



CONSTRUCTION MANAGEMENT PLAN

Royal Alexander Hospital

Marine Dr, Rhyl LL18 3AS

Betsi Cadwaladr University Health Board

Rev 1 Date 11/08/2025

Document Control

Issue	Date	Comment	Author	Accepted on Behalf of MTX – Sign and print
Rev 1	11/08/2025	Initial Issue	Paul Harris	

1. General Site Information

1.1 Project Description

The project is to design and build North Denbighshire Community Healthcare Project.

The project includes a new two-story build comprising of –

- Main Entrance
- Same day care centre
- Imaging and ultrasound
- Patient and Visitor Hub
- Staff Hub
- Dental Unit
- Fourteen bed inpatient ward

Total GIFA 2541 m2

The works will include, but not limited to:

- Digging of foundations.
- Concreting of foundations.
- Construction of new build modular building in steel structure.
- Cladding of new build modular building.
- Installation of new roof.
- Installation of new M&E services to the new building.
- Installation of new floor finishes.
- Decorations throughout.

1.2 Project Location

Site Address Royal Alexandra Hospital Marine Road Rhyl LL18 3AS



Full site logistics can be found in Appendix A

1.3 Key Dates and Hours of Work

Site Start: 16th February 2026

Site Completion: 4th December 2026

Hours of work will be

Monday – Friday 07.30 – 18.00

Saturday 07.30 – 12.00

Out-of-hours working may be utilised during the modular delivery phase.

Works outside these hours will be agreed with the trust.

1.4 Traffic Management including Deliveries

Deliveries will be by appointment only and scheduled to avoid congestion and busy traffic times, with all non-preorganised deliveries being turned away from site. All deliveries will only be accepted within the MTX compound.

1.5 Pedestrian and Vehicle Segregation

People and moving plant/vehicles will be segregated by physical barriers in the site whenever possible. Where this is not possible vehicle movements will be supervised by banksmen. A one-way system will be utilised around site where possible. No reversing shall be permitted without a trained and competent banksman being present.

Vehicles will be supervised by a banksman when leaving the site compound, with risk assessment in place which will consider pedestrians both inside of the site and within adjacent hospital grounds.

Signage will be clearly displayed to alert pedestrians to the presence of a construction site with strict security to prevent unauthorised or inadvertent access into the construction area.

1.6 Working Restrictions/Work Area Access

There is scope during the project to extend the site set up during LOLER operations and maintain plant and pedestrian segregation, during these timescales as per the programme of works.

Access to any restricted areas must be requested in advance to the Trust.

1.7 Welfare Arrangements

MTX will provide full facilities for the reheating of food, washing and toilet facilities, drying room and canteen accommodation as required by the CDM Regulations for up to 40 workers. These facilities will be checked on the safety audit schedule. The supply of power, lighting, heating, water supply and drainage will be via the existing client provisions and be connected and certificated in order to comply with current H & S requirements.

These will be provided in a double stacked welfare and office configuration as identified in the logistics plan.

MTX confirms these facilities will be provided from site commencement and then throughout the project and will be adequately cleaned and maintained.

1.8 Parking Arrangements

Parking for up to 32 cars will be available within the welfare compound only – staff and visitors to site must not park on the hospital car parks.

Teams of sub-contractors will be encouraged to travel together to reduce the overall parking requirement.

1.9 Site Security

The contractor compound, construction site and storage areas will be secured utilising hoarding (minimum 2.4 m high) with lockable gates. Gates will always remain closed - should access be needed on site to allow deliveries or contractors to the work area then the gates will be closed immediately after. MTX will ensure that this is conveyed within the site induction to all operatives and members of staff working on the project.

Construction signage will be displayed around the site perimeter warning of the construction activities taking place.

Only people who are explicitly authorised, individually or collectively, by the Principal Contractor will be allowed access into the works area.

All plant left within the compound overnight will be made secure and immobilised removed. All fencing will be checked to ensure it is secure and all areas within the site will be made safe overnight.

All gas containers will be contained with a lockable store and all materials will be secured within lockable containers.

All skips will be supplied with lockable covers and positioned a safe distance from the existing buildings and perimeter fencing to ensure fire safety.

All operatives on site will be identified by the wearing of an MTX numbered Hi Viz vest. The schedule of all numbers and operatives they are allocated to will be sent to the Trust and updated as required.

2. Health, Safety and the Environment

2.1 First Aid

Nearest Hospital Accidents and Emergency –

Glan Clwyd Hospital - Emergency Department
Rhuddlan Road
Bodelwyddan
Rhyl
LL18 5UJ

On-site first aid arrangements will be commensurate with the operations being carried out. A MTX team member will be the designated first aiders and they will be identified to all site operatives at induction and the necessary first aid supplies and certification will be provided in the site office.

All injuries will be noted in the accident book no matter how minor and the records retained at head office under our ISO9001 requirements.

The site manager will be responsible for notifying the emergency services, should they be required, and will ensure the injured party gets to hospital by the quickest method. The site will have access to route maps to show operatives the way to the nearest A & E. The site will display emergency contact numbers on the site notice board and office door in case the site manager is on site, routes to the nearest A & E will be available in the site canteen.

Steps on the event of an accident are:

- Call the emergency services
- Ensure that all relevant details are reported as soon as possible; contacts as shown in the Health & Safety Policy and explained during the site induction
- Remove residual hazards that may pose a risk to others, if safe and competent to do so.
- Fence off the undisturbed scene of a serious incident pending investigation, if safe and competent to do so.
- Notify management of incapacity for work that results from an injury sustained during a work activity

All accidents are to be reported to MTX office as soon as is possible.

2.2 Fire and Emergency

A fire plan and fire risk assessment will be prepared for the project in agreement with the Hospital Fire Officer.

On discovering a fire, alert others on site by verbal means and by use of air horn/fire bell. Once the modules are in situ a Wes fire alarm will be in place.

All operatives must leave and assemble at the designated muster point. If it is safe to do so, turn off all equipment.

Telephone the emergency services on 999

Fire extinguishers will be provided for escape purposes and must only be used to extinguish fire if the user deems it safe to do so.

Fire Fighting Equipment Provided (wireless system and fire extinguishers etc.): In Welfare and throughout the work area.

Fire Muster Point Location: Adjacent to site cabins

Fire Procedure will be relayed to all within the work area at induction. The MTX Site Team will be nominated fire marshals who will take control in an emergency situation. A documented fire evacuation drill will be held at least every 3 months.

Fire equipment will be inspected on a weekly basis by the MTX Site Manager and records kept on site for the duration of the construction works.

Recorded fire evacuation drills will be undertaken at least on a six-monthly basis.

Communication between the client's Fire Safety Officer and site in the event of fire or another emergency will be via the Site Manager, MTX Project Manager and Client Project Manager.

Access to trust fire routes and exits will be maintained at all times. There are fire escape routes from the existing building which will enter the construction area. This will be managed in liaison with the trust.

2.3 Spill Management

A spill kit will be provided adjacent to the work area.

In the event of a spill do not approach or attempt to contain the spillage of an unknown substance or a substance hazardous to health without taking the appropriate precautions specified on the applicable Manufacturers Safety Data Sheet or COSHH assessment sheet.

If there is any likelihood of the substance coming into contact with an electrical source, if it is safe to do so isolate the power source. Do not approach the source if the ground is already damp.

Contain material using relevant absorbents, observe appropriate precautions specified on the Manufacturers Safety Data Sheet or COSHH assessment. Dispose of absorbent according to the COSHH assessment.

Where there is any risk of stored liquids passing into the environment the containers should be placed within a bund located as far as reasonably practicable from drains & watercourses.

For concrete operations, designated, contained, concrete washout areas should be placed at least 10m from any watercourse or surface water drain with spill kit adjacent to the work area.

2.4 Waste Management

Waste will be separated into labelled and segregated skips. Including but not limited to metal, plasterboard, wood and general waste. The skips will be provided and emptied by licenced waste carriers in accordance with legislation. Any hazardous materials will be removed from site by specialist carriers.

Arisings will be removed from site on a daily basis and there will be no stock piling of waste or combustible materials.

Skips will be located as per a site logistics plan.

Waste transfer notes will be obtained for all waste removed from site and transfer notes retained for a minimum of 2 years.

