

Demolition Methodology

P24-0002 - RBH-ICS ER

Royal Berkshire NHS Foundation Trust

South Block Annexe

Addington Road

London Road,

Reading

RG1 5AN



July 2024

MTX Contracts

Brooke Court Innovation House, Lower Meadow Rd, Handforth, Wilmslow SK9 3ND

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Demolition Methodology

Removal of South Annex Prefabricated Timber Building

1.0 Introduction

Within this Method Statement MTX will illustrate how the temporary works and the demolition works are to be carried out on The South Annexe Block at Royal Berkshire Hospital in Reading. MTX will carry out the demolition works where the safety and welfare of all site personnel, general public and neighbouring occupants is paramount. Every effort will be made to ensure any disruption is minimised on and around the site. All demolition work will be carried out in accordance with relevant Codes of Practice and H.S.E. guidelines.

NB: *The methods described herein are seen as the most appropriate for the works and are based on information available at the time of preparation. In the event of further information becoming available, changes in conditions, requirements or time scale, this document may need to be amended or developed with the agreement of the Client.*

Operating hours:

- Monday to Friday: 08:00 – 18:00pm
- Saturdays (if required) 08:00 – 13:00pm
- No noisy works before 08:30am

What this plan will cover

This plan will be used to outline the general principles to be adopted during and throughout the works, to minimise the impact of hazardous material removal and demolition of the surrounding areas. The following areas of management will be covered within this plan:

- Legislative requirements
- Operating hours
- Public & property protection
- Noise
- Dust Management
- Odour Control
- Storage of dangerous goods
- Storm water runoff / Water quality
- Waste Management & Recycling
- Management of hazardous materials
- Traffic & pedestrian management
- Service disconnections

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2.0 Legislative Requirements

The works will be undertaken in accordance with the following legislative requirements:

- The Health & Safety at Work Act 1974 and associated guidance.
- The Management of Health and Safety at Work Regulations 1999 and Management of Health and Safety at Work ACoP (HSEL21).
- The Construction (Design and Management) (CDM) Regulations 2015, Managing Health and Safety in Construction (HSEL144). and Health and Safety in construction (HS(G) 150).
- The Work at Height Regulations 2005 (as amended), Brief Guide (INDG401).
- The Lifting Operations and Lifting Equipment Regulations 1998 and Safe use of lifting equipment ACoP (HSEL113).
- The Personal Protective Equipment at Work Regulations 1992 (as amended), and Personal Protective Equipment at Work – Guidance (HSEL25).
- The Provision and Use of Work Equipment Regulations 1998 and Safe Use of Work ACoP (HSEL22).
- The Electricity at Work Regulations 1989.
- The Control of Asbestos Regulations 2012.
- The Control of Noise at Work Regulations 2005.
- The Confined Spaces Regulations 1997.
- The Control of Lead at Work Regulations 2002.
- The Building Act (England and Wales) 1984.
- The Environmental Protection Act 1990.
- The Highways Act 1980.
- The Road Traffic (Temporary Restrictions) Act 1991, The Road Traffic (Temporary Restrictions) Regulations 1992 and Road Traffic (Temporary Restrictions) Procedure Amendment (Scotland) Regulations 2005.
- Control of Substances Hazardous to Health Regulations (COSHH) 2002
- Control of Vibration at Work Regulations 2005
- Manual Handling Operations Regulations 1992
- Workplace (Health, Safety & Welfare) Regulations 1992

3.0 Pre-Demolition Planning

Site Survey: Conduct a comprehensive site survey to identify hazards, utility connections, and access routes. Document structural elements and the building's condition.

Permits and Approvals: Obtain necessary permits and approvals from local authorities. Ensure compliance with all local, state, and federal regulations.

Asbestos and Hazardous Materials Survey: Perform an asbestos survey and remove any hazardous materials according to environmental and health regulations.

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Utility Disconnection: Confirm safe disconnection of all utilities (electricity, water, gas, sewer) by certified professionals.

Safety Plan: Develop a detailed safety plan including emergency procedures, required personal protective equipment (PPE), and hazard controls.

4.0 Site Preparation

All works will be undertaken in accordance with the public protection measures as required in British Standard BS 6187:2011: Code of Practice for Demolition.

