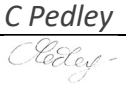
TOTAL ASBESTOS CONTROL

PLAN OF WORK
FOR
ASBESTOS WORKS

Grindleford Model Laundry
Hope Valley
Derbyshire. S32 2HG

Job Ref: C/0001		***Version: 1 11/2025***	
TAC Ltd		☎ ***07826-257-653***	
		✉ *steve@tac.ltd*	
Please note that this Plan of Work needs to be read in conjunction with Company Standard Procedures V1		***HSE office:*** ***1-3 Redgrave Court Merton Road Bootle Merseyside L20 7HS Tel: 0300-003-1747***	
Copy No. 1 – Site File	√	*Copy No. 2 – Client*	√
		Copy No. 3 – Office File	√
Author: S Winterbottom	***14/02/2026***	*Review: C Pedley*	***17/02/2026***
Signed: 	***14/02/2026***	*Signed:* 	***17/02/2026***

SITE LAYOUT

Contents

1. *Details of the Contract*
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1. Details of the Contract

Client Name:	*Calida Hartley*	
Client Contact:	*Calida Hartley*	
Telephone No:	*07709 418 684*	
Site Address:	*(See Page 1)*	
Specific location of works:	*Within main building, Ground Floor*	
Site Contact:	*As client contact*	
Telephone No:	*As client contact*	
Start Date:	*04/03/2026*	
Finish Date:	*20/03/2026*	
Hours of work: ***Days***	*Day shift – 0700 am to 1800 pm* *Mon- Fri. 0800-1500 Sat/Sun*	*Days 17*
Work Timeline	*Site induction & set up*	*Day 1*
	Enclosure construction & Pre-cleaning works	*Day 2-5*
	Removal works	*Day 5-10*
	Cleaning	*Day 10-14*
	Fine clean & Visual inspection	*Day 14-15*
	4 stage clearance	*Day 16-17*
Number of men on-site including supervisor:	*2 men (minimum) 5 men (maximum)*	
Plan of work Author:	*S Winterbottom*	
Company details: ***Director:***	*TAC Ltd* ***S Winterbottom 07826 257 653***	
Site Supervisor:	***Tony Bertenshaw 07472 589 460***	
	NB The Site Supervisor will be contactable at all times during notification hours.	
New Site Supervisor:	*NB Where the appointed Site Supervisor has been changed due to unforeseen circumstances, details to be entered below and on the amendments sheet*	
Any other Licence Holders involved with works:	*None involved*	
CDM Applicable:	*Yes*	
Principal Contractor:	*TAC Ltd*	
CDM Client:	*TAC Ltd on behalf of domestic client*	
Enforcing Authority:	*HSE*	
Analytical Company:	*An Independent UKAS accredited laboratory has been nominated by the client and will be contracted to TAC Ltd.*	*Details:* *APEC Environmental*

Analytical company contracted to:	*Nominated by Calida Hartley Contracted to TAC Ltd*	
Other Contractors involved in the project:	*N/A*	
Isolations required:	***Yes***	***Client to supply details of isolation works undertaken at contractor request prior to works commencing.***
Water	*Yes*	*Client*
Electrical	*Yes*	*Client*
Gas	*N/A*	
Other	*N/A*	
Site access arrangements	*TAC to meet building owner on day one for handover of keys.*	

2. Management of the Contract

The following management will be on site as described below	
Supervisor:	*Every Shift*
Manager:	*On first day and as and when at his discretion*
Directors:	*At their discretion*
Auditors:	*Unannounced audits based on company policy*
Visual management of enclosure:	*Viewing panels & CCTV*
Any amendment made on-site to this plan of work must be made by the site supervisor only:	*Ensure that permission to amend is granted via the contracts manager and documented within site diary.*

3. Scope of Work

Asbestos Survey Carried out by:	*Derbyshire Asbestos Control*
Type of survey:	*R&D*
Date Carried out:	*16th April 2025*
Scope of work:	*Removal of Asbestos containing Thermal Insulation from pipework via wrap and cut method. Removal and disposal of AC ceiling panels*
Type(s) of asbestos:	• *Amosite, Chrysotile & Crocidolite*

Form and Condition of asbestos:	• *Thermal Insulation, hand applied.* • *Thermal Insulation residues to pipework beneath modern MMMF*	• *Poor condition* • *Poor condition*

Quantity/Extent of Asbestos:	• *Thermal Insulation hand applied.* • *Thermal Insulation residues to pipework beneath modern MMMF*	• *10LM* • *20LM*

