

## Introduction:

In accordance with the [Construction \(Design and Management\) Regulations 2015](#) (CDM 2015), it is our legal obligation to prepare a Construction Phase Plan for every construction job we undertake where we are the only, or principal, contractor.

We have many legal responsibilities to fulfil under these regulations. They include making sure the construction site is secured against unauthorised entry. We must take all reasonably practicable steps to ensure the welfare, health and safety of all persons likely to be affected by the works over the entire term of the project. We must also co-ordinate our planning and liaise with both the client and their appointed designers (project manager, architect, etc) to identify all hazards that might arise and either eliminate them altogether or put in place controls and methods of safe working that reduce the risks of those hazards causing harm to people to a safe and acceptable level.

Where we are working for a domestic client, we assume their legal obligations under the CDM 2015 regulations unless there is a written agreement to appoint an independent designer.

This document has been prepared on the basis that we are either the only or principal contractor and therefore legally responsible for producing this Construction Phase Plan for the construction site at:

**SITE ADDRESS:** .....  
.....  
Postcode: .....  
Start Date: ..... End date: .....

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**CLIENT:** .....  
Address: .....  
Postcode: .....  
Main Tel: ..... Mobile: .....  
Email: .....

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**DESIGNER:** .....  
Address: .....  
Postcode: .....  
Main Tel: ..... Mobile: .....  
Email: .....

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**MANDATORY SCHEDULES, RISK ASSESSMENTS (RA) AND METHOD STATEMENTS (MS) THAT MUST BE PREPARED AND ASSEMBLED IN THE SITE FILE BEFORE WORK STARTS ON EACH SITE:**

- |   |                                      |
|---|--------------------------------------|
| 1. A copy of this CDM schedule.           | 11. Environment and recycling.       |
| 2. Cover sheet and file Index.            | 12. H&S Statement of Intent.         |
| 3. Workers' signing-in sheets.            | 13. HSE's H&S Poster.                |
| 4. Visitors' signing-in sheets.           | 14. Fire & Emergency procedure.      |
| 5. Marisco's site rules.                  | 15. Site induction forms (5 copies). |
| 6. Client's site rules.                   | 16. First Aid list.                  |
| 7. Lead Schedule: Significant Risks.      | 17. Accident reporting sheet.        |
| 8. Elective RA's per Lead Schedule (S.3). | 18. Near-miss report form.           |
| 9. Elective MS's per Lead Schedule (S.3). | 19. H&S staff feed-back form.        |
| 10. R&D asbestos survey report            |                                      |

**ELECTIVE RAMS THAT MAY BE SPECIFIED BY THE LEAD SCHEDULE: SIGNIFICANT RISKS (S.3):**

- |   |                                     |
|---|-------------------------------------|
| 1. General Construction Site Review.    | 10. Portable electric tools.        |
| 2. Work at Height: Ladders & Hop-ups.   | 11. Noise and vibration protection. |
| 3. Platforms: Height less than 2m.      | 12. Manual handling.                |
| 4. Platforms: Higher than 2m.           | 13. Floor-laying.                   |
| 5. Scaffolds.                           | 14. Site welfare.                   |
| 6. Working with asbestos.               | 15. Fire stopping and fire doors.   |
| 7. Removing NNNL asbestos.              | 16. Remote site - lone workers.     |
| 8. COSHH.                               | 17. Waste control and environment.  |
| 9. Moving vehicles/Heavy plant on site. |                                     |

**FIRE AND EMERGENCY PROVISIONS:**

All workers must make it a priority upon arrival at any new site to familiarise themselves with the standing orders and procedures of what to do in the event of a fire or other emergency. They should identify how to exit the building through the designated fire exits, and the location of all fire alarm points and on-site fire-fighting equipment, ensuring they know how to use it in the event of a fire.

**The Emergency Assembly point should be identified on the Lead Schedule: Significant Risks form**

By default, the best place to nominate an emergency assembly point would be on the opposite side of the road to the site entrance, offset to the left or right at a safe distance, and to afford clear access to the emergency services when they arrive. The senior Marisco staff member present should assume control in the event of a fire or other emergency and:

- i). Always raise the alarm first to start evacuating the building or site.
- ii). Call the emergency services at 999.
- iii). Decide if it is safe to attempt to put out a fire with the fire-fighting equipment available.
- iv). Ensure all staff are accounted for at the assembly point.
- v). Clear vehicles to allow the emergency services access to the site.
- vi). Wait to brief the emergency services when they arrive.