Should there be any queries regarding waste the Site Manager will contact the Environment Agency at enquiries@naturalresourceswales.gov.uk or on 0300 065 3000 (option 1)

2.6 Dust Suppression and Wheel Washing

Appropriate measures will be implemented to minimise the impact of dust / mud. These will include

- Road sweepers scope / frequency to be determined subject to project progress and prevailing weather
- Wheel washing facilities will be provided during the ground works period (Expected to be 4 months)
- Solid Hoarding between site and general areas
- Hard standing to be maintained where practical
- Water suppression to all major cutting / drilling operations

2.7 Health and Safety Goals MTX

Goals

- The works shall be carried out at all times in accordance with the Company Health and Safety Policy and in compliance with Health and Safety Legislation.
- To have no accidents on site or adjacent to the site.
- To have no occupational ill health arising from the project.
- To ensure that no environmental damage occurs.
- To ensure minimum disruption to the local community.
- To exclude unauthorised persons, especially children and persons with specific health issues from the construction site.
- To provide safe access to, and egress from, workplaces.
- To provide workplaces that are free from risks to the health and safety of people at work, or affected by the work, so far as is reasonably practicable.
- To provide operating conditions so that the lowest reasonably practicable levels of noise and dust are generated by construction activities.

2.7 Monitoring and Review

Health and safety performance monitoring is part of the site managers and the site teams responsibilities. It is essential that the site management team has a site presence and are involved in the active monitoring within the construction project. The site management will conduct daily site walk rounds and complete weekly documented inspections. Observations will also be made to identify any problem areas or shortfalls in standards. All other site employees will be briefed to show vigilance with regard to general health and safety issues through the induction procedures.

In addition to the above, this site will be visited by the external health and safety consultancy company on a 4-weekly basis. Reports of these visits discussed with the site manager and any sub-contractors requiring action and then a written report will be e mailed within 24 hours. The health and safety reports observe current activities, both carried out by MTX personnel and subcontractors.

Where additional guidance or assistance is required, the internal health and safety manager can consult with the site management team to facilitate by safety briefings, toolbox talks and amendments to safe systems of work and / or site rules.

The audit reports will also provide a percentage score and any non-compliant or poor areas of compliance will be scored with a priority reporting for remedial action. A database of all the recorded scores is maintained and a percentage performance score for each site visit is calculated. These site report scores are monitored by senior management and are used in two ways: firstly, to monitor the ongoing performance against a benchmark level and provide early warning of any lowering of standards and, secondly, through analysis of the scores in the individual disciplines, to identify the weaker areas of performance for future improvement.

2.8 Liaisons Between Parties on site Including Concurrent Works

Any site liaison will be consistent with normal line management, contractual procedures and CPH & S Plan requirements. All parties will be advised of management structure and contact telephone numbers etc. Any queries relating to programme constraints or design problems will be communicated through client Project/Contract team.

Co-ordination of contractors will be achieved through the normal line management process for controlling the contract. Additionally, all contractors are to work within the site's build programme, and where unexpected site conditions are likely to adversely affect the programme and interfere with various contractors, meetings will be held with the respective contractors to determine a revised programme as appropriate.

Liaison will be maintained between MTX and the Trust via specified trust contact – (Details within project directory).

2.9 Consultation with the Workforce

Details of Project/Contract Management Team will be communicated to all parties of the project/contract. In addition, regular Progress Meetings will be held with client and contractors to ensure effective and safe site operations. Effective communication to general site personnel will be provided by use of notice boards, posters, daily brief meetings and Toolbox Talks as the project/contract progresses.

A weekly coordination meeting is held, via Teams, between contractors and the appointed Trust advisors to plan and communicate Trust wide operations being undertaken for the week ahead. It is a prerequisite that tendering contractors allow for this mandatory attendance throughout the proposed contract period.

All operatives will be encouraged to report any concerns and to give feedback on any health, safety and welfare issues as described as part of the site induction. Subcontractors' representatives will be invited to attend safety meetings where required. Safety bulletins / memos are issued periodically addressing topical and pertinent issues.

In addition to this, MTX has a health and safety committee to ensure effective communication with the workforce and minutes of the meetings are circulated throughout the company.

MTX maintain an open-door policy so all staff can discuss any concerns.

2.10 Selection and Control of Contractors

Contractor selection based on cost alone may not meet the health and safety responsibilities of the client or MTX. It essential that previous health and safety competency is checked:

- Existing health and safety policy
- Worker competency such as training, qualifications, membership to trade bodies etc
- Accident/incident history
- Details of previous enforcement actions
- Insurance

All contractors are required to complete a prestart questionnaire to ensure their competency under the CDM Regulations 2015. This information is linked to other known data such as past performance, management structure, quality plan / performance, resource and procedures for dealing with health and safety management and final approval for appointment. This appraisal evaluates the level of competence of the contractor and the adequacy of the resources the contractor must enable them to complete the subcontracted works safely and without risks to the health of his employees or others.

All contractor's performance and health and safety performance will monitored throughout the construction project site visits. This will be achieved by the health and safety manager and the external competent personnel completing the health and safety site audits. Control of contractors will be provided through the usual management regime on site via direct communication between contractor representative and Site Manager. This process will be aided by regular on-site progress meetings to ensure works are being carried as per agreed programme and to address any health and safety issues that may arise from time to time. Representatives from relevant contractors would attend the site progress meetings with attendance by user representative as appropriate.

Additionally, all contractor employees are required to attend an MTX site induction before commencement of work when the detailed site rules will be communicated in writing and any significant risk issue will be addressed along with TBT's as detailed previously and may be required to attend safety committee meetings if requested.

2.11 Competency and On-Site Training

All competent operators must be trained and competent and must hold a valid certificate or have the appropriate training card by an approved training provider. Operators will be selected

upon their training, ability, knowledge and experience for the nature of the work to be completed. All Company operatives will have received health and safety training commensurate with their site roles and responsibilities.

Where specific skills are required to carry out certain works e.g., machine operations, electrical work, working at height IPAF or PASMA, evidence will be sought from respective contractor and details recorded.

It is the responsibility of the construction team to ensure that individuals have the correct competency cards/ certificate, with the necessary knowledge, training, and experience in place to complete the task/ work activities required of them. It is essential that the expiry dates of training competency cards are checked as they may have expired during the duration of the construction project.

Where any additional training need becomes apparent within the duration of the contract, then suitable arrangements will be made for that training as soon as reasonably practicable. If that training is critical to the task in hand, then a replacement operative will be provided unless respective operative can continue the task with sufficient on-site instruction and supervision.

All personnel arriving on site will be required to attend a site induction session before starting work. Evidence of competency is obtained at induction and copies of any certification taken and held on site.

Toolbox talks, as are appropriate to the works being undertaken, are undertaken and a register of talk held maintained. Operatives are asked to sign to confirm their attendance.

2.12 Exchange of Health and Safety Information Between Contractors

The exchange of health and safety information between contractors will take place during pre-start meetings, and throughout the duration of the project by the use of on-site meetings, letters and electronic means. Projects involving more than one contractor must coordinate their activities with others in the project team and in particular, comply with directions given to them by the principal designer or principal contractor.

2.13 Production and Approval of Risk Assessments and Method Statements (RAMS)

RAMS must be completed prior to commencing any work activity or process by a competent person with the relevant experience. Control measures taken to reduce risk, as far as reasonably practicable, relative and commensurate with the significance of the hazard and risk. The risk assessment should leave the residual risk after applying the control measures.

The Site Manager will review all RAMS to ensure they are suitable and sufficient. The RAMS checker sheet must be completed and attached to the front of the set of RAMS.

Personnel must familiarise themselves with all RAMS appropriate to their task before work commences, taking particular note of any hazards identified and actions/control measures to be undertaken and sign acceptance.

Works in the existing hospital must be agreed with the Trust and a copy of the relevant RAMS will be sent to the Trust for review at least 1 week prior to the task commencing. All method statements, site specific risk assessments, and lift plans are submitted for review at least 5 days before the proposed commencement of the construction work.

2.14 Reporting and Investigation of Accidents and Near Misses

All accidents are to be reported to a member of the site management team and this shall be explained as part of the site induction. The site management team will secure the area and gather the evidence as per HSG 245.

