



Unit 6, Codham Hall Farm, Great Warley, Brentwood, Essex. CM13 3FB
Tel: 01277 823337

HSQE POLICY

June 2026

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This document has been prepared by:

Steve Couch CertIOSH MIIRSM



**Unit 6, Berewyk Hall Court, White Colne,
Colchester, Essex. CO6 2QB**

TEL: 01787 224729

MOBILE: 07540 759097

info@smcsafety solutions.co.uk

www.smcsafety solutions.co.uk

This Policy will be issued to all employees /sub-contractors and self-employed working on behalf of the Company. It contains important advice concerning health, safety, and welfare.

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1. Introduction

The purpose of this Health and Safety Manual is to enable the Company to fulfil its legal obligations in complying with the relevant Health and Safety legislation pertinent to its business and to provide a framework for an integrated safety management system.

The performance of an organisation depends on management control, and health and safety must be efficiently managed if performance is to be satisfactory. Improvements to health and safety performance can be stimulated by various means, including:

- Moving from a reactive to a proactive approach to health and safety issues (i.e., not waiting for an accident, injury, or loss to occur before acting).
- Identifying exactly what needs to be controlled and setting standards and performance criteria (i.e., you cannot manage something unless you can measure it).
- Adopting the same disciplines of management control and responsibility as are applied to financial or production management (i.e., health and safety has equal status with other management functions).

Successful health and safety management requires commitment to a Policy and programme of continuous improvement by those in charge together with a regular audit of that programme. Legislation requires employers to make and put into action appropriate arrangements for the effective planning, organisation, control, monitoring, and review of safety measures. Auditing is the means by which information can be gathered in order to fulfil this requirement. Auditing enables management to ensure that their policies and procedures are being carried out, and they are having the desired effect. The two main objectives of an audit are:

- To ensure that the standards achieved conform as closely as possible to the objectives set out in the policies and procedures.
- To provide information to justify the continuation of the current strategy or to institute a change of approach.

The implementation and use of this manual in full is our objective so that we can realise the benefits stated above and avoid the damaging effects of neglecting our individual and collective duties.

STATEMENT OF INTENT

The Company of Triplex Industrial Contractors Ltd is committed to ensuring the health, safety, and welfare of its employees, so far as is reasonably practicable. The Company fully accept its responsibilities under the Health & Safety at Work etc. Act 1974 and all subsequent health and safety legislation introduced for ensuring the health, safety and welfare of Company employees and any other persons who may be affected by the Company's business activities.

It is the Policy of the Company to prevent accidental loss through personal injury, ill health, and damage to property throughout the Company and to continually promote a proactive health and safety culture within the Company.

In so far as reasonably practicable, the Company will ensure a healthy and safe working environment in which to pursue the Company Mission.

In particular, the Company shall seek to ensure that, so far as reasonably practicable:

- The premises within which the Company conducts its business activity and the means of access to and egress from them are maintained in a condition which is safe and without risk to health.
- The environment within which the Company conducts its business activity is maintained in a condition, which is safe, and without risk to health.
- All equipment and methods of working are safe and without risk to health.
- Arrangements for the use, handling, storage and transport of articles and substances at work are adequate, so as to prevent risk to employees and other persons affected by the Company's business activities.
- All staff are provided with information, instruction, training, and supervision necessary to ensure their health and safety at work and that of others affected by the Company's business activities.
- That adequate welfare facilities and hygiene standards are maintained throughout the Company.
- Competent people will be appointed to assist in meeting our statutory duties including, where appropriate, specialists from outside the organisation.

The Company recognises its employees as its most valuable resource and will seek to promote their physical and mental health and welfare.

A formal and systematic procedure for the management of health and safety within the Company will be implemented and appropriately resourced. This will incorporate the necessary organisational arrangements and monitoring procedures required to achieve proper working standards of health and safety.

The Company will ensure the achievement of these standards by the maintenance of appropriate consultative arrangements and provision of facilities to designated Safety Representatives.

This Policy will be regularly monitored to ensure that the objectives are achieved. It will be reviewed and, if necessary, revised in the light of legislative or organisational changes.

Signed: 

Position: **Director**
(Director Responsible for Safety)

Steven Clayton

Date: 15th June 2026

POLICY REVIEW RECORD

The Company Policy was first issued on the 19th June 2012 and will usually be reviewed annually or when there are changes to legislation which affect the Company's undertaking.

All reviews relating to this document are carried out by:

Mr Steve Couch CertIOSH MIIRSM (SMC Safety Solutions)

REVISION No	DATE	COMMENTS
1	19/06/2013	Annual Review
1	19/06/2013	External Parties Amendments
2	17/06/2014	Annual Review
2	17/06/2014	Review of Asbestos Arrangements
2	17/06/2014	Review of RIDDOR & First Aid
3	29/09/2014	Change of Business Address
4	09/06/2015	Annual Review
4	09/06/2015	Safety Information
4	09/06/2015	CDM 2015
5	20/06/2016	Annual Review
5	20/06/2016	CoSHH
6	13/06/2017	Annual Review
7	11/06/2018	Annual Review
8	12/06/2019	Annual Review
9	08/06/2020	Annual Review
9	08/06/2020	COVID 19
10	11/06/2021	Annual Review
10	11/06/2021	COVID 19
10	11/06/2021	Review of CDM Responsibilities
11	14/06/2022	Annual Review
11	14/06/2022	COVID 19
11	14/06/2022	The Personal Protective Equipment at Work (Amendment) Regulations 2022
12	14/06/2023	Annual Review
12	14/06/2023	COVID 19
13	11/06/2024	Annual Review
13	11/06/2024	COVID 19

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ENVIRONMENTAL POLICY STATEMENT

Triplex Industrial Contractors Ltd recognises that it has a legal and moral responsibility to manage its activities in such a way so as to reduce the detrimental impact on the environment. To this end Triplex Industrial Contractors Ltd will adopt a philosophy of 'beyond minimum compliance' at all levels of its operations to ensure that the impact of pollution and environmental disruption is reduced as much as possible.

This will involve:

- Compliance with all environmental legal requirements, regulations, and guidance.
- Integration of environmental factors into business decisions.
- Planning work systems and practices so as to give due consideration as to the potential environmental impact.
- So far as reasonably practicable to prevent the illegal deposits, disposal, or treatment of controlled waste by any person where that waste has been or will be under control of the Company.
- Where possible seek to influence the design and specification of products so as to ensure that environmental impact is minimised as far as reasonably practicable.
- Ensuring considered use of resources of all kinds, including the promotion of recycled and recyclable materials wherever possible.
- Establishing Company procedures to ensure that waste is managed in line with legislation and that all parties involved in the waste production, transportation transfer and disposal process comply with their Duty of Care regarding waste control.
- Periodically review environmental legalisation to which the organisations activities are subject to ensure continued compliance with both the letter and the spirit of legalisation.