As a company and employer working within the construction industry, the directors, managers, workers and any sub-contractors we may engage all have a legal obligation to look after our individual and collective health and safety while carrying out any activity at work on this site.

We should not limit how we think about avoiding the risk of immediate injury to us and our co-workers. We should also consider the long-term risks to our future health. Working with chemicals, using impact or noisy hand tools, breathing in dust and just the physical act and wear-and-tear of carrying out the work most trades involve, can all lead to long-term health issues.

**The policies and advice that follow in this Construction Phase Plan will promote safe working practices with the aim of preventing harm to any person while visiting or working on this site. Workers will be required to sign various documents to confirm they have read and understand their obligation to comply with the safe working practices set out within this Construction Phase Plan document.**

**The kind of task this Construction Phase Plan is written for:**

- Carpentry including cut-roofing
- Ground works.
- General maintenance & refurbishments.
- Interior and exterior painting and decorating.
- Minor interior brick work.
- Plastering.
- Door and window refitting and/or replacement.
- Kitchen and bathroom refits and/or replacements.
- Gas and Electrics works.

**Consider the following risks to Health and Safety:**

- Asbestos present (especially in buildings constructed before the year 2000).
- Manual handling, slips, trips and falls.
- Working with hand tools & machinery
- Working at heights (scaffolding/ladders).
- Structural instability of buildings, trenches, bank, and walls (collapses).
- Working with electric and gas appliances.
- COSHH (especially threat of silicosis dust).
- Fire & Emergency procedures.
- Restricted storage / access / parking.
- Segregation of pedestrians and vehicles.
- Delivering and removing material across public pathways or highways.
- Security of site and unauthorised access.
- Lone working and personal security.
- Access to First Aid.
- Site staff Welfare.

**Even with the most comprehensive prevention measures in place ... Accidents will still happen.**

**When they do occur, it is important that all health issues and injuries caused or sustained at work are reported to management using the **Company's Accident Report Form** as soon as practicable.**

1. Workers on site must record all minor accidents in the accident book and immediately report to the head office more serious injuries as soon as it is reasonably practicable to do so.
2. An ambulance must be called (dial 999) for any casualty that loses consciousness as a result of an illness or accident on site, and the incident must be reported to the directors immediately.
3. Directors should be made aware of any work-related accident that results in more than three days off work.
4. We must report a case of occupational ill health when one of our workers is diagnosed with a work-related illness, such as contact dermatitis.

Some of the above accidents are notifiable events that must be reported to **HSE Incident Contact Centre** on 0845 300 9923 or reported on line at [www.hse.gov.uk/riddor](http://www.hse.gov.uk/riddor).

**Working Together:** Consider who will be working on the job with you?

List all other persons to be affected by this Construction Phase Plan:

All employees, sub-contractors, clients, residents, neighbours, delivery personnel and other authorised site visitors.

Who is responsible for on-site safety?

Site manager(s) or the senior operative present on smaller projects

Who will be responsible for implementing and maintaining company-wide Health & Safety best practice in the workplace?

Sam Clover – Bournemouth  
Ralph Elliott-King (H&S Advisor)

**How will you keep all personnel on site updated during the job?**

- Daily briefing before work starts.
- Face to face meetings on site or back in the office as changes arise.
- Written instructions stored on site workplace file.
- Standing workplace procedures published on [www.mariscosouth.co.uk](http://www.mariscosouth.co.uk)

**Where are your toilet, washing (basin with hot and cold running water) and rest facilities?**

Most of the work we undertake will allow us to use our client's existing facilities or nearby public conveniences. Management will make alternative arrangements if necessary.

**HSE provides a regulatory framework for workplace health and safety in Great Britain. You will need to notify your job to HSE if it will last longer than 500 person days, or 30 working days with more than 20 people working at the same time.**

**Does the job need to be notified to HSE?**

Most of our jobs we undertake are of short duration and often do not need to be notified

**These are the significant tasks that will be carried out on most sites:**

- Demolition and waste clearance.
- General building work or maintenance.
- Ground works, drainage, foundations.
- Brick and/or block work.
- Plastering, rendering, dry-lining.
- Carpentry work (roof, internal and external).
- Glazing.
- Painting and decorating.
- Plumbing and heating.
- Electrical and gas work.

**Knowing who is responsible for health and safety at work:**

It shall be the duty of the company and its directors to ensure, so far as is reasonably practicable, the health, safety and welfare at work of all their employees and sub-contractors. Please refer to the *Company's Health and Safety Policy* for further details of how the company meets that responsibility by developing a safe working ethos and culture that all workers must comply with.

