Vision Contracting – Islandbridge Development Ltd

Risk Assessment & Method Statement (RAMS)

South Circular Road, Dublin 8

Prepared: July 2021

Prepared By: McCabe Group, Derrylea, Ballyjamesduff, Co. Cavan

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1. McCabe Group Health & Safety Policy Statement

Section 20 of the Safety, Health and Welfare at Work Act 2005, requires an employer to prepare a Safety Statement as a demonstration of their commitment to the management of safety, health and wellbeing of their employees and all parties that they may interact with.

Our Safety Statement outlines safe systems of work for the McCabe Group to follow to comply with any relevant legislation, specifically:

- The Safety, Health & Welfare at Work Act, 2005
- Safety, Health and Welfare at Work Construction Regulations 2013
- The Safety, Health and Welfare at Work (General Application) Regulations 2007 to 2016.

The McCabe Group intends to comply with relevant legislation and provide employees, contractors, and other parties with a safe working environment and to protect those who may be affected by our activities. All interested persons will be expected to comply with policies and procedures as detailed in this Safety Statement.

Our Safety Statement will be reviewed on an ongoing basis to take account of changes in work practices and legislation or standards, work, organisational structure, equipment or substances used and technical knowledge, all changes to the company safety statement will be brought to the attention of all staff and affected persons.

All employees have the responsibility to co-operate with the Company to achieve a healthy and safe workplace and to take reasonable care of themselves and others. It is the responsibility and duty of all employees to comply with the Safety Policy by exercising due caution and care in all activities.

It is the policy of the McCabe Group to consult all staff and employees on matters of Health and Safety. All employees are now notified of our policy and are encouraged to comply with their duties under the 2005 Act to notify the Management Team of identified hazards in the workplace.

The McCabe Group will ensure, as reasonably practicable that we:

- Prevent improper conduct likely to put an employee's safety and health at risk
- Manage and conduct work activities to ensure the safety and health of employees.
- Provide a safe place of work which is adequately designated and maintained
- Provide safe plant, equipment and machinery.
- Provide safe means of access and egress.

- Provide safe systems of work, e.g. operating procedures.
- Prevent risk to health from articles or substance (including plant, tools, machinery, chemical materials, and equipment)
- Provide appropriate information, instruction, training, and supervision, taking account of the employee's capabilities, when an employee begins work or is transferred to a new task, and when technology is introduced.
- Provide suitable protective clothing and equipment where hazards cannot be eliminated.
- Prepare and revise emergency plans designated staff to take on emergency duties.
- Provide and maintain welfare facilities.
- Provide, where necessary, a competent person to advise and assist in securing the safety, health, and welfare of employees.

Our Safety Statement will be available at our Head Office, and at any work sites, we are engaged on.

Signed: [redacted]

[redacted].

The McCabe Group - Managing Director.