Protecting the environment not only makes good commercial sense but is also an investment in our future, both short and long term. Triplex Industrial Contractors Ltd therefore is passionately committed to adopting this Policy to achieving this.

A handwritten signature in blue ink, appearing to read 'Steven Clayton'.

Signed:
Steven Clayton

Position: **Responsible Director**

Date: 15th June 2026

EQUAL OPPORTUNITIES POLICY

This Company will not discriminate against or in favour of any employee, sub-contractor, or applicant for work on the basis of race, colour, creed, sex, sexual orientation or age.

This Company is aware of the difficulties faced by minority and disadvantaged groups of all kinds in finding suitable employment.

This Company recognises its obligations to all members of the community, and its Policy is therefore: -

- That all applicants for employment will be given equal consideration having regard to their suitability for any vacancy.
- That all employees will be given equal consideration having regard to their suitability, for training, career development and promotion.

This Company reminds all employees and sub-contractors that everyone has an obligation not to discriminate against any minority group or disadvantaged individual. All staff are required to comply with this equal opportunities Policy and co-operate with any measures introduced to implement it.

Any member of staff having a complaint regarding discrimination or victimisation relating to the Company's equal opportunities Policy or the legislation to which it relates should initially raise the matter with their immediate supervisor, or ultimately with a Director of this Company.

This statement does not attempt to restrict any legal rights.

A handwritten signature in blue ink, appearing to read "Steven Clayton".

Signed:
Steven Clayton

Position: **Responsible Director**

Date: 15th June 2026

QUALITY POLICY

Triplex Industrial Contractors Ltd is committed to:

- Providing a quality service that meets and exceeds client service level agreement – this is central to the achievement of its strategic business plans.
- To continually meet the requirements and expectations of its clients in a profitable and safe manner.
- Maintaining dialogue with Clients at both Top Management and Operational level
- Identifying Client changing needs and recording changes.
- Monitoring, maintaining and continually improving performance and service delivery through the setting of Objectives and Targets, and periodic review.
- Reviewing tenders upon award, identifying any changes, and communicating changes to relevant Operational Staff.
- Controlling and reviewing the Process that delivers the Service to Clients.

Management of Triplex Industrial Contractors Ltd are responsible for the effective implementation of this Policy with the assistance and commitment of all employees within their specific area of responsibility.

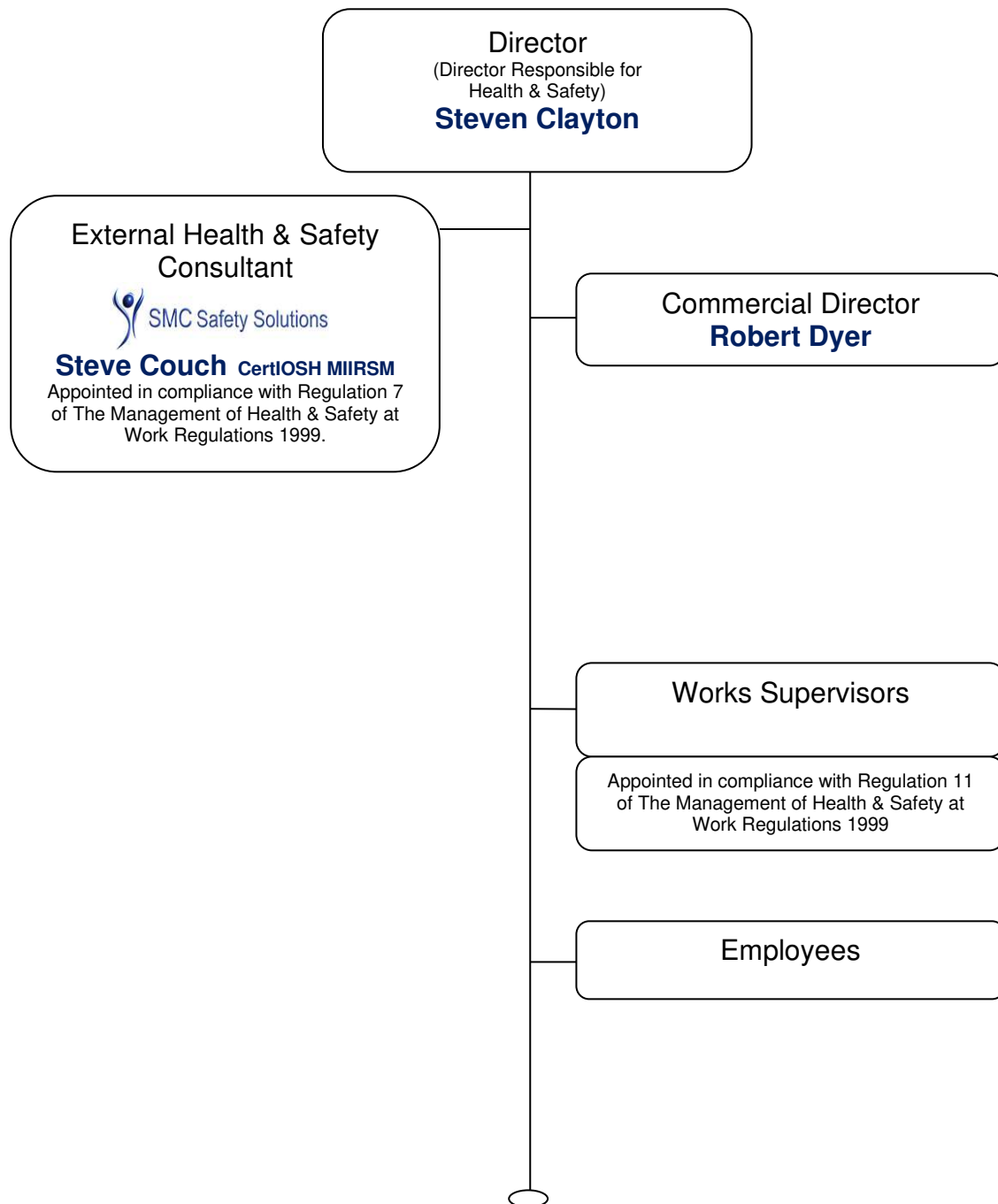
At times of corporate restructuring a special Management Review shall be held.

Signed: 
Steven Clayton

Position: **Responsible Director**

Date: 15th June 2026

3. ORGANISATION FOR CARRYING OUT THE POLICY



Responsibility of the Director responsible for Safety:

The Responsible Director of the Company recognises and accepts overall responsibility for health and safety and will ensure that arrangements are in place to satisfy Health and Safety Regulations and Codes of Practice that are applicable.

The Director responsible for safety shall delegate specific responsibilities to the Company management personnel. As new projects emerge, the names of responsible persons will be notified, and the list amended accordingly.