The people responsible for identifying and controlling the hazards and the risks they represent on each site, on a day-to-day basis, are the field managers and site foreman assigned to each site.

They identify the hazards by carrying out appropriate *Risk Assessments* and recording the controls they expect all workers to observe and comply with to create a safe working environment free from the risk of immediate harm or damage to long-term health. In carrying out those risk assessments, they should consider the policies, requirements and recommendations stated in this Construction Phase Plan.

### Identifying Health Risks and defining what actions should be taken to mitigate them

**Activity:** **Asbestos: Working on buildings constructed before the year 2000?**

**Risk:** **Health risk:** Exposure to asbestos or asbestos containing materials and breathing in air-borne fibres.

**Action required:** **General Considerations**

No employee of this company, or any subcontractor, must *ever knowingly attempt to disturb or remove asbestos, or any material that could potentially include asbestos unless they have received recognised 'working with asbestos' training within the last 12 months AND they carry out the work in accordance with the applicable RAMS and SSOW*. Any person disregarding this instruction *will face immediate suspension and will undergo disciplinary proceedings with a risk of being dismissed from employment for gross negligence*.

Breathing in asbestos fibres, even for a short time, represents a serious threat to long-term health.

It is generally accepted that obtaining and planning works around a full *refurbishment and demolition asbestos survey* report will satisfy the H&S obligations of both the client and principal contractor when refurbishment work is being planned.

The regulations define *refurbishment work* as any construction site activity that involves disturbing the fabric of the building. For our purposes, we will take refurbishment work to include any activity that requires removing, drilling or cutting into or chasing out any material that forms the fabric of the foundations, walls, ceilings and roofs of the building concerned.

Please note: Under the CDM 2012 Regulations, if the client is the owner or occupier of a domestic home, their responsibilities pass to the principal contractor unless there is a written agreement to pass it to a nominated designer such as an architect or an independent project manager. The decision to commission a refurbishment survey must be based on the risks involved.

No Marisco employee or subcontractor must begin work on any site unless a full refurbishment asbestos report is made available ... or a director adds a reasonable written explanation to this Construction Phase Plan as to why one is not necessary **and** explains the extra controls that will be put in place to ensure people are not put at risk of accidental exposure to asbestos that may be put on site.

For further guidance read [HSE Guidance HSG.264](#)

### Accidental exposure to asbestos or suspected asbestos:

If you suspect you have identified a previously undetected source of asbestos, or *unintentionally* disturbed a material which may contain asbestos, you must:

- determine the boundaries of the potential contamination zone;
- stop all works and evacuate the contamination zone;
- arrange for the contamination zone to be isolated to prevent any unauthorised person from entering it, with due regard to the occupier or their children;
- observe our decontamination protocol to be found in our Site File or Lead Schedule: Significant Risks; and
- contact the office immediately for instructions of what you should do next.

Remember: Only asbestos-aware trained staff, wearing full PPE, and observing recommended practice of isolating the area, dampening down, and disposing of material in appropriate containers can engage in work that involves the removal of Non-Notifiable, Non-Licensed Asbestos (NNNLA) from sites.

**Activity:** **Using noisy tools, plant, and equipment or working in a noisy workplace?**

**Risk:** **Health risk:** Permanent damage or loss of hearing / or ringing in ears known as tinnitus.

**Action Required:** Wear hearing protection (ear plugs or ear defenders/muffs) every time you use noisy 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.

**Action Required:** We remind you of our policy of requiring all site workers to wear long trousers and the minimum of a short-sleeve T-shirt at all times on site.

- Cover up bare skin and use sun barrier creams
- Drink plenty of fluids to avoid dehydration.

