

THE CONSTRUCTION (DESIGN AND MANAGEMENT) REGULATIONS 2015

70 LOWTHER STREET
WHITEHAVEN
CUMBRIA
CA28 7AD



DEMOLITION METHOD STATEMENT

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1 INTRODUCTION

- 1.1. The project relates to the demolition works that are to be carried out at 70 Lowther Street, Whitehaven, Cumbria, CA28 7AD
- 1.2. The works of the buildings to be demolished are as follows:-
 - 1.2.1 Service Disconnections.
 - 1.2.2 There is no asbestos evident or suspected on site and therefore it is not proposed to carry out Pre Demolition and Refurbishment; however if any potential asbestos containing materials are suspected/found within the buildings, structures and sub floor structures, a suitably approved licensed Asbestos Removal Contractor will be contacted and all works suspended until the attendance of such a person.
 - 1.2.3 Form site compound, set up welfare facilities, muster points and secure the site to be demolished, install protective measures within the existing site surface water drainage system to prevent contamination during the demolition process.
 - 1.2.4 Carry out internal soft strip of the buildings, to remove deleterious materials.
 - 1.2.5 Hand demolition to separate any structures which adjoin the structure to be demolished and that of the buildings that are to be retained.
 - 1.2.6 Mechanical Demolition of the super structure down to ground slab level. The processing of all materials arising from this element of works which will be transported off site for recycling / disposal

1.3 SITE STAFF

The appointed demolition contractor will ensure the following resources to carry out the works as required on site :

- Demolition/ Remediation Site Manager
- Demolition Site Supervisor – Working
- First Aiders x 1
- 3 No Plant Operatives (max)
- 3 No Demolition Operatives

1.4 PLANT & EQUIPMENT:

1 x 20t crane
1 x No 30t excavator fitted with a choice either shears, selector grab or bucket attachment
1 x No 7t excavator
2 x No mobile elevating work platform ("scissor lift")
1 x skip for general waste
1 x Toilet with hand wash facilities
Various hand tools

1.4.1 Plant certificates will be obtained for all plant used and copies of the certificates retained on site.

1.4.2 All operators are to produce CPCS licenses.

1.4.3 Works described below will be carried out in such a way as to minimise the impact of that work. Therefore, the foreman will:

- take all reasonable steps to minimise the creation of dust, using water sprays to dampen buildings being demolished and the demolition arisings;
- pay attention to wind direction so as to anticipate the impact of any work downwind of the working area;
- curtail, suspend or re-arrange work as necessary to allow the demolition to proceed if possible whilst reducing its impact on any the occupiers of neighbouring properties/premises;
- ensure all plant is fit for its purpose and adequately maintained so that noise generation is within the manufacturer's stated maximum noise level;
- give particular consideration to activity on site at the start of the day to minimise disturbance of the neighbours. Reversing manoeuvres will be avoided in the early morning to prevent reversing sirens sounding. Mobile plant, which requires approximately 20 minutes idling to warm-up before a shift, will be parked sensibly away from houses. A super-silenced generator is being used to provide electrical power to the site compound. Any particularly noisy operations (e.g: use of hydraulic breakers) will be programmed to minimise disturbance;

2 WELFARE ACCOMMODATION

2.1 Welfare facilities will be provided to a standard that satisfies the HSE.

2.2 The actual location of the welfare facilities together with staff / visitor parking will be identified on the Traffic Management plan contained within the Construction Phase Health and Safety Plan.

2.3 The Provision of site accommodation will be compliant with respect to the Construction (Design & Management) Regulations 2015

3 WORKING HOURS

08:00 am	18.00pm	Monday-Friday
8.00am	13.00pm	Saturday - No works on Sunday or Bank Holidays
No working hours on Sunday		

4 SERVICES

- 4.1 The client will make arrangements for the disconnection of the services to the site.
- 4.2 A CAT detector will be used by the site supervisor to test for live underground electric cables prior to commencement on site and highlighted using spray marker.

5 SAFETY

- 5.1 All relevant approvals to be confirmed via Cumbria Highways when working within their infrastructure
- 5.2 All necessary registers, accident books, diary, time book, test certificates, method statement, risk assessment, health and safety plan etc will be kept on site under the control of the Site Supervisor and can be inspected at any time. All accidents are to be reported to and entered in the site accident book.
- 5.3 A supply of spare hard hats, overalls, gloves, goggles, masks, welders gloves, face visors (when burning equipment is used) etc will be stored on Site.
- 5.4 At all times the appointed demolition contractor will ensure a high standard of Health and Safety is carried out at all times on site.
- 5.5 All operatives on site must wear full PPE in accordance with HSE requirements including safety boots, hard hats and a high visibility vests or coat and LEP (Light Eye Protection) as standard.
- 5.6 'No smoking on site' policy will be adhered to at all times.
- 5.7 Adequate segregation of pedestrians and vehicular traffic will be maintained at all times. Reversing of vehicles and plant will be minimised at all times. This will be highlighted on a site plan and will form part of the site induction for all operatives.

6 OPERATION NO 1: SITE ESTABLISHMENT

- 6.1 The building will be situated within a secure site boundary made up of Heras fencing, to enclose the working areas / exclusion zones within the site.
- 6.2 Warning signs (as described below) will be displayed at the appropriate points around the perimeter of the site:
- Danger Demolition in Progress
 - Danger Demolition Keep Out
 - Personal Protective Equipment requirements
 - Warning to Children
- 6.3 All visitors to our site will be asked to sign in within the site office. They will be inducted into the activities being carried out that day and at all times whilst they are on site they will wear the required PPE and they will also be escorted by a member of staff.