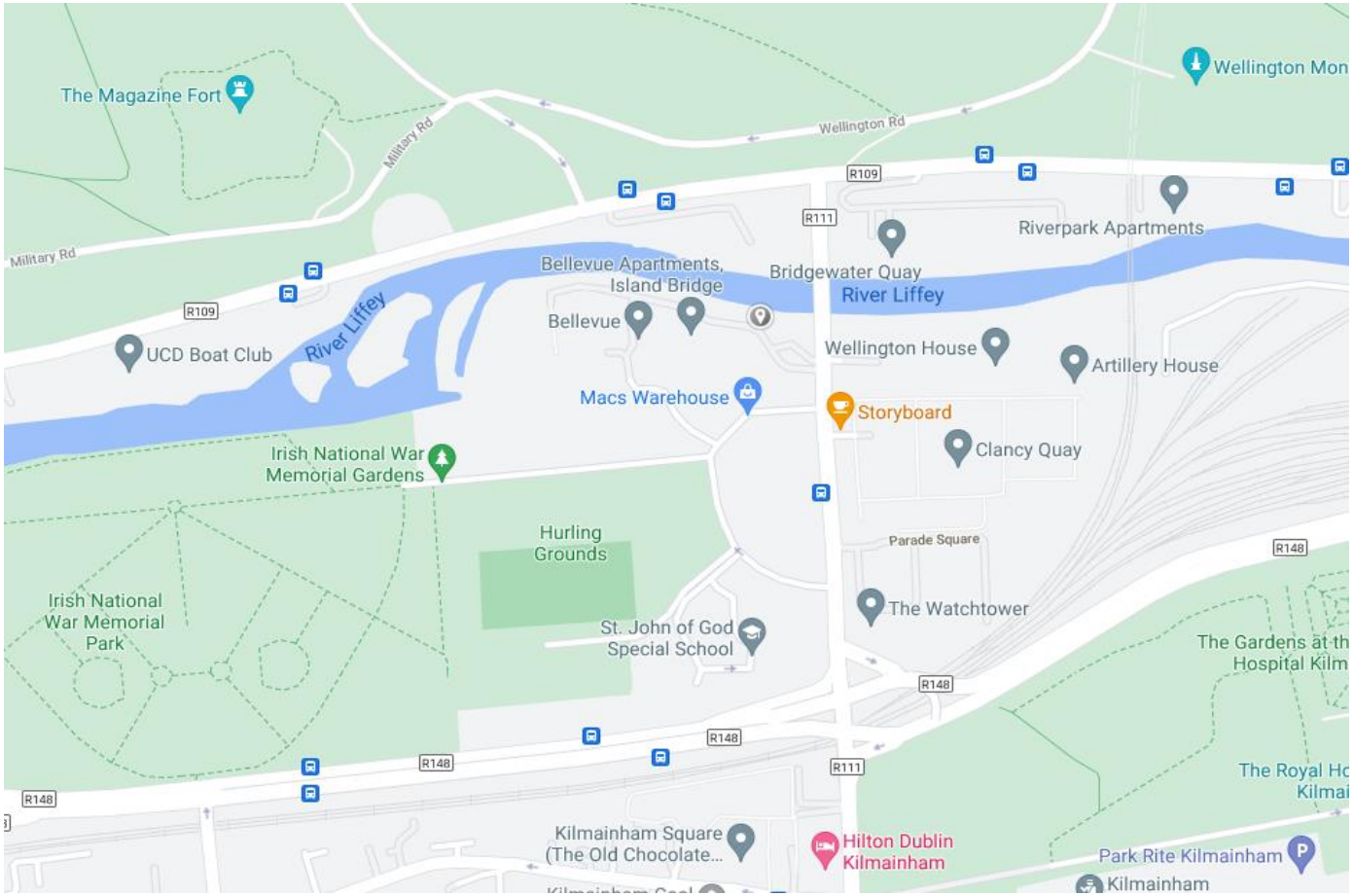
2.1 Document Information

Method Statement Project & Document Information			
Project Name:	Remedial Works to Existing Stonewall at Islandbridge Development, South Circular Road, Dublin 8	**Project No:**	
Client:	Vision Contracting		
Prepared by:	[redacted] (McCabe Group) / [redacted] (EMS – Health & Safety Advisors to the McCabe Group.		
Approved by:	[redacted]		

2.2 Site Specific Information

Method Statement Title:	Remedial Works to Existing Stonewall				
Method Statement No.:	01	Rev:	A	**Date:**	**27.07.21**
Site Location:	Islandbridge Development, South Circular Road, Dublin 8				
Project Start Date:	02.08.21	**Duration of Works**	10 weeks		

2.3 Site Location



3. Project Team

Role	Company Name	Contact	Phone	Email
Client	Vision Contracting			
Project Supervisor Design Process	Vision Contracting	[redacted]	[redacted]	[redacted]
McCabe Group Contracts Manager	McCabe Group	[redacted]	[redacted]	[redacted]
McCabe Group Site Supervisor	McCabe Group	[redacted]	[redacted]	[redacted]
Health & Safety for McCabe Group	EMS & Associates	[redacted]	[redacted]	[redacted]
McCabe Group Foreman	McCabe Group	[redacted]	[redacted]	[redacted]

SECTION 1: DESCRIPTION OF WORKS *(short description)*
The Project will consist of the following works: • Existing stonewall remedial works as required including water management Waste material, which may be generated as a result of constructing the scheme, will be disposed off site in accordance with the relevant Waste Management Legislation