The Director responsible for safety is responsible for ensuring that all arrangements outlined in this Policy are adhered to and updated as necessary and financial support is made available to meet the resources required under statutory obligations and safety requirements. Employees and contractors / visitors are free to contact and are actively encouraged to make contact with the Director responsible for safety regarding health and safety matters.

Responsibility of Directors and Supervisors

Directors and Supervisors carry the responsibility for the day-to-day arrangements outlined in this Policy.

In addition, their responsibility shall be to:

- Be familiar with the Health and Safety Regulations and Company Policy applicable to their area of responsibility and insist that the prescribed standards are observed.
- Ensure, so far as is reasonably practicable, that safe systems of work are in place.
- Maintain a tidy workplace, arrange for regular clean-up periods, and appoint persons responsible.
- Insist that all persons under their control, employees, contractors, self-employed and visitors wear the appropriate personal protective equipment.
- Ensure that adequate access and egress are always maintained.
- Provide safety equipment / clothing and ensure its proper use by all personnel.
- Make certain that all operators who use equipment have been fully trained to use such equipment.
- Ensure that all equipment, including power and hand tools are maintained in good condition.
- Ensure that adequate fire fighting equipment is available and replace used or defective equipment.
- Ensure that first aid boxes are maintained properly.
- Ensure that all contractors comply with Company safety procedures.
- Co-operate with the Safety Consultant on all health and safety matters.
- Show a personal example by wearing the safety equipment provided.

Responsibility of Safety Consultant

The Company's Safety Consultant will ensure that the Company is aware of its obligations under the Health and Safety at Work etc. Act 1974 and the Management of Health and Safety at Work Regulations 1999 (Regulation 7[8]). The Safety Advisor's primary function will be to advise and monitor all aspects of health, safety, and welfare in the Company.

In addition, the responsibility of the Safety Advisor shall be to:

- Advise the Management on the implementation of this Policy and on any revisions required.
- Carry out regular site surveys and document findings for management (as required).
- Advise on statutory inspections of plant and equipment.
- Consult with the Environmental Health Department, Health, and Safety Executive (HSE) and the Employment Medical Advisory Service (EMAS) when required.
- Meet with the enforcing authority inspector on visits to the Company as required.
- Ensure management is kept informed of all changes in legislation that may affect the Company health and safety Policy.
- Provide competent safety advice to all Company personnel as required.
- Advise on the health and safety training needs of the Company.
- Investigate all Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 2013 (RIDDOR) reportable accidents and dangerous occurrences with a view to instigating measures to prevent recurrence.

Responsibility of all Employees

It is the responsibility of all employees to co-operate in the implementation of this Health and Safety Policy within their areas of influence. All employees have a legal duty to ensure their own safety and the safety of others (for example, colleagues, visitors) under the Health and Safety at Work etc Act 1974. Employees and sub-contractors must therefore:

- Comply with safety rules, operating instructions and working procedures laid down in their area of work and take reasonable care, to the best of their knowledge, to avoid injury to themselves and others.
- Use all equipment and protective clothing in the correct manner where and when it is required. Employees must report any fault or deficiency in the equipment immediately to their supervisor.
- Report all accidents (however minor), injuries, near misses, spillages, and any other potential safety hazard promptly to their supervisor.
- Not misuse anything provided in the interest of health and safety.

4. ARRANGEMENTS FOR IMPLEMENTATION OF THE POLICY

This section provides guidance for those responsible for health and safety on how to minimise health and safety risks.

ACCIDENT/INCIDENT REPORTING, INVESTIGATION AND ANALYSIS (to be read in accordance with the Company Accident Reporting Policy)

All accidents and incidents (including near-miss incidents) must be reported to Company Management so that the cause can be ascertained, the control measures re-evaluated, and action taken to prevent recurrence.

All accidents and incidents, no matter how minor, must be recorded in the Accident Book and the details reported to the Health and Safety Executive if classified under RIDDOR 2013.

It is the responsibility of all employees and sub-contractors to provide complete and accurate information to enable management to find out what went wrong, learn lessons, and take action to prevent or reduce such accidents/incidents in the future.

ALCOHOL AND DRUG ABUSE POLICY

You must not drink alcohol on the Company's premises or the premises of its customers or clients.

Any employee or sub-contractor who is found consuming alcohol on the Company's premises or the premises of its customers and clients or is found to be intoxicated at work will face disciplinary action on the ground of gross misconduct under the Company's disciplinary procedure.

Existing and prospective employees may be asked to undergo a medical examination, which will seek to determine whether he/she has taken a controlled drug or has an alcohol abuse problem.

A refusal to give consent to such an examination or a refusal to undergo the screening will result in the immediate withdrawal of any offer made to prospective employees and will normally be treated as gross misconduct for employees.

The possession, use or distribution of drugs for non-medical purposes on the Company's premises is strictly forbidden and a gross misconduct offence.

If you are prescribed drugs by your doctor which may affect your ability to perform your work, you should discuss the problem with your manager or supervisor.

The Company reserves the right to require you to undergo a medical examination or alcohol or drug test at its discretion at any time to check for compliance with this Policy.

If you refuse to undergo a medical examination or test your refusal will normally be treated as gross misconduct.

The Company reserves the right to search you or any of your property held on Company premises at any time if there are reasonable grounds to believe that this Policy is being or has been infringed or for any other reason. If you refuse to comply with these search procedures, your refusal will normally be treated as gross misconduct.

The Company reserves the right to inform the police of any suspicions it may have about the use of controlled drugs by its employees on the Company's premises.

CONTROL OF ASBESTOS

The Director responsible for safety will maintain a register containing the location and condition of all instances of asbestos containing materials (ACM's) on the premises. He will arrange / carry out periodic inspections of all identified ACM's to ensure it continues to remain in a safe condition. A permit to work system will control any work that could involve the movement or disturbance of any asbestos material and any such work will be carried out by a competent licensed operator.

The Director responsible for safety will ensure that when planning work or contracts the risks of exposure to asbestos products at a client's premises are suitably addressed including the assessment of the client's asbestos survey report and that all employees are aware of the safe working control measures and how to recognise and treat suspect materials.

HEALTH AND SAFETY COMPLIANCE AUDIT

The Health and Safety Audit process is used to assess and improve upon health and safety management within the Company. Having made the necessary arrangements for implementing the Company Health and Safety Policy and established acceptable standards, it is necessary to provide assurance that those arrangements and standards are being effectively applied.

The Safety Consultant will carry out a comprehensive audit of the Health and Safety Management System and its effectiveness on the Company's premises and working practices at least annually. The audit will comprise a review of the existing Health and Safety Policy and Procedures and an examination of the activities and records against the standards described in the appropriate policies and procedures. At the conclusion of the audit, a verbal report of the findings will be given, which will be followed up by a written report, identifying any deficiencies together with recommendations for risk improvement.

COMPETENCY FOR TASKS

The management recognises its responsibility to ensure that persons employed by the Company are competent to carry out their duties in such a manner so as not to put at risk their own health and safety or the health and safety of others who may be affected by what they do.

