

Method Statement, Risk Assessment & Traffic Management Plan: Aderrig Adamstown Phase 2 (Linear Park) Lucan Co Dublin.

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Plan Prepared by: B&C Contractor Monahan Ltd.

Revision: Rev 00

Purpose: To eliminate / reduce the potential for accidents involving vehicles and pedestrians accessing works associated with the ongoing works at the Aderrig Phase 2 (Linear Park).

Scope: This traffic management plan will detail the control measures to be adhered to during deliveries, collections & other vehicle activities on this site.

Site Manager: Paul Babington

Review: This traffic management plan is a live document and will be amended as works progress and to comply with client and local authority requirements.

General Traffic Management Plan For The Project

1. Traffic Management Plan
2. Location of site office
3. Vehicle Cleaning / Prevention of Dust
4. Location of site access
5. Location of car parking
6. Site access control
7. Security at site entrance
8. Access / Egress
9. Deliveries
10. Speed Restriction & Protection of Pedestrians.
11. Fire Escapes
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GENERAL TRAFFIC MANAGEMENT PLAN FOR THE PROJECT.

The traffic management strategy for the project is one of the minimising the interference wherever possible between pedestrians and site traffic, and reducing the number of deliveries were practicable, including the staging of deliveries such that the volume of traffic is kept as even as possible avoiding peak traffic times.

This traffic management plan and risk assessment includes.

- Planning and managing both vehicles and pedestrian routes
- The elimination of reversing where possible
- Protection of the public
- Protection of public road from contamination of debris.
- On site car parking
- Provisions for the prevention of Dust
- Hazardous substance storage on site
- General Material storage on site.



Works Location Map

1. Traffic Management Plan

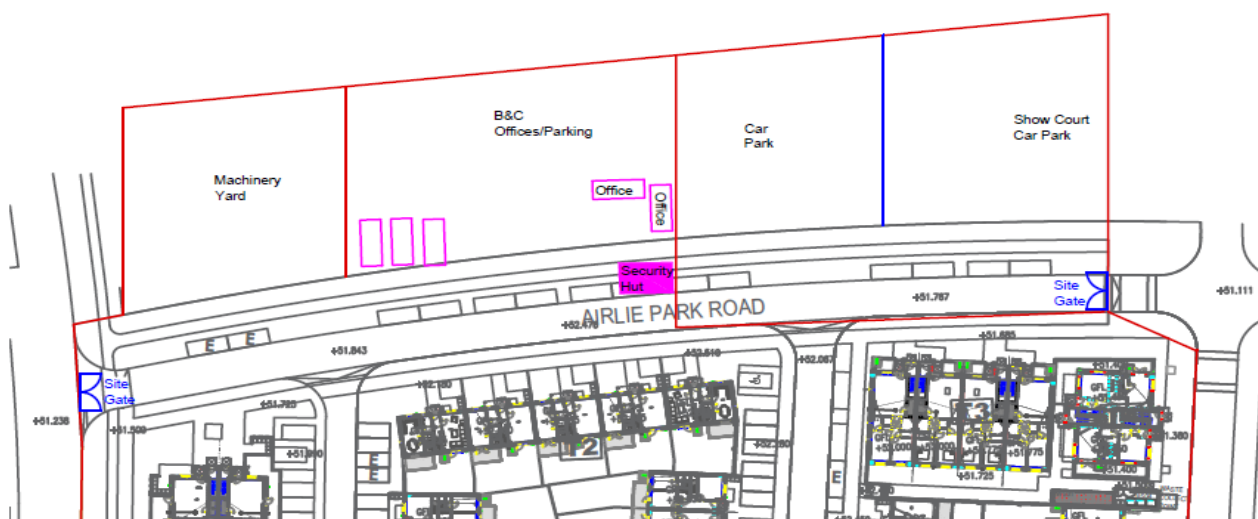
Our TMP drawing below shows the purposed access / egress routes that all site deliveries / vehicles will be directed to take to gain access to the site.

This traffic management plan (TMP) is communicated to our employees and contractors via the following methods:

- Site Inductions
- Toolbox talks
- Email to sub-contractors, suppliers on their appointment.

2. Location of site offices / welfare facilities & parking

The construction site office together with all welfare facilities are located within the confines of the site. Parking for construction workers is located adjacent to the compound.