- Site is to be protected and closed off by hoarding and fencing.
- Protection of the boundary will be by the demolition curtain
- Heras fencing will be used whilst the demolition operations commence to create exclusion zones where required

These public and property protection measures will be reviewed at the time of contract award for the works to ensure alignment with proposed preferred methodologies and sequencing developments and to ensure that the safety of the general public is maintained at all times.

Information will need to be provided by the contractor within their Health and Safety Plan as part of the requirement as Principal Contractor under the Construction (Design and Management) Regulations 2015.

Fencing and Signage: Erect secure safety fencing around the site perimeter. Place clear and visible warning signs at all entry points and around the site.

Access and Egress: Establish and maintain clear access and egress routes for equipment and personnel.

Dust Control Measures: Implement dust control measures such as water sprays or misting systems to minimize airborne particles.

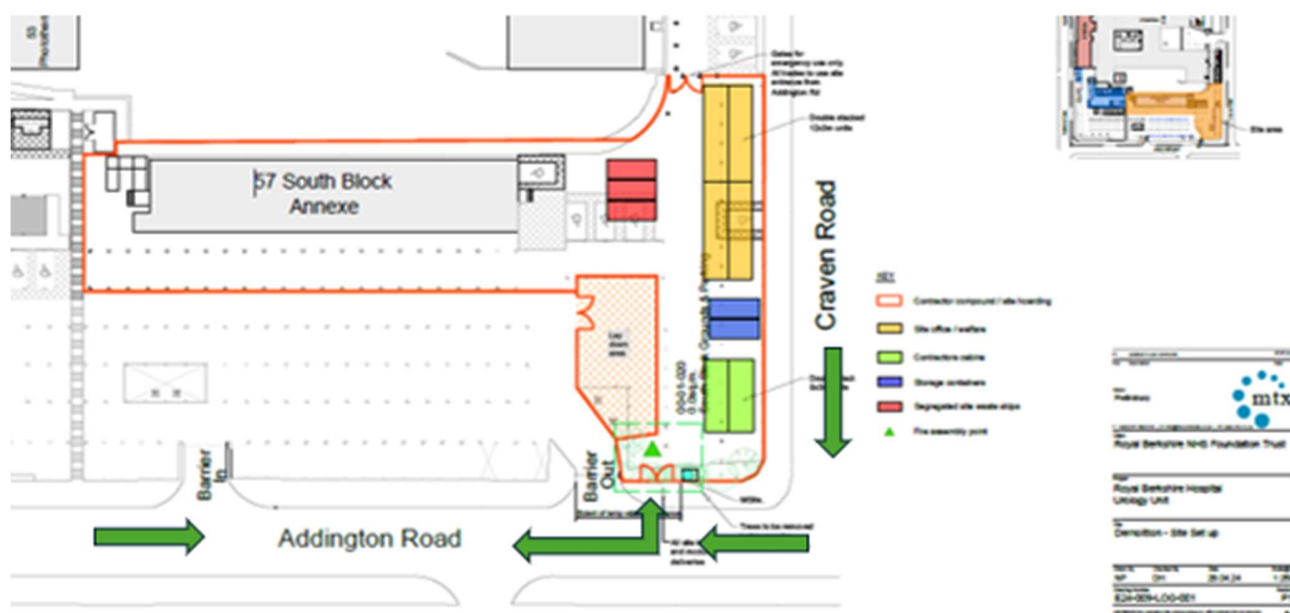
Noise Control Measures: Schedule work to minimize noise impacts on surrounding areas. Use noise-dampening equipment where possible.

Traffic Control Measures

Royal Berkshire Hospital is situated off A4 London Road which is a busy road with a 30mph speed limit, reducing to 20mph around the hospital area. All vehicles are to enter the site compound from Addington and Cravern Road maintaining a 20mph speed limit.

MTX will maintain safe and unobstructed access to adjacent properties throughout the duration the project and make all reasonable arrangements to minimise any delays created as the works progress. A traffic marshal along with suitably qualified banksmen shall be present at all times, to coordinate the access and egress of vehicles.

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Vehicles are not permitted to onto the site without guidance from a competent Banksman.

Due to the hazardous nature of the works, all demolition areas will be designated exclusion zones and segregated using secure fencing.

Physical segregation of vehicles and pedestrians will be via securely erected full height fencing with gates and / or pedestrian barriers as appropriate.

