

WORK ACTIVITY:	INTERNAL SOFT STRIP
Method Statement No:	FDL001
Project:	20 Fairhaven
Site Address:	Fairhaven, Kirkby, Liverpool, L33 1UY

BRIEF DESCRIPTION OF WORKS TO BE UNDERTAKEN	
Description of Works:	To soft strip the building of all fixtures and furnishings in readiness for mechanical demolition. All materials will be separated into waste streams and removed from site.

TOOLS & EQUIPMENT	
Tools:	Mattocks Sledge hammers Crow bars Snips Sthil saws Reciprocating saw
Equipment:	Podium steps Mobile Tower Trolleys

PERSONNEL & TRAINING	
Personnel:	Site Supervisor Demolition Labourers x 3
Training:	CCDO Demolition Supervisor CCDO Demolition Labourers PASMA trained for Mobile Tower erection, dismantling & adjusting

PPE	
Mandatory PPE:	Hard hat (BSEN397) Safety boots (BSEN345 steel toe cap & steel midsole) Hi visibility vest or jacket (class 2) Gloves
Task Specific PPE:	Safety Spectacles (1F) or task specific Respiratory Protective Equipment with P3 filter (operatives are face fitted) Hearing protection (during use of sthil saw & breakers)

PUBLIC INTERFACE ARRANGEMENTS	
Segregation:	All works will be undertaken inside the existing fence located around the perimeter of the buildings. It is envisaged that there will be interface with other road users and pedestrians at the site boundary. The site teams must ensure safe segregation using heras fence panel's double clipped and signed demolition keep out. The site exclusion zone must be kept always locked during the demolition activities.
Monitoring:	N/A

DRAWINGS / SURVEYS	
Surveys:	A Demolition & Refurbishment Asbestos Survey has been carried out by AEC (ref N-179026-2). A copy is located in the H&S Plan for reference.
Drawings	N/A

PRE COMMENCEMENT WORKS	
Utility Disconnections:	All utility services will be isolated or disconnected prior to commencing works, see activity 1
Asbestos Removal:	All ACMs identified in the report have been removed by the client's team.

SEQUENCE OF TASKS

The Site Supervisor/Manager will ensure this method statement and risk assessment is explained to all operatives involved in the task. All operatives will sign to confirm they have understood this method, the risks involved and the control measures put in place.

Daily task briefings will be carried out and operatives given the opportunity to give feedback on tasks/method statements, where required changes will be made by FDL site team.

Activity 1 : Ensure utility isolations/disconnections have been carried out

HOLD POINT

A1.1 FDL Site Management team will check that written confirmation has been obtained to ensure all utility services have been isolated or disconnected.

A1.2 Upon review of the disconnection certificates a member of FDL Management team will sign below and move onto Activity 2.

NAME:..... SIGNATURE:..... DATE:.....

Activity 2 : Set up site

A2.1 FDL will erect a site exclusion zone utilising existing fencing and boundaries where possible. FDL will agree the safe exclusion zone with the client safety team.

A2.2 Operatives will fit safety signs to the fencing [Danger Demolition Keep out].

A2.3 Gated access will be created close to the building to avoid interface with other road users during the demolition phase and movement of vehicles and plant. All vehicle movement will be controlled by FDL banksman.

A2.4 The site team must ensure that the site is always kept secure, site vehicles must never reverse into site. All vehicles entering or leaving site must be controlled by a Forshaw Demolition banksman.

Activity 3 : Establish loading area

A3.1 The site team will establish a section of the hardstanding to utilise as a loading away area, as identified in the accompanying SK01 Site & Traffic Management Plan.

A3.2 An exclusion zone / drop zone consisting of heras fencing (double clipped) will be established in this area where the soft strip materials will be deposited into.

A3.3 The exclusion zone will only be used when the exclusion zone is locked.

A3.4 The site team will place 45 yard bins within the exclusion zone. The excavator will be utilised to load the soft strip materials. The drop zone will be closed while the excavator is loading bins.

Activity 4 : Commence soft strip

A4.1 The soft strip team using hand tools including mattocks and sledgehammers will commence the soft strip at one end of the building and work systematically towards the other.

A4.2 The removal of any high level soft strip will be carried out by operatives working from hop ups or mobile towers. Only trained personnel are to erect mobile towers. [PASMA CARD HOLDERS].

