

Preliminary Health and Safety Plan for the Development Shannon Valley, Ballaghaderreen, Co. Roscommon.



Comhairle Contae
Ros Comáin
Roscommon
County Council



Prepared by



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Project Title: Shannon Valley, Ballaghaderreen, Co. Roscommon
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Table of Contents

1.0 INTRODUCTION.....	4
2.0 GENERAL DESCRIPTION OF THE PROJECT	5
3.0 INTENDED PROJECT COMPLETION TIME	9
4.0 CLIENT AND MANagements CONSIDERATIONS AND REQUIREMENTS	10
5.0 OTHER CONTRACTS AND WORK ACTIVITIES.....	12
6.0 EXISTING SERVICES.....	12
7.0 PARTICULAR RISKS	14
8.0 THE DESIGN	16
9.0 HEALTH AND SAFETY PLAN / SAFETY FILE	18
10.0 AUTHORISATION.....	18
APPENDIX A – General Principles of Prevention	19
APPENDIX B – Duties of Designers	20
APPENDIX C – Duties of PSCS.....	20
APPENDIX D – Duties of Contractors.....	20
APPENDIX E – Contents of Safety File	21
APPENDIX G – List of Drawings	21

1.0 INTRODUCTION

It is the intention that the company appointed as the consultant/contractor for the construction works shall undertake the duties of the Project Supervisor for Construction Phase (PSCS) of the project as set out in Article 16 to 22 of the Safety, Health and Welfare at Work (Construction) Regulations 2013.

This Preliminary Safety and Health Plan has been prepared on a preliminary basis in accordance with the Regulations 12 (1) (a) of the Safety, Health and Welfare at Work (Construction) Regulations 2013. It has been prepared to provide information to the PSCS for the development of the detailed Construction Phase Safety and Health Plan, which is to be developed by the PSCS before the start of the construction work, explaining how the key Health and Safety issues will be managed on site.

The Contractor will be required to develop the Construction Phase Safety and Health Plan in response to Regulation 16 of the above Regulations and to fulfil the duties of the PSCS for the project.

It is the intention, of the Client that the Project be constructed in such a way that the risk to health and safety of all persons engaged in its construction, future use and maintenance are eliminated or reduced to an acceptable level under current health and safety legislation.

The Following legislation should be read in conjunction with the Preliminary Safety and Health Plan

1. Safety, Health and Welfare at Work Act 2005
2. SI no 291 Safety, Health and Welfare at Work (Construction) Regulations 2013
3. SI no 445 Safety, Health and Welfare at Work (Construction) Regulations 2012
4. Guideline and Codes of Practice as published by the HSA

2.0 GENERAL DESCRIPTION OF THE PROJECT

Planning & Design

The refurbishment of 15no. residential units at Shannon Valley, Ballaghaderreen Co Roscommon

Site Details

The project is located within an existing estate at Shannon Valley, Ballaghaderreen. Roscommon County Council







Site Particulars

Address: **Shannon, Valley Co. Roscommon**

Site Layout



Role	Company	Contact	Phone	E-mail
Client	Roscommon County Council	Mark Finneran	087 9253541	MFinneran@roscommoncoco.ie
Client	Thomas Campbell Consulting Engineers Limited	Mark Finneran	087 9253541	MFinneran@roscommoncoco.ie
PSDP	Thomas Campbell Consulting Engineers Limited.	Thomas Campbell	094 9041049	tcampbell@tagroup.ie
PSCP	TBC			
Works Contractor	TBC			

Arrangements for Communciation

All parties must recognise for organised and continual communication throughout the duration of the project. Meetings will be held as necessary and must be attended. PSCS is to communicate directly with PSDP with regard to all design, temporary or permanent. All other communications between Designers, Project Supervisors and Contractors shall be as appropriate. All communications will be backed by written documentation, memo or email.

No changes or design changes may take place unless agreed. It is for the PSDP to coordinate permanent works designers and the TWC to coordinate temporary works designers.
All accidents and any visits by the HSA must be reported immediately to the PSCS.

