



# Construction Phase H&S Plan

QD514 – rev 1 – 10<sup>th</sup> September 2020

DB CARGO – TRAIN DERAILMENT – LLANGENNECH

CDM Appendix 1

SHEQ Dept.

**Site Specific Information**

Site Name:	<b>DB CARGO/ NETWORK RAIL, Llangennech, SA14 8YH</b>	
Work Start:	27/08/20	
Work End:	TBC	
Version No.	1	
Notifiable Works:	Yes	No
If Notifiable is F10 in place:	Yes	No
Pre-construction Information issued by client?	Yes, HOWEVER LIMITED	No

Client:	DB CARGO
Principal Designer:	ADLER AND ALLAN
Principal Contractor:	ADLER AND ALLAN
A& Project Manager	Mike Prendergast
A&A Safety Representatives	Nick Hill and John Bannon

Brief Description of Works to be Undertaken:
<ul style="list-style-type: none"> <li>To gain access and to the trackside locations after loss of Derv to ground following a train derailment and fire on the Llangennech stretch of railway line.</li> <li>Excavate contaminated soil in surrounding locations with use of 360 excavator and load into skip loader, all waste to be discharged into lined skip.</li> <li>Pre assessment to be conducted to ensure free phase product is removed prior to discharge to ensure transport (ADR) compliance and acceptance at final waste facility destination.</li> <li>Any excavations over a depth of 1.2 m will require an excavation support system to be installed prior to ground assessment, services locations, and underground obstructions to be checked prior to any works being carried out. A 45 degree battered edge may be installed where required within the excavation zone to reduce the risk of subsidence.</li> <li>Installation of 4M wells to extract/draw free phase product and prevent (mitigate) the spread of contamination. Once excavations have been completed and the contamination spread routes have been ascertained a remediation strategy will be initiated based on the findings.</li> <li>All works to be undertaken in herras fenced cordoned area adjacent to operational areas with walkways. Vacuum Excavation works to be conducted with 360 excavators</li> </ul>

Issued By:	MIKE PRENDERGAST	Checked By:	N.Hill
Position:	TECHNICAL RESPONSE SUPERVISOR	Position:	Regional Health and Safety Manager
Tel No:	07935501058	Tel No:	07935500851
Date:	27/08/2020	Date:	27/08/2020

**Section 1: Arrangements for controlling significant site risks - must be considered, planned for and managed prior to works commencing**

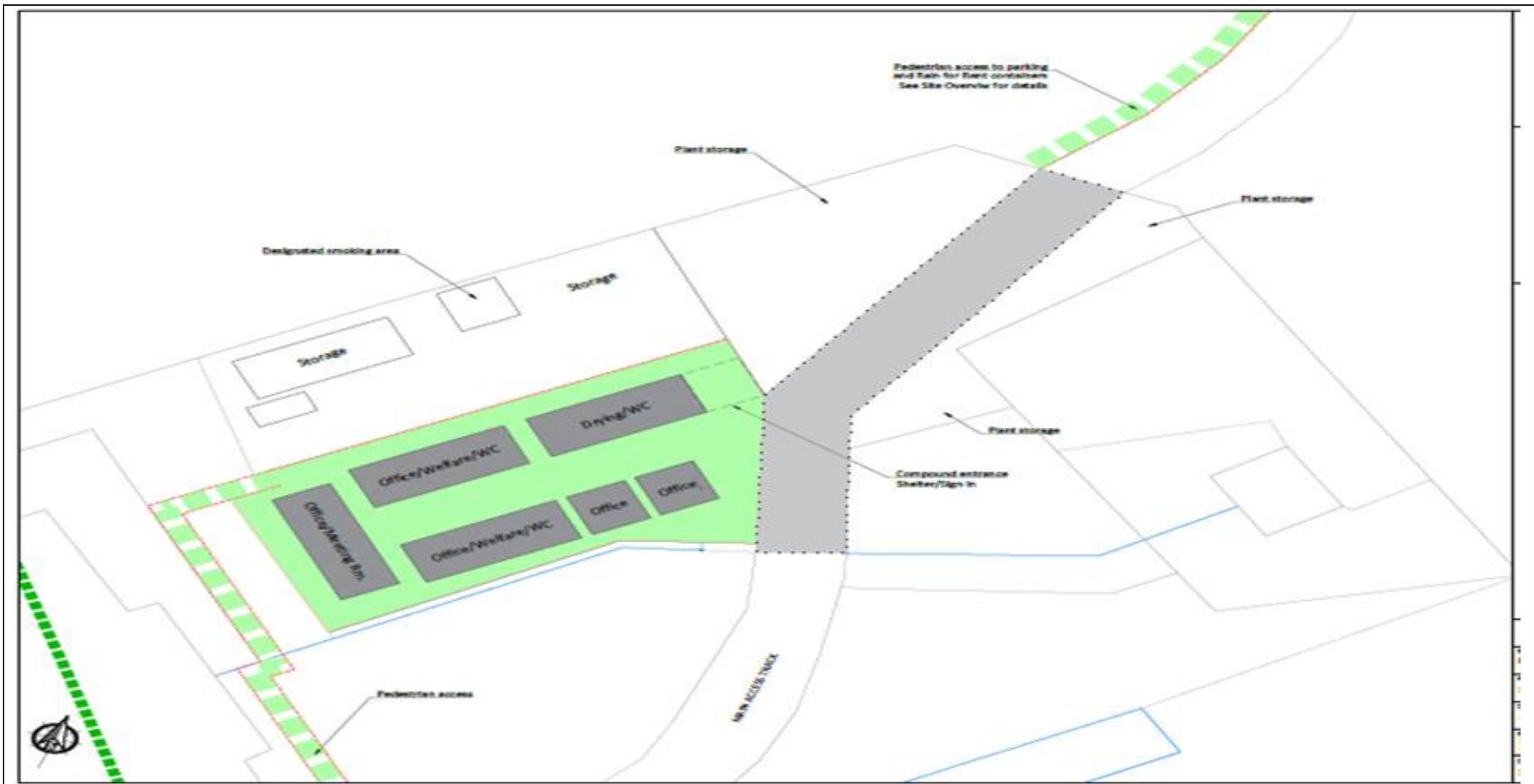
Area of Risk	Required Y/N	How will specific risks be managed	
		Guidance / Examples	Site Specific
Places of Work		<ul style="list-style-type: none"> <li>✓ suitable access and egress which is regularly maintained and inspected</li> <li>✓ sufficient space which allows for easy movement of people and equipment</li> <li>✓ Preventing entry to areas that have not been made safe.</li> </ul>	Project Health & Safety - Hazard and Risk Register - has been reviewed by A&A to identify key site hazards.  Main entrance to the Site is manned by security (DYER & BUTLER)