3. Vehicle Cleaning / Prevention of Dust

- All delivery vehicles leaving site must make use of the truck wheel wash located at the security point. Security will inspect all vehicles leaving site to ensure that the vehicle is clean and does not pose a risk of debris becoming dislodged on public roads. In the event that the wheel wash is insufficient to suitably clean the vehicle a portable power washer is available.
- Security will monitor the condition of the public road adjacent to the site entrance and in the event that debris is detected he will notify site

management who in turn will arrange for Celtic road sweep to attend site.

- B&C Management will make available at all times a tractor and water bowser to conduct site wet downs in warm / dry weather to control volumes of dust that may be generated on site.

4. Location of site access.

All access to the site will be as per green routes shown on the below map.

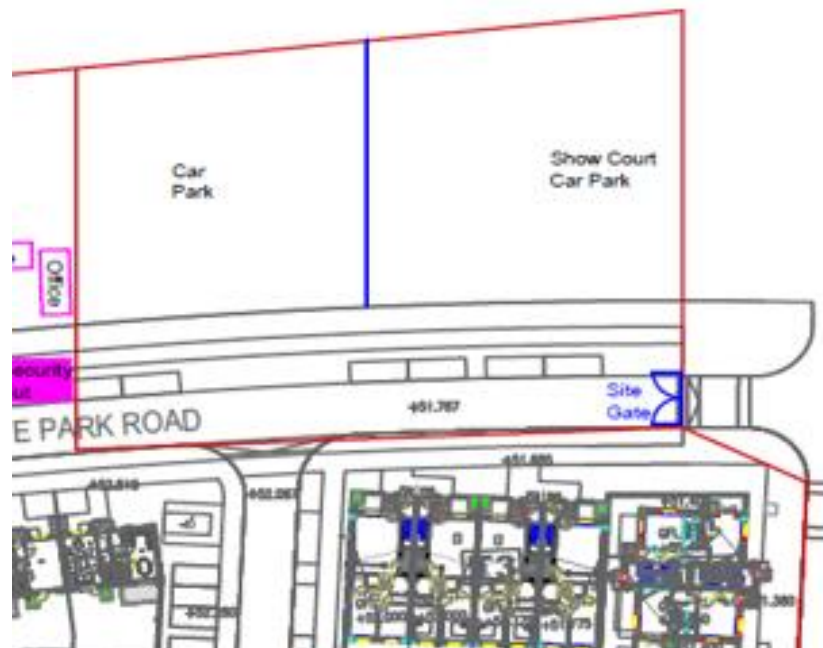
Construction traffic will not be permitted to travel via Station Road (marked in red) as this passes by a local school.

- Access via Adamstown Way on to Adamstown park, follow road past Adamstown train station.
- Access via Adamstown park, follow road past Adamstown train station.



5. Location of car parking.

There is car parking located within the confines of the site beside the site compound with additional parking available should the need arise.



6. Site Access Control

All construction operatives accessing the site will be provided with a site safety induction informing them of the site rules, emergency procedures, assembly points, first aid & location of welfare facilities etc. They will be instructed to sign in and out daily at the security check point.

7. Security at site entrance.

Gate security personnel will be located at the main gate to the site. All deliveries, site operatives and site visitors will sign in at security and report to the site office to receive the days taskings.

8. Access / Egress

Areas under the control of B&C Contracting Ltd.

- All persons working in areas under the control of B&C Contracting must have permission to do so and must be site safety inducted.
- Construction area will be bounded by security fencing.
- A Site map will be kept in the site office and welfare facilities and will be updated as required.
- All personnel entering site will be required to sign in with security.

- Access for pedestrians to work areas shall be through the main compound and via on site pedestrian walkways. Access for deliveries will be via the main site entrance. Vehicle details will be recorded by security.
- Site management will ensure that the public road is maintained in a safe and clean manner at all times.

9. Deliveries

- All delivery vehicles will have details recorded by site security prior to being granted access to the site.
- All deliveries will be off loaded within the confines of the site,
- All deliveries will be by appointment only where possible.
- B&C will try to reduce the number of deliveries to from site at peak times.

10. Speed Restriction & Protection of Pedestrians.

- Where applicable, pedestrians will be protected from any activities within the site at all times with the use of hoarding, fencing, walkways and signage.
- Traffic and speed restriction will be in operation on site at all times to ensure the safety of all workers and visitors to site. A speed limit of 15kph will be enforced at all times.

11. Fire Escapes.

- A fire and emergency plan will be in place for the project.

12. Mandatory safety features required on vehicles.

- All plant and machinery operation on site will be maintained in good order and have an in date GA1.
- Drivers will complete weekly inspections of plant and record findings on the GA2 form provided.
- Machinery must have mirrors fitted in accordance with manufacturers specifications.
- Teleporters and excavators will be fitted with cctv.