Method

Description of work, Location, method and sequence of works for Asbestos Removal:	*ALL REMOVAL WORKS ARE TO BE CARRIED OUT UNDER FULLY CONTROLLED CONDITIONS* *Introduction:* *The asbestos is in the form of thermal insulation to pipework lengths running the length of the perimeter of the building. The insulation is in poor condition in parts, the majority appears to have been removed historically and replaced with modern MMMF, it is presumed residues remains beneath. The building also has an Asbestos Cement ceiling throughout. The client has requested the removal of the thermal insulation and AC ceiling panels to allow for refurbishment works to be undertaken to the property. The notable heavy contamination is in the far left corner and operatives will avoid this area until the enclosure is completed AFAIRP and under negative pressure.*

Power and water will be available on site in the form of a temporary feed. Welfare is available in the form of a hired welfare/DCU unit.

SET-UP

1. *The Contracts manager will attend site on day one and brief the supervisor and operatives on the work methods and hazards associated with the work. The supervisor was present at planning stage.*

2. *Site supervisor shall check the scope of works, method statement and sketch plan, ensuring that they match the site conditions as described, he will ensure he understands the undertaking including any unusual aspects then sign the verification sheet.*

3. *The supervisor will brief the team on the contents of the RAMS and allow time for the operatives to read and understand the risks present and the requirements of the removal / treatment method then have them sign the verification sheet to confirm their understanding of both documents.*

HOLD POINT

HOLD POINT	***Sign:***		***Date:***	

Supervisor to ensure electrical Isolation certificate evidence is held within the site file prior to live enclosure entry. He will sign above to confirm this is the case. The contracts manager will ensure Isolations have taken place prior to works commencing by liaising with the client.

4. *Operatives will then set up the DCU/welfare unit up as per site diagram. He will undertake and document the DCU/Welfare checks and ensure the unit is fully functional before enclosure works begin.*

5. *The supervisor will ensure all operatives are clean shaven and then delegate tasks to the site operatives.*

6. *The supervisor will ensure the work areas will have restricted access with warning signs and will ensure the access door is closed and secured whilst in the building.*

HOLD POINT

HOLD POINT	Sign:		Date:	

Supervisor to ensure analytical attendance for background and personal air monitoring during enclosure set up Day 1.

7. *Using the appropriate PPE namely **Blue** type 5/6 disposable overalls, gloves and safety boots, our operatives will begin to erect the enclosure as per supplied drawing.*

8. *Operatives will be wearing Sundstrom SR100 half masks FFP3 filters for all pre-cleaning and enclosure works away from the pipework, this will be required to ensure adhesion of sheeting to the entrance area.*

9. *Operatives will enter the first floor via the stairwell to identify any gaps from above, these will be sealed using polythene and tape.*

10. *Operatives will use mobile towers for sheeting at height.*

11. *Operatives will sheet out the entrance area using timber and polythene and this will be returned along the back of the enclosure to the steel joist.*

12. *The NPUs, airlock and baglock will be added as per supplied drawing with trunking attached as per site diagram and vented to atmosphere.*

13. *Air inlets in the form of cubes and filters with weighted flaps will be positioned as per plan drawing.*

14. *Waste routes must be clearly defined with warning signs and barriers as per site diagram and must be sufficiently segregated throughout works during waste removal operations. Operatives will place Corex to the floor for the waste route during waste removal operations.*

15. *The supervisor will ensure the injection machine has been set up, water pressure is sufficient and the hose for the manifold has been tape sealed into the enclosure.*

16. *Once the supervisor is happy with the integrity of the enclosures following a visual inspection. The enclosure will then be smoke tested in front of the client representative. This involves filling the enclosure with smoke to determine the presence of leaks. The enclosure is inspected from the external to identify if any of the smoke can escape, paying*

attention to where the NPU are situated and where the polythene sheeting is jointed. Once this procedure has taken place the NPUs are turned on and the supervisor will observe the clearance of smoke, ensuring good air flow and identification of any dead spots.