At this stage it is envisaged that vehicle routes will utilise the existing hard landscaped surfaces of the site and MTX operatives shall adhere to the clients, traffic management plan at all times.

Access into restricted areas will be controlled by our site supervisor whose contact details will be prominently displayed, to enable access to be arranged.

NB: All personnel and visitors shall always wear high visibility vests or jackets whilst on site.

NB: The site access road is part of the hospitals main entrance and there is a staff parking still being used for access to the Hospitals facilities and therefore special care will need to be taken when access and egressing the site.

Where, due to the hazardous nature of the works a demolition exclusion zone is established and in the unlikely event that access is required to enable pedestrians to traverse the exclusion zone, demolition works shall cease whilst pedestrians are escorted through by the demolition supervisor.

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There are provisions for parking on the site. Operatives will be allowed vehicular access to site for a limited period to allow loading/unloading of tools and equipment but any abuse of this privilege will result in this allowance being rescinded.

All operatives shall be advised that under no circumstances will vehicles be allowed to park on the site access roads as unrestricted access shall be required at all times for emergency vehicles.

Operatives who chose to park on the public roads shall show consideration to local residents by not restricting access to their properties and will be directed to refrain from any other anti-social behaviour such as shouting, loud car radios or the dropping of litter.

5.0 Equipment and Material Handling

Excavator (20 Ton): Ensure the excavator is inspected and maintained. Equip it with suitable attachments (e.g., grapple or hydraulic shear). Operators must be certified and experienced.

Waste Management: Positioning of 35-yard waste container close to the demolition site for efficient loading. Plan for regular removal and replacement of full containers.

All plant shall be to be used on site shall have a valid Certificate of Thorough Examination.

Daily pre-use inspections shall be undertaken and recorded by plant operators ensuring that any defects are reported immediately.

Any plant not meeting the required standards shall be immediately immobilised and placed in quarantine until such time as a competent fitter can be summoned to effect a repair.

All plant shall be inspected weekly by a competent person as required under both LOLER 1998 and PUWER 1998 with the inspection being recorded on the site plant register.

Flashing amber warning beacons shall be switched on whenever plant is in use, plant/vehicles must only be used on suitable ground, in adequate lighting conditions.

Where required, provision shall be made for suitable and sufficient task lighting.

All plant/vehicles will have additional mirrors where necessary to ensure that operators have 360° visibility from the driver's seat.

NB: *When not in use, plant/vehicles must be secured and keys removed to prevent unauthorised use. All keys will be on bungees and connected to the operator so these cannot be left in the plant when not in use.*

In the event of an emergency involving plant/vehicles, the operator/driver will make the MTX Site Supervisor aware as soon as possible. In the event of an accident, there may be the need for an operator to call emergency services directly themselves by phoning 999 if it is

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felt appropriate; for example, to prevent any delay to professional medical assistance, Site Supervisor aware as soon as possible thereafter.

6.0 Demolition Procedure

Initial Assessment: Conduct a thorough inspection of the building for stability and identify key structural points. Mark out any hazardous areas.

Soft Strip: Operatives will carry out light soft strip operations to remove any designated non-load bearing walls, partitioning, false ceilings, floor coverings and redundant mechanical and electrical fittings, etc. The operatives working from the existing floor levels, aluminum podium step-up scaffolds or access towers will undertake the soft strip of the buildings, using hand tools, (mattocks, crow bars, sledgehammers etc.), reducing the materials generated into manageable sized pieces.

During these operations liberal amounts of water may be used to suppress any dust generated with all doors and windows being kept shut to reduce the risk of dust migrating from the works area.

Ceilings	Removal of any suspended ceiling tiles, Plasterboard finishes, suspension systems, safety signage and light fittings. Demolition operatives will use podium/scaffold step ups to gain access to the ceilings. The ceilings will be taken down carefully with all debris being placed into skips situated near the works.
Partition Wall Removal	Removal of non-load bearing walls, Plasterboard and partitions, sills, light fittings, and fixed shelving. The walls will be removed at a constant height around the structure by operatives using hand held tools working off step up scaffolds. All materials will be periodically removed from the working area using wheelbarrows through designated traffic routes, then sorted into type and placed within the correct skip for recycling. Plasterboard must be separated from the partition studwork and taken to a separate skip for recycling and timber to another.
Doors and Associated Furniture	All internal doors and associated furniture will be removed by operatives using mattocks and appropriate hand tools, where required, access will be gained using a step-up podium or aluminium access tower.
Floors	Removal of all floor coverings including carpets, lino and timber flooring, demolition operatives using mattocks & tile lifters will lift all floor coverings prior to placing in the correct skip for recycling.
Electrical & Mechanical	Removal of surface mounted electrical, mechanical services and pipe work using hand tools (and power tools if required) to remove all fixtures and fittings. All materials will be stockpiled in a safe area and then transferred into the correct skips for recycling following the designated route. Note: Operatives will have the correct isolation paperwork in place before carrying out the removal of any services / systems.