SECTION 2: MAIN HAZARDS / RISKS *(see RA's for risk assessments)*	
HAZARDS	RISKS

1. Manual Handling of Materials 2. Working with Mortar / Concrete 3. Construction activities during works 4. Hand injuries 5. Pedestrians/ 3rd Parties in the vicinity of operations. 6. Lifting Operations 7. Traffic Management 8. Site Security 9. Plant Movement 10. Noise and Dust 11. All Utilities & Services 12. Working near Water	1. Ligament strains, Muscle strains, Fatigue, Abdominal hernias, Prolapsed/herniated discs, Paralysis 2. Dermatitis / Eye Injuries 3. Hand, Body and Eye Injuries 4. Abrasions and Lacerations 5. Bodily Injuries of varying types 6. Personal Injuries – Product Damage. 7. Personal Injuries –Interfacing with vehicular and pedestrian traffic. 8. Risk of injuries to 3rd parties 9. Traffic Incidents 10. Environmental Issues 11. Burns or fatalities may arise from contact with live conductors or hot components 12. Water-related risks – drowning/equipment damage

SECTION 3: SEQUENCE OF WORKS/METHODOLOGY

- McCabe Group will mobilise on site and set up a site compound secured with Harris fencing
- In relation to Covid 19 all works will be carried out in -line with HSE, CIF and WHO guidelines.
- The working area required for the remedial works will be sandbagged as required by IFI.
- Scaffold will then be erected by others to the required areas. Monaflex will be applied to the scaffold to eliminate any debris entering the water.
- The length of the works is circa a 55 section of the wall.
- Stone sample to be approved prior to commencement of stonework on site.
- All ivy and vegetation growth including tree stump will be removed physically from the existing structure as discussed onsite and disposed to a licensed facility. No herbicides will be used.
- All unstable masonry will be removed as per plan including any areas which appear unstable during the works.
- Stonework will be set aside for reuse.
- Stonework will then be rebuilt (above the waterline) after approval from the Conservation Architect using an NHL 5.0 mix. The mix will be 2.5 parts sharp clean sand and 1 part Otterbein 5.0 NHL. Prompt will be used in the mix in areas which may become submerged when tide comes in, which will fully harden within 30 mins.
- The stonework will be carried out by three competent masons working directly with McCabe Group. One additional labourer will be mixing mortar, covering stonework with hessian and damping down to ensure the mortar does not dry too quickly.
- The mortar joints will then be finished with a stiff bristle brush ensuring the joints are tapped correctly whilst semi dry to get an open texture finish to the lime.
- Stonework will be built to the correct height as per plan and capped to match existing wall.

- The remainder of the wall is to be repointed using NHL 5.0 and prompt as an additive to harden just in case water levels rise suddenly. This will be carried out at low tide whilst the wall is out of the water. Using prompt the mortar will be fully hard within 30 mins of application therefore McCabe Group will monitor water levels to ensure areas been repointed will be above water levels for a minimum 30mins after repointing.
- Care to be taken with regards to weather conditions whilst carrying out the works as lime will fail if carried out during hot or cold spells of weather.
- The area of the wall that needs to be taken down will be so under the guidance and supervision of MFA and Alan Traynor Consultants and will be rebuilt in layers as discussed on site. There will also be a geotextile membrane place in two locations as the wall will rise to retain the ground and all methods will be undertaken under the guidance of Vision Contracting to ensure the remaining stonewall is secure.
- McCabe Group will carry out any housekeeping duties associated with our works on a daily basis with removal of material off site.
- In the likelihood any material enters the river bed this will be removed.
- McCabe Group will be available to meet with the design team especially the Conservation Architect on a weekly basis if required.
- Upon completion all stonework will be washed down.
- Scaffolding can then be removed by others.
- Sandbag and water management will then be removed.

