Injury through striking live services

**You will need to:**

- Obtain relevant service drawings
- Check the area by using a Service locating device (CAT & Genny)
- Hand dig when you are within 500mm of any known service

**Activity:**

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

**Risk:**

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

**Activity:**

Working in an excavation or trench?

**Risk:**

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



Activity:

Leaving an excavation or manhole open?



Risk:

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



Activity:

Excavating near to an existing structure such as a building, garden wall or garage?



Risk:

Safety risk: Sudden collapse due to undermining or weakening the existing structure



You will need to:

- Make sure structures are not undermined, dig well away from them or install suitable temporary works support

! If in doubt seek advice from a structural engineer !



Activity:

In contact with sewage?



Risk:

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



Activity:

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

Risk:



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



You will need to:

- Only operate the plant if you are competent (blend of knowledge, ability, training and experience)
- Keep others away from plant movements and traffic 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. Regularly 'stir the air' or provide mechanical ventilation/extraction

5300: Super structure risks



Activity:

Stacking and storing materials, creating rubbish?



Risk:

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



Activity:

Loading out bricks, blocks, mortar and lintels?



Risk:

Health risk: Manual handling

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 !



Activity:

Mixing mortar and concrete on site?



Risk:

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!



Activity:

Cutting, chasing or drilling bricks or blocks?



Risk:

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-off 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 brick bands or using chisels and bolsters
- Wear respiratory protection such as a disposable face mask make sure it has a CE mark and is FFP rated (preferably FFP3)



Activity:

Using epoxy resins, brick acid or other chemicals?



Risk:

Health risk: Breathing in harmful fumes, damage skin, eyes and respiratory tract



You will need to:

- Check labels and data sheets for the controls to follow including necessary PPE such as gloves and eye protection
- Always use in a well-ventilated area

5400: Roof work and installing upper floors risks



Activity:

Working at height or carrying out short duration work such as inspections, cleaning, maintenance or quick repairs to places that are above the ground or in places where you could fall?



You will need to:

! Stop and assess what the safest option is by reassessing the previous safety options as they may apply but have not been considered as part of short duration work !



Activity:

Stacking and storing materials, creating rubbish?



Risk:

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



Activity:

Mechanically cutting roof tiles or slates?



Risk:

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



You will need to:

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



Activity:

Working above or near public areas?



Risk:

Safety risk: Injury to public



You will need to:

- Stop materials and debris falling onto members of the public by netting scaffolding and covering the boards if people are walking under (or near) scaffolding - or barrier the area off



Activity:

Working in high winds, frosty/icy conditions, heavy rain?



Risk:

Safety risk: Slips, falls, materials blowing off roof



You will need to:

- Secure materials to stop them being blown off the roof
- Provide walkways or treat surfaces so they are not slippery
- Avoid working on frosty or icy roofs and surfaces

5800: Plastering, rendering, dry-lining risks



Activity:

Stacking and storing materials, creating rubbish?



Risk:

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



Activity:

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



Risk:

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



Activity:

Mixing plaster?



Risk:

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 !



Activity:

Working off hop-ups



Risk:

Safety risk: Falls



You will need to:

- Ensure the floor is firm and free of wet material and debris
- Keep the hop-up top clean and dry
- Move it regularly - don't over reach



Activity:

Plastering near electrical sockets, spurs etc.?



Risk:

Safety risk: Electrocution



You will need to:

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



Activity:

Rubbing down plaster / tape and jointing?



Risk:

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
- Ensure there's a water supply nearby to wash dust off skin
- Wear eye protection when plastering ceilings
- Consider using a 'mechanical drywall sander' with on-tool dust extraction system that is cleaner and faster than traditional drywall pole sanders

5500: Carpentry work (internal and external) risks

**Activity:**

Stacking and storing materials, creating rubbish?

**Risk:**

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

**Activity:**

Kneeling for prolonged periods on hard or uneven surfaces?

**Risk:**

Health risk: Chronic knee pain and permanent damage

**You will need to:**

- Use kneeling pads, kneeling mats or cushions and padded trousers

**Activity:**

Using hand tools and power tools?

**Risk:**

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 breaking switches
- Ensure hand tools are properly maintained and stored safely when not in use



Activity:

Using compressed gas or cartridge operated tools?



Risk:

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
- Never keep the tool loaded when not in use



Activity:

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



Risk:

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)

5700: Plumbing and heating risks

**Activity:**

Stacking and storing materials, creating rubbish?

**Risk:**

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

**Activity:**

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

**Risk:**

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

**Activity:**

Working with lead?

**Risk:**

Health risk: Lead poisoning from inhaling or ingesting lead paint chips, and lead dust, fume or vapour

**You will need to:**

- Wash hands after any contact with lead - good personal hygiene is essential
- Wear respiratory protection to protect against lead dust, such as a disposable face mask and make sure it has a CE mark and is FFP rated (preferably FFP3)

- For further advice visit www.lipsa.org.uk



Activity:

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



Risk:

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)



Activity:

In contact with sewage?



Risk:

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



Activity:

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



Risk:

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



You will need to:

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

5600: Electrical work risks

**Activity:**

Carrying out electrical installations?

**Risk:**

Safety risk: Electrocution, 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

**Activity:**

Working on live or existing installations?

**Risk:**

Safety risk: Electrocution, fire

**You will need to:**

- Treat all circuits to be worked on as live until verified dead or isolated
- Prevent others accessing live equipment, or exposed cables or tails

**Activity:**

Stacking and storing materials, creating rubbish?

**Risk:**

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



Activity:

Drilling or chasing walls?



Risk:

Safety risk: 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



Activity:

Kneeling for prolonged periods on hard or uneven surfaces?



Risk:

Health risk: Chronic knee pain and permanent damage



You will need to:

- Use kneeling pads, kneeling mats or cushions and padded trousers

6200: Painting and decorating risks



Activity:

Stacking and storing materials, creating rubbish?



Risk:

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



Activity:

Using solvent based paints, epoxy resins and chemical strippers?



Risk:

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
- Always remember to use protective equipment especially eye-goggles and a face mask to cover the mouth and nose
- 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

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



Activity:

Preparing and rubbing down surfaces?

Risk:

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
- Wear respiratory protection such as a disposable face mask and make sure it has a CE mark and is FFP rated (preferably FFP3)
- 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



Activity:

Kneeling for prolonged periods on hard or uneven surfaces?



Risk:

Health risk: Chronic knee pain and permanent damage



You will need to:

- Use kneeling pads, kneeling mats or cushions and padded trousers