Mechanical Demolition: Position the 20-ton excavator with a suitable attachment at a safe distance. Begin demolition from the roof, working downwards to ensure a controlled

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collapse. Use the excavator arm to pull down roof panels and upper walls, directing debris away from the excavator. Continue to systematically demolish walls, ensuring the structure collapses inwards. Maintain a safe working radius and continuously assess the structural stability.

Material Sorting and Loading: Separate timber, metal, and other recyclables from general waste. Use designated areas for sorting. Use the excavator to load sorted materials into the 35-yard waste container. Ensure the container is filled efficiently and safely, avoiding overloading. Plan for the regular removal of full containers to prevent delays.

7.0 Post-Demolition Activities

Site Clearance: Thoroughly remove all debris from the site. Ensure the area is clean and safe for future use.

Recycling and Disposal: Transport waste containers to appropriate recycling and disposal facilities. Keep records of waste quantities and destinations.

Final Inspection: Conduct a final site inspection to ensure all demolition activities are complete and the site is secure. Address any remaining hazards.

Reporting: Document the entire demolition process, including any incidents and waste disposal records. Prepare a final report for project stakeholders.

8.0 Health and Safety Considerations

PPE: Ensure all personnel wear appropriate PPE, including hard hats, high-visibility vests, gloves, steel-toe boots, dust masks, and hearing protection.

Training: Verify that all personnel are trained in demolition safety and emergency procedures.

Monitoring: Continuously monitor the site for hazards and adjust safety measures as needed. Designate a safety officer to oversee compliance.

Emergency Procedures: Establish emergency response procedures, including first aid and fire-fighting equipment. Conduct regular drills and briefings.

9.0 Environmental Considerations

Dust and Noise Control: Continuously implement dust and noise control measures. Monitor air quality and noise levels.

Waste Management: Maximize recycling and ensure proper disposal of all waste materials. Keep detailed records of waste management practices.

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10.0 Documentation and Reporting

Daily Logs: Maintain daily logs of demolition activities, safety checks, and waste management. Include photographs and notes on any issues encountered.

Final Report: Compile a comprehensive final report detailing the demolition process, safety measures, and environmental impact. Include all relevant documentation and permits.

11.0 Environmental Information

MTX consider the protection of the environment to be paramount and as such the control of both noise and dust during our undertakings is of major concern to us. Start and finish times will be regulated to take into consideration the residents of neighbouring properties and to comply with any local authority implied restrictions. Noise from plant/machinery will, so far as is reasonably practicable, be kept to the lowest level possible. In order to reduce the production of dust from our undertakings, operators will be tasked with regularly damping down the areas of demolition, soft strip and stock piles by the use of hose pipes/fire hoses fitted with an adjustable spray nozzle to control flow.

Our site supervisor will carry out a weekly check of the environmental issues on the site via our environmental site weekly audit / inspection report which a copy will be kept on site.

Noise & Dust will be our major concern, start and finish times will have to be regulated to cater for any surrounding public. Noise from machinery will also have to be kept to a minimum.

12.0 Personnel Involved

All personnel on this site will attend a site induction carried out prior to commencement of works.

NB: A register of Site Inductions will be updated and maintained throughout the Project

- All demolition managers, supervisors and operatives will hold valid CCDO cards with the relevant competence categories for the role that they are to undertake.
- All site operatives will hold a C.S.C.S. equivalent Health and Safety certificate.
- Plant operators will hold the correct certification (CPCS or NPORS) for any machinery that they are required to operate on site, which shall include the correct category for any attachments being used or where lifting operations are to be undertaken.
- MTX operate a strict training regime which involves operatives having the correct competency tickets, or in house training for, banks man, abrasive wheels, burning, first aid, HAVs etc.
- The Supervisor shall hold a full First Aid at Work qualification and 2nd in command holds Emergency First Aid at Work both these will be present on site.
- All training certificates are held at the offices of MTX.
- The copies of these competency tickets will be in the possession of the client's representative on site and are to be held until the demolition works are complete.