SECTION 4: SUPERVISION / LABOUR	
Site Supervisor(s):	[redacted]
Names of Site Operatives	[redacted]

SECTION 5: PLANT & EQUIPMENT	
• Plant and Equipment required:	Cement Mixer, Delivery Trucks, Harris fencing, Wheelbarrow, Shovels,
• Certification / Inspection:	In Site Folder
• Work at height/access equipment:	NA Scaffold by others
• Lifting Equipment (including SWL):	Lifting chains, shackles, slings – Certification in Site Folder
• Electrical (include PAT):	Electrical Contractor – Adrian McCabe Electrical Ltd
• Tools:	Levels, Power Washer, Generator, and other General Construction Tools etc
• Other:	Con Saw and other hand tools

SECTION 6: MATERIALS

Health Hazard	Toxic	Corrosive	Dangerous For the environment	General Danger	Flammable	Explosives
Yes	No	Yes	Yes	Yes	Yes	No

Please insert Yes/No in box below

Materials required:	Sand Sandbags NHL 5.0 Lime		

• Storage:	Site Compound
• Hazardous Substances/SDS:	All SDS's are maintained in the Site Safety Folder
• Waste Management:	McCabe Group via Wilson Waste Management Contractors

SECTION 7: PPE

Helmet Boots Hi-Vis Vest Gloves Glasses

P3 face masks

Ear defenders Impact resistant goggles Surgical masks (to help prevent the spread of Covid-19) Please insert Yes/No in box below				
Yes	YES	YES	YES	YES
Other:				

SECTION 8: PERMITS			
	Yes	No	Comments
Hot Works:			N/A
Excavations:			Permit to Dig
Roof Works:			N/A
Confined Spaces:			N/A
Live Services:			All maps in site folder and use dial before you dig before commencement of works
Risers/Shafts:			N/A
Ladder:			N/A
Works in ESB Hazard Zone:			N/A
Other:			N/A

SECTION 9: THIRD-PARTY CO-ORDINATION *(PSDP, Local Authorities, ESB etc.)*
Utilities Companies as specified by the contract terms.

SECTION 10: MAIN CONTROL MEASURES *(bullet points, see RA's)*
McCabe Group will ensure all staff are briefed on the scope of works before commencement on site.
No Traffic Management Plan

Before any work being commences, warning signs will be set up at the prescribed intervals. These signs will read but not restricted to “Construction Site Entrance Ahead” with the marked distance thereon.
All staff will complete Site Induction before the commencement of operations. All staff will always follow site rules. Site activities will be supervised by the appointed McCabe Group personnel.
McCabe Group have prepared a COVID-19 Response Plan & Operations Manual, and all active control measures will be deployed for the duration of the Project.
High standards of housekeeping are insisted on and will be monitored by the site management team. Waste will be stacked neatly and removed off site where required by Wilton Waste. All site materials will be stored safely and in a tidy manner.
The McCabe Group will ensure that all works are carried out at low activity times and that no safety-critical operations is carried out at when higher vehicular and pedestrian traffic is expected in the vicinity.
All staff have completed TBT’s on various topics – For example, See Handling concrete/mortar – Appendix 5. Gloves are available for use. Appendix 1. Handwashing facilities available on site
All employees are deemed qualified and competent—all tools will be checked before use and not to be used if damaged in any way. Site Management will advise staff on safe work practices before commencement of safety critical operations.
Engineering controls in place. All staff have completed manual handling training. The basic TILE principle will be used for all operations.
First Aid Kits are available in the on-site if required.
Access to the working area is restricted to authorised personnel only.
SECTION 11: Welfare facilities
Welfare facilities on-site
SECTION 12: Parking facilities
N/A
SECTION 13: COVID-19
• For clarity and conciseness of this document, Covid 19 will be dealt with in a separate RAM’s which accompanies this document. McCabe Group and all sub-contractors on site will conduct work in line with the CIF’s SOPs and public health guidelines. • See attached Covid-19 documentation for further details.

- COVID 19 Response Plan to be printed out and held as part of Site Safety File

SECTION 12: EMERGENCY PROCEDURES:	
TASK-SPECIFIC EMERGENCY REQUIREMENTS:	
• A full site induction covers all emergency requirements, including fire safety measures. • The Fire Assembly Point for the site will be near the site van • Staff are advised of trained First Aid Responders are available on site. • Employees are advised that in the event of an accident, they must remain with their work colleague until help arrives. If no help arrives then staff are advised to contact 999 or 112. • All accidents or incidents must be reported to McCabe Group Head Office, who will follow company procedures for Accident Management.	
ACCIDENT REPORTING:	
All accidents and incidents and near misses will be reported to the Project Manager immediately to facilitate accident investigation and preservation of evidence.	
FIRST AID RESPONDER: Dessie Sharkey	On-Site
FIRST AID LOCATION:	Company Vans + Site Office
DETAILS OF NEAREST HOSPITAL: St James Hospital	Coordinated by Emergency Services.