Details of any accident are reported to the health and safety manager who carry out an accident investigation where required. All accidents and incidents, including dangerous occurrences reportable under RIDDOR shall be reported to the HSE through the health and safety manager. This is communicated to the workforce via the site induction. Should the accident involve an absence from work of over 7 consecutive days (The seven-day period does not include the day of the accident but does include weekends and rest days) or otherwise be RIDDOR notifiable then the Estates Compliance Manager and Trust Health and Safety Lead should be informed at the earliest opportunity.

It is the policy of MTX to identify and investigate unplanned losses (accidents), at their source. Thorough investigation to identify the immediate, underlying and root causes of such incidents/accidents. Details of any accidents are discussed during the monthly management meeting in order to identify trends or root causes.

To enable this objective to be achieved it is imperative that all accidents, incidents or near misses, irrespective of the resulting injury or damage, be reported according to the laid down procedures. Near miss incidents are recorded and are reported to the office for review. Near misses can be reported to the MTX construction team at any time The process of near miss reporting is not to attribute blame but to improve the health and safety culture of the organisation and construction site.

In order to avoid misunderstanding, MTX deem an accident to be defined as any unplanned event that results in personnel injury or damage to property, plant or equipment.

All accidents must be recorded. The accident book will be reviewed regularly to ascertain the nature of incidents which have occurred. This review will be in addition to an individual investigation of the circumstances surrounding each incident. All investigations must be recorded on the Accident/Incident Investigation Form.

2.15 Permit to Work

Higher risk activities are subject to a permit to work process to ensure suitable and sufficient controls are in place. Permits are issued daily by the site manager and are in conjunction with task specific RAMS. The operative undertaking the works signs onto the permit. Activities that will be subject to a permit include:-

- Ladders/stepladders permit
- Permit to dig
- Hot works work permit
- Electrical work permit
- Confined space work permit
- Permit to proceed
- Roof Access/Working at Height
- General Permit to Work
- Adjacent Smoke / Heat head Isolations if required.

Any works conducted outside of the CDM area on the Trusts estate will be subject of a permit system from the estate team. The following system will have to be complied with.

BCUHB operates a permit to work system for high-risk tasks and issued by Estates and Facilities. Following receipt of risk assessments, seven days' notice is required for arranging services shutdowns and these requirements will be covered during site induction and obtained from BCUHB Estates and Facilities representative.

The permits cover a variety of work which must be adhered to during the project for working in hazardous / risk situations such as Isolations, Hot works, Excavation, Medical Gases, Confined Spaces, Working at Height and Asbestos Permits, live electrical work.

2.16 Temporary Works

Temporary works will be subject to appropriate design process. MTX shall control and record any temporary works to be designed and erected during the construction phase.

During the construction phase MTX will complete its duties under temporary works following BS 5975. MTX will use the following detailed procedure P47. David Peacock will appoint the competent temporary works coordinator for each construction project and where necessary a temporary work supervisor to aid the coordinator. The temporary works coordinator will complete a design brief to be sent across to the temporary works designer. Where temporary works designs are categorised 2 or 3 then these must be approved by either another temporary works designer (category 2) or an external designer (category 3). All the relevant designs and inspections will be documented in the temporary work register. Where hold points are issued in the design brief these will be subject to a permit to load/strike. An inspection plan will be produced relevant to the nature and the complexity of the temporary works, the findings documented in the relevant documents and the register.

Temporary works process is as follows: -

- Appointment of a Temporary Works Co-ordinator (TWC)
- Completion and maintenance of a Temporary Works Register
- Preparation of design briefs for elements identified in the register
- Production of temporary works designs
- Temporary works design check
- Preparation of risk assessments/method statements
- Pre-erection inspection of the TW materials and components
- Supervision of erection of temporary works
- Check that the TW have been erected in accordance with the design.
- Issue a formal "permit to load" where necessary.
- Confirm that the TW have attained adequate strength to allow TW to be dismantled.
- Issue a formal "permit to dismantle" where necessary.

The Temporary Works Coordinator for these works will be on the Site Contacts List.

2.17 Demolition and Prevention of Unplanned Collapse

The demolition works will be completed prior to MTX site involvement.

2.18 Stability of Structures Whilst Carrying out Construction Works, Including existing Unstable Structures

All practicable steps will be taken to ensure that any new or existing structure shall not become unstable due to the carrying out of the construction work. All temporary supports and structures shall be designed and installed so that they can withstand foreseeable load and will be subject to temporary works process. A site-specific method statement, risk assessment and site induction for all operatives must be completed for any structural works.

2.19 Management of Dust and Mud

Where applicable, MTX/MTX representatives shall put in place control measures to mitigate the levels of inhalable dust generated by construction activities and vehicle movements. Dust generation, being more prevalent during dry weather conditions, can affect public health. Excessive dust suspended in water run-off may be classed as a contaminant. The new site access/entrance road to the site will be constructed at the commencement of the development and kept clear of mud, debris and materials at all times.

All construction works will be conducted in accordance with the IAQM guidance, the main activities to be considered during the construction phase of the proposed development are earthworks, and construction.

Earthworks covers the processes of soil-stripping, ground-levelling, excavation, and landscaping. Construction activities will focus internal works and potential for production of general construction dust. During the demolition and construction phase, the implementation of effective mitigation measures will substantially reduce the potential for nuisance dust and fine particulate matter to be generated.

Earthworks and demolition/ deconstruction work

- The demolition and construction of the new build will be conducted behind a demountable solid hoarding.
- As is reasonably practicable work methods which limit the production of dust shall be implemented.
- The MTX site team will walk the site remit area fully and visually assess the extent and any risks associated with the site prior to work commencing.
- Access and egress roads to and from the site will be constructed from a material such as tarmac to reduce dust.
- Minimise vehicle movements and limit vehicle speeds – the slower the vehicle speeds, the lower the dust generation.
- Tracking routes will be dampened down regularly to vehicle movements and plant tracking 'kicking up' dust.
- Dust level monitoring shall be carried out throughout site especially at the site perimeter and records kept on the Rdrive system.
- Soft strip inside buildings before demolition.
- Ensure effective water suppression is used during demolition operations. Handheld sprays are more effective than hoses attached to equipment as the water can be directed to where it is needed.
- Remote demolition is to be completed in its majority by muncher/grab/bucket demolition, with reduced use of Hydraulic Breaker to reduce dust production from Hydraulic Breaking.
- Spoil heaps will be dampened down regularly to prevent gust/wind migrating dust
- Protect surfaces and exposed material from winds until disturbed areas are sealed and stable.
- Dampen down exposed stored materials, which are to be stored as far from sensitive receptors as possible.
- Avoid activities that generate large amounts of dust during windy conditions.
- Ensure vehicles entering and leaving the site are covered to prevent escape of materials during transport.
- Vehicles leaving site to have wheels washed to reduce debris and dust leaving the site and tracking onto the road. The proposed location for this facility is within the internal access road to the east of the existing UTC building.

Internal construction works

- Use solid timber hoardings within the link corridors/rooms. These hoardings will run floor to ceiling and will be sealed using tape to ensure that any dust will not access the link corridors/rooms during the breakthrough.
- Where practicable use on tool extraction systems to eliminate dust at the source, minimise tools, equipment, and processes that maximise the production of dust. Use vacuums (HEPA filter) for clinical areas to clean excess dust from surfaces, where it is not possible to use vacuums the surfaces must water suppressed before cleaning.
- Clean well maintained welfare facilities shall be provided, which shall include showers for dusty works to prevent workers from migrating dust out from the site on their persons when traveling from site.
- All dust generating activities are to be supervised.
- Waste materials shall be removed on a regular basis to prevent dust-spread.
- Ensure that housekeeping is maintained throughout the construction project to a high standard.
- Operatives shall be given a toolbox Talk on Aspergillus/ dust
- Provide information, instruction and training on the production of dust and the effects on the respiratory system.
- All works will be conducted in line with HSG 150, CIS 36, and MOL Control of Dust Emission Supplementary Guidance.
- All pipework is installed with cap ends to prevent contamination.
- All pipework is installed will be flushed, and then chemically cleaned at the start of the commissioning process.