**Activity:** **Lifting and carrying heavy or awkward materials and equipment?**

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

**Action Required:** Think about ways to reduce the risk of causing injuries by:

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

<b>Activity:</b>	<b>Lifting and carrying heavy or awkward materials and equipment?</b>
<b>Risk:</b>	Health risk: Permanent damage to nerves and blood supply to fingers, wrists and hands known as vibration white finger or hand arm vibration syndrome (HVAS).
<b>Action Required:</b>	<p>You will need to:</p> <ul style="list-style-type: none"><li>• Reduce the amount of time on the tools.</li><li>• Rotate the work with others.</li><li>• Keep your hands warm and dry.</li><li>• Keep drill bits, points and chisels sharp.</li><li>• When purchasing or hiring tools and equipment select those with low vibration ratings.</li></ul>
<b>Warning:</b>	If your hands tingle after using equipment you should take it as serious warning sign you are running the risk of permanently damaging your connective tissue and nervous system that can lead to permanent impairment of the use of your limbs in future life.
<b>Activity:</b>	<b>Using hazardous materials such as cement, solvents, paints, chemicals?</b>
<b>Risk:</b>	<b>Health risk:</b> Risk developing skin conditions such as dermatitis or cement burns.
<b>Action Required:</b>	<p>Avoid contact with skin.</p> <p>Use the correct gloves.</p> <p>Wash any cement off your skin immediately.</p> <p>Keep rooms well-ventilated.</p> <p>Do not apply in confined, closed spaces.</p> <p>Follow any hazard label instructions.</p>
<b>Activity:</b>	<b>Working in a confined space such as a loft or basement.</b>
<b>Risk:</b>	<b>Safety risk:</b> Lack of oxygen, fire, excessive heat, falls.
<b>Action Required:</b>	<p>Use a secure tied ladder or other suitable access equipment and cover the hatch to prevent falls.</p> <p>Use boards or staging over ceiling joists to create a stable working area.</p> <p>Ensure there is good ventilation and lighting.</p> <p>Check labels and data sheets for the controls to follow if using hazardous substances such as paints, solvents etc.</p>
<b>Activity:</b>	<b>Working off a ladder or step ladders?</b>
<b>Risk:</b>	<b>Safety risk:</b> Overreaching, losing balance resulting in falls, or unsecured ladder or step ladder toppling over.
<b>Action Required:</b>	<p>Only use them for light work of a short duration.</p> <p>Check they are in good condition before use.</p> <p>Secure ladders by tying them at the top or if able to then secure at the bottom.</p> <p>Check ladders are on a firm base and secure at both ends.</p> <p>Lean ladder at the correct angle (1 unit out to 4 units up).</p> <p>Use step ladders on firm level surfaces</p> <p>Consider the equipment you will be using and the location and use proprietary attachments such as stabilisers, 'stand-offs' and clip on trays</p>

<b>Activity:</b>	<b>Working on or erecting a mobile tower, trestles, scaffolding or other access equipment?</b>
<b>Risk:</b>	<b>Safety risk:</b> Falling off or collapse or overturning of equipment.
<b>Action Required:</b>	<p>Check what training or instruction you will need to erect and use the equipment safely.</p> <p>Follow the manufacturer's instructions.</p> <p>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.</p> <p>Scaffolds to only be erected by trained and competent persons.</p> <p>Do not alter scaffolding unless you are trained and authorised to do so!</p>
<b>Activity:</b>	<b>Working on or over exposed roof trusses, rafters, joists, staircases or open holes in floors?</b>
<b>Risk:</b>	<b>Safety risk:</b> Falls, dropping materials or equipment onto others.
<b>Action Required:</b>	<p>First consider working in ways which prevent falls, such as boarding out the area and providing guardrails.</p> <p>Alternatively use methods which 'save you' in the event of a fall such as safety nets or soft-landing systems.</p> <p>Only consider fall arrest and suspension equipment (harnesses and lanyards) if you can't do the work any other way.</p> <p>Fix covers over any open holes or voids that someone may fall into.</p>
<b>Activity:</b>	<b>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?</b>
<b>Action Required:</b>	<p>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.</p>

## General site risks

<b>Activity:</b>	<b>Unprotected breathing in of Site Dust (silica, wood, MDF etc)</b>
<b>Risk:</b>	<b>Safety risk:</b> Long-term breathing in of site dust can lead to respiratory diseases and various cancers.
<b>Action Required:</b>	<p>Wear the appropriate FFP3 Respiratory Protective Equipment (RPE). Keep work and Do not dry sweep or use domestic vacuum cleaners on site.</p> <p>Use dust suppression equipment whenever possible.</p>



<b>Activity:</b>	<b>Employing or using other people or trades?</b>
<b>Risk:</b>	<b>Safety risk:</b> Accidents and incidents, due to lack of awareness of site rules or what others are doing on site that may affect their safety.
<b>Action Required:</b>	Provide a site induction that explains what the site rules are, and what is expected of every worker in terms of how they behave and conduct themselves while on site. Ensure all work permit system are operated as required.
<b>Activity:</b>	<b>Trailing cables on the floor, storing materials, tools and waste in work areas?</b>
<b>Risk:</b>	<b>Safety risk:</b> Injury from slips, trips and falls due to poor housekeeping.
<b>Action Required:</b>	Keep work and storage areas tidy and clean and free from slip and trip hazards. Route cables overhead or away from passages and walkways. Tidy as you go and remove waste. Keep work areas well lit.