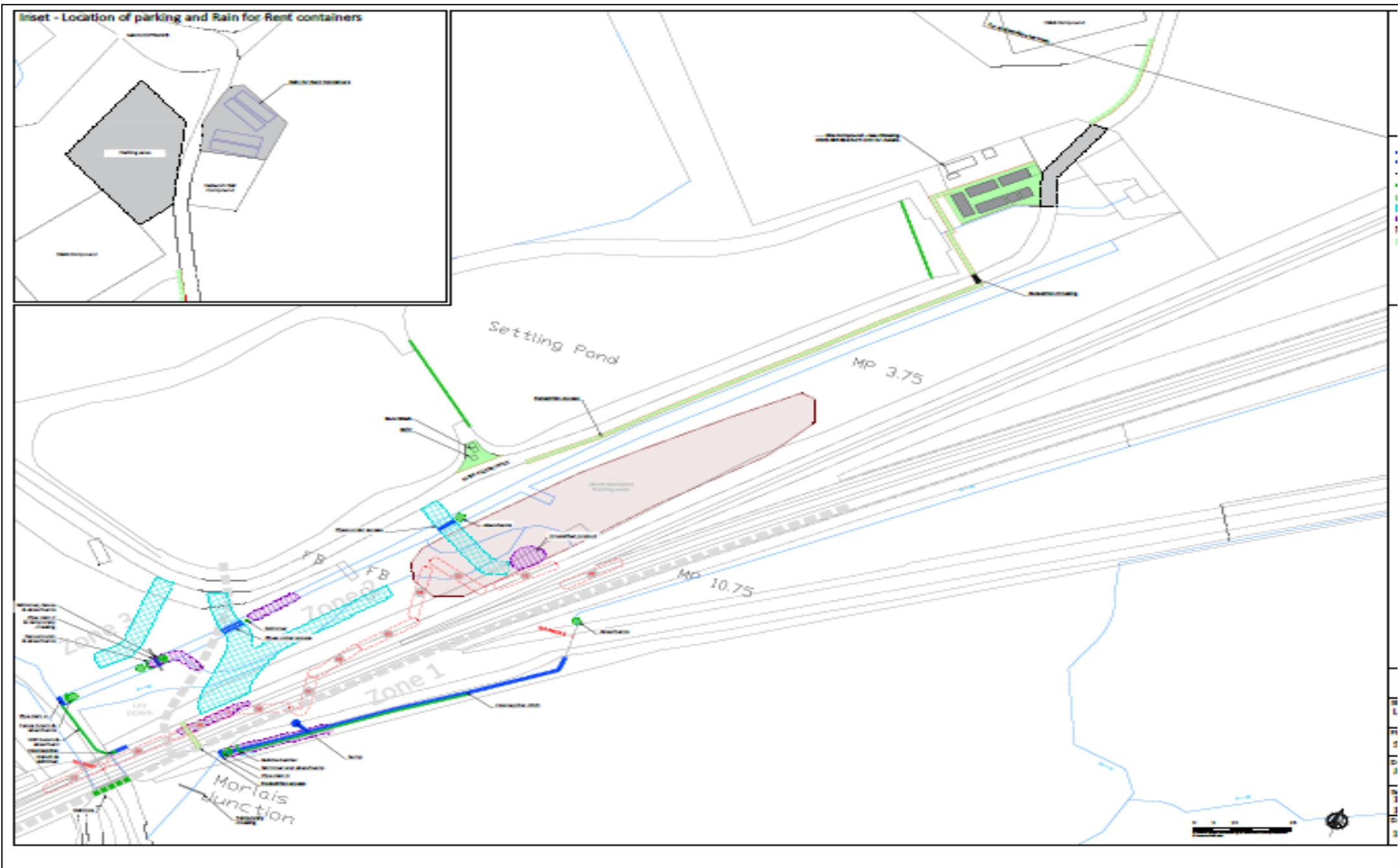
			<p>A&amp;A will be ensuring arrival to site is recorded via sign in/ out record. This is recorded at the front gate and also down at the site reception at the welfare/ admin zone.</p> <p>Area of work to be assessed prior to commencing work activities Consideration for moving vehicles turning circles / delivery access points to be managed by site Coordinator</p> <p>The area is currently used by A&amp;A and third parties for access to and from the work site. Care should be taken to ensure that Network Rails ongoing works are not impacted by A&amp;A works. Segregation of construction works on the track will be implemented by Network rail and COSS to be present when any plant works is ongoing on site. The working area and pedestrian routes required to access the construction site should be adequately segregated from operational plant and vehicle activities and the public, although this must be designed so it does not impede traffic routes and fire escape routes. A&amp;A to induct al staff to site with induction and site walk over and visual maps to be shown. All incidents and accidents to be reported to DB Cargo/ Network rail if on track and A&amp;A SHEQ team immediately. A&amp;A incident policy include in site file. A&amp;A to manage Incident reporting. A&amp;A employees to hold basic awareness training for manual handling, asbestos, slip trips and falls. Where specific tasks are to be undertaken such as use of plant equipment / tools, confined space work individual competences will be checked prior to task. The project manager and site-based supervisor will hold relevant competencies for construction project management.</p>
Site Security		<ul style="list-style-type: none"> <li>✓ <i>clear identification of the perimeter of the work area through signs and/or fencing</i></li> <li>✓ <i>controlling access into the work area to authorised and trained personnel</i></li> <li>✓ <i>preventing access by unauthorised personnel or members of the public maintaining good standards of housekeeping</i></li> <li>✓ <i>establishing a basic work area inspection regime</i></li> <li>✓ <i>Communicating the arrangements, you have in place to those affected.</i></li> </ul>	<p>Main entrance to site is to be manned by Security – Dyer and Butler Herras fencing and water filled barriers to be positioned surrounding operational works area and fastened securely at all times, with sufficient signage warning of potential risks encountered (deep excavation/corrosive material). If access is required into the controlled area authorisation must be granted via the Project Manager and all persons supervised. All persons entering and working on this site will receive a site induction as well as a client induction from Royal Mail. If a visitor is always accompanied by the PM or site management, then a full induction will not be required. All internal walkways will be demarcated via Chapter 8 barriers to ensure sufficient plant/pedestrian segregation and internal positioned to barrier deep excavations. All movements of plant within the controlled zone will be overseen via a banksman and plant operations to cease if access is required into operational areas. During removal/collection of hazardous generated wastes via skip collections it will be required for herras fencing to be opened to allow safe access. At these Times Chapter 8 barriers will be positioned as a blockade to oncoming vehicles, x2 persons will be involved in these operations, 1 to bank the vehicle into position and oversee collection and the other operative to oversee traffic management. Once the</p>