Only those persons who are able to demonstrate to management that they have the necessary skills, experience and training will be allowed to work without direct supervision. In order to be satisfied that health and safety standards are being maintained, Management will carry out inspections of work in progress, without notice, and record their findings. Where standards fall below those required, recommendations will be made to improve performance and, if considered necessary, the person's work activities will be restricted until the required improvement has been made.

Employees will be observed by their supervisor carrying out the full range of tasks that represents their job to ensure that work is undertaken in a competent manner without compromising their own health and safety, the health and safety of their colleagues or of anyone else who may be affected by what they do. Where performance is found to be less than satisfactory additional training will be provided to achieve the required level of competence.

CONSULTATION WITH EMPLOYEES

The Company recognise that consulting employees on health and safety matters is very important in creating and maintaining a safe and healthy working environment. Consultation not only involves employers giving information to employees but also listening to and taking account of what employees say before making any health and safety decisions. Employees should therefore make their views known on matters to do with their health and safety at work to their supervisor or to either of the Company Management. These views will be taken into consideration and discussed at management meetings before any health and safety decisions are reached.

SELECTION OF CONTRACTORS

The Company employ, from time to time, the services of other companies (contractors) to carry out work on its behalf.

Prior to awarding work to new contractors, management will require documentary evidence that the contractor is aware of its legal obligations towards health and safety.

In cases of work of a critical nature, the contractor will be required to complete a Health and Safety Questionnaire and, where appropriate, prepare a formal Method Statement and Risk Assessment(s) for approval by the Company prior to the commencement of any work.

USE OF CONTRACTORS

Anyone for the purpose of carrying out specialised work must be regarded as a “contractor”. Because of this, the same kinds of control measures must be applied to all who work on Company projects.

The Company will inform the contractor, in writing, of any hazards, which could put the contractor’s personnel or the Company’s employees at risk, together with the measures necessary to reduce the risk(s) to an acceptable level.

Prior to the commencement of work, contractors will be required to provide an assessment of the risk(s) they may create, together with the measures to be taken to reduce the risk(s) to an acceptable level via site specific method statements & risk assessments.

Any work being carried out on the Company’s premises will be overseen by Triplex Industrial Contractors Ltd Management, who will liaise with the contractor on all Health and Safety issues.

In addition, contractors must:

- Have their own health and safety Policy and provide this as requested.
- Produce evidence when requested, showing that appropriate Employers and Public Liability Insurance is in place.
- Comply with the requirements of this health and safety Policy and co-operate with the management in providing a safe place of work and a safe system of operation and must provide and use personal protective equipment and clothing, as necessary, for the safe execution of their work.
- Only use competent and suitable persons.
- Get the consent of the management to engage persons other than their direct employees.
- Ensure that their managers, supervisors, and employees are aware of the obligations placed upon them with regards to health and safety.

CONFINED SPACES

Serious accidents have occurred and continue to occur whilst work is being done inside confined spaces. The chief risks are those associated with toxic and/or flammable gases, fumes, vapours and neglect or ignorance of the necessary precautions can lead very easily to tragic results. A significant number of such accidents are fatal, and multiple fatalities are not uncommon.

The term 'confined space' has a wide application throughout industry.

Some situations are fairly obviously confined spaces, e.g. reaction vessels, closed tanks, large ducts sewers, and enclosed drains, but others which are less obvious can be equally dangerous, e.g. open topped tanks and vats (particularly where heavier than air gases or vapours may be present), closed and unventilated rooms, and medium sized and large furnaces and ovens, in which dangerous accumulation of gases can build up because of the restricted air circulation even though the door is left open.

If an area is suspected as having the potential to be a confined space, you should ensure that:

1. Work stops immediately.
2. Management is notified immediately.
3. A risk assessment is carried out on the confined space.
4. All air testing is carried out by a trained, competent confined space supervisor.
5. The confined space is entered by fully trained, qualified, competent persons only.
6. A method statement is formulated for all works within the confined space.
7. All work is carried out under the direct supervision of a trained confined space supervisor at all times.

Consideration shall be given to the following areas when designing a confined spaces safe working method, which may form the basis of a permit-to-work system:

1. Supervision.
2. Worker training and competence.
3. Communications.
4. Atmosphere testing and monitoring.
5. Gas purging and removal of residues, ventilation, and cooling.
6. Isolation from gases, liquids and other flowing materials, mechanical and electrical equipment.
7. Selection and use of suitable work equipment and personal protective equipment.
8. Location of portable gas cylinders and internal combustion engines.
9. Safeguards where gas is supplied by pipes and hoses.
10. Safe access and egress arrangements.
11. Fire and explosion prevention.
12. Lighting.
13. Eliminating sources of ignition.
14. Emergencies and rescue.
15. Limiting working time.

DISPLAY SCREEN EQUIPMENT

All workstations will be assessed for the benefit of staff to evaluate their risks, and all operators shall be made aware of the findings. Appropriate action shall then follow.

Ergonomic issues will be addressed in connection with all workstations, e.g., footstools, wrist rests, screen diffusers etc. will, if appropriate, be issued on request. In addition, if requested, management will offer all employees periodic eyesight tests at the Company's expense and, if needed, corrective appliances will be provided (subject to cost limitations).

The findings of Display Screen Equipment assessments will be the subject to regular review in order to identify potential problems relating to the transfer of personnel to new or different workstations, or to cater for employees with special needs.

THE SAFE USE OF ELECTRICITY

Misuse and abuse of electricity is one of the most significant causes of fires in the workplace.

Remember faulty electrical equipment can kill. Report faults immediately to your supervisor.

All personnel should observe the following arrangements:

- Visually check electrical equipment before each use. All electrical faults are to be reported to your supervisor. The Director responsible for safety will arrange for the appropriate repairs to be carried out.
- Do not attempt to repair faulty electrical equipment. Only authorised and competent electricians may repair electrically powered equipment.
- No employee can bring any item of electrical equipment onto the premises until it has been tested, and a record of such test is included in the electrical equipment records file.
- Equipment should be switched off from the mains when left unattended for long periods.
- Flexible cables should be so positioned that they do not constitute a tripping hazard or are subject to mechanical damage.
- The fixed electrical wiring installation and the portable/transportable electrical appliances at the premises will be inspected and tested by a Competent Person at regular intervals.

FIRE PREVENTION AND FIRE EMERGENCIES

In general, employees should always seek to ensure good standards of housekeeping. A clean and tidy workplace is less likely to be a source of fire. Any act or omission, which you believe may constitute a fire risk, should be immediately notified to your supervisor, who will take the appropriate action.

All potential fire hazards will be identified, and the risks assessed and reduced to an acceptable level. Fire fighting equipment will be provided, and emergency lighting and fire alarm points installed as appropriate, following the Fire Risk Assessment.

Employees will be made aware of where they must report in case of fire.