## Ground works / drainage / foundations risks

<b>Activity:</b>	<b>Working in confined spaces such as manholes, trenches, storage tanks, lorries, shipping containers and any other unventilated spaces.</b>
<b>Risk:</b>	<b>Safety risk:</b> Being overcome by noxious gases or hypoxia. Being injured by fire or an explosion as inflammable or explosive gasses flow into the space. Being trapped and crushed by the collapse of the incorrectly supported walls. Being trapped and unable to escape from an enclosed space quickly filling up with material or water.  Hypoxia is caused by breathing in air with either an abnormal level of oxygen, or an imbalance between the primary gasses nitrogen, carbon dioxide and oxygen.  The particular problem with being overcome with noxious gases (e.g. carbon monoxide) or hypoxia, is the process is often so insidious, the victim often does not realise the danger they are in until it is too late to react. The normal mix of gasses we need to breathe can be adversely affected by: <ul style="list-style-type: none"><li>• a reaction between some soils and the oxygen in the atmosphere;</li><li>• the interaction of ground water on chalk and limestone produces carbon dioxide that can displace normal air;</li><li>• The presence of stored materials coming together and reacting to produce noxious or inert gases which will displace normal air;</li><li>• The flow of noxious gases generated from nearby sources seeping into confined spaces. The use of petrol-driven machinery (e.g. generators) produce carbon monoxide in the exhaust and can quickly overcome a worker in a confined space;</li><li>• Even the presence of rust in a steel container can create a toxic environment, which requires appropriate ventilation and RPE apparatus.</li></ul>

Workers underestimate the danger of fire or explosions when they work in confined spaces containing inflammable gasses or explosive mixes of dust laden air (grain silos). The greatest danger is often with a single spark in a very low, barely detectable concentration of inflammable gasses or dust.

**Action Required:**

**General**

Avoid entering any confined space until proper Health & Safety procedures have been considered and put into operation.

**Never** enter a confined space by yourself. **Always** have one responsible person outside the confined space who is trained to raise the alarm and carry out an effective rescue if a worker in the confined space gets into difficulty.

Consider if the risks require workers to wear an approved harness and lifeline connected to lifting or extraction apparatus (e.g. manhole tripod and winch) capable of lifting or hauling an incapacitated casualty out of a confined space.

**Asphyxiation or hypoxia**

Consider the need for suitably trained personnel to check for the presence of dangerous gasses with calibrated gas testing equipment. Test for the presence of dangerous gases regularly over the course of the operation.

Ensure adequate ventilation is maintained when workers are in a confined space.

Use appropriate breathing apparatus if the risk warrants it. Ensure workers are trained in the proper use of breathing equipment.

Consider if the risks require workers to wear an approved harness and lifeline connected to lifting or extraction apparatus (e.g. manhole tripod and winch) capable of lifting or hauling an incapacitated casualty out of a confined space.

**Trenches**

Shore-up, step or batter back sides of a trench to prevent collapse. Don't assume ground will stand unsupported.

Support the excavation as you go along.

Erect barriers to prevent materials and people falling into open trenches.

Keep heavy plant and materials away from the edge of trenches to prevent precipitating a collapse.

Provide adequate resources to lift an unconscious or incapacitated casualty out of a deep trench.

**Activity:**

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

**Risk:**

**Safety risk:** Injury through striking live services.

**Action Required:**

Obtain relevant service drawings.

Check the area by using a Service locating device (CAT & Genny).

Consider and dig when you are working close to any known service in the presence of a banksman.

**Activity:**

**Leaving an excavation or manhole open?**

**Risk:**

**Safety risk:** People falling in.

**Action Required:**

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.

**Action Required:** 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.

**Action Required:** 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.

**Action Required:** 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.

## Brickwork, block work risks

**Activity:** Stacking and storing materials, creating rubbish?  
**Risk:** **Safety risk:** Slips and trips, materials falling, injury to other people.  
**Action Required:** Use brick guards to prevent falls of materials onto others.  
Stack pallets of bricks and blocks on firm level ground and not more than 2 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.

**Action Required:** 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.  
Warning: 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.

**Action Required:** 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  
**Warning:** Ensure washout does not enter drains or watercourses!

**Activity:** **Cutting, chasing or drilling bricks or blocks?**

**Risk:** **Health risk:** Breathing in harmful Silica dust causes long term health issues leading respiratory disease and cancers. Eyes may be damaged by sharp emitted materials.