			<p>collection has been completed the herras fencing will be re-established, at no point during or after works will access be possible for non-authorized personnel.</p> <p>Site setup to be managed via the A&amp;A PM ensuring hazards presented are efficiently mitigated due to the changing environment encountered removing of the hazardous waste and unknown pathways found.</p> <p>All equipment will be stored tidily within the cordoned zones in lay down area's to alleviate further hazards being created working around deep excavations and flammable substances. The work area will be inspected before and throughout all works by the A&amp;A PM to ensure a highly safe and compliant area for operations is presented. The working party will be consulted and any issues/suggestions to improve safety will be issued and adhered to.</p> <p>A 3 way traffic light system is to be installed for vehicle movements to and from the work areas.</p>
Stability of structures		<ul style="list-style-type: none"> <li>✓ <i>preventing overloading</i></li> <li>✓ <i>provide structures or supports which are designed and fit for purpose</i></li> <li>✓ <i>only use supports or structures for the purpose they were designed for.</i></li> <li>✓ <i>temporary works designs / structural engineers</i></li> </ul>	<p>When assessment has been conducted on ground conditions and potential obstructions/services an excavation support system will be installed once a maximum depth of 1.2m is encountered, full conformity certification to be provided. If required, barriers and trenching and shoring temporary works will be applicable. <i>All designs to be approved by Network Rail as the works are on the Network Rail land.</i></p>
Demolition or Dismantling		<ul style="list-style-type: none"> <li>✓ <i>arrangements for how the demolition and dismantling will be carried out are written down, recorded and communicated to all involved</i></li> <li>✓ <i>the work is carried out by competent people</i></li> <li>✓ <i>all risks arising from demolition/dismantling work is considered, including; falls from height, injury from falling materials, uncontrolled collapse, risks from connected services, traffic management, hazardous materials, noise and vibration, fire and worker involvement.</i></li> </ul>	<p><i>The works involve the removal (breakout) concrete slab formerly housing the existing Fuel Storage Tank (FST) after loss of Diesel to ground and surrounding drainage network. The works also include the excavation of contaminated soil in surrounding locations. The impacts of removing the slab will be assessed in relation to impacts to adjacent structures by a qualified technician</i></p>
Explosives		<ul style="list-style-type: none"> <li>✓ <i>Any project involving work with explosives must be carried out in accordance with the Explosives Regulations 2014.</i></li> </ul>	N/A
Excavations		<ul style="list-style-type: none"> <li>✓ <i>always batter back edges or support the sides of excavations to reduce risk of collapse</i></li> <li>✓ <i>control plant movements around excavations and ensure that stop blocks are used where necessary</i></li> <li>✓ <i>ensure safe means of access and egress into and out of the excavation</i></li> <li>✓ <i>ensure that excavations are adequately protected by fencing to protect the public and other workers</i></li> <li>✓ <i>establish a suitable inspection regime by a competent person</i></li> <li>✓ <i>any work involving breaking ground is carried out in accordance with HSG47 and with the use of appropriate Cable Avoidance Tools.</i></li> </ul>	<p>Secured Heras fencing will be positioned on site boundaries at all times with no admittance from unauthorised personnel unless induction has been conducted. Chapter 8 barriers will be positioned internally to demarcate plant/pedestrian routing and preventing risk of fall into the excavation. No Access granted into excavation until it has been inspected by A&amp;A competent person (J. Fox) before and during works and signed off. During excavation an ADR Vacuum tanker will be required for uplifting free product migrating into excavation, to be positioned at safe distance away (further uplift hoses added from excavation) ensuring the migration of toxic fumes into the excavation. Full atmospheric monitoring to be conducted throughout excavation operations</p> <p>No authorisation will be granted for persons to enter into the excavation until plant operations have ceased, and the plant has been isolated via ignition and positioned at safe grounding distance, the excavation will be inspected before entry.</p>

			<p>Knowledge from site drawings, utility, location, mapping and GPR scans conducted through Site Vision will be used to demarcate services routes. Routine CAT &amp; Genny scans will be routinely conducted throughout excavation and all further services detected marked clearly. Ground will be excavated in layers in presence of banksman at all times. In case of change in substrate hand digging will be applied until service has been founded.</p> <p>When assessment has been conducted on ground conditions and potential obstructions/services an excavation support system will be installed once a maximum depth of 1.2m is encountered, full conformity certification to be provided</p>
Reports of Inspections		<p><i>The competent person must:</i></p> <ul style="list-style-type: none"> <li>✓ <i>complete the inspection report before the end of the working period</i></li> <li>✓ <i>provide a copy of the report to the person for whom the inspection was carried out within 24 hours.</i></li> </ul> <p><i>The person receiving the report must:</i></p> <ul style="list-style-type: none"> <li>✓ <i>keep it at the site where the inspection was carried out until construction work is completed</i></li> <li>✓ <i>keep it at an office for a further three months.</i></li> <li>✓ <i>If the competent person finds a defect which affects the safety of any individual during their inspection, it is their duty to inform the person on whose behalf the inspection is being carried for immediately. (Refer to inspection register in appendices)</i></li> </ul>	<p>A&amp;A group appendices for inspections.</p> <ul style="list-style-type: none"> <li>• Excavation Inspection Report</li> <li>• Equipment &amp; Hand Tool Inspection Report</li> <li>• Perimeter Fence/Hoarding Inspection Report</li> <li>• On Site Training / Qualification Record</li> <li>• Safety Equipment &amp; Protective Clothing Issue Register</li> <li>• Site Fire Registers</li> <li>• Permits to Work Issued</li> <li>• Site Audit/Inspection Register</li> <li>• Plant Daily Pre-Use Inspections</li> <li>• Site Managers Safety Checks</li> </ul> <p>Each required daily inspection record will be conducted daily before the start of works and signed off/recorded. In the event of any action in which may affect the stability of an excavation or structure inclusive of weather (heavy rainfall) A&amp;A SM J.Fox will be consulted and the excavation will be re-accessed and recorded if admittance is granted. If the excavation is deemed unsafe then mitigation must be implemented to ensure safe access is granted. All records will be stored within the site office until site operations have ceased and then stored at Adler and Allan Droitwich Office for a further 3 months</p> <p>If required, an internal safety tour will be conducted by a competent person</p> <p>These safety tours capture applicable points for planning and management of activities.</p> <p>Site inspections and safety tours to be completed by members of the A&amp;A Safety team to help monitor work activities and plan mitigation measures.</p>
Energy distribution installations		<p><i>Consider:</i></p> <ul style="list-style-type: none"> <li>✓ <i>directing the lines away from the area of risk</i></li> <li>✓ <i>isolate and earth the power where necessary.</i></li> <li>✓ <i>If this is not reasonably practicable then steps must be taken to warn of the presence of overhead power lines. This can be achieved through:</i></li> <li>✓ <i>suitable warning notices along with;</i></li> <li>✓ <i>barriers which exclude work equipment from the danger area</i></li> <li>✓ <i>suspended protections where vehicles need to pass beneath the cables.</i></li> </ul>	N/A