17. *Once the smoke test is complete, our supervisor will fill out the company's smoke test record and have the witness sign it.*

18. *Operatives will then continue with pre-cleaning works to machinery that cannot be moved, suppressant will be used during this process to wipe clean all cleanable surfaces within the area, before using H-Type vacs to clean the floor surface below.*

19. *Once satisfied machines have been cleaned AFAIRP, operatives will sheet out all machines and plant within the area.*

20. *Operatives will then be in a position to begin removal works.*

REMOVAL OF THERMAL INSULATION

1. *Operatives will enter the enclosure as per our standard procedures (Section 3.2. (2.1) wearing the appropriate PPE/RPE namely Scott Vision masks and Pro-flow powered respirators with Pro 2000 filters,* ***red*** *disposable overalls type 5/6, gloves and steel toe-capped wellington boots.*

2. *Operatives will wrap all pipework lengths in polythene and tape seal at any joints. (Hand applied only)*

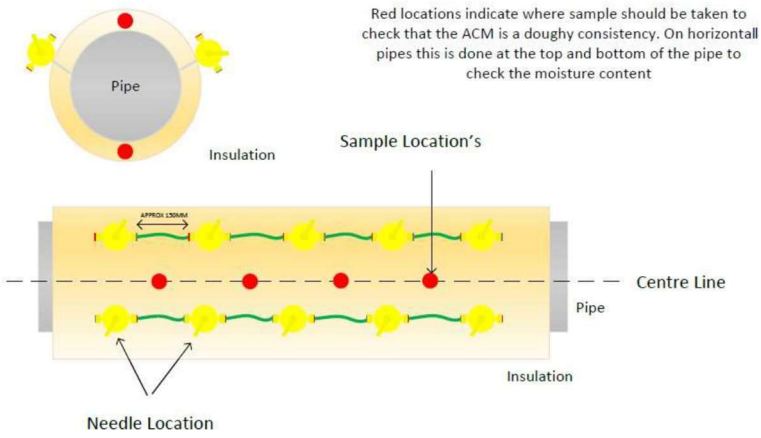
3. *Operatives will then lay out the needles, ensuring the control taps are turned off and request the supervisor turns on the tap that feeds the injection unit.*

4. *50mm Needles will be used*

5. *The enclosure supervisor will then turn on the first control tap enough to ensure a slow drip. Once satisfied the needle has started a slow drip, he will insert the first needle into position and repeat the process for each needle maintaining a 10cm gap between needles, positioning the needles on the top of the pipe allowing gravity to soak the pipe. Needles will be placed 10cm apart as per diagram below.*

6.

HORIZONTAL PIPEWORK



7. *For the vertical hand applied pipe, operatives will use the diamond pattern as per training with 10cm spacings to form the diamond pattern.*

8. *The injection process will last approximately 3-4 hours.*

9. *Whilst waiting for the hand applied injection process to saturate the pipes, operatives will use hand sprayers filled with a water/surfactant mix (10:1 ratio) to saturate the pipes that are covered with MMMF.*

10. *Operatives will then wrap all MMMF pipes in polythene and tape all joints.*

11. *Operatives will then use Stanley knives to make breaks within the MMMF pipes at intervals of 1.5m to ensure manageable pieces.*

12. *Operatives will place all removed MMMF pieces into red waste bags, before spraying the pipe breaks again with surfactant.*

13. *Operatives will then use a combination of wire wool and wire brushes to remove any thermal insulation residues from the cutting area AFAIRP.*

14. *Operatives will then repair the polythene ensuring it is tape sealed on both sides.*

15. *Operatives will then use recip saws with demolition metal blades to cut out the pipe work in a methodical way, working from one end to where the product changes to hand applied.* *Supervisor to ensure cutting works are rotated, trigger times*

recorded and no operatives exceed the trigger time as stated within the RA. (10 mins total per operative)

16. ***See page 26 of this POW for HAVS assessment.***

17. *Operatives will pass the pipes down to an awaiting operative, who will pace them near a cleaned area next to the baglock ready for the waste removal procedure.*

18. *The tent supervisor will then return to the hand applied injection process. He will mark out break points at 1.5m intervals, giving priority to natural breaks within the pipe where there is an absence of insulation.*

19. *The supervisor will then cut a square in the polythene before using a core sampler to inspect the consistency of the insulation whilst shadow vacuuming takes place. He will be looking for a doughy consistency to ensure minimal fibre release.*

20. *If the supervisor is not satisfied, injection will continue.*

21. *Once satisfied, operatives will remove the needles and ensure they are thoroughly cleaned with damp disposable towels, these will be inspected by the analyst prior to removal from the enclosure.*

22. *Operatives will then tape seal all injection needle points.*

HOLD POINT

HOLD POINT	***Sign:***		***Date:***	

Supervisor to ensure analytical attendance for background and personal air monitoring during Insulation removal to pipe breaks prior to cutting.