3.0 INTENDED PROJECT COMPLETION TIME

The basis for the time established for the project having considered the principles of prevention when deciding on the technical and/or organisational aspect of the works.

The estimated duration of the works for the works to be complete is as follows:

- Duration of Contract: Envisaged at 10 Months
- Intended Commencement Date: TBC
- Intended Completion Date: TBC
- Restrictions on Working Hours:
 - (a) Monday to Friday 0800 to 1800hrs
 - (b) Saturday 0800 to 1400hrs
 - (c) No works on Sunday or Bank Holidays

The time allowed for the project as a whole reflects the outputs listed above and take into account measures necessary to avoid risk from interacting elements of the project.

Note: The intended commencement and completion dates advised above are Provisional, pending confirmation by the Project Supervisor Construction Stage that they are practicable and sufficient to allow the Project to be carried out safely.

Notification to the Health and Safety Authority

Notification of the project is to be undertaken by the Project Supervisor Construction Stage using Form AF2 and confirmed to the Project Supervisor Design Process.

The Health and Safety Authority must be notified prior to the commencement of the work on the construction site.

4.0 CLIENT AND MANAGERMENTS CONSIDERATIONS AND REQUIREMENTS

It is the Clients and Managements objective to comply with all Health and Safety Legislation, Codes of Practice, Directives and Guidance.

Ensure all activities are conducted safely thereby protecting the health and welfare of our staff and others. This will be assured to a system of monitoring and inspection.

Manage all activities in order to meet these objectives.

Take account of the General Principles of Prevention as per legislative requirements.

Set Health and Safety targets and develop an improvement plan to address areas where measurement indicates such improvement is necessary or desirable.

Take account of any risks to the general public when developing the Safety and Health Plan.

The goal is that accidents do not occur on this site.

PSCS and Contractor Considerations

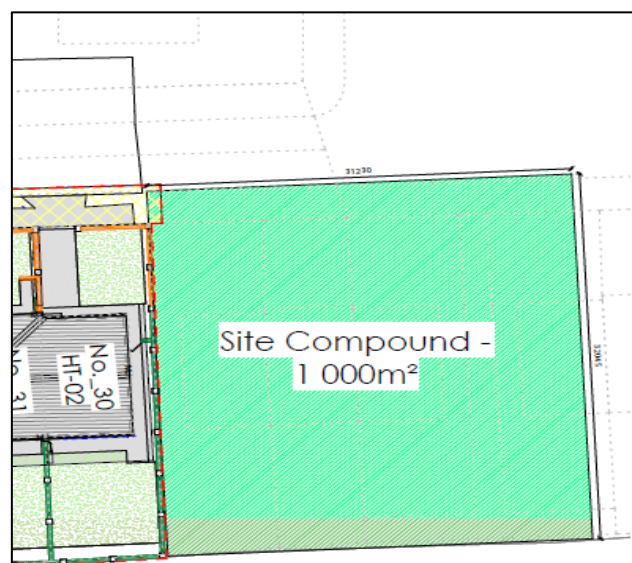
The Project Supervisor Construction Stage will need to consider these risk factors and make adequate and detailed provision prior to work commencing. The Safety and Health Plan will need to include the arrangements for the management of the site to mitigate these risks. The Contractor will be expected to operate strictly within the safety provisions as detailed by him/her in the Safety and Health Plan for site management.

It is the responsibility of the Contractor to ensure that the vehicles, plant or materials do not restrict the free movement of ambulances or other emergency services. The Safety and Health Plan shall include the arrangements for ensuring that un-restricted access is maintained at all times.

The Safety and Health Plan will also need to include arrangements for maintaining the roadway and pedestrian routes outside the site in a clean condition and free, as far as is reasonable, from debris, mud or any other hazard likely to pose a risk to the safety, health and welfare of non-site personnel.

Site Compound

The site compound is to be located within the site boundary to the rear of the site outlined below in Green.



Access and Boundary Restrictions

Boundaries and Access, including Temporary Access

There are restrictions outlined in the Section on Working Hours. The PSCS will have a major role to play in the logistics and coordination and cooperation will be essential.