Prevention of drowning		<ul style="list-style-type: none"> <li>✓ <i>Prevent falls into water, minimise risk of drowning, and provide rescue equipment. Transport of any persons over water should be safe, that is, any vessel used should not be overloaded or over crowded.</i></li> </ul>	<p><i>Life jackets to be worn when working within 2 meters of water and working near water Rams to be applicable and all of the working party need to sign onto the Rams prior to carrying out any task, no lone working also.</i></p>
Traffic routes and segregation of pedestrians and vehicles		<ul style="list-style-type: none"> <li>✓ <i>The construction site should be organised in such a way that pedestrians and vehicles can move freely without risks to health and safety. This can be achieved through:</i></li> <li>✓ <i>establishing a clear traffic management plan and communicating it on induction</i></li> <li>✓ <i>setting suitable speed limits for site vehicles</i></li> <li>✓ <i>prescribing clear pedestrian walkways</i></li> <li>✓ <i>segregating vehicle movements from pedestrian walkways through barriers/fencing</i></li> <li>✓ <i>imposing reversing bans where practicable</i></li> <li>✓ <i>ensuring pedestrians can clearly hear and see site vehicles</i></li> <li>✓ <i>ensuring site vehicles are fitted with audible warnings</i></li> <li>✓ <i>erecting suitable signage</i></li> <li>✓ <i>establishing a traffic route inspection regime by way of a daily site walk around</i></li> <li>✓ <i>ensuring that as construction areas change, that the traffic management is altered accordingly.</i></li> </ul>	<p>There are numerous transport and plant movements associated with the main single track access road and surrounding area to the crash site which introduce significant RTA risks. Segregation of vehicles and pedestrians to be managed by project Manager and his team. Water filled barriers and herras fencing will be implemented to segregate plant from pedestrians.</p> <p>As part of the site induction all A&amp;A employees and visitors to be briefed on the controls listed below.</p> <p>A 3 way traffic light system has been implemented from the staff car park down to the welfare village and leading down onto the site access road to the boot wash area.</p> <p>Site boundary is demarcated via herras fencing and water filled barriers allowing, safe access along the work area for ADR Vac Tanker/ plant /Skip delivery/collection operations. Pedestrian routes within site boundaries are set out via Chapter 8 barriers to allow sufficient plant/pedestrian segregation. When access is required for deliveries/collections Chapter 8 barriers are installed temporarily and all vehicle/plant movements are co-ordinated via a banksman. Site speed limit of 5 mph is to be adhered to at all times and non-operational vehicles parked at designated parking area which is herras fenced off and marked up A&amp;A, high visibility clothing to be worn at all times.</p> <p>A designated plant/equipment drop off/collection point within the site cordon area has been allocated away from operations to alleviate further hazards being created. All safety critical requirements will be relayed to site operatives on site induction, and inspections will be conducted throughout works to ensure sufficient segregation is implemented</p> <p>Chapter 8 Barrier Walkway installed from A&amp;A welfare compound to A&amp;A controlled Excavation siting with signed pedestrian crossing designations to indicate safe crossing area. (See attached site layout diagram)</p>