23. *Operatives will then begin to remove the insulation at the break points by cutting away a 4" strip of the polythene, before using a knife to cut open the insulation and using hand scrapers to remove the bulk from the cutting area.*

24. *Hand scrapers will be used to remove bulk AFAIRP to each cutting area.*

25. *Operatives will place the insulation directly into red waste bags, ensuring they are not over filled.*

	26. *Bags will have the air removed next to the NPU and will be tape sealed and placed next to the baglock ready for the waste removal process.* 27. *Once the bulk has been removed AFAIRP with hands and scrapers, operatives will respray the exposed pipe with surfactant.* 28. *Operatives will then use a combination of wire wool and wire brushes whilst shadow vacuuming to remove all residual insulation from the pipe AFAIRP.* 29. *Operatives will then repair the polythene ensuring it is tape sealed on both sides.* 30. *Once satisfied with the cleanliness of the pipework at the break points, operatives will begin to cut out the pipework in 1.5m lengths and will follow steps 15 & 16 ensuring cutting works are rotated between operatives and that all trigger times are recorded by the supervisor.* 31. *Once all pipework has been removed, operatives will remove the waste as per* ***SOP Section 4.*** *Pipework lengths will be placed into red bags (one over each end) and will pass through the baglock as per the above procedure doubling into outer clear bags (One over each end)* 32. *Operatives will then use hand sprayers to wet down the stored timber items to the rear, ensuring sufficient dust suppression.* 33. *Operatives will break up the pieces (Old chairs) into manageable pieces, before placing in red bags before tape sealing and moving to the clean area near the baglock.* 34. *Operatives will then spray down all general rubble before using hand shovels to place in red bags, ensuring bags are not over filled.* 35. *Accumulated waste will then be removed from the enclosure as per* ***SOP Section 4.*** 36. *Operatives will then spray down all walls before using hand scrapers to remove all flaky paint and debris from the walls.* 37. *Operatives will then use H-Type vacuums to remove all traces of dust and debris from the enclosure before commencing with the removal of the AC ceiling panels.*

38. *Operatives will begin to remove all AC ceiling panels in line with **SOP Section 19.4.(4.3)***

39. *AC panels in sizes that do not lend themselves to bagging will be placed in manageable polythene parcels, before being tape sealed and have red UN compliant bags attached. These will be placed in a clean area of the enclosure next to the baglock ready for inspection by the analyst.*

40. *Smaller debris, will be placed in red bags, be tape sealed and placed next to the baglock ready for the waste removal procedure.*

41. *All AC bags will be removed from the enclosure as per SOP Section 4.*

42. *Operatives will begin a clean down of the enclosure following completion of AC removal.*

43. *All ceiling timbers and steels will be vacuumed with H-type vacs, nails removed and nail holes will be drilled out using oversized drill bits.*

44. *Operatives will use H-type vacs to undertake a final fine clean of the enclosure, ensuring removal of all fine dust.*

45. *Upon completion of cleaning works, operatives will wipe down all cleanable surfaces within the enclosure using damp disposable towels which will be disposed of as asbestos waste.*

46. *Operatives will clean down all plant, trunking and change the vac bags for new ones next to the NPU.*

47. *All waste will be removed from the enclosure as per SOP Section 4.*

48. *Operatives will exit the enclosure as per SOP Section 3.2.(2.2)*

49. *The Supervisor will then conduct a thorough visual inspection of the enclosure using a high powered torch, once satisfied with the standard of work he will complete the 4SC handover sheet before passing the area over to the analyst who will begin the first stage of the clearance procedure.*

SITE DISMANTLING:

	1. *Once the visual and air testing is complete, the site personnel will dismantle the enclosure wearing **Blue** cat3 type 5/6 disposable overalls and Sundstrom SR100 Oral Nasal masks FFP3 filters.* 2. *All polythene will be sprayed with a water/PVA mix before removal and will then be disposed of as asbestos waste being sealed into marked asbestos bags.* 3. *AC parcels will be removed from the enclosure once airlock has been removed.* 4. *The dismantled enclosure, DCU and waste route will then be subjected to a visual inspection by the independent analytical company.* 5. *All relevant site documentation will then be signed by all relevant personnel.*