13. Street signs warning members of the public to construction activities.

- Site safety signs will be positioned at the site entrance and around the perimeter of the site warning members of the public in relation to construction activities taking place. Members of the public are not permitted on site. In the event that unauthorised access is detected all construction activities will stop until such time as the unauthorised persons are removed.

14. PPE requirements for Drivers

- All drivers that are required to exit their vehicle for the purpose of unloading are required to wear Safety Boots (S3) Hard hat and Hi Vis vest at all times.

15. Logistics / H&S Meetings.

- B&C will maintain communication with all parties by ensuring site logistics and H&S is high on the agenda of all meetings to discuss and determine the logistics plan, future deliveries, future works and safety and fire escape routes around the site. Operating such measures will mitigate any impact over the entire length of the project that site vehicles and plant movement will have on the existing environment, allowing for the security of the site at all times

16. General.

- Delivery drivers must not leave their vehicles unattended or with the keys in the vehicle.
- No site-based person is authorised to drive or interfere with any delivery vehicle.
- No delivery driver is authorised to enter or move any plant or equipment on site.
- An appointed person will be available at all times to manage the vehicle activities on site and to make amendments to the TMP as required.

Risk Assessments

Company: B&C Contractors		Site Location: B&C Contractors Site Works		Date: April 2020	
Risk Assessment – RA11		Manual Handling			
Hazards	Back injury	Persons at Risk	Employees	X	
	Muscle strain		Subcontractors	X	
	Slips and falls		Visitors		
	Abdominal Hernias		Public		
	Cuts / Lacerations		Other		
Pre-Control Risk Rating					
L X S			High	Medium	Low
3 x 3				9	
Control Measures					
<ul style="list-style-type: none"> • Maintain physical distancing unless specifically authorised to work in close contact following a specific risk assessment. • Where possible do not share equipment. • Avoid Manual Handling – design. • Substitute loads for lighter loads. • Use of certified mechanical lifting equipment and mechanical aids by competent personnel e.g. cranes, telescopic handlers, winches, barrows etc. • Supply special mechanical aids for handling specific items e.g. for manhole covers; also gin wheels, hoists etc. • Administrative controls – SSWP, Method Statements. • Full training and instruction provided in both induction and refresher safety training. <p>Rules for Safe Lifting</p> <ul style="list-style-type: none"> • Assess the Task, Individual, Load and Environment (TILE). • Use mechanical lifting equipment where possible. • Before attempting to lift any load by any means, know where you are going to set it down, and ensure that the route is clear of obstructions. • When you grasp the load, test its weight to ensure it is within your capabilities. Many accidents occur when a person raises an object a few inches, realises it is too heavy, and let go. This spinal recoil can cause severe injury. • When lifting always ensure that the heavy side is close to the body. • If the load is too heavy, then assistance of one or more people will be needed, but ensure smooth movement with instructions from one designated person. • Get as close as possible to the load, this brings the lines of gravity of both the load and body as close together as possible. • Position your feet approximately the width of your hips apart with one foot slightly in front of the other. This provides good balance during the lift. • Relax your knees, lower your hands and drop down beside the load, inclining your head. • Grasp the object with a firm grip, test the weight making sure it is not excessive and keep the arms as close as possible to the body. • Raise your head and look straight forward, this locks the cervical vertebrae and helps to keep the spine straight. • Keep the load as close as possible to the body with the elbows in and lift with strong leg muscles in a controlled smooth movement, keeping the spine straight. • Move forward and about at a comfortable pace and never rush. 					

Pulling and Pushing

- Keep your back straight, although not necessarily vertical, bend at the hips and knees using your leg rather than arm or back muscles to move the object.

Reaching

- Never over-reach, this may strain your back. If you reach overhead, keep your knees slightly bent to absorb any sudden loading. If this is not possible, use a stool or steps. Always reduce the weight to be lifted if lifting over waist level.

Handling Cylinders

- Some difficulty is encountered in handling of cylinders, especially if they are the round bottom type.
- The running away action can be avoided if the lifter adopts the correct foot position, with shoulders over the valve, so that when lifting, the action draws the cylinder towards them. When lifting walk forward with it, transferring one hand from under the valve to behind it.

Loading on to a Low Platform

- Place one foot between the weight and the platform, with the other in line with the weight to be lifted.
- If more than one person is involved in the lift decide which person is to give the order to lift to ensure a smooth movement with all lifting together. Use the rules of safe lifting that will ensure a simple rhythmic movement with the weight travelling on the leading foot position and the rear foot following forward.