3. Significant Design and Construction Hazards

3.1 Significant Design Assumptions and Suggested Work Methods

None currently highlighted – please refer to designers' risk assessments

3.2 Arrangements for Co-ordination of Ongoing Design Work and Handling Design Changes

It is essential that any design information is provided both in the initial contract documents and any subsequent changes to design of the structure etc. MTX will co-operate fully with the client to ensure such information is properly integrated into the works. Similarly, where MTX is required to carry out design work (this may also include temporary works) then this information will be communicated to the PD to be confirmed, acting as the Principal Designer for approval as necessary. If there are any design changes they will be controlled by the joint efforts of the client and the design team before implemented.

Any proposed changes through to the project works must be coordinated and agreed to through MTX Architecture and acting as the Principal Designer, TBC.

Any design change must be reviewed by the designer(s) following the same procedures as adopted in the original design process.

Details of design changes with health and safety implications must be issued to the principal designer.

The design changes will be reviewed on site by the principal contractor or contractor to examine the health and safety implications and all necessary measures taken to implement these changes. Review changes with principal designer before implementation of design changes.

Construction changes generated by unforeseen circumstances must be assessed by the "designer" and the designer(s) resolution to these problems passed to the principal designer.

MTX will inform the client at the earliest opportunity should it become apparent that anything in connection with the works could: -

- Present a risk to the health and safety of the workers undertaking construction of maintenance.
- Create a significant safe operation and maintenance of the works or any in the vicinity of the site.
- Result in a major change to the design and/or the resources required to complete the work.

Requests for design changes will be received by the client and this will be communicated to the designer who will amend the drawings to reflect the changes.

3.3 Information on Significant Risks Identified During Design

Issues of significant risks will also be addressed within the specific RAMS relevant to the works.

3.4 Materials requiring Particular Precautions

None currently identified in the construction methods.

4. Arrangements for Controlling Significant Health and Safety Risks

4.1 Preventing Slips Trips and Falls

Slips or trips are the single largest cause of injuries on construction sites, leading to more than 1000 major injuries being reported each year. Most of these injuries can be easily avoided by effective management of those areas of the site where workers need access, such as corridors, footpaths, stairwells and site cabins. MTX site management will have clearly designated walkways with good conditions underfoot, level, and firm ground conditions. All access routes and areas will be adequately lit. MTX will ensure that corridors, stairways, footpaths, and other areas used by pedestrians will always be kept clear from obstructions. MTX operate a clear floor policy and expect all work areas and welfare facilities to be kept in a clean and tidy condition. Tools and materials are to be kept in such a manner as not to cause a hazard and any spills to

be cleaned promptly. All pedestrian routes, especially emergency escape routes are to be kept clear at all times. It is for all contractors to participate in the house keeping policy and to ensure that the site remains tidy at all times, removing waste to the skips provided.

Contractors will use battery operated tools where possible to reduce the need for 110v cables. Any cables that remain on site will be fixed above head height to reduce the risk of tripping.

Deliveries will be planned to minimise the amount of materials on site, to reduce the risk of trips on site.

Toolbox talks on housekeeping will be undertaken and housekeeping forms part of inspections and audits.

4.2 Working at Height/Injuries from Falling Objects

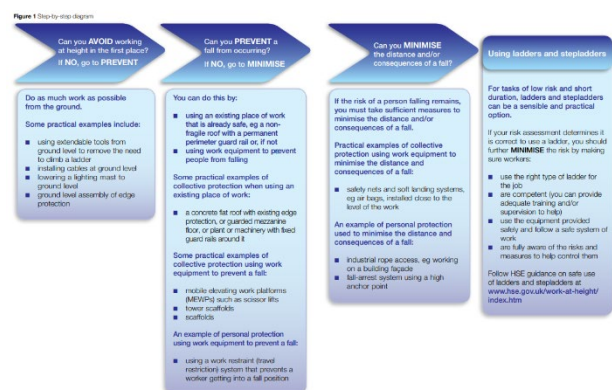
A fall from height is defined as any height above or below ground level from which a fall could cause personal injury. All work at height will be planned and supervised as per regulation 4 of the working at regulations 05. The hierarchy of working height set out INDG 401 must be followed when planning and selecting the correct work/access equipment.

Where possible working at height must be avoided. Where working at height is unavoidable then control measures to minimise the distance and consequences of a fall will be detailed in the relevant risk assessment and method statement. A rescue plan will be included in the RAMS in the event anyone is taken ill or injured at height.

Holes and openings (excavations) formed during the progress of the construction works, and open (leading) edges must be protected by appropriate measures to ensure the risk of persons, tools, plant and equipment being able to fall through or off them is eliminated. Protected edges must have a handrail at 950mm and intermediate handrail at 470mm.

All work at height will be properly planned, supervised and carried out in a manner which is so far as is reasonably practicable safe. Such work will be risk assessed using the hierarchy of controls detailed in the Work at Height Regulations. Site specific method statements and risk assessments will be produced and discussed with the appropriate operatives. All work to follow the hierarchy of working at height, set out in the flowchart. The majority of work at height internally will be conducted from mobile towers or podium steps but should work off step ladders be required this will only be permitted on production of a step ladder risk assessment that shows no other safer method is available and under a permit to work. Ladders should not be used as work equipment and only as access equipment.

There are no known fragile surfaces or materials under the current scope of work to consider. This will be monitored and addressed should the situation change.



For each step, consider what is reasonably practicable and use 'collective protection' before 'personal protection'

4.3 Safe Access and Egress

MTX will provide a safe means of access and egress to the construction site, for all construction workers. MTX will ensure that 3rd parties have safe access and egress to the public areas of the hospital and the construction process will not limit 3rd party access to the hospital as far as reasonably practicable.

4.4 Control of Lifting Operations

Crane Lifting operations will be on a contract lift basis with the appointed person, crane supervisor and slinger signaller supplied by the Crane operator. The appointed person, and all

other members of the lifting team, will be identified prior to operations taking place in order to assess competency.

All crane lifts will be conducted in accordance with the lifting contractors lifting plan, LOLER, method statement and risk assessment. The assessment will be communicated to all project personnel. Any critical changes to the lift including substituting the Crane, must be reported to the appointed person for lifting for review of the plan and approval, before a lift is commenced.

The lift area will be barriered and supervised to prevent unauthorised access. There must be NO lifting over occupied buildings unless absolutely necessary and additional and documented measures are in place within the lifting plan.

The crane lift contractor will carry out an assessment to ensure the accessibility and stability of the location and to ascertain if any temporary measures need to be put into place to enable the lift to safely take place and with least disruption to hospital operations. Any significant findings will be included within the lift documentation.

Other lifts carried out on site are subject to a lift plan and must be organised as per regulation 8 of LOLER 98. All lifting equipment and accessories must have the statutory inspection in place as per LOLER 98. Pre-use inspection must be carried out before each lift. All other lifting equipment will be checked on its arrival at site to ensure the certificate of thorough examination is available and within date, including any lifting accessories. All items of lifting equipment and accessories will be entered onto a lifting register with the on-site inspection requirements. The site Manager will maintain this register. Any defected lifting accessories must be destroyed to prevent further use. All lifting accessories will be stored correctly and only trained and competent person to operate the lifting equipment with and a slinger using the correct slinging techniques and having knowledge of the mode factors.

All crane lifts and associated methodologies are to be provided to the project team at least 2 weeks before the planned lift to ensure works are coordinated and approved with neighbouring wards and notifications to Air Ambulance in the nearby vicinity.

4.5 Excavations and Hidden Services

All work on excavations will be carried out in accordance with all current legislation, Regulation 22 of the CDM Regs. All excavations will be checked at the start of each shift, by a competent person who fully understands the dangers and necessary precautions of excavations. Excavations open for longer than 7 days will be formally inspected, and a written record of that inspection and any actions required retained.

All practicable steps must be taken to prevent danger to any person (which means if the technology exist then must be used), including, where necessary, the provision of supports or battering, to ensure that—

- (a) no excavation or part of an excavation collapses.
 - (b) no material forming the walls or roof of, or adjacent to, any excavation is dislodged or falls; and
 - (c) no person is buried or trapped in an excavation by material which is dislodged or falls.
- Suitable and sufficient steps must be taken to prevent any person, work equipment, or any accumulation of material from falling into any excavation. Therefore, all excavations will have barriers or edge protection to prevent people falling into the excavation.

Prior to any excavation activities site drawings will be reviewed and all known services marked. It will not be assumed that all services are shown on the drawings.