**Action Required:** 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 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.

**Action Required:** 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.

## Plastering, rendering, dry-lining risks

**Activity:** **Stacking and storing materials, creating rubbish?**

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

**Action Required:** 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.

**Action Required:** 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:** Exposure to harmful Silica Dust. Electrocution if using electric.

**Action Required:** Wear appropriate RPE to prevent breathing in harmful dust.  
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.  
**Warnings:** Ensure washout does not enter drains or watercourses!

**Activity:** **Working off hop-ups**

**Risk:** **Safety risk:** Falls.

**Action Required:** Ensure the floor is firm and free of wet material and debris (trip hazards).  
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.

**Action Required:** 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. Harmful effects of breathing in Silica dust.

**Action Required:** Avoid skin contact, excessive dust build-up and contact with eyes.  
Ensure there's a water supply nearby to wash dust off skin.  
Wear appropriate RPE and eye protection.  
Consider using a 'mechanical drywall sander' with on-tool dust extraction system that is cleaner and faster than traditional drywall pole sanders.

## 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.

**Action Required:** Keep work areas and walkways tidy and clear of rubble, materials, trailing leads and rubbish.

<b>Activity:</b>	<b>Kneeling for prolonged periods on hard or uneven surfaces?</b>
<b>Risk:</b>	<b>Health risk:</b> Chronic knee pain and permanent damage.
<b>Action Required:</b>	Use kneeling pads, kneeling mats or cushions and padded trousers.
<b>Activity:</b>	<b>Using hand tools and power tools?</b>
<b>Risk:</b>	<b>Safety risk:</b> Contact with moving parts.
<b>Action Required:</b>	Where possible, use 110v tools or battery-operated portable tools to reduce the risk of electrocution by using 230v tools. 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 safely and securely stored when not in use.
<b>Activity:</b>	<b>Using compressed gas or cartridge operated tools?</b>
<b>Risk:</b>	<b>Safety risk:</b> Struck by nails, fragments or rebounds.
<b>Action Required:</b>	Always wear eye protection that is high impact rated. Use the correct power cartridge or settings to avoid nails firing through and out the other side. Load the tool with the barrel pointing away from you and other people. Never keep the tool loaded when not in use.
<b>Activity:</b>	<b>Creating harmful wood dust (softwood, hardwood or MDF)?</b>
<b>Risk:</b>	<b>Health risk:</b> Breathing in harmful construction dust leading to allergic respiratory symptoms, lung diseases, cancers as well as skin disorders.
<b>Action Required:</b>	Maintain good ventilation. Avoid creating dust. Use on-tool extraction systems designed for the task of reducing dust in unventilated spaces. 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 a minimum FFP3 rating (required for asbestos).

## Plumbing and heating risks

<b>Activity:</b>	<b>Stacking and storing materials, creating rubbish?</b>
<b>Risk:</b>	<b>Safety risk:</b> Slips and trips, materials falling, injury to other people.
<b>Action Required:</b>	Keep work areas and walkways tidy and clear of rubble, materials, trailing leads and rubbish.

<b>Activity:</b>	<b>Working with naked flames (using a blow torch / hot works)?</b>
<b>Risk:</b>	<b>Safety risk:</b> Fire.
<b>Action Required:</b>	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.  Stay on site and check the area for at least 90 minutes after hot works have ended to check ensure no hot spots or smouldering materials.
<b>Activity:</b>	<b>Using, installing or removing glass-wool or mineral wool insulation?</b>
<b>Risk:</b>	<b>Health risk:</b> Fibres can irritate the eyes, skin and respiratory system.
<b>Action Required:</b>	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).
<b>Activity:</b>	<b>In contact with sewage?</b>
<b>Risk:</b>	<b>Health risk:</b> Weil's disease or Leptospirosis - starts as mild illness similar to flu but left untreated can be fatal.
<b>Action Required:</b>	Wear protective clothing such as rubber or non-absorbent gloves. Wash hands after any contact - good personal hygiene is essential.
<b>Activity:</b>	<b>Working on, maintaining, moving or installing gas appliances such as boilers, fires and cookers?</b>
<b>Risk:</b>	<b>Safety risk:</b> Explosion, electric shock, build-up of fumes endangering occupiers.
<b>Action Required:</b>	Only Marisco approved and 'Gas Safe' registered engineers are to carry out any work on gas carrying parts of gas appliances. If any worker smells gas and suspects a gas leak act quickly: Get fresh air immediately. Open all doors and windows to ventilate the room. Switch off the appliance and do not use it again until it has been checked by one of our Gas Safe registered engineer.  Turn off the gas supply at the mains. Evacuate the building and warn neighbours to evacuate. Call the National Gas Emergency number: 0800 111 999. If you are feeling ill visit your GP or the hospital immediately and tell them that your symptoms may be related to carbon monoxide poisoning. Contact management who will arrange for one of our Gas Safe registered engineers to check and fix the appliance. So, if you have any reason to suspect the presence of this gas do not allow anyone to enter the building. Call the emergency services and tell them you believe someone may have been overcome by Carbon Monoxide poisoning. Do not attempt a rescue yourself. It is named the 'silent killer' for good reason. High concentrations of carbon monoxide can overcome you in less than a minute of normal breathing.