LEGEND

- Pedestrian safe zone
- Pedestrian footpath
- Plant/vehicle access

Notes

**Work in Progress**

Site name:  
**Llangennech**

Figure:  
**Traffic Management**

Drawing No.:  
**J000148748-AA-ER-CT-105**

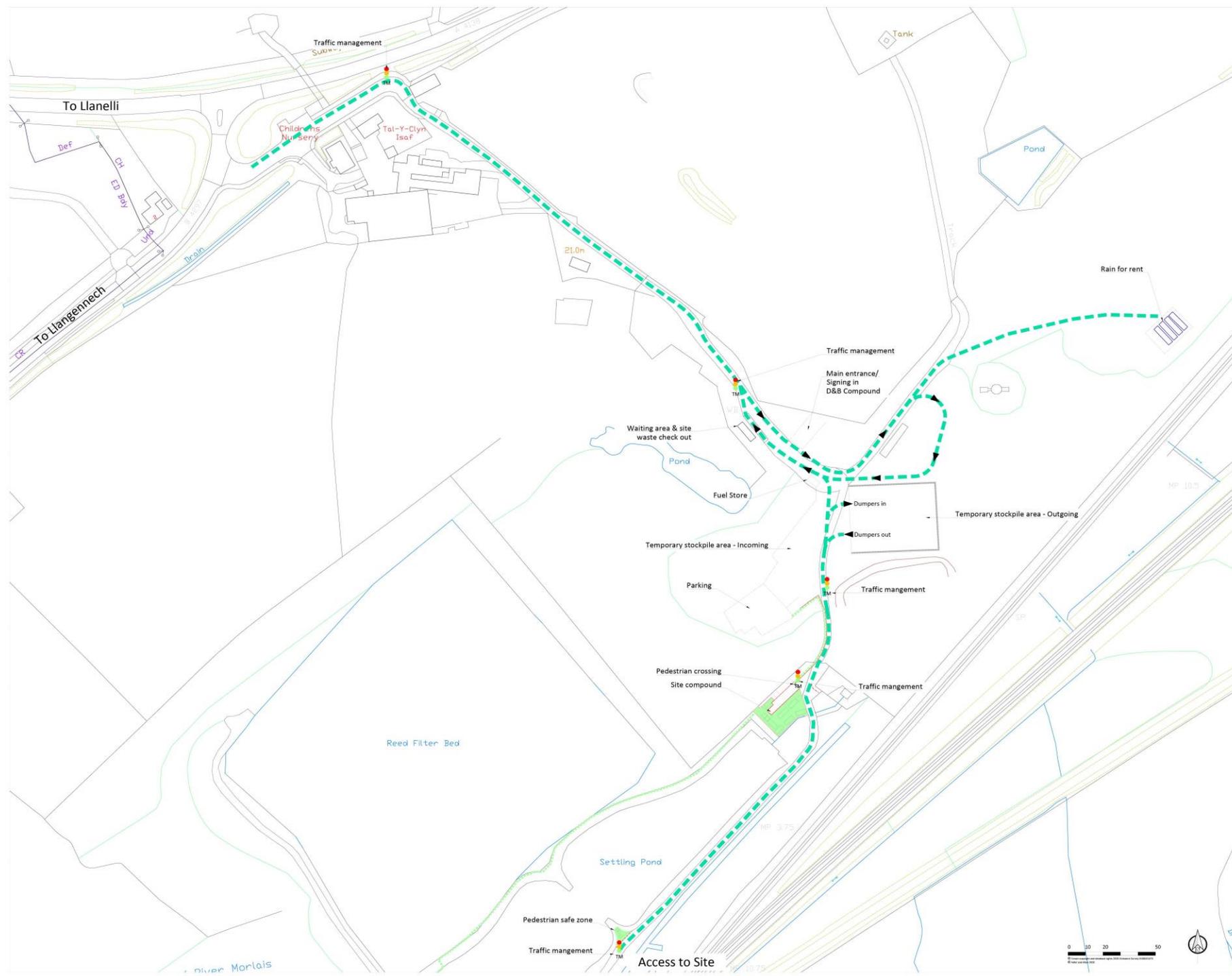
Scale:  
1:1,000 @ A1  
1:2,000 @ A3

Revision:  
1.5

Date:  
30/11/2020

Drawn:  
RLJ

Checked:  
MP



Vehicles, plant, and equipment		<p><i>They should be loaded, operated, unloaded, or towed in a manner which does not put the safety of driver, passenger, pedestrians, or other individuals at risk. This includes prevention of unintended movement of a vehicle and taking steps to prevent the vehicle's fall into an excavation, pit, or water, or it overrunning the edge of any embankment or earthworks.</i></p> <p><i>All items of plant must be asset tagged, inspected and fit for use. Operator to conduct recorded pre-use checks on all items of plant and equipment. Group Record of Statutory Inspections Document to be completed.</i></p>	<p><i>A designated area within A&amp;A work compound to be cordoned off has been denoted, during unloading of all equipment and plant all persons not involved in the task to remain clear until unloading operation has commenced. All unloading operations to be coordinated by a banksman</i></p> <p><i>All items of plant equipment should receive an initial thorough examination, which is usually carried out by the manufacturer or supplier prior to supply. Subsequent thorough examinations should be carried out annually, except for equipment used to lift persons. This must be examined every six months.</i></p> <p><i>A PUWER inspection can help identify any defective or damaged machinery we may have and how to maintain the machinery safely and effectively.</i></p> <p><i>Daily plant checks to be completed by a competent person. The purpose of these inspections is to identify whether work equipment can be operated, adjusted and maintained safely – with any deterioration detected and remedied before it results in a health and safety risk</i></p>
Prevention of risk from fire, flooding or asphyxiation		<p><i>Suitable and sufficient steps must be taken to prevent, so far as is reasonably practicable, the risk of injury to a person during the carrying out of construction work from fire, explosion, flooding or any substance liable to cause asphyxiation</i></p>	<p><i>Works carried out on the river Morlais are carried out in daytime only. A&amp;A receive notifications from floodline from NRW of any flood risks in the Lougher Estuary and surrounding areas which could impact the crash site.</i></p>
Emergency procedures		<p><i>Remember that you may need to carry out a quick but orderly evacuation of the site and that procedures and arrangements need to take into account the size of the site, the number of people on it, the types of work being undertaken, and the machinery and substances present as a result. Ensure these procedures are communicated to site staff at point of induction.</i></p>	<p><i>To be ascertained during site induction from A&amp;A. Recorded briefing to take place with site team once information has been received.</i></p> <p><i>These procedures are to be clearly displayed and communicated to A&amp;A employees and visitors to site. These include dedicated first aiders and fire wardens.</i></p> <p><i>Local hospital addresses and contact details</i></p>
Emergency routes and exits		<p><i>Emergency exits must allow for the quick and safe passage from an area to an identified safe area. As such, they should be unobstructed, well signed, and suitable for the number of people who may need to use it. You may need to consider emergency lighting.</i></p>	<p><i>Site designed to ensure safe access/egress for emergency services in case of emergency requirement to attend/extract casualty. Recorded briefing to take place with site team once information has been received. All materials equipment to be stacked tidily and to not impede operational works</i></p> <p><i>All fire escape routes at the crash site, welfare village and main car park and waste are not be affected by the construction work to be undertaken</i></p>
Fire detection and fire fighting		<p><i>Where there is a risk of fire, fire alarms and fire-fighting equipment must be provided, signed, tested and maintained. Use of fire-fighting equipment and other necessary fire-related information should be included in a site induction.</i></p>	<p><i>A&amp;A to provide a sufficient number of competent persons with sufficient authority and competence to assist in event of a fire.</i></p> <p><i>A&amp;A to provide a suitable and sufficient written Fire Risk Assessment for the construction phase and provide written details of fire safety arrangements and communicate those arrangements to all persons who may be affected</i></p> <p><i>There will be no smoking of cigarettes or e-cigarettes inside the site buildings or working areas. Smoking on site is only permitted in the designated smoking area adjacent to A&amp;A welfare facility employees and visitors to be briefed as part of site induction.</i></p> <p><i>All works to be undertaken externally. Atmospheric detection units to be sited surrounding excavation work area. 2 x Dry Powder Fire Extinguishers to be positioned at Excavation side and in all zones on site to aid emergency exit if required.</i></p> <p><i>Additional fire extinguishers will be located in the welfare facility.</i></p> <p><i>Dedicated fire wardens from A&amp;A to assist with evacuation</i></p>