SECTION 13: COMMUNICATION OF METHOD STATEMENT			
I am familiar with the content of this Method Statement / Risk Assessment and will comply. If the work activity changes or deviates from the original scope, I will seek further advice and request an amended Method Statement.			
NAME (PRINT)	**COMPANY**	**SIGNATURE**	**DATE**

4. Site-Specific Risk Assessment

Hazard	Risk	Likelihood	Severity	Risk Rating	Control Measures Required/Applied	By whom	Residual Rating
		(1-3)	(1-3)	(1-9)			
Lack of Employee Awareness	Failure to follow the rules compromising the safety of themselves and others	1	3	3	• All employees will complete Site Induction before the commencement of operations. All employees will always follow site rules. • All employees have completed Safepass/CSR/COVID-19 /CSCS training and are aware of the importance of safe work practices. All employees will always follow site rules. • The induction will comprise ○ Site-Specific Rules ○ Emergency Procedures ○ COVID-19 Management ○ Traffic Control Systems ○ Accident Reporting Procedures	McCabe Group	1

Working Near Water	Risk of water-related injuries – drowning and equipment damage	3	3	9	• All operatives are deemed to be competent and have experience in similar working environments. • Any person working withing 1.5M of water will wear a Personal Flotation Device • Lifesaving equipment (buoy) will be available on site.	McCabe Group	2
Dermatitis	Skin sensitivity to mortar/concrete or other products used during the construction phase.	2	2	4	• All staff have completed TBT's on handling concrete/mortar. • Gloves are available for use. • SWP for mortar is submitted with this RAMS – Appendix 1. • Handwashing facilities available on site	McCabe Group	2
Service Locations	Failure to locate services	3	2	6	• Existing overhead and underground services are known to exist at this site. • Surveys carried out before work begins to assess the risk of any	McCabe Group	2

					underground cables or overhead lines present. • Prior to commencing any work on site all underground cables should be identified by contacting the local electricity authority and, if necessary, scanning the site to detect hot lines. • The route, depth and voltage of the cable should be identified and marked. • The McCabe Group will be required to confirm the nature, position and condition of all relevant services which may affect or be affected by the works, and to take all necessary precautions to guard against the risk of death, injury, damage or disruption. • Precautions must be taken by all Contractors to safeguard all		

					nearby existing structures, commercial buildings, private dwellings, plant services and personnel against the risk of damage or injury during the implementation of the Project.		
Weather Conditions	Failure to observe weather conditions increases the risk of personal injury.	2	2	4	• All work projects are subject to Risk Assessment, and weather factors are included. • It is McCabe Group policy not to work in any inclement weather or where a risk factor is considered too high to allow for safe working. • Poor weather includes high winds/ excessive rain/ice or snow.	McCabe Group	2
Poor Housekeeping	Failure to maintain housekeeping increasing the risk of a range of injuries including slips, trips, and falls	2	2	4	• High standards of housekeeping are adhered to. • Waste to be handled regularly and removed as needed to the waste area.	McCabe Group	2

					• All materials are stored safely to reduce the risk of injury. • A waste contractor, Wilton Waste, will manage waste under the direction of the Site Supervisor		
Manual Handling	Personal Injury and Long-Term Illness	2	3	6	• Engineering controls in place – materials are transported to the work area by Teleporter. • All staff have completed manual handling training. • The basic TILE principle will be used for all operations. • Tasks are organised to allow the use of mechanical aids (e.g. crane, Teleporter) to avoid or reduce the need for manual handling. • All staff are trained in manual handling and certified every 3 years or as required should it be deemed necessary – training	McCabe Group	2

					records are available from McCabe Group Head Office. • Bending, twisting, and unstable postures are avoided.		
Eye Injuries	Personal Injuries	2	2	4	• All operators are provided with safety glasses (EN166). • First Aid Kits are available on site.	McCabe Group	1
Noise Levels	Risk of Noise-Induced Hearing Loss	2	2	4	• All operatives involved with noise-producing work must wear hearing protection – this includes those working adjacent to the operation. • The use of personal media listening devices is not permitted on site	McCabe Group	1
Dust Generation	Range of respiratory illness including silicosis	3	2	6	• All cutting is to be carried out wet • For breaking out, dampening measures will be applied	McCabe Group	2