A4.3 Access Routes & lighting

- Access into the buildings will be via the existing doors to the front. All access routes will be cleared of all trip hazards.
- Task lighting will be erected to ensure all access routes are clearly lit, if required.

A4.4 Recycling & Separation of Materials

- Operatives will separate all materials and place into separate piles for recycling or for disposal at a licensed landfill facility. The materials will be separated into;
 - Clean timber
 - Metals
 - Mixed waste (taken to a licensed facility for further separation into waste streams)
 - Hazardous

A4.5 Manual Handling

- Individual operatives will undertake a manual handling assessment on all materials that they are moving. It is not envisaged any weights will be stamped on the materials to be removed therefore all operatives are trained in manual handling operations and will carry out a 'mental' manual handling assessment prior to moving any loads.
- Any items that are too heavy or bulky to lift will be broken down in size and weight using hand tools such as mattocks, sledge hammers, reciprocating saws, jemmy bars, sthil saws, oxy fuel cutting equipment or any other tool that can utilised to break a load down. Aids such as trolleys, wheel barrows and sack trucks will be utilised to move materials and team lifting techniques will be utilised.
- **AFTER YOUR INDIVIDUAL 'MENTAL' MANUAL HANDLING ASSESSMENT IF YOU FEEL YOU CANNOT LIFT OR MOVE A LOAD DO NOT ATTEMPT TO LIFT OR MOVE IT AND INFORM YOUR SUPERVISOR!**
- When lifting always use the correct kinetic method of lifting as shown in **figure 1**;

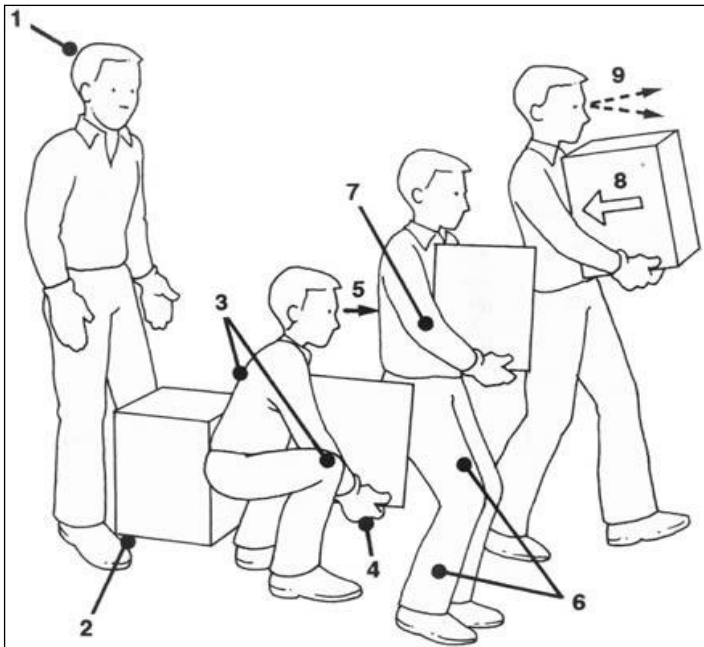


Figure 1

Kinetic lifting technique;

1. Keep head straight
2. Access the load
3. Keep back straight & bend knees
4. Take a good grip of the load
5. Keep head straight & look forward
6. Lift the load using the power in your thighs
7. Keep elbows in close to your body
8. Keep load close to the
9. Look straight ahead in the direction of travel

A4.6 Work at Height

- Work at height to undertake the soft strip will be carried out using one of the following methods;
 - Mobile towers
 - Podium steps
- All mobile towers and podium steps will be erected as per the manufacturer's instructions ensuring that double hand rails are in place at all times.
- Mobile towers are to be erected, altered and dismantled by PASMA trained operatives only. Operatives are NOT to be on the tower/podium steps when the steps are being moved.
- Scaff tags will be established on all towers. Where a tower is erected for more than 7 days it will be subject to a 7 day recorded inspection.