7 OPERATION NO 2: ASBESTOS REMOVAL

- 7.1 Where asbestos is found onsite, a suitably approved licensed Asbestos Removal Contractor will be appointed to carry out the removal of all asbestos containing products.
- 7.2 The HSE will be notified under the statutory ASB5 form on the Health and Safety Executive website www.hse.gov.uk of the intended asbestos removals that are to be executed on site.
- 7.3 All method statements, Risk assessments and transit plans will be included within the CPHSP.
- 7.4 No follow on activities will be carried out until we have received air clearance certificates/certificates of re-occupation from the asbestos removal supervisor to confirm that the areas are safe to enter.

8 OPERATION NO 3: CABLE STRIPPING

- 8.1 Any electrical cabling will be removed for recycling prior to soft stripping and the demolition of the structure.
- 8.2 No cable-stripping work will commence until the electrical supplies to the site have been irreversibly isolated either to the main distribution board by the local electricity supply company or from the main distribution board by a suitably qualified electrician. In either case an isolation certificate will be required and will be displayed within the site office.
- 8.3 Demolition operatives using hand tools will cut into manageable sections all exposed electrical cabling and any which are easily extracted but which are not exposed. Large diameter electrical cabling is heavy, therefore it may be necessary to cut cabling into lengths of no more than 2 or 3 metres prior to moving it for further processing. Operatives are to exercise their judgement and experience when handling cut sections of cable to minimise the risks associated with manual handling.
- 8.4 Cabling in trays or otherwise present above floor level will be accessed using a scissor lift. An exclusion zone will be created beneath the cable being cut-down using barrier tape to avoid the potential for anyone below the cable to be struck as it is allowed to fall to the floor. Consideration must be given to the possibility of a free end “whipping” due to self-weight.
- 8.5 Any circular saws used must be inspected daily and used only by trained operatives. The use of hand operated, hydraulic cable shears is preferred.
- 8.6 The removal of cable insulation and armour is to be undertaken using a purpose-built machine. Such machines have a number of safety features such as guards and remote emergency stops. All safety features are to be checked on a daily basis. None of the guards or other safety features are to be defeated or over-ridden. As with all machinery, long hair and loose clothing are to be securely tied-back to reduce the risk of the operator becoming entangled in the equipment.
- 8.7 All waste generated by the cable-stripping is to be disposed of appropriately, i.e: sheathing is to be placed in a general waste skip.
- 8.8 Under no circumstances is the sheathing to any cabling to be removed by burning.

9 OPERATION NO 4: SOFT STRIPPING

- 9.1 An internal soft strip of the buildings will be carried out by demolition operatives to remove as much of the waste materials from the building ahead of the demolition works.
- 9.2 Materials that are to be removed by the internal soft strip can include doors, door frames, fixed and non fixed furniture, carpets and floor coverings and other materials which obstruct the construction of asbestos removal enclosures.
- 9.3 Operatives will strip out all doors, frames, windows, timber of any description, (not appertaining to roof or main structure) toilets, pipe work, ducting, electrical items and any debris.
- 9.4 Any clean, unpainted constructional timber will be segregated from the general waste. Where this material is free of nails, screws, hinges etc it will be segregated for recycling by a specialist company. Any materials deemed as not suitable for recycling will be removed from site in skips as controlled waste to an appropriately licensed landfill site.
- 9.5 Where possible the materials will be loaded by hand method into skips and removed from the site. Where access for skips is not available the materials will be segregated and stored within the building where they will be removed at a later stage.
- 9.6 Once access for skips is available the materials will be loaded into the skips by use of the excavator and by hand method.
- 9.7 At no times shall operatives gain access to partially demolished or unsafe buildings to recover soft stripped materials, these materials will be removed by mechanical means and when safe to do so by hand method.
- 9.8 All soft stripped materials will be processed and segregated into individual waste/recycling streams. All materials deemed suitable for recycling will be loaded into suitable skips and transferred from the site to a suitable recycling venue.
- 9.9 All waste materials unsuitable for recycling will be transported from the site where it will be taken to landfill facilities.

10 OPERATION NO 5: WORKING AT HEIGHT GENERALLY

- 10.1 Working at height will be restricted to a minimum, with the majority of high-level demolitions being carried out by mechanical means i.e., Demolition type excavators / Plant fitted with controlled attachments such as mechanical grapples, concrete breakers, concrete pulverisers and buckets.
- 10.2 The main area where working at height will be carried out will be to remove the corrugated roof and wall sheets that have been deemed accessible. All non asbestos roof and wall sheets will be removed by mechanical means.
- 10.3 Where access to work at height may be required access will be gained by use of either Cherry Picker or Scissor Lift type Mobile Elevated Work Platform.

11 OPERATION NO 6: DEMOLITION OF BUILDINGS GENERALLY

- 11.1 The building to be demolished on site is constructed from traditional sandstone and concrete block covered with slate roofing materials.
- 11.2 Prior to any structural demolitions taking place, the site supervisor and plant operatives will walk the building to familiarise themselves with the building and any potential issues.
- 11.3 The site will be enclosed by use of heras type fencing - including debris netting. Warning signs will also be displayed on the site boundary in clear and visible positions.
- 11.4 The buildings that are to be demolished will be soft stripped as described above.
- 11.5 The slate material will be removed by hand the timber roof trusses will be removed by mobile crane. All windows and doors will be extracted from the building
- 11.6 The 7t excavator will be positioned within the building and careful dismantle the external masonry by pulling it into the centre of the structure. Following the 1st floor demolition the same principle would apply to the ground floor using the 30t excavator.
- 11.7 The entire site will be cleared of all debris and the ground surface trimmed with hardcore, a heras type fencing will remain to secure the site post demolition.

OPERATION NO 7: PREVENTION OF POLLUTANTS ENTERING SURFACE WATER COURSE

- 12 Prior to any demolition all drainage pipework will be disconnected from mains connections