The supergfdf

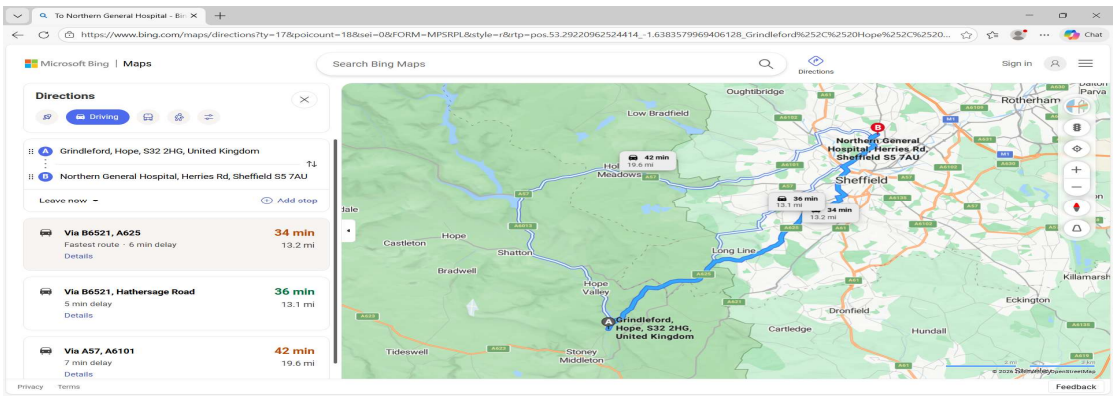
Specific access and fire risk to the site

Please refer to Applicable Standard Procedure Section 8

Site specific Emergency Fire Procedures will be endorsed along with Company Emergency Fire Procedures See Standard Procedures Section 8 A) item 2.

A muster point for contaminated personnel will be located separately from all other workers – see site drawing

Site specific Access Risks:	*N/A*
Emergency Procedures:	*Please refer to Applicable Standard Procedure Section 8*
Nearest Hospital with A&E Dept.:	Northern General Hospital, Herries Rd, Sheffield S5 7AU *Tel: 0114 243 4343 13.2 miles from site.*



4. Control Measures

Anticipated Exposure Levels and Appropriate Respiratory Protective Equipment:	*Please refer to applicable STD PROCEDURES for full details (Based upon results obtained during previous works of a similar nature this information is held within the electronic database at our office)*	
	AEL	***RPE***
• ***Thermal Insulation***	• *< 0.03f/ml*	• *Full face* • *APF40*
Controls to be applied to reduce exposure and prevent release to atmosphere:	• *Wetting via needle injection & hand sprayers.* • *Shadow Vacuuming* • *Decontamination via decontamination unit* • *Enclosure work* • *NPUs* • *PPE/RPE*	
3 Stage Airlock:	*Yes*	
3 Stage Baglock:	*Yes*	
Fibre suppressant:	*Astrip fibre suppressant*	
Method of wetting:	*Injection unit & Hand sprayers*	
Wetting time:	*Expected approximately 4 hours injection time*	

5. Method of Work

Method of work	• *Works to be carried out under fully controlled conditions* • *Shadow- Vac works* • *Cleaning using H-Type vacs* • *Fibre suppression (fine mist spray)* • *Injecting*
Additional Methods to reduce exposure	
• *LEV*	
• *PPE*	
• *RPE*	
• *Personal and leak monitoring*	
RPE Requirements	
Enclosure erection	*Sundstrom SR100 half face with P3 filter*

Inside live enclosure (Inc pre clean to machines)	*Scott Vision 2 Proflow full face with P3 filter*
Enclosure dismantle	*Sundstrom SR100 half face with P3 filter*
Encapsulation	*N/A*

PPE Requirements

	✓		✓
	✓		✓
			
	✓		

6. Other Site-Specific Information

Welfare facilities	• *Supplied by TAC in the form of a hired unit.*	
Arranged by	*TAC*	*Client*
Welfare facilities	✓	
Toilets (male)	✓	
Toilets (female)	✓	
Toilet distance below 150m or 2 min drive	✓	
Hot & cold running water	✓	
Drinking water	✓	
Hand cleaning	✓	
Seating	✓	
Heating	✓	
Facilities to warm food & drink	✓	
• *Waste Disposal*	• *Please see STD PROCEDURES Section 4 for removal process.* • *Sealed and locked Skip located on site, supplied by Cheshire Demolition*	
• *Emergency Procedures Including asbestos disturbance during enclosure erection etc*	• *Please see STD PROCEDURES Section 8*	