Loading on to a High Platform

- A swinging motion is necessary for lifting weights onto a platform above waist level. Here the foot positions are altered, one foot placed in line with the object with the other away from the object and platform.
- Where more than one person is involved in the lift decide which person will give the command. Again, using the rules of safe lifting, allowing just enough room for the object to pass, swing the object away from the platform.
- The arms should reach a fully extended position before the return swing of this pendulum motion. As the weight passes the mid-line of the handlers on this return swing, the foot furthest away follows through ready to assist the upward and resting action.

Stacking

- Chock objects that may roll, such as drums and pipes, and keep heavy articles near floor level.
- Organise work to minimise the amount of lifting necessary, using mechanical means where possible.
- Inspect pallets, platforms, containers, and racks regularly for damage and prevent damage from mechanical lifting equipment, for example fork-lifts.
- Stack palletised goods vertically on a level floor so they will not overbalance.
- “Key” stacked materials of uniform size like a brick wall pattern, so that no tier is independent of another.
- Use properly constructed racks where possible and secure it to a wall or floor where practicable.
- Ensure items do not protrude from stacks or bins into gangways or passageways.
- Do not climb racks to reach upper shelves, use a ladder or steps.
- Never lean heavy stacks against structural walls or exceed the safe loading of racks, shelves or floors.
- Never de-stack materials by throwing down from the top or pulling out from the bottom.

Note: Wear Gloves to protect your hands and Safety Boots to protect your feet.

Post-Control Risk Rating

L X S	High	Medium	Low
2 x 3			6

Company: B&C Contractors	Site Location: B&C Contractors Site Works	Date: April 2020
Risk Assessment – RA14		Dust

Hazards	Persons at Risk	Persons at Risk	
		Employees	Subcontractors
Nasal obstruction		Employees	X
Asthma		Subcontractors	X
Skin disorder		Visitors	
Cancer		Public	
		Other	

Pre-Control Risk Rating

L X S	High	Medium	Low
3 x 3		9	

Control Measures

- Maintain physical distancing unless specifically authorised to work in close contact following a specific risk assessment.
- Where possible do not share equipment.
- Provide adequate and suitable eye protection, overalls and gloves as necessary.
- Ventilation system to remove dust at source.
- Provide suitable respiratory equipment (p3) where exposure to dust cannot be sufficiently reduced.
- Ensuring that the exposure of employees or others is prevented or adequately controlled, by putting in place any measures necessary to control the exposure to risks.
- Provide information, instruction and training for employees on the risks to health and precautions to be taken regarding any work with substances hazardous to health.
- Ensure that control methods provided are properly used and maintained, and by monitoring the work environment as necessary.
- Provide employees with the relevant information on any risks that exist in the workplace and of any control measures that are in place to reduce those risks.
- Offer health surveillance to employees, where a hazard has been identified, which must be appropriate taking into account the risks to their health and safety.
- Once those hazards have been identified, to put control measures into place, to remove or reduce those hazards so far as is reasonably practicable.
- Ensure effective supervision of employees, and the monitoring of work methods and practices.
- The adequate provision of washing facilities and area for storing overalls, etc. during meal breaks.
- Do not use compressed air lines to clean contaminated clothing.
- Dust emissions to be minimised and or contained within boundaries of the site, i.e use of vacuum equipped power tools dampening work before or during cutting, use of road sweepers during muck shifting operations.
- All internal dust should be removed after the work has been completed and disposed of correctly.



<ul style="list-style-type: none"> Prohibit smoking and eating in dusty atmospheres, especially where toxins may be present. Obey no smoking policy. Adequate means of monitoring / measuring toxic dust to be provided and maximum (MEL,s) to be checked where required. Site tidiness maintained by cleaning up during work, at end of day and(major) weekly to avoid slips and trips – Clean as you go. 			
Post-Control Risk Rating			
L X S	High	Medium	Low
2 x 3			6

Company: B&C Contractors		Site Location: B&C Contractors Site Works		Date: April 2020	
Risk Assessment – RA15		Housekeeping			
Hazards	Persons falling	Persons at Risk	Employees	X	
	Slips and Falls		Subcontractors	X	
			Visitors	X	
			Public/Pedestrians	X	
			Other		