It is for the PSCS to ensure all necessary hoarding is in place before work commences and that due consideration is also given to essential and necessary signage and traffic management including speed restrictions, parking, storage, loading and unloading. There is ample parking on site.

Site Accommodation Restrictions

Obstruction of public access routes by the location of site accommodation, skips or other is prohibited unless agreed with the Local Authority and such agreement is attached to the Safety & Health Plan prior to works commencing on site.

Storage Restrictions

The storage of plant, tools, materials etc. shall be restricted to the areas agreed or outlined. The storage of highly flammable liquids or liquefied petroleum gases or any gas or liquid which aids combustion, shall be restricted to an external secure compound, or removed daily, and shall at all times be in accordance with legal provisions, relevant standards, codes of practice etc. The Safety and Health Plan shall detail the arrangements for the storage of such substances. The attention of the main contractor is drawn to the risks associated with the storage of materials, equipment or substances in areas to which non site personnel may have or gain access.

Existing Storage of Hazardous Materials

There is no evidence to suggest the existence of hazardous substances or materials on site at present.

Other Restrictions

The Project Supervisor appointed for the Construction Stage will detail in the Safety and Health Plan all other restrictions which will need to be applied such as restrictions on site visitors, sub- contractors, materials, substances, work practices, work methods etc., and any other hazard likely to expose persons to risks to their safety, health and welfare.

Emergency Procedures

With particular attention to the close proximity of a private housing estate(s), the site boundaries **are not fenced off** therefore a temporary safety fence/Hoarding **must be erected** and all materials, vehicles, machines etc. and welfare facilities are to be stored within the safety fencing/Hoarding until works are complete. Space restrictions do not present an issue. Continual liaison between the PSCS or their representative with the local Housing estate committee will alert the contractors to the timing of such activities.

PSCS is to make arrangements for liaison between stakeholders.

Weekly meetings will take place between the Client, the PSDP and the PSCS.

Security Arrangements

The PSCS will ensure suitable and sufficient provisions are in place to at least comply with all legislative requirements. It has been decided due to the close proximity of the neighbouring dwelling, a prestart meeting is required between the Client, Design Team, the successful contractor and neighbouring dwelling to discuss the project, the method of works and address any questions or concerns that any party may have.

Welfare Facilities

The PSCS must provide welfare facilities for site personnel, including Toilet/Sanitary Facilities, Covid 19 mitigation measures, hand sanitiser, wipes, gloves, masks and Canteen, drying room.

5.0 OTHER CONTRACTS AND WORK ACTIVITIES

The nature of the works and the size of the site, the works will be completed on a phased basis. It is the intention of the Client that, each subcontractor will have full access and sole occupancy of the site. However, Contractors need to be aware of other Contractors on site such as ESB or Irish Water

6.0 EXISTING SERVICES

It is advised by the PSDP that the PSCS/Main Contractor not rely solely on the accuracy of the location of services described on the existing drawings and plans but undertake scanning with calibrated pipe/cable avoidance tools, excavated trial pits and employ safe hand digging practices in the vicinity of buried pipes. Assume all sewers and cables are live.

Bord Below Ground Services - GAS

None in the Area

ESB Service

Please see refer to the site layout / existing services drawing.



7.0 PARTICULAR RISKS

The following is based on the non-exhaustive list of work involving particular risks to the safety and health of persons, together with the opinion of the Project Supervisor Design Process on what elements of the works may fall within each risk category. It should be noted that many of the risks on the project may arise out of working methods which are at the discretion of the Contractor and as such cannot be determined by the Project Supervisor Design Process. Items 4.1 to 4.10 include risks that are non-exhaustive, but are specifically covered in the Safety, Health and Welfare at Work (Construction) Regulations 2013.

Works which puts persons at work at risk of

- (a) Falling from a height
- (b) Site Access/Egress
- (c) Electric Shock
- (d) Pedestrian Safety
- (e) Site Security
- (f) Dangerous Substances
- (g) Building Materials
- (h) Other

(a) Working at Height –

The PSCS must carry out site specific working at height risk assessment and make sure that all work is planned, organised, and carried out by competent persons.