A4.7 Dust

- All operatives have been issued with respiratory protective equipment fitted with a p3 filter and will have a face fit certificate for the make and model and size of RPE being used, these will be worn for activities that create dust as determined by relevant risk assessment, daily task briefings will also determine the need for RPE.
- All operatives have been issued with respiratory protective equipment fitted with a p3 filter and will have a face fit certificate for the make and model and size of RPE being used, these will be worn for activities that create dust as determined by relevant risk assessment, daily task briefings will also determine the need for RPE. RPE will be worn when carrying out the following activities;

A4.8 Loose Insulation

- Fibrous insulation will be removed by hand and placed into bags to prevent cross contamination around the site.
- Task specific disposable overalls and RPE with P3 filters will be worn when removing and handling fibrous insulation. All operatives will have a face fit certificate for the make and model and size of RPE being used.

A4.9 Doors/Door Cases/Skirting Boards/wooden units/furniture/wall joists

- All doors, associated woodwork and furniture will be removed by hand using jemmy bars, crow bars and mattocks.
- The materials will be broken down into manageable weights and sizes.

A4.10 Mechanical & Electrical Equipment

- Access to the M&E equipment will be via a mobile tower or podium steps. The M&E equipment will be cut down into manageable sizes using stihl saws or oxy fuel cutting equipment.

A4.11 Stihl Saw

- Operatives using a Stihl Saw will wear task specific PPE consisting of eye protection (grade 1 impact) hearing protection and RPE consisting of P3 filters. An operative with abrasive wheels training will change the wheel when needed. Prior to carrying out any Stihl Saw operations a hot works permit will be issued by the FDL site management team.

A4.12 Suspect Materials/Asbestos (if found)

- If suspect materials have been found within the building during the soft strip the following steps will be followed;
 - a. Stop work
 - b. Cordon off the area
 - c. Inform Site manager of findings

SOFT STRIP RISK ASSESSMENTS

What are the hazards ?	Who might be harmed and how ?	Risk rating before control measures have been implemented	What control measures are in place ?	Risk rating after control measures have been implemented
Manual Handling	Operatives may suffer broken bones, cuts or lacerations from handling materials	Medium	Operatives to wear gloves, hard hats, safety spectacles and steel toe capped boots with steel midsoles	Low
	Operatives may suffer back pain when manually handling materials	High	- Trolleys and wheel barrows to be used to move loads - If manual handling has to be carried out assess the loads before lifting, if required break down the load into manageable weights & sizes using hand held tools - Kinetic lifting techniques to be used to lift all loads - Do not move any load if you, as an individual, feel the load is too heavy to move	Low
Slips & trips	Operatives may suffer broken bones, sprains or cuts due to tripping over materials	Medium	- Pedestrian access routes to be kept clear of all materials - Pedestrian routes to be clearly lit	Low
Falls from height	Operatives may suffer fatal or serious injury when working at height carrying out soft strip activities	High	- No ladders to be used on site to carry out soft strip activities - The following equipment will be used to provide a safe working platform when working at height; - Podium steps / mobile towers	Low
	Operatives may suffer fatal or serious injury if fall occurs when working from mobile towers or podium steps	High	- Mobile towers and podium steps to be erected as per manufactures instructions ensuring that double edge protection is in place at all times. - All mobile towers to be erected, altered and dismantled by a PASMA trained operative. - Scaff tags to be used on all towers. - Recorded inspections to be undertaken if towers are erected for more than 7 days. - Operatives are not to be on the towers or podium steps whilst it is being moved.	Low
Falling materials	Operatives may suffer fatal or serious injury if struck by falling materials	High	- Safety helmets to be worn at all times - Exclusion zones to be erected - Do not access any unsafe structures - Controlled drop zone must be adhered to.	Low
Contact/strikes of live utility services	Operatives may suffer fatal or serious injury if electric cables or gas pipes are struck	High	- All utility services to be isolated/disconnected prior to commencing soft strip - Utility disconnection paperwork to be located within the CPHSP - All live utility services to be identified and marked live	Low
Exposure to asbestos	Site operatives and members of the public may inhale asbestos fibres if asbestos has been disturbed	Medium	- All ACMs have been removed by the client's team prior to soft strip works. - Operatives to stop works if they suspect asbestos containing materials are present - All operatives to have undergone asbestosawareness training	Low

SIGNATURES & AMENDMENTS

I confirm I have read and understood the method statement and risks involved and will work in accordance with the method statement as described

Operative Signatures			
Name	Signature	Date	Revision No.

Amendments		
Time / Date	Description of Amendment	Signature of Manager / Supervisor

RAMS Prepared by : J.Wolstencroft

Date : 25th April 2023