NPU CALCULATION:	
Enclosure	

Air management calculator	***Length***	***Width***	***Height***	***Totals***
Area Dimensions (m) Ground Floor	*23.6m*	*11.1m*	*3.5m*	*916.86 m^3*
Airlock Dimensions (m) x 3 stages	*1m*	*1m*	*2m*	*6 m3*
Baglock Dimensions (m) x3 stages	*1m*	*1m*	*2m*	*6 m^3*
Connection pod	*N/A*	*N/A*	*N/A*	
			Overall Volume of enclosure	*928.86 m^3*
			Multiply by a minimum of 10 Air Changes	*9288.6*
			Airflow required	*9288.6 $m^{3/}$hr*
NPU ID & current performance confirmed by hirer			***HIRE NPU 1*** ***HIRE NPU 2***	*10000 m^3/hr* *10000 m3/hr*
NPU Depreciation – 10%				*18000 m^3/hr*
Ducting/Roving head reduction 1% per meter			*10m 1 x unit*	*10%*

Ducting/Roving Head reduction 2% per bend	*1 bend*	*2%*
Ducting vent to atmosphere 1% per meter	*8m & 4m*	*12%*
Ducting vent to atmosphere 2% per bend	*2 bends 1 x unit*	*4%*
Total NPU performance after reduction		*12960 m^3/hr*
ACPH		*12960/928.86 = **13.95 ACPH***
Air intake Air & Baglock connected configuration		*1500m^3/hr*
Air cubes x 2		*10000 m3/hr*
Draw filter 15x15x4 flapped panel filter (250m3/hr) x 6		*1500m3/hr*
Satisfactory air into the enclosure		*Yes 13000m3/hr*
H-Type Vacuums to be used	*2 H-Type Numatic vacuums will be used*	

Details of the air monitoring to be carried out		
Type of monitoring	***Yes/No***	***Frequency/Quantity***
Personals	*Yes*	*1 x during pre-clean enclosure construction of main enclosure & 1 x during thermal removal (pipe breaks)*
Background monitoring	*Yes*	*during enclosure set up*
Reassurance monitoring	*Yes*	*Once the enclosure is dismantled and area clear on completion of 4SC.*
Leak testing	*Yes*	*1 x during thermal removal (pipe breaks)*
4 stage clearance	*Yes*	*Upon completion of work*
Supervisor visual duration	*Approximately 4 hours*	
Analyst visual duration	*Approximately 4-6 hours*	

Arrangements for smoke testing and witnessing:	*A client will witness the smoke test if available.*
How will Supervisor manage the operations on site and maintain the selected control measures:	*Daily check sheets and constant supervision throughout the project.*
Local Exhaust Ventilation:	*Negative pressure units and H-Type vacuums.*
Decontamination units:	*Please refer to Applicable SOPs Section 3 and site diagram*
Description of Decontamination System:	*Please refer to Applicable SOPs Section 3* *Self-contained decontamination unit with Welfare unit.*
DCU Connected to Work Area:	*No, direct connection not feasible due to space restrictions within the building*
DCU Entry and Exit Procedures:	*Please refer to Applicable Standard Procedures Section 3 (2), item 2.1 & 2.2*
Position of DCU:	*See Sketch Plan*
Transit Route to DCU:	*See sketch plan*
Transit toute distance	*15m*
Waste Treatment:	• *Skip on site*

	• *32 cyd* • *Supplied by Cheshire Demolition*
Amount of waste:	*270 bags & 15 parcels including enclosure waste*
Waste Transit Route:	*See sketch plan for waste route to sealed waste skip*
Waste route distance:	*25m closest possible location due to site layout and required access.*
Skip Size:	*32 cubic yard*
No. of Skips:	*1*
Location of Skip:	*See Plan Drawing*
Details of Variations from Standard Procedures in Respect of this Job:	