The main contractor will ensure that all requirements of the Safety Health and Welfare at Work (Construction) Regulations 2013 and the Safety Health and Welfare at Work General Application Regulations 2007, (Work at Height) are adhered to.

Scaffolding will be required on this project. A site-specific Risk Assessment and Method Statement is to be prepared by the main contractor to include how the scaffold will be managed, planned, installed, checked and removed. The use, purpose and maximum loading shall be clearly communicated to the designers., the installers and the users of the scaffolding.

(b) Site Access/Egress –

Access/Egress points to be checked regularly, including condition of floors, doors, and handles. A secure system is in place to prevent unauthorised access into the property.

(c) Electric Shock –

Identify the electrical hazards associated with the task and the electrical system, or electrical process involved. Assess the severity of the potential injury from the electrical hazard. Only trained competent personnel is to carry out work on electrical systems.

(d) Pedestrian Safety –

Sufficient and visible warning signage must be erected/displayed to warn pedestrians of site works.

(e) Site Security –

Site must be protected with adequate security fencing during working hours to prevent unauthorised access. Outside working hours, the site must be locked and left in a secure state. If possible, all plant and machinery is to be stored inside security fencing or designated area.

(f) Dangerous Substances –

Work which puts persons at risk from chemical or biological substances constituting a particular danger to the safety and health of such persons or involving a legal requirement for health monitoring e.g. Weil's Disease.

Attention is drawn to the risk of exposure of persons engaged in the project and exposed by effect of the project to substances which in certain circumstances may be hazardous to their health. The PSCS is alerted to the number of chemical substances which may be individually or collectively toxic, irritants, carcinogenic, corrosive, highly flammable or otherwise harmful as a result of entry into the body as a consequence of inhalation, ingestion or skin contact.

While every effort has been made to design out such risks some substances required for decorative, cleaning or treatment purposes will come under some of the above headings. The PSCS should ensure that adequate risk assessments are carried out on all such substances and safety data sheets should be referred to as well as appropriate controls introduced to protect any person exposed to such risks.

Details of Safe Working Procedures covering the following aspects of the contract should be included in the Safety & Health Plan developed for the Construction Stage:

The Code of Practice for Biological Agents (2017 update) contains the approval list of biological agents, their classification, minimum containment measures and dispensation from minimum containment measures.

The Safety, Health and Welfare at Work (Biological Agents) Regulations 2013 (S.I No 572 of 2013) and the related Code of Practice set down the minimum requirements for the protection of workers from the health risks associated with Biological agents in the work place.

(g) Building Materials -

Building materials to be used in or existing in the works such as: asbestos, toxic paints, solvents, adhesives, insulation materials, toxic dust.

The storage of any substance likely to expose site personnel or members of the public to any of the above risks must be undertaken in line with all statutory requirements. Attention is also drawn to the harmful effects of exposure to cement, dust, lime and other substances that may be used as part of the project. Safety data sheets should be made available to all site personnel likely to be exposed to these substances and the correct safety and health procedures adopted.

(h) Other

- **Work exposing persons at work to the risk of drowning such as: works significantly below water table, work to bridges, work on or near the sea, lakes, canals, ponds, reservoirs, liquid storage tanks etc.**

None Envisaged on this Project.

- **Work on wells, underground earthworks, and tunnels, for example, excavated wells, underground earth works, tunnels, underpinning.**

None Envisaged on this Project.

- **Work carried out by divers at work having a system of air supply.**

None Envisaged on this Project.

- **Work carried out in caisson with a compressed air atmosphere.**

None Envisaged on this Project.

- **Work involving the use of explosives, for example: rock blasting or demolition.**

None Envisaged on this Project.

- **Work involving the assembly or dismantling of heavy prefabricated components: such as heavy steel structural frame elements, heavy precast concrete frame elements, heavy timber sections or heavy prefabricated plant items.**

It is proposed to use Manufactured timber roof truss on the project. Potentially the use of a modular construction method for the superstructure. Further details of the Modular Construction and method of install is required.