Pre-Control Risk Rating			
L X S	High	Medium	Low
3 x 9		9	

Control Measures			
<ul style="list-style-type: none"> Cleaning programme for the prevention of COVID-19 to be followed. Maintain physical distancing unless specifically authorised to work in close contact following a specific risk assessment. Where possible do not share equipment. Everyone is responsible for keeping their working area clean and tidy. Tidy up work area as work is ongoing, after each task and at regularly intervals throughout the day. Try and allocate a set period each day to general housekeeping (possibly at the end of the day) with tools and equipment etc stacked / stored in an organised manner. Adequate lighting must be provided when work is carried on after dark or inside buildings. All spillages must be cleaned up immediately to prevent slipping. All extension leads/electric cables and welding hoses etc. must be suspended safely in areas and/or laid as not to obstruct access/egress paths etc. Anything that is in an obviously unsafe place should be removed or reported to a supervisor immediately. Suitable bins and skips will be provided in each work location, these are to be used and emptied regularly. Designated areas for storage of material must be identified at the start of each task and reviewed as necessary. Store flammable materials in approved containers away from sources of ignition. Items of redundant material should be left in a designated storage area and not on site. Work should be scheduled as to avoid the build-up of working material and debris in the working area. Combustible waste must be safely disposed of in appropriate containers. All floors and roof holes and/or openings must be securely covered and marked. Guardrail systems with toe boards are required where there is a risk of materials falling. Floor, passageways and steps to be of sound construction and free from obstruction. 			

<ul style="list-style-type: none"> • If working at height then loose objects must not be left on walkways, platforms etc where they could fall and injure someone below. • Beware of muddy sites – these greatly increase risk of slip. Keep footwear as clean as is reasonably practicable; ensure loose mud is removed prior to climbing ladders. • Pedestrian walkways must be kept free from obstruction. • Wear appropriate personal protective equipment. • Daily visual inspections will take place to ensure strict housekeeping and identification of hazards. • De-nail timbers / studs and ensure all hanging cables are taped up. Do not block off any escape routes. 			
Post-Control Risk Rating			
L X S	High	Medium	Low
2 x 3			6

Company: B&C Contractors		Site Location: B&C Contractors Site Works		Date: April 2020	
Risk Assessment – RA17		Vehicle Movement on Site			
Hazards	Striking persons	Persons at Risk	Employees	X	
	Striking structure		Subcontractors	X	
	Slips and Falls		Visitors	X	
	Contact with OH lines		Public	X	
			Other		
Pre-Control Risk Rating					
L X S			High	Medium	Low
3 x 4			12		
Control Measures					
<ul style="list-style-type: none"> • Maintain physical distancing unless specifically authorised to work in close contact following a specific risk assessment. • Where possible do not share equipment. • Clean and disinfect between drivers and each day. • Vehicles routes will be planned to avoid danger to pedestrians, contact structures or overhead power lines and to be clear of all excavations. • Suitable fencing should be provided around excavations; where necessary exclusion zones may be necessary to prevent the excavation collapsing. • Barriers and notices will be erected at overhead power lines. • Vehicle operating areas and traffic routes will be clearly signed and fenced off where practicable. Temporary Works Coordinator (TWC). • Drivers will ensure loads are placed evenly in vehicles and that the vehicle is not overloaded. • Tipping vehicles will not move with the body raised. Visiting drivers will be briefed on site rules and hazards. • Banksman must be provided where drivers do not have clear visibility. • All plant operational on site must be compliant with Construction Regulations 2013. Flashing beacons, reversing sirens and either convex mirrors or CCTV. • Vehicles used for removal of site waste must have the appropriate permit from the local authority. 					



<ul style="list-style-type: none"> Vehicles intended for use on the public highway will comply with the current licensing requirements. Speed restrictions will be displayed and enforced as necessary. Remove keys from plant when not using it. 			
Post-Control Risk Rating			
L X S	High	Medium	Low
2 x 3			6

Company: B&C Contractors	Site Location: B&C Contractors Site Works	Date: April 2020
Risk Assessment – RA43	Working in Proximity to Public Traffic	

Hazards	Persons falling	Persons at Risk	Employees	X
	Falling objects		Subcontractors	X
	Collapse of tower		Visitors	
	Contact with OH lines		Public	
	Overhead items		Other	