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13.0 Storage of Fuel / Possible Contamination

MTX recognise that uncontrolled spills that have the potential to cause environmental damage both locally (internally / externally) and to the further site / environment and as such we will ensure that fuel for plant use shall be located within a designated re-fuelling area which shall be sited away from any potential source of ignition. The storage unit provided will be double bunded and have a trigger nozzle fitted in order to minimise the potential for spillages, there will be a suitable spill kit located within the storage area and a drip tray/plant nappy will be utilised whilst re-fuelling is undertaken.

In the event of a spillage we will take immediate action to contain the spill by employing our emergency spill control procedure:

- Source of spill / leak will be isolated
- Plant / refuelling will be stopped and isolated ☐ Sources of ignition will be isolated / removed
- Local spill kits will be used to contain / absorb any immediate spills, containers / absorbent materials will be used to collect / contain liquids
- Due care will be paid to ensure any local drains etc. are protected with absorbent materials / matting to prevent ingress of contaminants ☐ Any remaining contents will be removed from damaged containers prior to their removal for disposal / repair ☐ Persons NOT involved in the clean-up will leave the area ☐ Gas monitoring will be undertaken during all clean up works (where required) ☐ Once contained the absorbent materials will be collected and removed as contaminated waste to the appropriate waste bin
- As part of the clean up the contaminated spill kits will be disposed of as hazardous waste, any contaminated hardstanding / soil will also be removed and disposed of in the correct manner
- Local interceptors will be checked where any spills are of a size that could affect drainage

NB: Any spill incidents will be recorded via weekly site report

14.0 Safe use of vehicles on site

14.1 Selection of Suitable Plant

Subcontractors will select suitable plant for the task in hand in accordance with the site conditions and ensure that it is in serviceable condition and regularly inspected.

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14.2 Maintaining Critical Controls and Warning Devices

A daily plant inspection will be carried out and recorded on the 'Daily Plant Inspection Checklist' by the machine operator and copies must be made available to the client upon request for his handover file.

Any vehicles not meeting the standards required will need to be immediately immobilised.

14.3 Rollover Protection and Seatbelts are always both mandatory

Consideration will be given to avoiding reversing wherever possible and ensuring that vehicles and pedestrians are separated at all times whether by means of physical barrier or control by a banks man.

14.4 Visibility and security of plant

Flashing Warning lights must be switched on whenever the plant is in use and plant and vehicles must only be used on suitable ground and in adequate lighting conditions.

All plant and vehicles will have additional mirrors if necessary to ensure that 360-degree visibility is possible from the driver's seat.

When not in use, plant or other vehicles must be secured and keys removed to prevent unauthorised use.

14.5 Emergency procedures

In the event of an emergency involving plant or vehicles, the operator or driver will need to make the client aware as soon as possible. Client's CDM Advisor and Contract Administrator will also be notified of any incidents.

In the event of an accident, an operator may need to call emergency services directly themselves by phoning 999 if it is felt appropriate; for instance, to prevent any delay to professional medical assistance, but he or she must then also make the client aware as soon as possible thereafter.

15.0 Vibration & noise levels

MTX undertake to follow the recommendations of the Control of Noise, (Code of Practice for Construction Sites) Order 1975, and the British Standard Code of Practice for Noise Control on Construction and Open Sites, BS5228, Parts 1 and 2, incorporating any amendments and any requirements of the Environmental Health and Planning Department.

Our site supervisor will carry out daily and weekly environmental assessments which will be audited on a regular basis by our external safety consultant with copies being provided to the client upon request and upon project completion.

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15.1 Pollution controls

- No vehicles or plant will be left idling unnecessarily.
- All vehicles and plant will be well maintained as per the manufacturers' maintenance schedule and will have daily checks completed to ensure that they are good working order.
- Engines and exhaust systems shall be regularly serviced as per the manufacturers' recommendations and subsequently maintained to meet statutory limits/opacity tests.
- All road going vehicles will have the necessary MOT certificates.
- All plant will so far as reasonably practicable, be located away from the site boundaries.
- Under no circumstances shall the burning of waste be permitted on site.