## Electrical work risks

<b>Activity:</b>	<b>Carrying out electrical installations?</b>
<b>Risk:</b>	<b>Safety risk:</b> Electrocution, fire.
<b>Action Required:</b>	Make sure only authorised and qualified electricians carry out electrical work on site. 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.
<b>Activity:</b>	<b>Working on live or existing installations?</b>
<b>Risk:</b>	<b>Safety risk:</b> Electrocution, fire.
<b>Action Required:</b>	Treat all circuits to be worked on as live until verified dead or isolated. Prevent others accessing live equipment, or exposed cables or tails.
<b>Activity:</b>	<b>Stacking and storing materials, creating rubbish?</b>
<b>Risk:</b>	<b>Safety risk:</b> Slips and trips, materials falling, injury to other people.
<b>Action Required:</b>	Keep work areas and walkways tidy and clear of rubble, materials, trailing leads and rubbish.
<b>Activity:</b>	<b>Drilling or chasing walls?</b>
<b>Risk:</b>	<b>Safety risk:</b> Hitting hidden cables – electrocution.
<b>Action Required:</b>	Check for the presence of cables or services before starting and mark them on the wall, floor or ceiling.
<b>Activity:</b>	<b>Working in an occupied home or workplace?</b>
<b>Risk:</b>	<b>Safety risk:</b> Injury to homeowners, children, elderly, others.
<b>Action Required:</b>	Ensure you leave the work areas safe and tidy before you leave each day. Check nothing can topple or fall over, cover any holes or voids, and don't leave hazardous substances lying around. Prevent access to areas that are hazardous such as excavations, open floors, scaffolding and fixed ladders.
<b>Activity:</b>	<b>Kneeling for prolonged periods on hard or uneven surfaces?</b>
<b>Risk:</b>	<b>Health risk:</b> Chronic knee pain and permanent damage.
<b>Action Required:</b>	Use kneeling pads, kneeling mats or cushions and padded trousers.

## Painting and decorating risks

<b>Activity:</b>	<b>Stacking and storing materials, creating rubbish?</b>
<b>Risk:</b>	<b>Safety risk:</b> Slips and trips, materials falling, injury to other people.
<b>Action Required:</b>	Keep work areas and walkways tidy and clear of rubble, materials, trailing leads and rubbish.



<b>Activity:</b>	<b>Using solvent based paints, epoxy resins and chemical strippers?</b>
<b>Risk:</b>	<b>Health risk:</b> Irritation of eyes or sensitive skin, or short-term irritation of respiratory system, long term cancers.
<b>Action Required:</b>	<p>Consider using water-based products that are more environmentally friendly and contain very low levels of solvents.</p> <p>Always take note of any cautions or potential dangers indicated on the paint can and take the appropriate precautions to promote its safe use.</p> <p>Always remember to use protective equipment especially eye-goggles and a face mask to cover the mouth and nose.</p> <p>Take precautions when handling and storing solvents.</p> <p>Remember to ensure adequate ventilation in rooms you are painting - open windows and doors wherever possible.</p> <p>Wash your hands after use and do not consume food in the work area.</p> <p>Keep children away from areas you are painting, especially if you are using highly toxic paints, solvents, and cleaning chemicals.</p> <p><b>Warning:</b> Do not dispose of surplus paints, solvents or brush washings down the sinks, drains, or across gardens. Return surplus liquids to the Unit for safe disposal.</p>
<b>Activity:</b>	<b>Disturbing paint in existing buildings that may contain lead?</b>
<b>Risk:</b>	<b>Health risk:</b> Lead poisoning from inhaling or ingesting lead paint chips, and lead dust, fume or vapour.
<b>Action Required:</b>	<p>If the risk of lead paint being present is considered high, carry out a lead paint or lead dust tests using lead check swabs (available from merchants and DIY stores). Seek professional advice if positive <a href="http://www.lipsa.org.uk">www.lipsa.org.uk</a></p> <p><b>Warning:</b> There is an increased risk in pre-1970's buildings and structures!</p>
<b>Activity:</b>	<b>Preparing and rubbing down surfaces?</b>
<b>Risk:</b>	<b>Health risk:</b> Irritation of eyes or sensitive skin, or short-term irritation of respiratory system. Long term health risks of breathing in harmful Silica dust.
<b>Action Required:</b>	<p>Avoid skin contact, excessive dust build-up and contact with eyes.</p> <p>Wear appropriate RPE.</p> <p>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.</p>
<b>Activity:</b>	<b>Kneeling for prolonged periods on hard or uneven surfaces?</b>
<b>Risk:</b>	<b>Health risk:</b> Chronic knee pain and permanent damage.
<b>Action Required:</b>	Use kneeling pads, kneeling mats or cushions and padded trousers.