Delivery and removal of materials (including waste) and work equipment		<i>Plant and equipment will be brought to site by A&amp;A staff or delivered by sub-contractors as required. All plant and equipment will be stored in a safe designated place within the site compound boundaries. Positioning of agreed welfare facilities and site security fencing will be as agreed with the client. All work is to be carried out during hours agreed with client and take full account of all other activities being carried out on site.</i>	<i>All excavation plant will be delivered to site by A&amp;A approved suppliers and offloaded at designated offloading area pre assessed by A&amp;A PM. All equipment &amp; ADR Vacuum Tanker will be delivered to site by A&amp;A personnel and positioned with designated cordoned area. All liquid waste will be uplifted via the A&amp;A vac tanker and all soil waste will be loaded into hazardous waste skips provided by the A&amp;A approved supplier.</i>  <i>At completion of the project, provide relevant information to support the provision of new/reviewed fire risk assessment.</i>
Lighting		<i>Natural light is preferable. Where there is a need for artificial light, you should consider whether it makes signs more difficult to read, and whether back-up lighting is necessary in the event of failure of a primary system.</i>	All works on site are currently running a 24 hour operation. All vehicle routes will also be suitably lit with mobile tower lighting located around the site in all areas of the site.
Preventing falls		<i>Avoid W@H where possible and apply the hierarchy of control where work at height cannot be avoided i.e.</i> <ul style="list-style-type: none"> <li>✓ use an existing safe place of work</li> <li>✓ provide work equipment to prevent falls</li> <li>✓ mitigate distance and consequences of a fall</li> <li>✓ instruction and training and/or other means</li> </ul>	<i>All work at height such as works around the open excavations to be designed and undertaken to mitigate the risks associated with falls of both personnel and objects from height.</i> <i>In the case of excavations suitable edge protection is to be installed to prevent falls from height.</i> <i>All excavations to have adequately designed temporary works to reduce the risks associated with excavation collapse</i>  <i>Installation of internal fixed barriers will be installed surrounding the excavations, A fixed ladder will be installed onto the excavation support system and access will be permitted via connection to the Davit Arm Fall Arrest and harness if access is required into an excavation. Sufficient signage to be sited and relayed through induction/toolbox talks/ permits to work.</i>
Ionising radiation		<i>Where such risks may occur consultation with a radiation protection advisor should be sought, contact your SHEQ team for advice.</i>	N/A
Chemical and biological substances		<i>Consult with in house technical experts and chemists for advice. Consider specialist PPE, decontamination and emergency procedures, containment etc</i>	<i>Nitric Acid for Testing of Metals for enabling of onward lab analysis</i>
Explosive Atmospheres		<i>If explosive atmosphere could be present, then a suitable DSEAR risk assessment should be completed</i>	N/A
Confined Spaces		<i>All work in confined spaces will be in strict accordance with the Confined Spaces Regulations 1997. All confined space entrants will be trained and competent and with the use of appropriate and suitable equipment. Refer to the A+A Confined Spaces and Tank Cleaning Procedures Document. All work in confined spaces is under strict control of a confined space Permit to Work.</i>	<i>Assessment to be conducted by the A&amp;A HMA as to the categorisation of the entry dependant on the level of contamination (free phase flammable liquid) within the excavation. No entry to be granted with large quantity of free product visible, ADR Vacuum tanker to uplift product prior to entry. Atmospheric detection devices to be continually sited, in case of gas alarm all operations to cease and plant isolated, A&amp;A HMA to advise accordingly before re-commencement of operations is granted. All CSE operations to be undertaken by attached CSE Permit. All confined space operations to be overseen by A&amp;A SM (Level 5 Award in Managing Work in Confined Spaces). All CSE working party to be certified in Medium Risk CSE and Emergency and Rescue &amp; Recovery of Casualties.</i>
HP/UHP water jetting		<i>Jetting operations will be conducted by trained and competent operators only and in accordance with the Water Jetting Risk Assessment HSRA19. All equipment will be certified and maintained. Operators will conduct Daily Pre-Use Safety Checks on equipment and working conditions prior to commencing works.</i>	<i>Full water jetting attire will be donned in conjunction with FR PPE. ADR Jet Vac to provide water jetting capability. Pre use checks to be completed and any defects to be reported immediately and rectified by a competent certified person. Tanker driver to remain at tanker side in case emergency shutdown is required and line of site to</i>

		<p><i>WATER JETTING FROM LADDERS IS PROHIBITED. Any scaffolding used must be designed, erected and managed by trained and competent people and adequately secured.</i></p> <p><i>Operators to wear slip resistant waterproof safety boots and maintain high standards of housekeeping. Safety Standby must have direct line of sight with Lead Operator at all times.</i></p>	<p><i>maintained throughout jetting operations. A&amp;A employees to be trained and competent under WJA tickets.</i></p>
Isolation and decommissioning		<p><i>Consider confined space work, isolation and locking off procedures, key holders, electrical and mechanical isolation, nominated supervisors, permits to work etc</i></p>	N/A
Asbestos		<p><i>A+A operatives will have a minimum of level 2 NNLW training (UKATA accredited), task specific RAMS required</i></p>	<p><b>AWAITING OF DETAIL FROM NETWORK RAIL</b></p> <p><b>The asbestos register has been consulted by A&amp;A prior to any works being undertaken on site and specific RAMS produced in advance of any works starting on site if asbestos containing materials are to be disturbed. A&amp;A employees have asbestos awareness training and should notify the supervisor/ PM immediately if as asbestos mater has been identified. Royal Mails asbestos procedure to be followed. No ACMs have been recorded that will affect the works proposed in this project.</b></p>
Dealing with contaminated land		<p><i>Stop work in the immediate vicinity of the discovery and report as soon as practicable to the Project Manager. Drip trays to be used under each piece of plant. Spill kits will be positioned adjacent to work areas.</i></p>	<p><i>All plant/equipment to be positioned on plant nappies. All equipment to be locked in secure unit on commencement of work each day. Works area heavily saturated in contamination from Derv Loss, mitigation must be implemented to prevent the spreads of contamination across the site. (DPM/Drain Bungs/Absorbent)</i></p> <p><i>Diesel to ground and surrounding drainage network. Excavate contaminated soil in surrounding locations with use of 360 excavator and load into skip loader. Any free phase product is to be removed from the ground using an ADR vac tanker for onward disposal to a licensed facility. All waste is to be discharged into lined skip. Pre assessment to be conducted by A&amp;A to ensure free phase product is removed prior to discharge to ensure transport (ADR) compliance and acceptance at final waste facility destination.</i></p>
Use of hazardous substances and health monitoring		<p><i>Handling of hazardous substances will be in strict accordance with the requirements set out in the COSHH Risk Assessment. These detail the level of health surveillance required where necessary.</i></p>	<p><i>The works take place at the Llangennech crash site with train carriages containing Diesel which has leaked following a train derailment. No other existing hazardous materials are in the vicinity of the works.</i></p> <p><i>If A&amp;A requires any hazardous materials to site all parties shall be notified and a lockable cabinet is to be provided with an applicable COSHH record.</i></p> <p><i>See attached COSHH assessment for Derv (diesel-engine road vehicle) Workplace exposure Limits (WEL) to be observed and maintained. if WEL likely to be exceeded the full respirator to used.</i></p> <p><i>R40 Limited evidence of a carcinogenic effect.</i></p> <p><i>R65 Harmful; may cause lung damage if swallowed</i></p> <p><i>R66 Repeated exposure may cause skin dryness or cracking</i></p> <p><i>R51/53 Toxic to aquatic organisms</i></p>