Contractor's design

Where the works include elements of design (including the design of temporary works) the contractor who does not engage the services of a designer, will also be considered a designer for the Purposes of the Safety, Health, and Welfare at Work (Construction) Regulations 2013.

For temporary works, which involve a significant risk, the methodology and risk assessment procedure should be identified and forwarded to the Project Supervisor Design Process for assessment. It is recommended that a Temporary Works Coordinator is engaged by the PSCS and Temporary Works Supervisors for each Contractor requiring temporary works.

The Project Supervisor Construction Stage is to ensure that the design of all temporary works and other elements are carried out in accordance with the requirements of the Safety, Health and Welfare at Work (Construction) Regulations 2013 and in accordance with the Code of Practice for Temporary Works.

The Contractor should note that if either standard scaffolding or design scaffolding is required that the Health & Safety Authority (HSA) Code of Practice should be followed.

8.0 THE DESIGN

All Designers are required to provide Design Risk Assessments to the PSDP to include in the Preliminary Safety and Health Plan and/or the Safety File. The PSCS is responsible for ensuring information is

forwarded to the PSDP for populating the Safety File. Where appropriate or not specifically requested a Permanent or Temporary Design Works Certificate will suffice.

Should it be necessary for to implement any design changes then the Designer should forward the amended DRA to the PSDP, which may be forwarded to the PSCS for inclusion in the Safety and Health plan.

It is for the PSDP to ensure that all particular risks as identified by the Designers, that impinge on the construction work or future work on the building or structure are duly documented and inserted if appropriate in the Safety and Health plan or Safety File. This Preliminary Safety and Health Plan incorporates Particular Risks, Residual Risks and Constructional Risks and advises accordingly.

All Permanent Works Designers are required to provide a PSDP for their part of the works on the project.

Permanent Works Design

All Temporary Works Designers are required to provide a PSDP for their part of the works on the project.

Temporary Works Design

Where available these Certificates will be included in the Safety and Health Plan as well as the Safety File if appropriate.

It is for the PSCS to inform the PSDP in the event of any unforeseen issues on site. To facilitate this there will be weekly meetings between the Client, the PSDP and the PSCS.

Information on Design Hazards and Design Assumptions

It is for the PSCS to communicate with the Client and the PSDP on any design issues that might arise.

PSDP Design Assumptions

The PSCS will be in control of any demolition works.

PSCS shall liaise with PSDP on all design changes, permanent or temporary.

PSCS to develop/have developed a detailed Traffic Management Plan and submit it to the local Council and Gardai for approval.

PSCS to demonstrate how the project be constructed in the timeframe agreed.

9.0 HEALTH AND SAFETY PLAN / SAFETY FILE

The Project Supervisor Construction Stage (PSCS) and all other contractors shall provide all relevant information to the Project Supervisor Design Process (PSDP) for insertion into the Health and Safety File. The following information shall be provided as a minimum:

Project information and reference

Provide Information which is applicable to this particular project:

- Safety Statement
- Construction stage Safety Plan and Method statements
- Safe Pass, Construction Skills Certification scheme cards
- Covid 19 CIF Procedures
- Daily Risk Assessments
- Record of demolition/disposal waste

Mandatory inspections

- AF3, GA1, GA2

Such information shall comprise the following (this list is not exhaustive):

General details of all materials incorporated into the works, in addition to the Health and Safety Plan and any specification departures.

Safety measures in regard to future maintenance requirements, for example glazing, roof access, operation of heating and ventilation equipment.

Manuals for all equipment installed operations and maintenance procedures from specialist suppliers and installers.

10.0 AUTHORISATION

This preliminary Safety and Health Plan has been prepared in accordance with the requirements of the Construction Regulations 2013. It has been completed prior to the commencement of the building works on site and therefore reflects the condition of the site as it stands. It follows that subsequent events may bring about significant changes to this documentation as it transforms into the Safety and Health plan. It is for the PSCS to bring to the attention of the PSDP, if changes in the design are required in order to achieve a Safe System of Work.