## About this Construction Phase Plan:

This plan contains information on the general controls that can help keep you and other workers and visitors to the site healthy and safe.

When we are the principal contractor, we are responsible for ensuring all employees and subcontractors actively working on this site strictly adhere to the principles and procedures laid out in this document.

It is important that all workers on site are kept fully informed of all developments and activities that may affect the way they carry out their job and that might compromise their continuing health and safety.

Constant and effective communication between all parties will ensure the site remains a safe place to work in.

### **Peer-group Pressure: Job Expediency v. Personal Safety**

Even with the best-managed sites, the possibility of a serious life-changing or fatal accident happening is ever-present. One of the most common contributing factors to many site accidents is when someone doesn't act on their feeling to stop doing something that they, or others around them, know instinctively to be inherently unsafe. Never ignore those warning bells in your head, especially when you find peer-group pressure is being applied to just get on with it. The chances are the very people who push hard for others to take safety shortcuts will go home safely at the end of the shift when others won't.

Marisco management will not question or dispute any decision made by any employee or sub-contractor to stop work where they feel their personal safety is at risk. Your continuing safety is paramount to us and no job is worth putting that at risk for anyone.

### **Further Information**

If you are unsure about how you can make your site safer or about the health risks to you and other workers on site, please talk to management about your concerns.

Our website [www.mariscosouth.co.uk](http://www.mariscosouth.co.uk) contains helpful, industry standard leaflets on many of the activities that may give rise to Health and Safety concerns in the construction site workplace.

If you believe you require training on ANY Health and Safety issue, then please talk to management about fulfilling that need. We would consider such a request a perfectly reasonable and encouraging one as it demonstrates you are as concerned about your continuing health and safety as we are.

Although we will enforce compliance with our health and safety measures on site, and discipline workers for continuous and wilful non-compliance, it should be obvious that we can only train, recommend and encourage our workers to observe safe-working methods in the workplace.

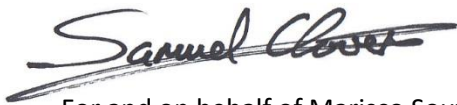
This means you must assume responsibility for looking after your own safety, health and welfare. If you believe carrying out any activity is unsafe or may harm your health ... then stop working and report your concerns to senior management. Do not resume working until you are satisfied the activity is now safe to continue.

Action will be taken against any other worker, manager or director who applies undue peer-group pressure on any worker to undertake a task that is considered by that person to be unsafe.

Workers must also accept personal responsibility for the outcome of any accident that arises from their wilful non-compliance with our health and safety policies and safe working practices.

It is worth mentioning here that the Courts revised their sentencing guidelines in 2017. If a person suffers a life-changing injury or is killed through gross negligence at work, then you can expect to be prosecuted by the HSE and may well be handed down a substantial custodial sentence when the case goes to Court. It is a horrible situation to put you and your family through ... all for the sake of a misplaced contempt for health and safety compliance or just one momentary lapse of good judgment.

It makes far more sense at every level to recognise prevention is always better than cure. If we observe the health and safety policies we have put in place, it will minimise the risk of our employees and other people directly affected by our work suffering personal injuries and long-term health problems.



For and on behalf of Marisco South Ltd

<b>Reviewed by Ralph Elliott-King:</b>	13 February 2024
<b>General Construction Phase Plan Effective from:</b>	13 February 2024
<b>General Construction Phase Plan to be reviewed on:</b>	01 February 2025