When employees are at work at a client's premises, they must follow the client's own procedures. Employees will be made aware of these prior to work commencing and must not start work until they are aware of them.

Under no circumstances must employees put themselves or others at risk in a fire situation.

IF YOU DISCOVER A FIRE

General instructions to be observed by all staff.

- In the event of a fire, it is the primary duty of all concerned to prevent injury or loss of life.
- If you discover a fire, no matter how small, immediately.

SOUND THE ALARM

- Evacuate to the designated assembly point.
- Re-entry of the building or area is strictly prohibited until the fire brigade officer in charge declares it is safe to do so.

Summary

In the event of fire, the 3 most important actions are, in chronological order, to: -

- Raise the alarm.
- Summon the fire brigade and,
- Evacuate the building or area - attempts to extinguish the fire should only be made if it is safe to do so - **IF IN ANY DOUBT, GET OUT!!**

FIRST AID AT WORK

The management recognise its responsibilities towards its employees to provide adequate and appropriate equipment, facilities, and personnel to enable first aid to be given to preserve life and to minimise the consequences of illness or injury, until medical or nursing help is available. Suitably stocked first aid boxes will be provided and, as a minimum, a responsible person will be appointed to take charge of first aid arrangements (take charge when someone is injured or falls ill and maintain the contents of the first aid boxes). One or more trained First Aider employees may be required, following on-going first aid assessments. In the event of a major accident employees must dial **999** to obtain assistance from the ambulance service. All employees will be informed of the arrangements made for the provision of first aid, including facilities available, the location of the first aid boxes and the names of the qualified First Aiders.

CONTROL OF SUBSTANCES HAZARDOUS TO HEALTH

Full compliance with the Control of Substance Hazardous to Health (CoSHH) Regulations 2002 will be adopted.

- By implementing and maintaining risk assessments and the records of all hazardous substances/activities.
- By providing and maintaining control measures as appropriate.
- By holding and making available to operators in their area of use, a list of the relevant hazardous substances and copies of risk assessments and material safety data sheets.
- No employee is authorised to use any hazardous substance unless a written CoSHH risk assessment has been undertaken by management.

HEARING CONSERVATION

The management will ensure that adequate measures are taken to control the risk of hearing damage. If considered necessary, a noise level survey will be carried out to establish the exposure levels and determine adequate control measures. Appropriate action will be taken to reduce the noise levels of all work equipment at source. Hearing protection requirements will be clearly communicated to employees, and appropriate PPE will be provided.

HEIGHT – (WORK AT)

Work at height will relate to all heights where a Person could fall a distance liable to cause Personal injury if appropriate measures are not taken, above or below ground level. All work at height must be avoided where practicable. If work at height is required, an assessment of the risk will be undertaken, and instruction and training will be given on the precautions required to those employees considered to be at risk from falling.

1. The Company shall ensure that work at height is carefully planned, adequately supervised, and carried out in a safe manner by suitably trained and competent staff.
2. Risk assessments will be carried out considering the weather conditions and planning for unforeseen emergencies and rescue.
3. Assessments will also include measures to prevent falls, platforms, methods of reducing the distance and the consequences of a fall and provision of additional training and instruction in the use of suitable measures used to prevent a fall.
4. Selection of equipment to provide collective protection measures as a priority over personal protection measures and considering the duration of use and loading.
5. The Company will ensure that no person is able to pass across, work on or near a fragile surface and that suitable platforms and barriers are provided.
6. The Company will ensure that injury is prevented from the fall of materials, tipping, or throwing of objects.
7. Equipment used in the work at height will be inspected at suitable intervals and maintenance records kept for the duration of the construction work plus 3 months.
8. Ladders should be used for only short duration for access & egress.
9. A harness shall only be used if the risk assessment demonstrates that the work can be carried out safely, and that enough persons have received adequate specific training in the use of, and rescue procedures required.

HOUSEKEEPING STANDARDS

The management recognise that hazards can be created by poor housekeeping standards. It is essential that:

- Passageways, exits and access to all fire fighting equipment must be kept clear.
- All spillages, however minor, should be cleaned up immediately.
- Employees should note that a lack of care when stacking materials and objects might create hazards for their fellow employees from falling objects and lifting injuries in the long term.
- Individual supervisors will be responsible for achieving and maintaining, high standards of housekeeping in the areas over which they have control.

INDUCTION TRAINING

All new employees receive health and safety induction training as appropriate to their individual job content.

Induction training will include, but not be restricted to, emergency procedures, the correct use of PPE and the measures to be taken to reduce risks from known hazards in their work area.

All new employees/trainees will work under the direct supervision of an appointed person until such time as their manager/supervisor is satisfied that the individual has achieved the required level of knowledge and experience.

SAFETY INFORMATION

Safety information is provided in the form of induction and ongoing training, as appropriate.

A Policy and the associated organisation and arrangements for implementing it, can only be as effective as those responsible for its application, whether in management, supervision, or the workforce. The core requirements of the HSWA concerning information, instruction and training are now supplemented and extended by the MHSWR, which additionally require competence and capability to be considered - this can be extended by training.

Every employer must provide employees with comprehensible and relevant information on:

- a) the risks to their health identified by the assessment.
- b) the preventive and protective measures which should be taken.
- c) the procedures for dealing with serious and imminent danger and for leaving dangerous areas unless there are exceptional and substantiated reasons, specified in the procedures, requiring the Persons concerned to work there, such as a trained member of a team dealing with an emergency.

When allocating tasks to employees, an employer should take account of their abilities regarding health and safety and ensure that they are adequately trained in health and safety when first recruited, or when the risks to which they are exposed are new or increased. This could arise as a result of:

- a) Transfer or change of responsibilities.
- b) Introduction of new or changed work equipment.
- c) Introduction of new technology.
- d) Introduction of a new or changed system of work.

Employers are required to bring to the attention of their employee's certain information about health and safety law under the Health & Safety Information for Employees Regulations (HSIER). In order to do this, they may either display an approved poster (2009) in the workplace or provide a pocket card which replaces the leaflet issued in 1999. The poster and pocket cards are produced by the Health and Safety Executive (HSE) and are available from HSE Books. Where the poster is used, it must be situated in a readily accessible and visible position and must always be kept in a good readable condition. Details of Company personnel with Health & Safety responsibilities must be completed in the spaces provided on the poster.

HEALTH AND SAFETY INSPECTIONS

In order to ensure that health and safety standards are being maintained, regular inspections of the workplace and the working practices will be carried out by management or SMC Safety Solutions (where required). On completion, the checklist will be signed by the inspector and routed to the Director responsible for safety. In the event of any serious deficiencies being found, a written report will be given to the Director responsible for safety, in order that appropriate corrective action can be taken immediately.