					• P3 Face Masks will be utilised for cutting/dust-generating activities. • All operatives will wear safety glasses when carrying out cutting operations.		
Personal Injuries	A range of personal injuries may occur due to the nature of the work undertaken	2	2	4	• It is the McCabe Group policy to reduce the risk of injury through risk prevention. • A first aid kit is included in all company vehicles, and a designated member of staff will assume responsibility in the event of an accident. • First aid is provided following PHECC clinical practice guidelines.	McCabe Group	2

Location:	Islandbridge Development, South Circular Road, Dublin 8	**Assessment by:**	
Description:	Masonry Wall Remedial Works at Islandbridge Development, South Circular Road, Dublin 8	Date of RA:	

Risk Rating = Likelihood x Severity / Likelihood rated 1-3, 1 = unlikely, 2 = likely, 3 = very likely / Severity rated 1-3, 1 = not severe, 2 = severe, 3 = very severe.

SECTION 14: PROJECT REVIEW NOTES
All notes relative to the operation of the Project should be entered below, and recommendations for safer work practices agreed for future work projects
SIGNED

Appendix 1: McCabe Group Site Safety Planning Continuous Improvement Plan

As an employer, the McCabe Group has the ultimate responsibility for workplace safety and health. We will provide a direct and positive influence on the application of health and safety in our organisation and all of our sites. To achieve this, we strive for a process of **Continuous Improvement** as the basis of our Safety Management System and Quality Standards.

In line with international standards[1], quality management systems[2] and best practice, we have adopted the PDCA (Plan, Do, Check and Act) Health & Safety Business Model.

The PDCA model achieves a balance between the appropriate systems needed and the behavioural aspects of management. It also treats health and safety management as an integral part of proper management generally, rather than as a stand-alone system.

The Plan, Do, Check and Act System is an "Integrated Risk Management" Approach designed to obtain **Continuous Improvement** in both the Quality and Safety of Service Delivery.

[1] ISO45001:2018

[2] "Deming Cycle"

It is the responsibility of the Site Supervisor to ensure all staff comply with the following Site Requirements to ensure “Continuous Improvement” in all operations.

The McCabe Group will:

- Contribute to the development of the Health & Safety Plan by providing detailed information pertinent to their works for which they are responsible. Use the experience gained on the Project to enhance the overall level of safety and wellbeing on future projects.
- Comply with directives from the Project Supervisors Design Process, and other parties deemed necessary to fulfil their duties. Ensure that instructions received are adopted as safe work practices where appropriate and necessary.
- Take ownership for the safe execution of their works by complying with the project safety statement and site rules and regulations. Personal responsibility is in the control of the operative, and if an operative creates a risk, they own the risk.
- Seek to develop the experience and competency and safety supervision for their staff.
- Ensure that their employees are suitably trained for the tasks to be carried out and provide documented verification of the training.
- Develop safe working procedures and instructions for staff using a Behavioural Based Safety Model – “We do it safely; you do it safely.”
- Control the safety of any person interacting with their working area through education and awareness
- Promote a “Continuous Improvement” message.
- Ensure staff are aware of our Health & Safety Message – “*Stay Safe - Work Safe - Home Safe*.”

Appendix 2: Toolbox Training

(Double Click to open documents)

McCABE

Tool-Box Talk / Safe Work Procedure

SAFE WORK PROCEDURE – DERMATITIS

DO NOT use any materials unless you are familiar with its contents and reactions. Please read the necessary Safety Data Sheet (SDS) – If in doubt- Ask!