MTX will establish a safe working method for detection and protection of existing site services including investigating, tracing and exposing by hand and mechanical methods as appropriate, in accordance with HSG 47. Detection will include the use of Cat and Genny and or Ground Penetrating Radar, with mechanical digging to within 500mm as per HSG47 using Toothless (Trenching bucket) with the use of the bank's person, observing for visual indicators (Tape, Changes to strata etc.) once Within 500mm – Use of insulated hand tools (Safe techniques)

Excavations, including their design, will be managed as temporary works and included on the temporary works register.

All work will be conducted in accordance with the method statements and risk assessments. 'Utilities crossings' shall be treated as temporary works and will be under the control of the Temporary Works Co-ordinator.

Excavations will be supported, fenced and lamped where necessary.

Any poor ground conditions noted, or possible ground contamination will be identified to the MTX supervisor immediately and advice sought before work continues.

4.6 Working on or Around Services

On occupation the site will be checked for live services (electric, gas and drainage already known and to be diverted by MTX). Prior to any works commencing the full site area will then be checked a further time by a qualified electrician to ensure full isolation and all areas requiring ground works will be further checked by a CAT survey and or Ground Penetrating Radar and approval to continue issued by the MTX site manager. All work to be conducted on the site will use 110 V electricity for power and lighting.

No work on live services will be permitted without a permit to work. MTX must ensure they carry out adequate prestart check to ensure complete isolation and lock off and tag out from the isolated service. It is essential when working with electrical equipment that the equipment is tested for "dead" to ensure that it has been isolated correctly.

Operatives will not work on or in proximity to energised circuits of any voltage unless adequate safety measures have been taken. All portable tools and equipment will be 110v. A Consumer unit with RCD device will protect all site accommodation.

4.7 Maintenance of Plant and Equipment

All plant and work equipment such as power tools must be suitable for the task/work activity that is being conducted, as per Regulation 4 of the Provision and Use of Work Equipment Regulations 1998 (PUWER). Equipment must be used in the way it is intended by the manufacturer. The user should never make alterations and or changes to the equipment.

All tools and machinery must be maintained in good repair and any safety devices should be in good working condition and all tools and machinery should comply with the PUWER. Items of portable electrical equipment will be subject to PAT testing and will carry a sticker displaying date of test and planned re-test. Prior to the work all equipment should be inspected.

All work equipment that would normally come under statutory inspection and test controls will upon receipt at site be inspected to ensure: -

It is in good operational condition, it has all statutory certification, and confirm it is the correct type of equipment for the work to be done.

Only trained and competent personnel with the appropriate licences will be authorised to operate mobile plant and work equipment.

All plant will be entered onto a register with inspection requirements noted and this register will be maintained by the Site Manager.

4.8 Storage of Work Equipment and Materials

All delivered materials will be stored either in the secure contractor's compound or immediately adjacent to the work area as noted on the site layout plan. No materials will be allowed to be stored in emergency lanes (where provided), live carriageway or safety zones. All materials and products will be delivered on an "as required" basis.

Site management team will develop material delivery schedule and ensure that it is communicated to all relevant personal. It will be ensured that all contractors and suppliers are aware of delivery restrictions due to the nature of the construction site and restricted space. Materials on site will be stored in lay down areas, where possible store materials on pallets to reduce manual handling issues. Combustible materials must be stored away from ignition

sources (hot works) and provisions must be made for the storage of flammable and polluting substances.

All substances hazardous to health will be stored in a designated COSHH cupboard located in the storage container and as appropriate to the COSHH assessment. Substances will be banded where appropriate.

If materials are stored at height for example on a scaffold gantry, guards must be in place to prevent materials falling from height where materials that are stored higher than the 150mm toe board, for example brick guards. It will be ensured that necessary guard rails are in place if people could fall when stacking or collecting materials or equipment.

4.9 Lone Working

Lone working is not allowed, only in exceptional circumstances will lone working be conducted and a specific risk assessment must be produced.

4.10 Asbestos

Estates and Facilities teams hold relevant Hospitals Asbestos Register for the site and the working areas and any identified ACM's are recorded in this register. However this register must not be used by the Principal Contractor to sufficiently plan or co-ordinate any working methodology.

A Refurbishment and demolition survey has been instructed by the Trust with published findings of this survey pending. No works to the fabric of the building including service connections or penetrations are permitted to proceed until the absence of Asbestos Containing Materials can be ascertained. Any appointed contractors, designer or consultant must ensure they consult the R&D Survey, once available, before commencing works on site, to ensure they are familiar with these locations, especially when deciding on sequence of work and how best to avoid disturbing the ACMs present in the working area. This will not however form part of the overall working methodology, and is not limited to service connections to plantrooms, service cupboards and IT server rooms.

Any appointed Licenced Asbestos Removal Contractor will be required to assess all the identified hazards prior to commencing the works. The FODASB5 notification will be required to be submitted to the HSE the 14 days prior to the work activity's starting on site, as the regulations require by the Approved Licenced Asbestos Removal Contractor. LARC The contract document will specify if identified asbestos removal will form part of the Principal Contractors scope of work or removed prior by BCUHB approved Asbestos removal company. Any Asbestos containing materials requiring removal must be completed by an approved Asbestos removal company.

Any ACM's that have been identified in the vicinity of the project and not within the scope of works, will form part of the contractor's induction from Estates and Facilities representative. Contractors must ensure they have planned to protect these areas so far as is reasonably practicable, to ensure ACM's are not disturbed.

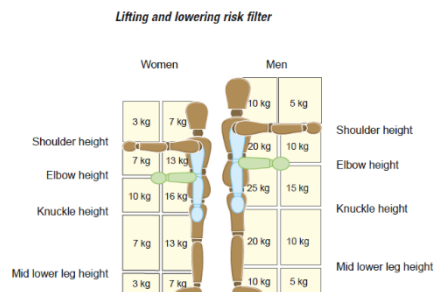
The Principal Contractor's management arrangements and emergency Procedures for the accidental disturbance and damage or further discovery of any suspect materials not identified in the register must be included within the Construction Phase Plan and covered during site induction.

4.11 Manual Handling

Manual handling injuries account for a third of all lost time injuries within the workplace. Therefore, wherever possible manual handling activities must be avoided, and the use of manual handling aids shall be utilised, such as telehandlers and mobile cranes. When manual handling aids cannot be utilised, and manual handling cannot be avoided then the task will be conducted in accordance with a manual handling risk assessment, using the TILE technique to assess the overall lifting risk to the individual. All manual handling should be conducted using the manual handling lifting technique. Where possible loads must be either split into smaller more manageable loads or by utilising other workers and participating in a team lift.

The Manual Handling Regulations set out a clear hierarchy of measures you must follow to prevent and manage the risks from hazardous manual handling:

- Avoid hazardous manual handling operations, 'so far as reasonably practicable'
- Assess the risk of injury to workers from any hazardous manual handling that can't be avoided.
- Reduce the risk of injury to workers from hazardous manual handling to as low as reasonably practicable.



Contractors must conduct a manual risk assessment when manual handling will be conducted above the weights set out in the manual risk assessment filter as per the manual regs 1992.

4.12 Use of Substances Hazardous to Health (Particularly Where There is a Need for Health Monitoring)

All products of a potentially hazardous nature will be the subject of a full COSHH assessment prior to being taken into use. Such an assessment will also determine the controls in place to prevent, or where this is not reasonably practicable, adequately control the exposure of their employees to substances hazardous to health. Workplace Exposure Limits (WELs), which should not be exceeded, are specified by the HSE for certain substances. These workplace exposure limits can be found EH40 guidance document from the HSE. Substances may need additional health surveillance and monitoring. Substances hazardous to health will be stored in accordance with the COSHH assessment and banded where necessary.

General Construction Dust – Dry brushing is to be kept to an absolute minimum with the use of HEPA filter vacuum cleaners, utilised as the primary control measure. Extraction systems should be used where reasonably practicable, such as on tool extraction. Increasing the ventilation and selecting the correct equipment can also reduce the amount of dust produced. Sweeping and brushes should be avoided. If brushes are needed then the work area should be dampened through water suppression.

To prevent the inhalation of construction related dust, further guidance can be found in CIS 36 HSE information sheet.