15.2 Dust controls

The generation of dust may require the Contractor to undertake assessments in respect of The Control of Substances Hazardous to Health Regulations 2002. In such circumstances the Contractor will be expected to comply with the exposure limits of the most recent HSE Document "EH40".

The Contractor undertaking the works will be expected to make provision for the reasonable prevention of dust generation. Provision for appropriate means of removing dust, such as water hoses should be made. Public roadways and footpaths shall be kept clear of mud and debris.

- So far as reasonably practicable the method of demolition to be employed shall be such that it generates the minimum amount of dust possible.
- We will utilise the existing water supply for dust control, which will be utilised in the following manner:
 - Hoses and a water source shall be utilised / provided at the most efficacious locations for dust suppression in relation to the works being undertaken at the time. This equipment shall be mobile so as to facilitate timely re-location in the event of a change of wind direction or other adverse weather which has the potential to affect the transfer of dust.
 - As a supplementary measure we shall employ fire hoses to provide a fine water spray which can be directed to the location where it will be most effective in relation to the works being undertaken, with the quantity of water used being monitored and controlled to prevent excessive surface water build up which could potentially lead to flooding.

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- MTX will ensure that, so far as is reasonably practicable both dust suppression methods detailed above are employed at all times where there is the potential for dust release into the atmosphere.
- MTX will monitor the forecast data from a local weather station on a daily basis in order for us to plan our works taking into account the predicted weather conditions, prevailing wind direction and speed to allow us to determine the most appropriate controls.
- MTX will ensure levels of water are constantly controlled, and run-off will be monitored at all times, to ensure no ingress into water courses

16.0 Recycling

As a business MTX are committed to reducing the amount of waste going to landfill and look to send to offsite recycling facilities approximately 98% of waste materials produced from our undertakings.

As such we undertake to segregate all wastes into inert, non-inert, hazardous and non-hazardous to maximise reuse and recycling, whilst minimising contamination, exposure and disposal.

- MTX believes in recycling of all possible materials where possible and will endeavour to carry this out on all our demolition projects, this will be carried out in a number of ways and this particular section will show the process we will adopt in order to achieve our objectives.
- Prior to commencement of works our management team along with our demolition contractor will conduct a survey of the material on site and produce an estimated quantity of material to recycle / process.
- Operatives have attended and obtained NVQ in Waste Management and are fully qualified to carry out these tasks Unprocessed material – i.e. concrete, tarmac, aggregates, bricks and blocks will be separated into piles to either reused on site or take to another site for reuse (the recipient site must ensure that they have an Environmental Agency “Notice of an exempt activity” to use this material as under Waste Management Regulations).
- Plasterboard – This will be segregated from the other materials, deposited into a designated Gypsum Recycling skip and once filled removed from site to a licensed recycling centre.
- Timber – segregate from the other materials, deposited into a designated Timber Recycling skip and once filled removed from site to a licensed recycling centre which they will process material to be used as chipboard, fire brackets or compost.
- Metals – will be segregated and sent away to scrap merchants for recycling.

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17.0 Storage of dangerous goods

As a company MTX recognise, that under the Control of Substances Hazardous to Health Regulations (COSHH) 2002, we have a duty to control substances hazardous to health to prevent or reduce the potential exposure of our personnel.

The site COSHH file will contain a set of generic COSHH assessments which cover the substances which we use on a daily basis, however, as part of our COSHH assessment procedure MTX will identify the potential for any hazardous materials / substances that may be incorporated into the works as they progress. A site register of Material Safety Data sheets (MSDS) and COSHH assessments will be maintained and held within the site office.

Such materials will be stored in a lockable compound, with sufficient ventilation, in accordance with the relevant legislation, codes of practice and best practice standards.

List of COSHH specific for South Annexe Block

- GDCA-003 Diesel
- GDCA-005 Petrol Petroleum Spirit
- GDCA-006 Low Temp SRC EP 2 Grease Multi-Purpose Grease
- GDCA-007 Lucas 85W/140, EP80/90 Gear Oil
- GDCA-011 WD40 Multipurpose Aerosol Oil
- GDCA-016 Dust Demolition Operations

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