

Welcome to April's Newsletter

Legal – Enforcement and Accident & Incident statistics



Is your Construction Phase Plan up-to-date?

All construction projects, no matter the size or duration, are legally required to have a Construction Phase Health and Safety Plan (CPP) — The CPP is crucial for planning and managing projects safely and must contain details about health and safety risks and arrangements that are specific to each project. It's also a legal requirement for your project to have a complete and thorough plan which is regularly reviewed and revised with significant changes to ensure the plan remains current to the works and arrangements to effectively manager safety.

The CPP should help communicate significant risks, site rules and health and safety arrangements to other people involved in the construction phase. The CPP must be communicated and acknowledged by all relevant parties.

Paramount as principal contractors is responsible for ensuring that a CPP is completed before the project commences. The CPP should be drafted during the preconstruction phase before the construction site is set up and must remain a live document for the duration of the construction phase in accordance with the CDM Regs 2015.



The CPP is critical to the safety planning and implementation and developed to ensure foreseeable risks and control measures can be communicated with project teams before any work begins and workers and others who may be affected by works are exposed to unnecessary risks. While the principal contractor is primarily responsible for CPP compliance, the client and designers must also ensure that they provide all relevant information in support of the plan.

Is it worth 'My Time' or 'Prison Time'?



In 2018, a Manchester-based property developer was sentenced to 8 months in prison for breaches under CDM. The primary breach was under part 4 of the regulations for the stability of structures.

2018 also saw the handing out of a suspended sentence and 2 cases resulting in community services for breaches under CDM 2015.

The largest fine under CDM 2015 is £900,000, issued in April 2022. The case involved a worker striking a live underground cable with an excavator.

The company involved breached CDM regulation 13. This relates to the principal contractor's duty to plan, manage and monitor the construction phase, and carry out work without risk to health and safety.



Incidents, March 2024 Stats:

RIDDOR Reportable=0

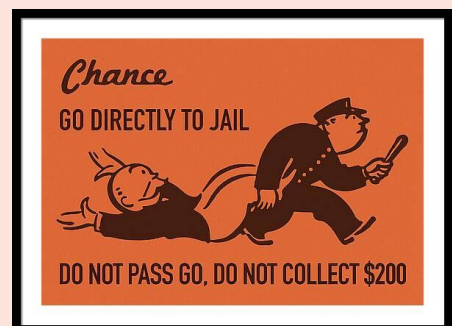
Near Misses =2

Environmental Impacts=0

Enforcement Action =0

Ensure all incidents are reported to HS&E

[Reporting procedure](#) [Accident/Incident Form](#)



Health and Safety updates

Safe Isolation procedure for electrical isolations?

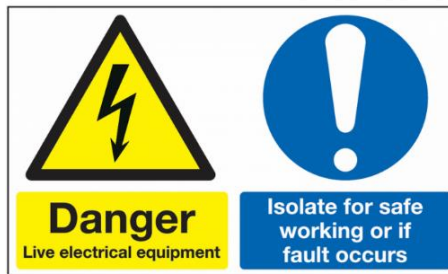
Safe isolation of electrical systems is essential to protect personnel and equipment during electrical work. By following this procedure, personnel can help ensure that all necessary precautions are taken to prevent accidents and injuries.

All electrical isolations and live works to be undertaken by competent Electrical Contractors only!

Paramount Project/Site Manager **must** request safe isolations in writing to the Electrical Contractor by completing Form 1- Electrical Isolation Request.

Electrical Contractor **must** complete Form 2- Electrical Isolation Register and provide handover information to Paramount.

Form 2 **must** be signed by the Electrical Contractor and Paramount Site manager on receipt of the handover information and completion.



A copy of the Safe Operating Procedure and Isolation Request Forms can be found underneath.

[Electrical Isolation Procedure](#)

[Form 1- Electrical Isolation Request- To be completed by Paramount](#)

[Form 2- Isolation Register- To be completed by Electrical Contractor](#)

ENVIRONMENTAL UPDATES

Design, Develop, Recycle, Re-Use, Repeat.

The construction industry is a conspicuous user of resources. Materials are derived from numerous sources and suppliers, and minimisation of waste presents particular problem. Although many of the materials in use are common to most sites, the fragmented nature of development constrains the practical extent of recycling. Furthermore, despite the long life of its products, their eventual demolition or redevelopment can produce significant waste for land disposal unless re-used.

Construction also has a major impact on the environment in its consumption of energy, both directly and embodied in the materials that it uses. The large bulk of materials used consumes a great deal of energy for transport. Considering both direct use and embodied energy, the construction industry consumes about 4.5% of the national total as a consequence of this energy consumption, construction generates over 40 million tonnes of carbon dioxide which contributes to global warming from the greenhouse effect.

How your planning and development can affect the Construction cycle:

Design - A design team can include requirements in the works specification on construction waste, including restrictions on the volumes of waste allowable, and minimum recycling and recovery percentages. This should ensure that the contractor keeps waste to a minimum.

Planning - Where waste is produced it should be seen as a potential resource to be put to good use in place of primary materials. The requirement to minimise the production of waste is supported in land-use planning at national, regional, and local policy level.

Procurement - The procurement of subcontractors and materials is critical to the success of waste minimisation. Ensuring that you order the correct materials and quantities is an effective method of reducing construction waste. Specify waste minimisation requirements for contractors when procuring their services. Require them to demonstrate good waste management practices when working for you and ask them for evidence of this.

Demolition - Pre-planning and segregation processes can help maximise the amount of reclaimed materials and to practice good environmental conduct through waste minimisation.

Wellbeing updates

How To Stress Less

Research has shown that walking promotes the release of brain chemicals called endorphins that stimulate relaxation and improve our mood.

Walking does not have to be done at a fast pace to have stress-relieving benefits. Even a stroll at a comfortable pace promotes relaxation.

Meditating while walking had the greatest impact on mood enhancement.

To help meditate whilst walking, simply count "one, two, one, two." It will help you focus on your steps instead of thinking about other concerns. Regardless of speed of walking, this simple exercise can have a big impact on stress reduction and mood enhancement.

[10 tips to managing stress quick video \(click here\)](#)



April's Awareness

April 2024	Stress Awareness Month				
	2nd	7th	22nd	25th	28th
	World Autism Acceptance Day	World Health Day	Earth Day	On Your Feet Britain	World Health and Safety Day



"Relax. No one else knows what they're doing either."



- Give yourself short breaks. Take these throughout the day, as well as at least half an hour away from your desk at lunch. Spend some time outside if you can.
- Focus on your life outside work. Nurture relationships with people you don't work with. Develop interests and skills that you don't use in your job. This can help you see the difference between your personal life and your working life.
- Develop end-of-day habits. Finish your working day by tidying your workspace or making a to-do list for tomorrow. This can help you switch off from work, especially if you're working from home.

For further information please contact:

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