Where construction activities are likely to create dust, such as wood cutting and masonry cutting, control measures are to be identified in the risk assessments and method statements. All Contractors to ensure the following: -

Wood Cutting – Ensure suitable dust extraction is fitted to the equipment when cutting i.e. vacuum complete with M/H class filtration.

Masonry Cutting – Ensure that suitable dust suppression is in place such as water or suitable extraction. Where Local Exhaust Ventilation (LEV) is used ensure a H Class 13 Hepa Filter is fitted.

If using LEV this requires a 14-month statutory examination to be conducted by a competent person.

RPE is to be used as a last line of defence in the hierarchy of controls and should not be first but in addition with extraction, ventilation, and water suppression. If RPE is to be used, then the following criteria must be met; -

- The type of dust mask must be a filtering face piece 3 (FFP3) minimum (EN 149:2001)
- The dust mask must be face fitted.
- The wearer must have a clean-shaven face i.e., no stubble or beard or the mask will not be effective.

4.13 Reducing Noise

The permitted hours of work when noise can be audible at the construction site boundary shall be confined to the opening times identified above. Any noisy operations outside these hours cannot be undertaken.

Noise must be kept to a minimum by methods of work that conform with The Control of Noise at Work Regulations 2005. Noise monitoring all be randomly conducted to ensure that the site is within the Exposure levels.

- 80dB(A) to 85dB(A) at these levels information instruction and training to be provided in line with a risk assessment.
- 85dB(A) to 87dB(A) At this level hearing protection is mandatory any contractors will take reasonably practicable steps to reduce exposure by technical and engineering controls.
- 87 dB(A) or above is the exposure limit value no individual can be exposure to this value or above.

All plant and vehicles associated with the construction phase will be fitted with appropriate silencers etc.

Hearings protection should be available at all times and worn when identified in the relevant risk assessments. Noise should be kept to a minimum where reasonably practicable, so not to disturb neighbouring properties or wildlife. When completing tasks, selecting the correct tools is essential for reducing noise, replenishing drill bits for example. Ensure that when purchasing the equipment that new newest models are consider, to reduce the noise output.

4.14 Reducing Vibration

Vibration can be split into two groups:

1. Hand arm vibration or (HAVS) – which can cause health complications such as vibration white finger. The daily exposure value is $5M/S^2$ which is the maximum an individual can be exposed to in a single working shift.
2. Whole Body Vibration – which is caused by operating ride on plant the vibration affecting the body in the seated position. Whole body vibration can cause injuries in the back. Exposure limit value of $1.15 m/s^2 A(8)$ which should not be exceeded.

This can result in long term and permanent health issues for operatives if exposure is not controlled.

Any tasks that may present the risk of vibration will be subject to risk assessment which will detail the controls required to mitigate the risk to an acceptable level. Control measures will include: -

- Choosing plant and equipment with the lowest possible vibration levels
- Ensuring plant and equipment is adequately maintained
- Provide information, instruction and training to employees on the risk and the actions being taken to control risk
- Provide suitable health surveillance/monitoring

Trigger times will be recorded, and task rotation shall be carried out to ensure that operatives remain below exposure limits.

4.15 Needlestick Injury

Should needles or other drug paraphernalia be discovered within the area of work it should be reported immediately to the site management team, cordoned and objects removed before works commence. Should a needlestick injury occur, the area should be washed immediately under running water with soap, encouraging the wound to bleed by a squeezing action (do not suck the wound). The injured person should attend the nearest A&E immediately for medical intervention.

4.16 Biological Hazards

Drainage Works - All operatives to be aware that the existing drainage may contain contaminants and appropriate safe working practices (operatives to wash hands before eating

or drinking) and PPE appropriate to the risk as identified in the RAMS (overalls, gloves, masks etc) worn.

Aspergillus - All contract works to be mindful of dust production as this is an aspergillus risk to immune suppressed patients or even operatives / site staff. Should dust be produced then the site must follow the Trust aspergillus procedure but weekly communication with the Trust must identify future dust production risks for consideration.

Leptospirosis (Weil's disease) - This is a serious, sometimes fatal, disease transmitted to humans when they come into contact with urine from infected animals, usually rats. Contact with rats or rat urine is possible during work activities especially when in ducts, excavations and ditches. Leptospirosis can enter the body through cuts and scratches in the skin and via the nose and mouth by contact with contaminated materials such as soil or water by touch with dirty hands. Leptospirosis can start with flu like symptoms with a severe headache and can lead to vomiting, jaundice, meningitis and even kidney failure and in some cases Leptospirosis can be fatal. Cover any cuts and grazes with waterproof plasters before work. Wear gloves and double glove with a disposable waterproof glove if necessary. Always wash hands thoroughly after finishing work but especially before eating, drinking or smoking. Should symptoms of possible leptospirosis infection become apparent seek medical advice immediately and inform them of possible contact with the disease.

Legionella - There are strict legionella control systems in place and all disruption to water services must be controlled and subject to risk assessment and method statement.

Covid 19 - If the hospital is currently treating patients with COVID 19 MTX will abide by all requirements from the Trust. MTX will follow all government guidelines regarding Covid -19 and possible future pandemics.

MTX will abide by the advice from the government and implement measures that are as reasonably practicable as appropriate to the site conditions. A Covid-19 risk assessment has been produced and must be followed during the construction project.

As these works are also due to commence during the winter months this may see ever changing requirements to government guidelines and mandatory hospital requirements.

Communal Area - Colleagues including contractors are strongly encouraged / recommended to wear face coverings in the following areas, due to increased COVID-19 infection rates.

This strongly encouraged recommendation relates to:

- All non-patient facing areas
- Main corridors and stairwells (public areas)
- Areas outside of a ward/other clinical department
- Restaurants and cafes
- Main reception areas and shops

Clinical / Inpatient Areas/Wards - Where works are to be completed in clinical areas, including inpatient wards face coverings must continue to be worn as a mandatory requirement – there is no exception to this requirement, including:

- Emergency departments and UTCs
- Day units
- Assessment units
- Non-clinical areas within a ward/other clinical department, such as
- an office on a ward, if more than one colleague is in the room

Vermin

Vermin are animals that carry disease and include rats, mice and birds. The presence of vermin, or their droppings, can cause significant health issues to operatives carrying out their duties. If there are signs of a vermin infestation and/or their droppings the area should be sanitised prior to works being commenced in that area. This will be subject to specific risk

assessment which will outline the identified hazards and required controls to mitigate those hazards. Waste frequency removals are critical for controlling vermin on site. Operatives must not eat on site and must always return to the welfare provisions to eat and drink and after washing their hands. Works to control vermin shall be conducted in conjunction with the Client environmental health officer.

4.17 Confined Spaces

A confined space is a place which is both substantially or largely (but not always) enclosed, where serious injury can occur from hazardous substances or conditions such as a lack of oxygen within that space. A confined space is any place, including chamber, tank, vat, silo, pit, trench, pipe, sewer, flue, or other place in virtue of its enclosed nature.

Entry into confined spaces is to be undertaken by trained and competent personnel only and must be under a permit to work. Site specific RAMS, including rescue plan arrangements must be provided before any work commences.

No confined space entry is required under the current scope of work.

4.18 Weather

UV Radiation

A toolbox talk will be undertaken outlining the dangers of UV radiation and general sun care advice. Health information regarding care in the sun will be displayed in the canteen. Operatives will be encouraged to wear sunscreen, stay in the shade wherever possible including breaks and drinking water will be available to prevent dehydration. The wearing of hats at all times is mandatory and maintaining hydration is critical when working in the heat.

Wind

During strong winds (particularly gusting) roof works and works at height, including on mobile towers and other such access equipment, will be suspended. Winds in excess of 23mph (Force 5) will affect a person's balance, especially if materials are being carried whereby a sail effect can increase the risk of an incident.

Crane operations are suspended during periods of strong wind, with most cranes having an inbuilt anemometer that prevents the crane operating when wind speeds exceed the safe working limit. The wind speed that stops the lifts will be documented in the lift plan.

Snow, Ice and Heavy Rain

Poor weather conditions such as rain, ice and frost can create slippery conditions leading to falls, and if there is a slip at height this can lead to a fall from height.

Weather conditions will be monitored, and action taken whenever freezing temperatures are forecast.