			<i>See separate COSHH assessment for unleaded fuel used for plant/ tools</i>
Reducing noise and vibration		<p><i>Consider:</i></p> <ul style="list-style-type: none"> <li>✓ <i>isolation of noisy activities</i></li> <li>✓ <i>hearing Protection Zone(s).</i></li> <li>✓ <i>operatives will be provided with information, instruction and training.</i></li> <li>✓ <i>suitable hearing protection (required if 85dBa and above)</i></li> <li>✓ <i>noise monitoring</i></li> <li>✓ <i>operatives using vibrating equipment</i></li> <li>✓ <i>eliminate or reduce exposure to vibration</i></li> <li>✓ <i>refer to HSE vibration calculator</i></li> <li>✓ <i>tool selection and maintenance</i></li> </ul> <p><a href="http://www.hse.gov.uk/vibration/hav/readyreckoner.htm">http://www.hse.gov.uk/vibration/hav/readyreckoner.htm</a>  <a href="http://www.hse.gov.uk/vibration/hav/calculator.htm">http://www.hse.gov.uk/vibration/hav/calculator.htm</a></p>	<p><i>Plan relevant work elements outside of peak hours</i></p> <p><i>Client to be informed of any activity that is noise likely and avoid the area.</i></p> <p><i>Tanker operative to don full ear protection during all vacuum and jetting operations, maintaining a line of sight communication (hand signal) with banksman.</i></p>
Exposure to UV radiation		<i>Operatives will be required to cover bare skin and will have free access to High SPF cream available from the site office.</i>	<i>Sun Cream available at Site Cabin</i>
<b>Any other significant risks</b> <i>(delete if not applicable)</i>		<p><i>Covid 19 (coronavirus) Severe Acute Respiratory Syndrome Coronavirus-2 (SARS-CoV-2)</i></p> <p><i>The virus can be transmitted mainly via small respiratory droplets through sneezing, coughing, or when people interact with each other for some time in close proximity (usually less than one metre). These droplets can then be inhaled, or they can land on surfaces that others may come into contact with, who can then get infected when they touch their nose, mouth or eyes.</i></p>	<p><i>Full compliance with HMG/DB CARGO requirement for safe working and social distancing.</i></p> <p><i>Specific Site Covid 19 risk assessment and checklist (see site file)</i></p> <p><i>Pre visit/ site arrival questionnaire to be completed to maintain the track and trace system.</i></p> <p><i>Social distancing to be maintained where possible and practical</i></p> <p><i>Limit contact with other people</i></p> <p><i>keep your distance if you go out (2 metres apart where possible)</i></p> <p><i>A&amp;A employees encouraged to wash hands regularly or sanitise with hand gels</i></p>
		<i>Endangered plants and animals</i>	<i>Flora and fauna have been affected within the adjacent SSSI which feeds the River Morlais and Lougher as a result of the diesel leakage. All works undertaken on the Crow Lane site to be undertaken with due precautions to avoid any further environmental impacts.</i>

**Section 2: Management of Work**

<b>Project Personnel</b>	<b>Project Manager</b>	<b>Site Manager</b>	<b>Site Supervisor</b>
	Mike Prendergast	James Fox	Dave Richards

**Health and Safety Goals**

Adler and Allan Ltd are committed to the goal of an incident and injury free workplace throughout the company. To achieve this goal, Adler and Allan Ltd comply with all appropriate legislation and follow available best practice guidance.

- Work to and in compliance with clients and third parties procedures for working trackside, permits to work to be provided by A&A, third party contractor to supply security
- Accommodate inspections of the site by qualified and competent personnel at all times
- Complete the project without accidents and/or injuries to workers, site visitors or other stakeholders – both reportable and non-reportable
- Complete the project without environmental incidents and adopt a minimal impact approach throughout – both reportable and non-reportable
- Complete the project without any prosecutions or enforcement notices for health, safety or environmental issues
- Identify all relevant statutory provisions and ensure compliance as a minimum
- Obey principles of prevention from all applicable legislation throughout all phases of the project. Where it was not possible to remove risks through design, communicate where they remain and how to deal with them through risk assessments, inductions, toolbox talks and method statements
- Record and investigate all near misses, incidents (including environmental) and accidents. Implement corrective action to prevent reoccurrence
- Ensure that all necessary staff training, and competency requirements are met for the current phase at hand
- Maintain the Construction Phase Health and Safety Plan and Health and Safety File

**Welfare Arrangements:**

i.e. toilets, rest areas, hand washing facilities etc

Site cabin provided by client adjacent to A&A cabin providing extensive toilet, rest area, drinking water and food storage/ preparation. Fully accessible and available throughout required works as agreed by client.

**First Aid Arrangements:**

First aid kits & location of, trained first aiders etc

**If an incident to any site personnel occurs:**

1. **Stop work.**
2. **Make work area safe.**
3. **Raise the alarm to site members.**
4. **Assess the situation and if required apply first aid and attend minor injuries unit if required.**
5. **If situation requires immediate attention phone 999 and request an ambulance. Apply first aid whilst awaiting ambulance.**

<b>First Aider</b>	<b>Contact Number</b>
Mike Prendergast	07935501058
Dave Richards	07833480331
Jonathon Charles	07912291399

**Fire & Emergency Procedures:**

Fire muster point, nearest A&E, fire marshal/wardens, emergency contact details, means of raising alarm, firefighting equipment etc