PERSONAL PROTECTIVE EQUIPMENT

- Safety glasses must be worn when handling concrete.
- Safety footwear must be worn in work areas.
- Close fitting/protective clothing and Gloves must be worn.
- Rings and jewellery must not be worn.

PRE-OPERATIONAL SAFETY

- ✓ Check that you have the necessary PPE on you
- ✓ Check your workmates PPE
- ✓ Check all jewellery has been removed
- ✓ Check you have your safety glasses
- ✓ Be aware that you are handling a product that can cause injury and ill health
- ✓ Read the SDS / Safety Labels applicable
- ✓ Keep as much of your skin covered as possible

OPERATIONAL SAFETY

- ✓ Avoid spills and splashes and clean up messes promptly.
- ✓ Stay clean by using soap and washing your hands and arms. Always rinse your hands and other exposed areas thoroughly. Dry your skin completely with clean paper towels.
- ✓ Use a good hand cream to replace the oils in your skin after washing.
- ✓ Keep your body free of irritants by changing into clean clothes at the end of your workday. Wash contaminated clothing frequently and separately from your other clothing.
- ✓ Never keep an oily rag tucked in your pocket. It can lead to dermatitis under your clothing.
- ✓ Report early signs of skin irritation.
- ✓ Treat minor cuts and scrapes promptly, because irritating substances can enter the skin through these routes
- ✓ Report any swelling, redness, or unusual symptoms to your supervisor

ENDING OPERATIONS AND CLEANING UP

- ✓ Make sure your workplace is left clean and tidy
- ✓ Wash all tools
- ✓ Wash your hands – remember it takes at least 1 minute to wash your hands properly!

DON'T

- ✗ Do not mess with any product – get caught and you will be disciplined
- ✗ Rub your eyes if you have been in contact with concrete.
- ✗ Wash your work clothes with your normal clothes.

Background Information

Dermatitis is a painful skin condition which can be prevented. The symptoms include red, swollen and tender skin, hot and itchy patches or in severe cases, blisters. Exposure over a long period of time can cause thickening of the skin. In extreme cases, it may eventually lead to skin cancer. Contact dermatitis is caused by direct contact with the substances. There are two different kinds of contact dermatitis. One is an irritant dermatitis - a simple case of irritation caused by contact with the substance. The other type is allergic dermatitis when repeated exposures to the substance cause the body to develop an allergic reaction. This reaction can then be triggered by even very small quantities of the substance.

MCCABE

Tool-Box Talk / Safe Work Procedure

SAFE WORK PROCEDURE – WORKING WITH CONCRETE / MORTAR

DO NOT use Concrete / Mortar unless you have been instructed in its safe use.

PERSONAL PROTECTIVE EQUIPMENT

- Safety glasses must be worn when handling concrete.
- Safety footwear must be worn in work areas.
- Close fitting/protective clothing and Gloves must be worn.
- Rings and jewellery must not be worn.

PRE-OPERATIONAL SAFETY

- ✓ Check that you have the necessary PPE on
- ✓ Check your workmates PPE
- ✓ Check your gloves don't have any holes or damage that would allow wet cement/mortar in
- ✓ Check all jewellery has been removed
- ✓ Check you have your safety glasses

OPERATIONAL SAFETY

- ✓ Be aware that you are handling an Acid – Acid Burns
- ✓ Keep as much of your skin covered as possible
- ✓ Only allow competent people to handle cement/mortar
- ✓ Use a dry board if setting cement – don't kneel in it
- ✓ Only use the appropriate amount of cement/mortar for the job
- ✓ Don't leave cement lying around

ENDING OPERATIONS AND CLEANING UP

- ✓ Make sure your workplace is left clean and tidy
- ✓ Wash all tools
- ✓ Wash your hands – remember it takes at least 1 minute to wash your hands properly!

DON'T

- ✗ Do not mess with cement or mortar – throwing it at someone is dangerous – get caught you will be disciplined
- ✗ Rub your eyes if you have been in contact with concrete.
- ✗ Wash your work clothes with your normal clothes.

Background Information

Wet concrete / mortar is acidic and causes skin irritation. With continuous contact, it can burn the skin, and cause allergic reactions. Such contact can lead to stinging pain, itching, blisters, scabs, dead skin, and swelling!