INSTRUCTION AND TRAINING

This Company recognises that even with the best engineered work arrangements; people may still need clearly defined safety procedures and instruction. For that reason, there is a substantial commitment by the Company to identify safety training needs, to carry out that training and to measure the competence of trainees. Strong emphasis will be placed on safety and health aspects during training. This Company expects that all employees will co-operate in the training provided. Certain tasks in the Company operations require strict safety procedures be followed. Where this arises, the employee involved will receive special instruction. It is essential that no person should attempt a potentially hazardous task without training.

LONE WORKING

Lone working will only be permitted when all appropriate control measures are in place and have been validated as wholly effective.

Working alone can create risks which heighten the dangers of any job, so the key precaution is to be aware of this and take sensible personal measures.

In addition, staff are required to take some formal steps to protect themselves and these are listed below:

- When working alone, in an isolated area of a building, for example, with all doors closed, make certain that someone is aware of your presence.
- Check that the work being done has been subject to a risk assessment and check the assessment yourself – some work may have already been identified as requiring the assistance of a second person.
- If possible, and if it has been arranged beforehand, keep in regular contact with someone else, for example, by using a mobile telephone to call in to their office indicating your movements every couple of hours.
- Do not put yourself at risk - if you do not feel safe, discuss the situation with your supervisor.

MANAGEMENT MEETINGS

The health and safety of our employees and of others affected by our activities, is of paramount importance and the subject will therefore be on the agenda for discussion at every Management meeting.

MANUAL HANDLING OF LOADS

As part of the Company's risk assessment process, all operations involving manual handling will be identified, and the significant risks assessed. Where reasonably practical, manual handling operations will be eliminated by mechanisation but, where this is not reasonably practicable; people whose duties include the manual handling of loads will receive such training as is appropriate to protect their health and safety.

It is the responsibility of this Company to ensure the safety of employees during manual handling operations. Managers and supervisors are responsible for organising work routines and ensuring that employees follow the appropriate safe systems of work and make full and proper use of any mechanical handling equipment provided. It is the responsibility of employees to follow the appropriate safe systems of work and to make full and proper use of any mechanical handling equipment provided. Back strains can be avoided if lifting is carried out in the correct manner, e.g., with leg and arm muscles rather than back muscles. Employees should also be mindful of their own capabilities and should not lift anything that they believe to be too heavy. Always seek assistance.

As part of the Company's risk assessment process, the hazards arising from all manual handling operations will be identified and the significant risks assessed. Four key criteria will be taken into consideration:

- The task
- The load
- The working environment
- the individual's capacity

What are the Hazards?

When lifting, pulling, pushing or in any other way moving or holding still any material or object, the physical effort can cause injury to the person concerned. More than 25% of the lost time accidents reported to the HSE is the result of injuries sustained during manual handling operations.

The most common injuries arising from manual handling are basically musculo-skeletal problems, "strained back", meaning any strain to muscles, ligaments, and tendons. The same then applies to shoulder, neck, arms, wrists, etc.

Reducing the Risk of injury

In considering the most appropriate controls, an ergonomic approach to designing the manual handling operation will optimise the health, safety and productivity associated with the task. The task, the load, the working environment, individual capability, and the inter-relationship between these factors are all important elements in deciding optimum controls designed to fit the operation to the individual rather than the other way round.

Techniques of risk reduction include:

- Mechanical assistance.
- Improvements in the task.
- Reducing the risk of injury from the load.
- Improvements in the working environment.
- Individual selection.

Manual handling is one of the most common causes of injury in the workplace. Listed below are some important tips on avoiding injury. Remember **"if in doubt, don't lift"**.

Heavy items, or even lighter ones when held away from the body, may cause injury. Such items should only be moved if it is necessary to do so. Large boxes of material should be broken down and moved in sections. Wherever practicable, the load should be lightened. If objects require regular movement, consider obtaining and using a mechanical aid such as a trolley. Use the lift not the stairs. Use a trolley not brute strength. If something must be moved and there is potential for harm, make use of the correct techniques to minimise the problem. Injuries may be avoided by using the body carefully, taking care not to strain or cause undue pressure upon the spine or the stomach. No specific weights which people can safely lift are laid down in general regulations as much depends on specific circumstances and the capability of the person. The following are suggested guidelines:

Individual lifting 25 kilograms maximum (reduced by one third for females).

Team handling The safe capacity of a 2-person team is two thirds of the sum of their individual capacities.

The safe capacity of a 3-person team is one half of their individual capacities.

Only each individual can judge how much they should move. If the individual is overweight, underweight or has other special medical problems extra care must be taken.

A number of fundamental principles should be followed:

- Think before acting.
- Examine the load for awkward shapes or moving parts.
- Plan the route.
- Is there enough space to handle the object safely?
- Ask for assistance if necessary.

- **Assess the load / environment** – Determine if it is too heavy, unstable, or naturally hazardous. Will there be a secure and even footing? Is there a mechanical aid available, etc?

- **Correct grip** – An object is less likely to be dropped if it is held firmly in the palms of the hands rather than with the fingers. This ensures a more secure grip and allows the arms to be kept straight, transferring the weight of the load to the body.

- **Arms close to body** – A weight carried close to the body will enable the whole body to support the load. The body is capable of supporting tremendous weight without stress.

- **Chin in** – Tucking in the chin will elongate the neck and prevent injury in that region. It also enables easier breathing and facilitates correct posture.

- **Straight back** – The maintenance of a straight back is the most important principle of all. By keeping the back straight, pressure on internal organs is reduced and there is no pressure on the discs of the spine. Back muscles are then unlikely to be strained.

- **Foot position** – The body must be in balance when lifting or carrying, otherwise the lifter is likely to fall or cause undue strain trying to maintain balance. Putting one foot forward and to the side of the object gives better balance and control whilst lifting.

- **Use of legs** – The leg muscles are the strongest in the body and should be used as much as possible when lifting heavy objects. Bending at the hips and knees whilst keeping the back straight allows these strong muscles to work well and safely.

- Lifting, carrying and moving objects should be limited to the extent that you are confident of doing so without risk of personal injury - **if in doubt, don't lift.**

MONITORING AND REVIEW

The effectiveness of the Company health and safety Policy is monitored by actively inspecting and auditing the control measures in place and reacting to accidents/incidents involving Company personnel or at workplaces controlled by the Company, as they occur.

Any amendments to the safety Policy considered necessary as a result, should be advised to the Director responsible for safety for his consideration and, if approved, included in the next periodic review / revision, or sooner, if considered necessary.

PERSONAL PROTECTIVE EQUIPMENT

The Director Responsible recognises their responsibility to protect the Health and Safety of their employees by providing safe systems of work, suitable and safe work equipment, and engineering controls. The provision of PPE is therefore viewed as a last resort and is the by-product of the Company's risk assessment programme. Any PPE purchased by the Company will comply with the appropriate UKCA Standard.

Prior to the issue of PPE, users will be given instruction on its correct use, where and when required to use the PPE, how to look after it properly and the arrangements for replacing worn or damaged equipment and storage.