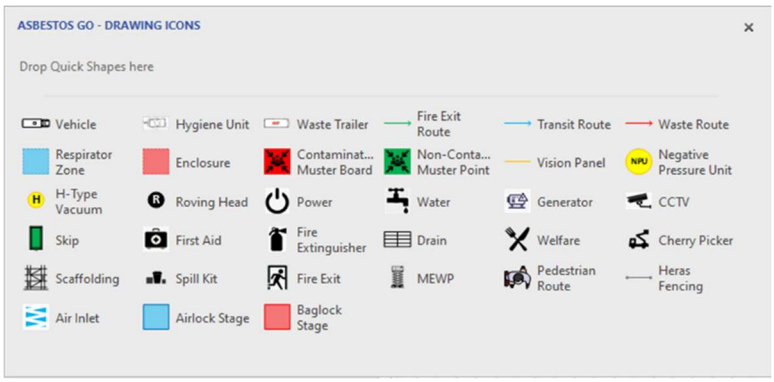
Equipment Schedule

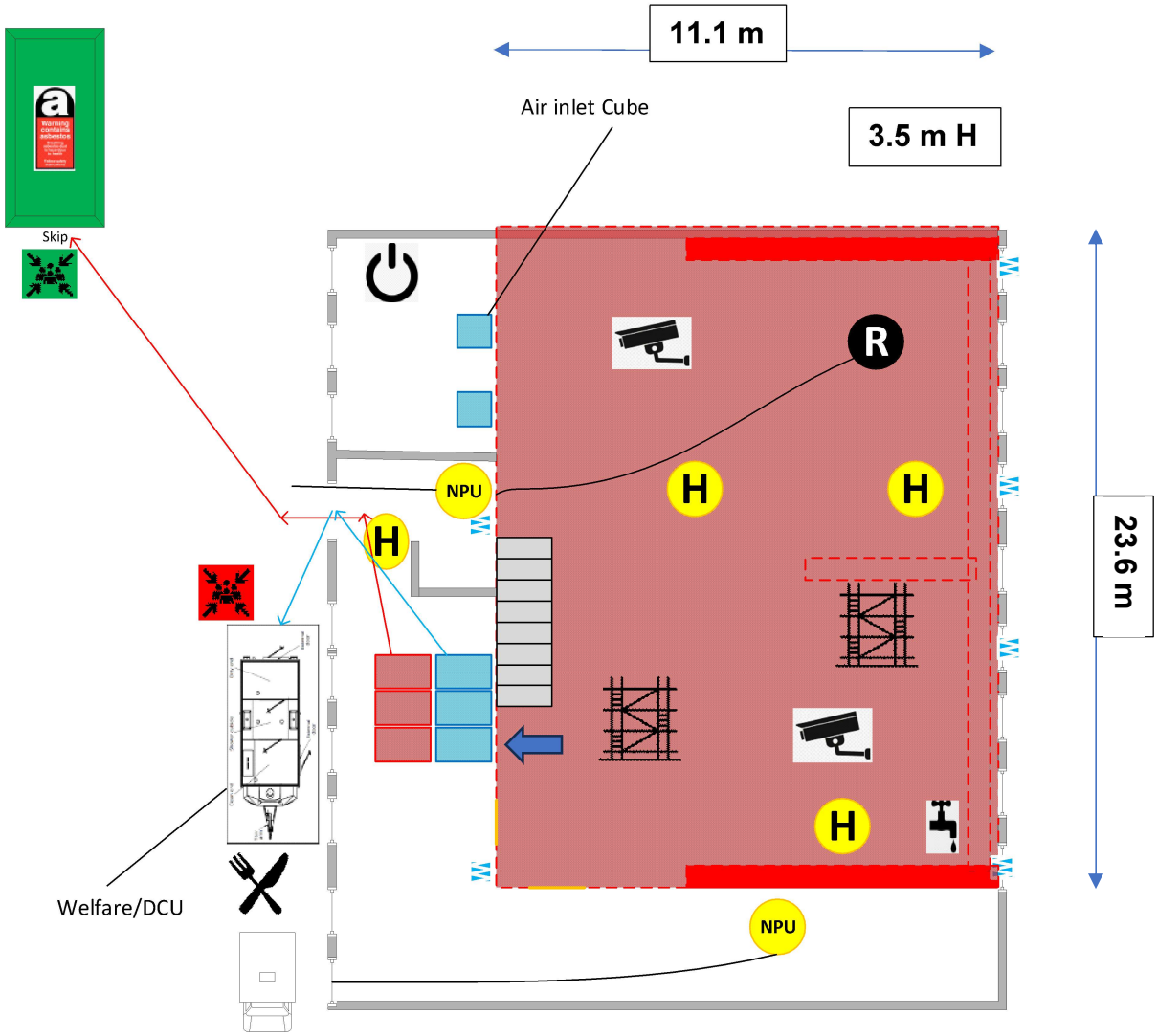
Equipment schedule	Number	COMPANY TO PROVIDE	CLIENT TO PROVIDE
Decontamination Unit	1	X	
Modular Unit			
5000 NPU			
2500 NPU			
10000 NPU	2	x	
Type 'H' Vacuum	4	X	
Injection Unit – Astrip	1	X	
Killer Sprayer	2	X	
Wooden batten			
Abrasive Wheels/Grinders			
Reciprocating Saw	1	x	
Jig Saw			
10kva transformer			
5 kva transformer	6	X	
3 kva transformer			
Corex Sheets	20	X	
Plywood			
Wet & Dry Vac			
Fibre Suppressant Concentrate	10 LTRS	X	
Welfare Unit	1	X	
Mess Cabin			
Toilets			
Generator			
Safety Harness			
Timber	20 x 2x2 lengths		
ET150 Brush Coat			
ET150 Spray Coat			
Stand up lightss	4	X	
Hand lamps	2	X	
Hard Hat	Per Man	X	
High Visibility Jacket	Per Man	X	
Fire Protection – powder & water	In Company Vehicle	X	