Gritting will be carried out when frost, ice or snow is forecast or when walkways are likely to be damp or wet and the floor temperatures are at, or below freezing.

Roof works and works at height will be monitored and particular attention given during poor weather conditions.

5. The Health and Safety File

5.1 Layout and Format

The Trust requirements for Health and Safety File, along with the building manual, will be developed. The Project Handover Checklist is to be completed at the end of the works. Please see the guidance of the health and safety file in the pre-construction information.

5.2 Arrangements for the Collection and Gathering of Information

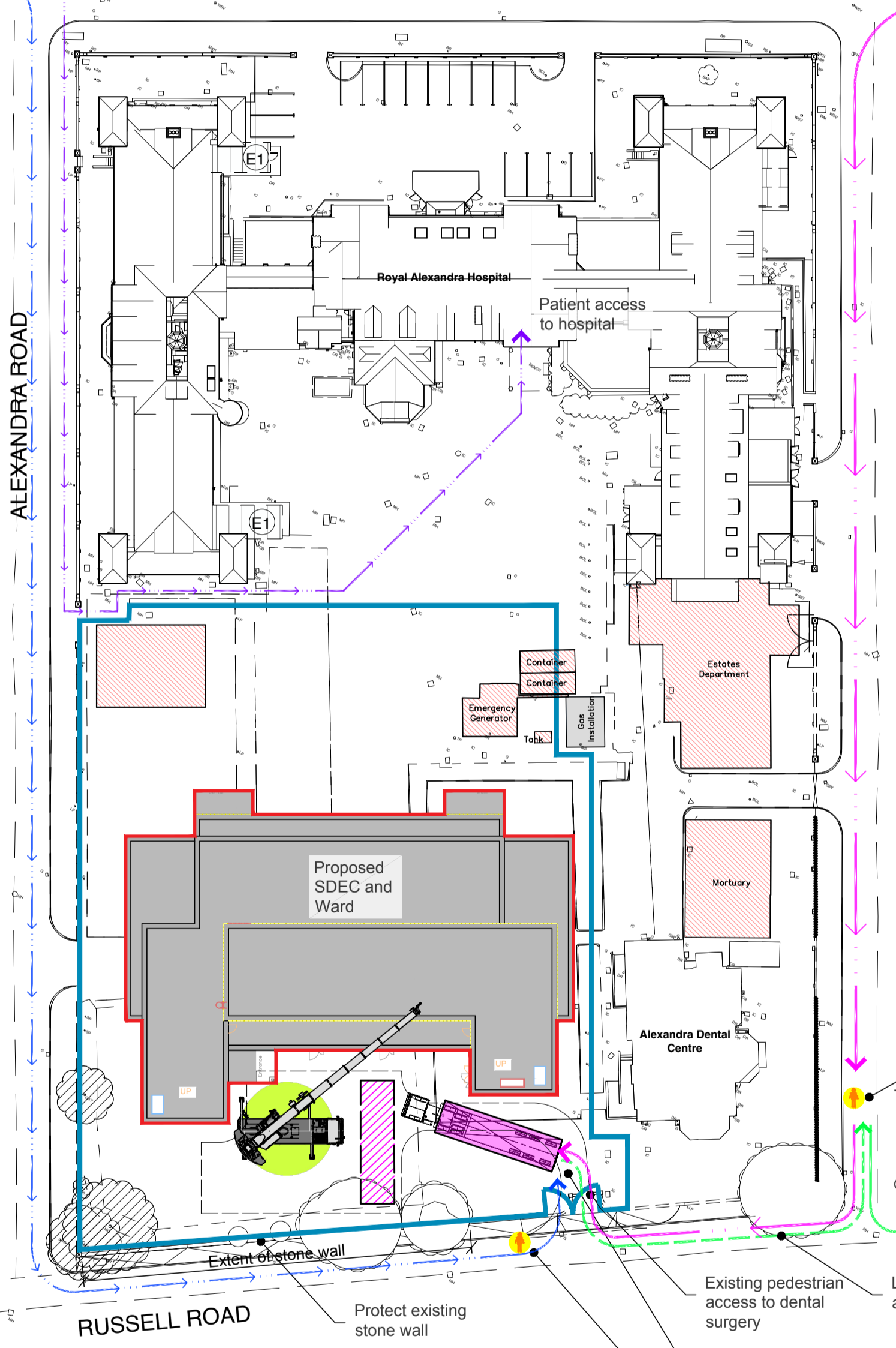
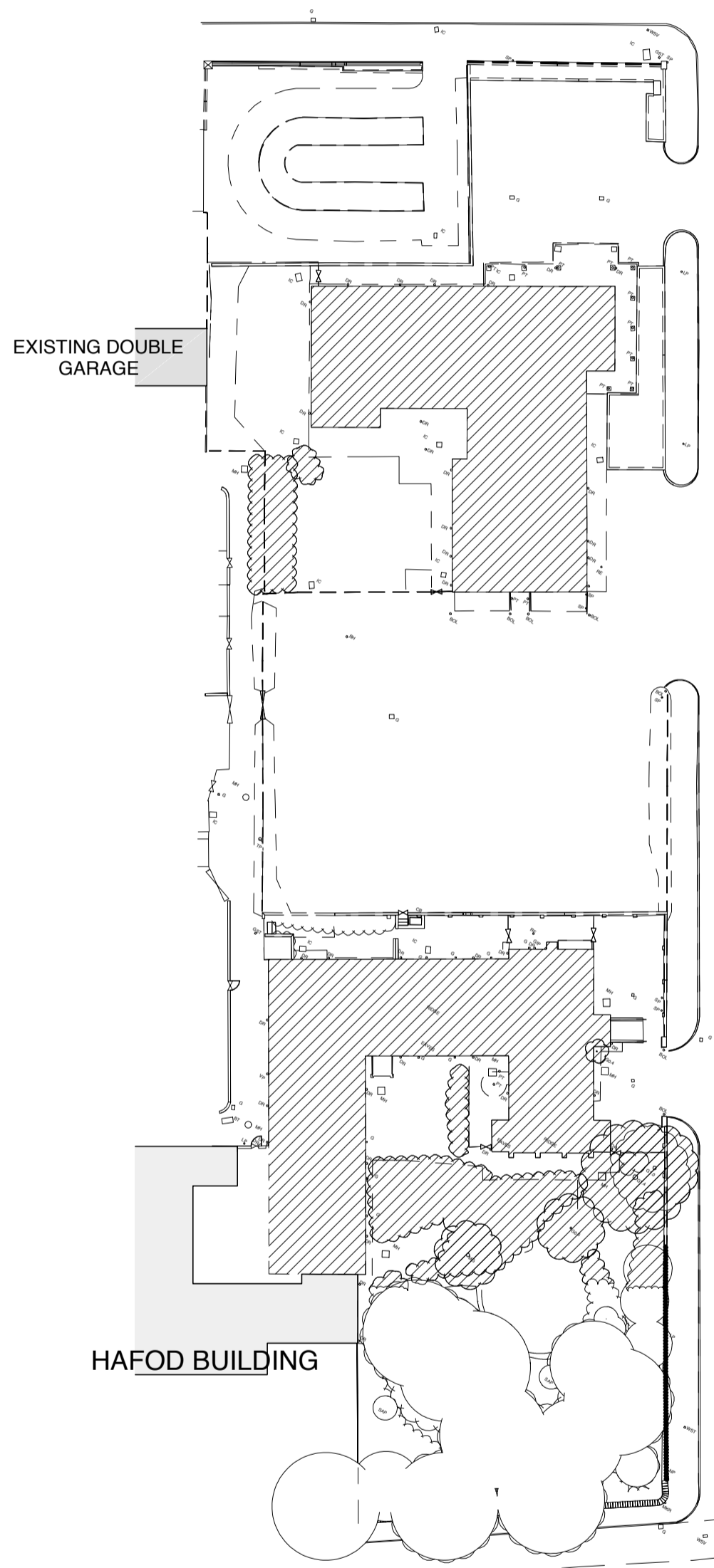
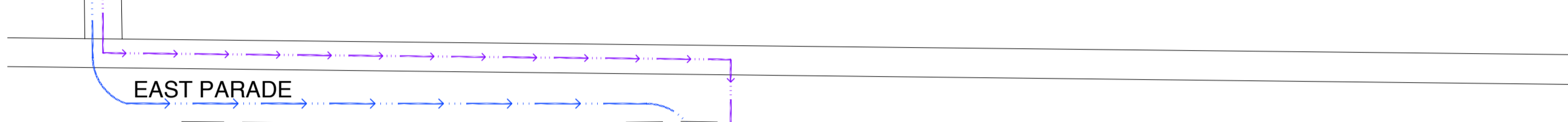
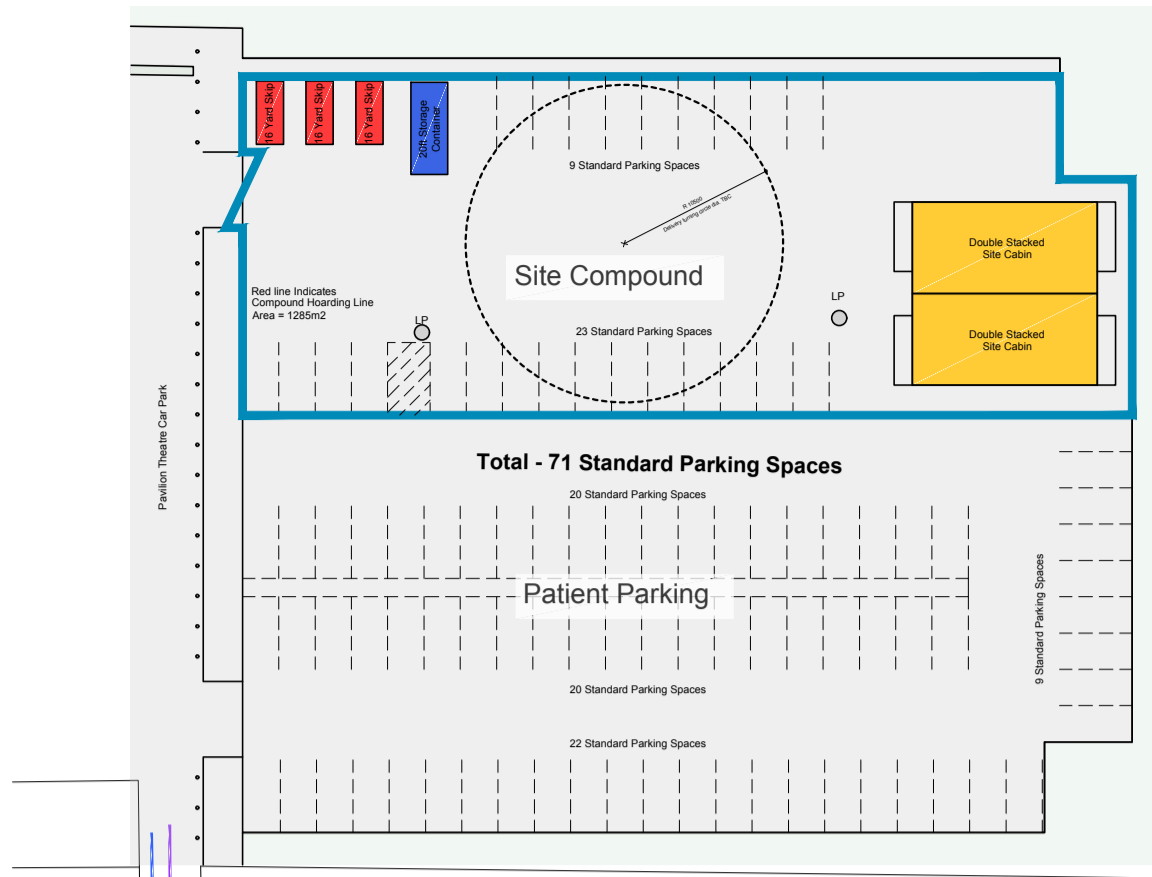
The Principal Designer will prepare, review, amend or add to any existing Health and Safety File and provide it to the Client at the end of the project complying with all other requirements of the Pre-Construction Information Pack.