The information contained in this Preliminary Health and Safety Plan has been prepared prior to the commencement of the work on site. It does not take account of any matters or information which may come to light after that time.

A limited inspection has been undertaken of the site. The Contractor and Project Supervisor (Construction) are advised that commencement of excavation or other openings up of works may reveal changes requiring reassessment of the construction/design risks.

Absence of mention of items must not be deemed to be an endorsement by us that such are safe. It is recommended that the Contractor always undertake risk assessments pre-construction to enable him to develop safe systems of work and build safely. The Contractor shall be appointed to the role of Project Supervisor Construction Stage

PSDP: *Thomas Campbell*

Signed for and on behalf of

Thomas Campbell Consulting Engineers Limited

Date: 20/03/2026

APPENDIX A – General Principles of Prevention

The General Principles of Prevention are set out in descending order of preference as follows:

1. Avoid risks.
2. Evaluate unavoidable risks.
3. Combat risks at source.
4. Adapt work to the individual, especially the design of places of work.
5. Adapt the place of work to technical progress.
6. Replace dangerous articles, substances, or systems of work by non-dangerous or less dangerous articles, substances, or systems.
7. Use collective protective measures over individual measures.
8. Develop an adequate prevention policy.
9. Give appropriate training and instruction to employees.

APPENDIX B – Duties of Designers

As a designer you must ensure that the project is capable of being constructed to be safe, can be maintained safely and complies with all relevant safety and health legislation.

You must:

- Identify any hazards that my design may present during construction and subsequent maintenance
- Where possible, eliminate the hazards or reduce risk

Where there are residual risks, you must

- Communicate necessary control measures
- Design assumptions or remaining risks to the Project Supervisor Design Process (PSDP) so that they can be dealt with in the Safety and Health Plan
- Co-operate with other designers and the Project Supervisor Design Process (PSDP) or Project Supervisor Construction Stage (PSCS)
- Take account of any existing safety and health plan or safety file
- Comply with directions issued by the PSDP or PSCS
- Where no PSDP has been appointed, inform the client that a PSDP must be appointed



APPENDIX C – Duties of PSCS

The role of the project supervisor construction stage is to manage and co-ordinate health and safety matters during the construction stage. The project supervisor construction stage is appointed before the construction work begins and remains in that position until all construction work on the project is completed.

APPENDIX D – Duties of Contractors

In general, a Contractor means any employer whose employees carry out construction work and includes both main contractor and sub-contractor. Contractor may also include a self-employed person where such a person supplies materials and labour or labour only. In addition, a body such as a local authority may also be a contractor, if the construction work is carried out directly by employees of that body.

A contractor must:

1. co-operate with the PSCS – provide any site-specific information, including relevant extracts from Safety Statement
2. promptly provide the PSCS with information required for the safety file.
3. comply with directions of the project supervisors.
4. report accidents to the Authority and to the PSCS where an employee cannot perform their normal work for more than 3 days.
5. comply with site rules and the safety and health plan and ensure that your employees comply.

6. identify hazards, eliminate the hazards or reduce risks during construction.
7. facilitate the site safety representative.
8. ensure that relevant workers have a safety awareness card and a construction skills card where required.
9. provide workers with site specific induction.
10. appoint a safety officer where there are more than 20 on site or 30 employed.
11. consult workers with site specific induction.
12. monitor compliance and take corrective action.

APPENDIX E – Contents of Safety File

1. construction drawings, specifications and bills of quantities, used and produced throughout the construction process.
2. the general design criteria
3. details of the equipment and maintenance facilities within the structure
4. maintenance procedures and requirements for the structure
5. manuals, certificates, produced by specialist contractors and suppliers which outline operating and maintenance procedures and schedules for plant and equipment installed as part of the structure, typically lifts, electrical and mechanical installations and window cleaning.
6. details of the location and nature of utilities and services, including emergency and fire-fighting systems

APPENDIX G – List of Drawings

See attached.