Employees & limb workers (as defined under The Personal Protective Equipment at Work (Amendment) Regulations 2022) will be required to sign for the initial issue of the equipment and to confirm that they have received information and training as to its correct use. Their attention will be drawn to their legal duty to take care of their PPE and to wear it at all times in the designated areas.

RISK ASSESSMENTS

Risk assessments will be carried out and reviewed at regular intervals by a competent person on all hazards relating to activities, equipment and processes that carry a significant risk at the workplace, in order that the Company's obligations are met under the Management of Health and Safety at Work Regulations 1999.

The following definitions are applicable:

- Hazard is a condition or situation with the potential to cause harm (injury or damage).
- Risk is the chance of something adverse (injury or damage) arising from the hazard.
- Likelihood is the chance realisation of the risk at some point in time over a defined period.
- Control measures are measures tailored to a particular set of risks intended to restrict and/or control the risk within tolerable limits proportionate to cost.
- The assessment represents the potential severity of a hazard, combined with the likelihood of the hazard achieving its potential to do harm, after taking any control measures into consideration.

Employees will be informed of the findings of risk assessments together with the control measures in place designed to reduce risks to the lowest level so far as is reasonably practical.

SMOKE FREE POLICY

This Policy reinforces the unwritten understanding that there is no smoking within the Company premises as described in the Health Act 2006. The law now requires everyone to follow a no smoking Policy. The Company's business premises are completely no smoking areas. Smoking is therefore prohibited in all common areas and work areas.

Work Areas

Smoking is not permitted in any work areas. This always applies, not just during normal working hours. Anyone wishing to smoke may only do so in designated smoking areas, at times agreed with their manager or supervisor. This area must always be kept fire safe.

Breach of Policy

Anyone found to be smoking at work in contravention of this Policy will be subject of disciplinary action in accordance with the Company's disciplinary procedure. However, disciplinary action should not be the first resort. Managers should initially reinforce the terms of this Policy with the employee concerned. If the person concerned continues to breach this Policy, then appropriate disciplinary action will be taken. Smoking at work will be viewed as serious misconduct. A repeated offence, after a formal warning, could result in dismissal.

What is the Workplace?

This will be defined as the work area of the site or premises and will apply 24 hours a day.

Company Vehicles

While you are in control of the vehicle, you are using a 'workplace', if you travel with other work colleagues, even rarely, the atmosphere of the vehicle must be expected to be 'clean', to allow the non-smoker to travel in comfort. The only place a smoker can light up will be in an open, ventilated space or a designated smoking area.

Enforcing the Law

Those who do not comply with the regulation may be liable to a fine or prosecution for the offences for:

1. Smoking in a smoke free place or vehicle.
2. Failing to display no smoking signs.
3. Allowing smoking in a smoke free place or vehicle.

Assistance for Smokers

This Policy is not intended to make people give up smoking. However, it is acknowledged that some employees will need assistance in order to be able to comply. If this applies to you, please speak to the Director responsible for safety at your earliest convenience.

STRESS

The Company are committed to protecting the health, safety and welfare of our employees and recognise that workplace stress is a health and safety issue and acknowledge the importance of identifying the reducing workplace stressors.

This Policy will apply to everyone in the Company, Managers and all staff are responsible for implementation, and the Company is responsible for providing the necessary resources.

Definition of stress

The Health and Safety Executive define stress as 'the adverse reaction people have to excessive pressure or other types of demand placed on them'. This makes an important distinction between pressure, which can be a positive state if managed correctly, and stress which can be detrimental to health.

Policy

- The Company will identify all workplace stressors and conduct risk assessments to eliminate stress or control the risks from stress. These risk assessments will be regularly reviewed.
- The Company will consult with the Safety Consultant on all proposed action relating to the prevention of workplace stress.
- The Company will provide confidential counselling for staff affected by stress caused by related factors.

Responsibilities

- Conduct and implement recommendations of risks assessments within their jurisdiction.
- Ensure good communication between management and staff, particularly where there are organisational and procedural changes.
- Ensure staff are fully trained to discharge their duties.
- Ensure staff are provided with meaningful developmental opportunities.
- Monitor workloads to ensure that people are not overloaded.
- Monitor working hours and overtime to ensure that staff are not overworking.
- Monitor holidays to ensure that staff are taking their full entitlement.
- Attend training as requested in good management practice and health and safety.
- Ensure that bullying and harassment is not tolerated within their jurisdiction.
- Be vigilant and offer additional support to a member of staff who is experiencing stress outside work e.g., bereavement or separation.

USE OF VEHICLES (to be read in accordance with the Company Driving at Work Policy & Procedures)

It is the Policy of this Company to ensure that all reasonable and practical measures are taken to ensure the health and safety of all its employees, the public and any other person affected by the Company's operation in respect of vehicle movements.

It is the duty of every employee to adhere to the Company Vehicle Users' Policy and to carry out their individual responsibilities to ensure that all vehicle movements are carried out in a safe manner. Employees with specific responsibility for the Company's vehicles are to ensure maintenance and road worthiness in order that the measures in the Road Traffic Act are always adhered to.

The Company procedures for driving a Company vehicle on the public highway shall be amended to as the traffic laws are upgraded from time to time. The Company will undertake risk assessments for the journeys undertaken to ensure that undue stress and danger is not placed on the driver, due to the length of the journey, weather conditions, the route and compatibility of the vehicle to the journey and tiredness.

The Company undertakes to provide such information, instruction, and adequate training, as necessary, to ensure, as far as reasonably practicable, the health and safety of its employees. Employees found to be in breach of the law as stated in the Road Traffic Act will be suspended from driving duties pending a Company enquiry, which may result in a permanent ban and a written warning or dismissal.

Following an incident on the public highway, a full incident investigation will be conducted by the Company's Management & SMC Safety Solutions (where required).

A Company vehicle is designated as a workplace and therefore the provisions of the Health Act 2006 must be followed – see Smoke Free Policy.

MOBILE PHONES

Handheld mobile phones and PDA type devices are tools to be used in the correct circumstances. The Company Policy is outlined below.

Vehicles

The Mobile Phone Regulations came into force on the 1st December 2003, making it a specific offence to use a mobile phone when in control of a vehicle. Where hands free devices are not available in the vehicle the mobile phone will not be operated.

Emergency

The law makes it clear that the use of a mobile phone is only allowed when calling an emergency number 999 (or 112) in the case of a genuine emergency.

PROCEDURES FOR THE USE OF A COMPANY VEHICLE

Driver Assessment

1. A vehicle driver's induction to be carried out at the beginning of employment.
2. An assessment of the drivers:
 - a) Skills
 - b) Behavior
 - c) Experience
 - d) Hazard perception
 - e) Health
 - f) Eyesight
 - g) Drink and drugs use
 - h) Including medication and its effects
3. The driver's ability to management of fatigue, follow instructions and to follow safe routes.
4. Organisational documentation of risk assessments for all work-related activities including driving should be in place.
5. Drivers abide by the road traffic rules. (Hold a current valid driving licence, declared the accumulated driving penalties or medical condition that prevents driving).
6. Has the driver received Post Incident Road Management Training in order that the scene can be protected and managed until the relevant emergency services are on the scene?
7. Annual inspection of driver's licence, insurance, and vehicle documentation.