Clients, designers and contractors will supply the information necessary for compilation and updating of the file and everyone providing information will ensure it is accurate and provided promptly.

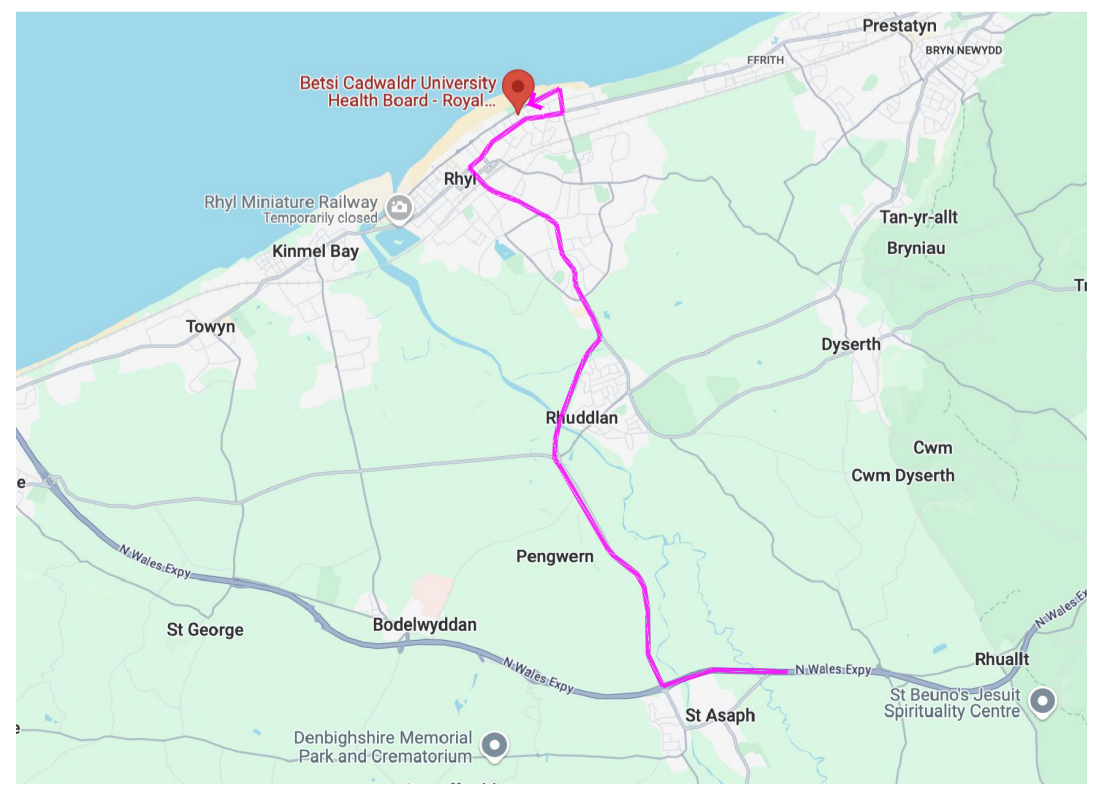
5.3 Storage of Information

The information will be stored in a dedicated file, and in such a way as to be easily retrievable and understandable. Once the information has been issued it will be the duty of the Client to store, keep up to date and make it available for their maintenance team, future designers, contractors and demolition contractors to use when it is required.

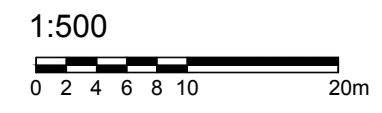
APPENDIX A



- KEY**
- Module delivery route - IN
 - Module delivery route - OUT
 - Site traffic vehicle routes
 - Pedestrian routes to hospital
 - Site Hoarding
 - Site office / welfare
 - Material storage
 - Site waste
 - Module lay down area
 - Module
 - Crane Location
 - Banksman



Wider Route to Site



Rev	Description	Date
P2	Updated to suit revised building design	17.02.25
P1	Updated to suit IBS comments	17.02.25

Status: Preliminary



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Client: Betsi Cadwaladr University Health Board
 Project: Royal Alexandra Hospital, Rhyll SDEC and Ward

Title: Logistics Plan

Drawn By	Checked By	Date	Scale@ A2
NP	NS	11.02.25	1:500
Drawing Number: E25-0005-L-01			Revision: P2

Full site logistics will be worked out once confirmation of the location of the site plan has been approved by the Trust. Provisional locations of the Energy Centre on drawing below.