Pre-Control Risk Rating			
L X S	High	Medium	Low
3 x 4	12		

Control Measures			
<ul style="list-style-type: none"> Plant operator trained to an approved CSCS standard by an approved training company to ensure competency. All operators familiarised with the safe operation procedure for plant. Auxiliary Devices fitted to Plant such as Mirrors and CCTV to counteract visibility blind spots, which may obscure the direct field of vision of the operator. • Reverse beeper, movement alarm and flashing beacon fitted. All guards and covers to be in position and secured. Windows and Mirrors to be kept clean at all times. The cab floor to be kept clean and free from any obstacles, which may affect the safe operation of the Machine. Ground workers to wear Hi Visibility Vests and hard-hats at all times. Trained Banks man to direct machine operator when working in close proximity to public thoroughfare. Buffer zone to be maintained between plant and public. A physical and vision barrier to be in position as a buffer if possible. Appropriate advance signage to be in place for the works to comply with the traffic signs manual as provided by the Department of the Environment and competent person to supervise the signage requirements and the placement of Roadworks training (CSCS Sign, Lighting & Guarding) given to appropriate staff associated with works. A noise meter acquired to measure the sound levels and if required appropriate signs and ear protection provided. A speed limit will be set up on site and area close to the site. Neon Flashing signs provided where there is a large traffic volume especially on main roads or motorways. 			

Post-Control Risk Rating			
L X S	High	Medium	Low
2 x 3			6

Company: B&C Contractors		Site Location: B&C Contractors Site Works		Date: April 2020	
Risk Assessment – RA45		Working Alone			
Hazards	Collision	Persons at Risk	Employees	X	
	Overturning		Subcontractors	X	
	Refuelling		Visitors		
	Fire		Public		
			Other		
Pre-Control Risk Rating					
L X S			High	Medium	Low
3 x 4			12		
Control Measures					
<ul style="list-style-type: none"> • Maintain physical distancing unless specifically authorised to work in close contact following a specific risk assessment. • Where possible do not share equipment. Clean and sanitise if shared. • Clean and disinfect for COVID-19 daily and between drivers. • Operatives should be trained and authorised. • When driving a full tanker, it is important to avoid sudden braking or cornering as liquid surges and causes instability. • Fuel Bowser. • Smoking prohibited. • Spillage should be avoided, and spill kit must be available. • Use a drip tray where possible. • Bowser should be stored in bunded area. • Tanks should be checked for leaks. • Maintain pumps in good condition. • If repairs are necessary, where practicable, gas oil must be removed completely from the tank before it is subjected to any process involving the application of heat. Where this is not possible the tank should be filled with an inert gas or water. • Confined Space entry procedures apply if entering the tank is required. • Do not clean with compressed air. • PTO to be turned off and to be adequately guarded. • Water Bowser. • Clean regularly to avoid contamination. Do not use compressed air. • Remove keys when not in use. 					
Post-Control Risk Rating					
L X S			High	Medium	Low
2 x 3					6

Company: B&C Contractors		Site Location: B&C Contractors Site Works		Date: April 2020	
Risk Assessment – RA49		Loading / Off Loading Plant			
Hazards	Collision	Persons at Risk	Employees	X	
	Slippery surfaces		Subcontractors	X	
	Uncontrolled movement of machine		Visitors		
	Hand injury		Public		
			Other		
Pre-Control Risk Rating					
L X S			High	Medium	Low
3 x 4			12		
Control Measures					
<ul style="list-style-type: none"> • Maintain physical distancing unless specifically authorised to work in close contact following a specific risk assessment. • Where possible do not share equipment. Clean and sanitise if shared. • Clean and disinfect for COVID-19 daily and between drivers. • The machine driver is responsible for loading the machine safely onto the transporter under the direction of the transporter driver. • Ensure loading / unloading area can accommodate movement of machine without striking obstructions or persons. Keep area clear of all unnecessary personnel. • Buckets or rock breakers to be lashed to machine. • Machine to be lined up with ramps. • Ramp to be of adequate width, correct slope (ramp angle to be kept low) and constructed of sound timber. • Loading to be carried out at the slowest possible speed (idle speed), as per signals of transporter driver particularly at the point of balance to avoid sudden uncontrolled movement of machine. • Avoid any unnecessary movement of the machine whilst it is on the Transporter. • Beaver tail loaders must be blocked under ramps to prevent tipping. • High visibility vest, helmet, gloves and safety boots to be worn by transporter, driver and machine operator. • Ensure transporter is on firm level ground. • Particular care to be taken in wet conditions or when machine tracks are dirty / wet. • Machine and any loose items to be securely lashed, brakes to be engaged before transporter is moved. • Tying chains and ratchet tighteners to be regularly checked for wear and tear by transporter driver. 					
Post-Control Risk Rating					
L X S			High	Medium	Low
2 x 3					6