**Nearest A&E: (3.8 miles)**  
**Prince Phillip Hospital**  
**Bryngqyn Mawr**  
**Llanelli**  
**SA14 8QF**

	01554 756567  Fire muster point located at the Quarantine area at the site entrance, relayed to all site personnel through site induction. All site works taken externally; x 2 Fire Extinguishers positioned at entrance to aid exit in case of emergency arising
<b>Consultation with the workforce:</b> daily briefings, tbt etc	Daily briefings/toolbox talks to be issued to the working party by A&A PM. Any H&S queries to be discussed and mitigation implemented before start of Works. Accident Book, First Aid and Eye Wash station sited at Site Office
<b>Regular liaison between parties on site</b>	Adler and Allan shall make suitable arrangements to ensure effective communication between all parties involved in the project throughout the duration of the construction phase. The management team shall liaise directly with all operatives and appointed persons by way of regular planned and minuted site meetings to discuss any issues, any proposed design changes during the construction phase and any implications this may have for the management of health and safety of the relevant works on the site. Site meetings will be scheduled at regular intervals and will be recorded. Any subcontractors working on site will be in attendance. Records of the meetings will be circulated to all relevant personnel to ensure that any actions identified are addresses accordingly and closed out in the allocated timeframe.
<b>Exchange of design information between the project team</b>	All contractors are required to abide by this plan and instructions provided by Adler and Allan. Contractors are required to submit method statements, risk assessments, information on technical competencies and any supporting design statements in accordance with this plan. This is to be co-ordinated by A&A.
<b>Handling design and process changes during the project</b>	Any design or construction methods changes will not be adopted without the explicit approval of Adler and Allan Site Management, the Client and Principal Designer (where relevant). Where a change in design or method is identified as being necessary during the construction stage, this shall be brought to the immediate attention of the Site Manager. Contractors and subcontractors are required to notify any changes to the design / methods as the earliest possible time to ensure sufficient time to assess any impact the change may have.  Where a process is changed, revised risk assessments and method statements shall be agreed and in place before the work commences.
<b>Selection and control of contractors</b>	Adler and Allan will undertake a formal assessment of competence of all contractors who are considered for engagement on the project before their appointment. Adler and Allan have and will continue to appoint subcontractors that can demonstrate they offer the required technical, health, safety and environmental competencies. While on site, subcontractors are to work under the continual supervision and review of Adler and Allan Site Management. Subcontractors are universally subject to our established prequalification procedures. These procedures are an integral part of the ISO9001 & ISO14001 management systems we maintain.
<b>Exchange of health and safety information between contractors</b>	All contractors are required to abide by this plan and instructions provided by Adler and Allan. Subcontractors are required to submit method statements, risk assessments, information on technical competencies and any supporting design statements in accordance with this plan. This is to be co-ordinated by Adler and Allan.
<b>On-site training</b>	Adler and Allan will continue to employ trained and competent staff and engage subcontractors who can demonstrate their level of training and competence. Any additional training requirements highlighted must be brought to the attention of the Site Manager. Training will be delivered through a combination of daily Tool Box Talks, in-house training packages and externally sourced training.
<b>Reporting and investigation of accidents and incidents including near misses</b>	Adler and Allan Ltd will respond to and investigate all accidents, incidents and near misses in line with the Group Accident, Incident and Near Miss Policy 2017. All employees and subcontractors are required to abide by this policy and report all accidents, incidents and near misses to the Site Manager in the first instance. A near miss/ hazard spot register is to be made available to all employees.
<b>Production and approval of risk assessments and written systems of work</b>	All risk assessments and method statements have been produced taking into account the requirements of Schedule 1 of the General Principles of Prevention as described in the Management of Health and Safety at Work Regulations 1999. Any subcontractors engaged in the project are required to submit their written method statements and risk assessments to the Adler and Allan Project Manager for review prior commencing work on site. No work will be authorised to take place without a formal system of work in place. In addition, employees and subcontractors are required to conduct daily pre-work risk assessments for their work activities. Any significant hazards highlighted during this process must be brought to the attention of the Site Manager. COSHH Risk Assessments will be required for all substances brought on to site.
<b>PPE requirements:</b> Outline mandatory PPE requirements for the site include any additional specialist requirements i.e. arc flash etc	FR Anti-Static Overalls, Safety glasses, Hard Hat, Oil resistant anti-static boots, oil resistant gloves. If requirement deemed necessary, Half face respirator (RPE) with ABEK filter (Dependant on atmospheric assessment)

<b>Permit to Work:</b> Details any permit requirements inc client permits	<b>General Permit to work</b> <b>Permit to Dig</b> <b>Working at Height</b> <b>Confined Space Entry Permit</b>	
<b>Documents for display within the site office / welfare cabin:</b>	The following documents should be available for inspection on site and where possible displayed on a notice board: <ul style="list-style-type: none"> <li>• H&amp;S Law poster</li> <li>• Signed F10 (if applicable)</li> <li>• A+A Group Health &amp; Safety Policy Statement</li> <li>• A+A Group Insurances</li> <li>• Route to nearest A&amp;E</li> <li>• Emergency procedures</li> <li>• Site layout drawing</li> <li>• Organizational chart and key personnel contact details</li> </ul>	
<b>Arrangements for monitoring and review of safety performance</b>	The Adler and Allan site team will continuously monitor the performance and work activities of employees and any subcontractors. A programme of weekly formal site inspections will be conducted by the site team (refer to appendices & H&S folder), the results of which will be published to both the Adler and Allan Project Management Team and the Client. Any improvement actions noted will be acted upon efficiently and proportionately. In addition, regular visits by the Adler and Allan Health and Safety Advisor/Manager will be conducted. Any findings will be communicated to both Adler and Allan Project and Site Teams and the Client.	
<b>Site Induction Requirements (To be given to the working party)</b>	<b>Site Rules (add/amend as necessary)</b>	
<ol style="list-style-type: none"> <li>1. Site PPE REQUIREMENTS</li> <li>2. Site Rules</li> <li>3. Clarify the inherent site risks and those of the current work activities</li> <li>4. First Aid, Fire &amp; Emergency procedures</li> <li>5. KEY SITE PERSONNEL</li> <li>6. Qualify if the visitor has any "Pre – Existing Conditions that might be impacted by the visit?"</li> <li>7. Record the visitor's office or Next of Kin Contact details Sign Visitors log</li> </ol>	<ol style="list-style-type: none"> <li>1. Always wear PPE</li> <li>2. No smoking, drugs, alcohol and knives are allowed onsite</li> <li>3. Always be trained and competent in the task being undertaken</li> <li>4. Use the correct tools</li> <li>5. Follow risk assessments, method statements and procedures</li> <li>6. Practice good housekeeping</li> <li>7. Report all hazards</li> <li>8. Report all near misses and accidents</li> <li>9. No food or drink to be consumed in the work area</li> <li>10. Use of mobile phones is restricted to designated areas only</li> </ol>	

### Section 3: Appendices

In support of this CPHSP there are a number of appendices which evidence how the site will be coordinated and managed safely. These appendices may be held in one H&S site folder with this CPHSP or split between different folders depending on the size, scale and nature of the work.

A. Induction Briefing / Records	B. Site layout plan
C. Site Rules	D. Traffic management plan
E. Visitor logbook	F. Directions to local hospital

G. RAMS (A&A plus subcontractors)	H. Utilities (above and below ground) information & drawings
I. Inspection Registers (Plant & equipment / excavations / work at height / PPE / fire)	J. Permits
K. Plant & Equipment certification (6 month and 12 monthly certs etc i.e. lifting equipment)	L. Isolation certificates
M. H&S Monitoring (H&S audits & inspections)	N. Training / competency records
O. Site H&S meeting minutes	P.