Access Equipment

Access Equipment	***NUMBER***	***COMPANY TO PROVIDE***	***CLIENT TO PROVIDE***	***HEIGHT***
Stepladders (only when no other access equipment suitable)				
Electric scissor platform				
Narrow gauge tower	***2***	***x***		*3.5M WORKING HEIGHT*
Youngman Hop-up				

7. Sketch plan & Photographs





Site Photographs

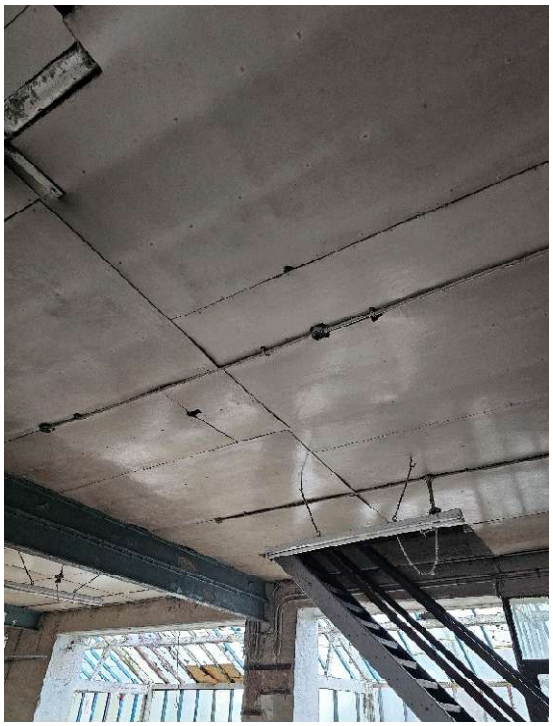
External view of building

Site Photographs

Air/Baglock location

Thermal Insulation to pipes

AC Ceiling panels and 1st floor access stairwell



HAND-ARM VIBRATION EXPOSURE CALCULATOR

Version 6.3 September 2023

Company name/work area:	TAC Ltd
Employee ID and/or task name:	Cutting metal pipework

Tool Use drop-down list for HSE recommended initial tool magnitude value (range for tool shown in brackets) or manually add tool type and/or magnitude in this column and the Vibration magnitude in "User" column.	**Vibration magnitude** m/s^2 HSE	User	**Task** Points per hour	**Time to reach EAV** hh:mm	**Time to reach ELV** hh:mm	**Exposure duration** hours	mins.	**Partial exposure** m/s^2 A(8)	**Partial exposure** Points
Reciprocating Saws [7-27]		25	1250	0:04	0:19		10	3.6	208

INSTRUCTIONS: **Enter vibration magnitudes and exposure durations (for an individual worker or a task carried out by several workers) in the white areas. Results are displayed in the yellow areas.**
Additional information such as company name, worker name may be added if printing or saving the calculation.

Daily exposure m/s^2 A(8)	**Daily exposure** points
3.6	**208**

WARNING: Exposure at or above EAV (100 points)

Exposure calculation by:	Chris Pedley CMIOSH	**Calculation date:**	15/02/2026
Job role:	H&S Consultant		

8.Method Statement

Any alterations to or deviations from this plan of work must be agreed with the contracts manager. A record of any changes made must be entered below and copied for inclusion in the office file copy

DATE	*REVISION NO.*	*REVISION*	*INITIALS*

Method Statement Briefing and Verification Sheet

Job Reference No: C/0001

Site: *Grindleford Model Laundry*

To be signed by Supervisor & Operatives

We, the undersigned, have read and fully understand the Plan of Work.
We also confirm the risks associated with this project have been identified by the supervisor and that we fully understand them
Any problems have been clarified with Head Office

NAME:	***DATE:***	***SIGNED:***	***TIME***