Document the findings.

Vehicle Tool-Kit

1. Vehicle logbook
2. First aid kit
3. Accident report card
4. Breakdown procedures

Post Crash Review

1. Following a road traffic accident on the public highway, there will be a post accident debrief of the driver and of any other passengers in the vehicle at the time of the incident to review procedures.
2. During any periods of hospitalisation or sickness due to injuries sustained at the time of the incident, support and counseling will be made available as far possible.
3. The driver involved may be offered a retraining program in specific driving skills.
4. A vehicle inspection will be carried out to discover mechanical defects, and to assess the safety of the vehicle before any repair is carried out. Improvements may be necessary in the maintenance system used.
5. The accident site will be visited and reviewed in the light of its safety, environment, layout, and improvements made. Photographic records should be made of the scene.
6. HSE informed of injuries or death as required by the Reporting of Injuries, Deaths, and Dangerous Occurrences Regulations 2013 using F2508.

WELFARE FACILITIES

Welfare facilities must be in place prior to commencement of work and satisfy the requirements of The Workplace (Health, Safety & Welfare) Regulations 1992 & *The Construction Design & Management Regulations 2015*.

Adequate welfare facilities will be provided and maintained by the Company.

Suitable and sufficient sanitary conveniences and washing facilities will be maintained in a serviceable condition, cleaned at regular intervals, and equipped with adequate lighting.

A supply of cold/warm/hot running water, soap and clean towels, or other suitable means of cleaning and drying, will be available, conveniently situated, accessible and kept in a clean and orderly condition.

An adequate supply of wholesome drinking water will be available and suitable rest and eating facilities will be provided at readily accessible places.

WORK EQUIPMENT AND THE GUARDING OF DANGEROUS MACHINERY

This Company will give full consideration to the Provision and Use of Work Equipment Regulations 1998 and the Lifting Operations & Lifting Equipment Regulations 1998 (LOLER) in making all employees aware of the relevant health and safety risk with regards to work equipment in their working environment.

All work equipment will be suitable and safe, maintained in efficient working order and in a good state of repair. Appropriate measures will be taken to prevent access to dangerous parts of machinery or to stop the movement of dangerous machinery before any part of a person enters a danger zone.

In addition, the Company, acting on conclusions of risk assessments carried out, will implement an inspection regime in order that the work equipment can be monitored and continue to be fit for its service duty. A competent person will carry out all such inspections of the work equipment and records of these inspections will be kept for a minimum period of 5 years.

YOUNG PERSONS AT WORK

In accordance with this Company's obligation under the Management of Health and Safety at Work Regulations 1999, where the Company employs a young person (i.e. one who is below the age of 18), an individual risk assessment will be carried out in accordance with Regulation 19 to ensure that young person is protected at work from any risks to their health and safety which is a consequence of their lack of experience or the absence of awareness of existing or potential risks or the fact that the young person has not yet fully matured.

The Director responsible for safety will be responsible for ensuring that this risk assessment is carried out.

The results of the risk assessment will be communicated to the young person and his / her immediate supervisor.

Young workers will be trained in the tasks they are to undertake and informed of existing hazards. They will work under the close supervision of a competent person until such time as they are deemed safe in the workplace.

CDM (Construction Design & Management Regulations 2015)

The Company will comply with the statutory requirements of Clients, Construction Design and Management Co-ordinators and Principal Contractors. Safe methods of work will be instigated through documented risk assessments and appropriate method statements.

In addition, the Company will comply with relevant parts of the Construction Health and Safety Plan issued by the Principal Contractor and will provide information as requested.

As a bonified Contractor (as defined under CDM 2015) Triplex, roles and responsibilities are defined as below:

A Contractor is anyone who directly employs or engages construction workers or manages construction work. Contractors include sub-contractors, any individual self-employed worker or business that carries out, manages, or controls construction work. Will have the skills, knowledge, experience and, where relevant, the organisational capability to carry out the work safely and without risk to health.

Contractors and the workers under their control are most at risk of injury and ill health from construction work. Contractors therefore have an important role in planning, managing, and monitoring their work to ensure any risks are controlled.

Contractors on all projects will:

1. Make sure the Client is aware of the client duties under CDM 2015 before any work starts.
2. Plan, manage and monitor all work carried out by themselves and their workers, considering the risks to anyone who might be affected by it (including members of the public) and the measures needed to protect them.
3. Check that all workers they employ or appoint have the skills, knowledge, training, and experience to carry out the work, or are in the process of obtaining them.
4. Make sure that all workers under their control have a suitable, site-specific induction, unless this has already been provided by the Principal Contractor.
5. Provide appropriate supervision, information, and instructions to workers under their control.
6. Ensure they do not start work on site unless reasonable steps have been taken to prevent unauthorised access.
7. Ensure suitable welfare facilities are provided from the start for workers under their control and maintain them throughout the work.

In addition to the above responsibilities, Contractors working on projects involving more than one Contractor must:

1. Coordinate their work with the work of others in the project team.
2. Comply with directions given by the Principal Designer or Principal Contractor.
3. Comply with parts of the Construction Phase Plan relevant to their work.

Where, Triplex is the only Contractor working on a project, we will ensure a Construction Phase Plan / Traffic Management Plan is drawn up before setting up the site.

When working as the only Contractor for a domestic client, Triplex will take on the Client duties, as well as their own as Contractor. However, this should not involve Triplex doing more than they normally do to comply with Health and Safety law.

Where a domestic project involves more than one contractor, the Principal Contractor normally takes on the Client duties, and the Contractor will work to the Principal Contractor as 'Client'. If the domestic Client does not appoint a Principal Contractor, the role of the Principal Contractor must be carried out by the Contractor as Principal Contractor and the Client duties must be carried out by the Contractor in control of the construction phase and the Client duties must be carried out by the Contractor as Principal Contractor.

Alternatively, the domestic Client can ask the Principal Designer to take on the Client duties (although this must be confirmed in a written agreement) and the Contractor must work to them as 'Client' under CDM 2015.

EXTERNAL PARTIES

Company Health & Safety Consultancy

**SMC Safety Solutions**
Health, Safety & Training Consultancy

SMC Safety Solutions,
Unit 6, Berewyk Hall Court,
Bures Road, White Colne,
Colchester, Essex. CO6 2QB

 info@smcsafetyolutions.co.uk

 01787 224729


Approved
training
provider
1634
BRITISH
SAFETY
COUNCIL
Member
iirsm
MEMBERScan for Website 

The Health & Safety Executive



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