

PRELIMINARY SAFETY AND HEALTH PLAN

For

Energy upgrades to Unit 1I - Scioból na bhFear Gaoth Dobhair

For

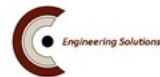
ÚDARÁS NA GAELTACHTA

PÁIRC GHNÓ GHAOTH DOBHAIR, DOIRÍ BEAGA, Co, DHÚN Na nGALL.

PREPARED BY PROJECT SUPERVISOR FOR DESIGN PROCESS

September 2025

CARR CONSULTING
ENGINEERS



Scope of Preliminary Health & Safety Plan

This Preliminary Safety and Health Plan is for proposed energy upgrade works to an existing factory unit that is being used as a men's shed and has been prepared in accordance with the Safety, Health and Welfare at Work (Construction) Regulations 2013.

The purpose of the plan is to provide information to the Project Supervisor for Construction stage to assist with the management of Safety & Health on site during work on this project.

It is the intention of the PSDP that the project be constructed in such a way that risks to the health and safety of all persons engaged in its construction, use and maintenance are eliminated or reduced to a level as low as reasonably practicable in accordance with best practice, and in compliance with current safety and health legislation.

The information contained in this plan has been prepared prior to the commencement of work on-site. This plan does not take into account any information which may come to light after the issue date. The appointed PSCS must bring to the attention of the PSDP any issues regarding Safety & Health on site during the execution of the works in order that it may be addressed.

<i>Issue</i>	<i>Prepared by</i>	<i>Checked by</i>	<i>Verified by</i>
July 2026	Desmond McCarry Principal Engineer	Patrick Galvin Project Engineer	Michael Carr Principal Engineer
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1.0 NATURE OF THE PROJECT

The project consists primarily of energy upgrades to Scioból na bhFear Gaoth Dobhair, Unit 1I in Aonad Eargail, Eastát Tionscail, An Bun Beag, Gaoth Dobhair, Contae Dhún na nGall.

1.1 Parties Involved

Client

ÚDARÁS NA GAELTACHTA,
PÁIRC GHNÓ GHAOTH DOBHAIR, DOIRÍ BEAGA, Co, DHÚN Na nGALL.

Tel:

Contact: Mr. Dónal Mac Eiteagáin E-mail: dmace@udaras.ie

Structural Engineers & Project Supervisor Design Process

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Project Supervisor Construction Stage

To be appointed

Tel:

Contact:

Fax:

E-Mail:

1.2 Site Location and Description

The site to which this document relates is located at Unit 1I in Aonad Eargail, Eastát Tionscail, An Bun Beag, Gaoth Dobhair, Contae Dhún na nGall.

Adjoining factory units are occupied by various businesses whose operations must not be affected by the construction activities associated with this project.

The access road to the factory is shared with a number of other businesses.

The Project Supervisor Construction Stage (PSCS) must consider all interaction with the public and employees and the location of access and egress routes to the site and neighbouring properties.

The access roads to the site will have to be shared by construction traffic, staff and public traffic throughout the project. Access to the construction areas within the building will be restricted to construction staff for the duration of the works.

1.3 Scope of the Works

The project comprises refurbishment of the part of the ground floor of the administration area in an existing factory unit and includes:

- Construct a new accessible toilet.
- Construct anew protected stairs to the mezzanine level.
- Improve the airtightness, ventilation and insulation to the canteen and training room.
- Upgrade the lighting.
- Upgrade space heating.

Handover

1. Site tidy up & hand over.
2. Snag list period.

This is not an exhaustive list, nor is it a sequence of events list, the contractor is responsible for developing a proper construction schedule showing the duration and sequence of the proposed works.

2.0 SITE PARTICULARS

2.1 Background Information

- The site is located in a busy industrial estate in Gweedore, Co. Donegal.
- The contractor is responsible for his/her employee's safety, health and welfare on site. He is also legally obliged to take all reasonably practicable steps to ensure the safety of the general public and anyone who may be affected by the works on site.
- The main contractor will have responsibilities under current legislation for health and safety of all workers and members of the public who might be affected by the work activities. The contractor also has duties in relation to control of the place of work, controls in relation to use of work equipment, personal protection equipment, manual handling of loads, electricity supply, working at heights, noise, protection of young people at work, safety signs at places of work, first aid guidance & explosive atmospheres at places of work.

2.2 Existing Drawings and Information

The contractor shall consult the contract documents for all relevant drawings and information
See Appendix A for list of Drawing.

2.3 Existing Services

The contractor must verify the actual location of any services above and below ground and be careful not to damage these during site works. Existing services consist of LPG, electricity, water, sewer and storm drainage.

Services serving neighbouring factory units pass through the work site.

2.4 Adjacent Structures/Projects

The site is a factory unit within a larger building in an industrial estate.

The access road to the factory is shared with a number of adjacent premises and is also accessible by the public.

2.5 Site Access

Personnel Access

Proposed site access shall be via the front door.

No unauthorized person to be allowed into work areas.

Personal Protection Equipment to be worn by everyone who enters the construction site.

Construction materials must not be stored in common areas.

All persons on site shall have current Safe Pass training and any relevant Construction Skills Certification, (CSCS), training. Personnel working at heights shall have current WAH training as well as training in the WAH equipment.

A Site safety induction shall be given to all construction personnel, by the contractor, prior to them starting work on site.

Traffic Access

All traffic shall use the car park at the front of the factory. Warning signage shall be erected on the public road to warn traffic of construction activity and slow moving vehicles.

The Project Supervisor Construction Stage shall put in-place measures to minimise hazards in relation to:

- Access and egress of construction traffic.
- Parking and access arrangements for workers on-site.
- Perimeter security to the construction site and specific work areas.
- Disposal of demolition materials and construction waste.
- Storage of materials on site.
- Sequence of the works.

Site Restrictions

Ensure all site boundaries always remain secure. All parking spaces are to be kept within the compound of the site as agreed with the client and factory occupant. All materials are to be stored within site boundary.

3.0 PROJECT TIMESCALE & INFORMATION

3.1 Timescale

The timescale for the overall completion of the construction works is expected to be approximately twelve weeks.

The contractor shall submit his proposed schedule for the works to the Client, PSDP and PSCS for review and approval prior to commencing work. It is also expected that the PSCS will provide adequate resources to meet this timescale, particularly with regard to the phasing and sequencing of all works.

3.2 Scheduling of Works

Contractor to prepare a programme in conjunction with the PSCS setting out the proposed sequence of the works. The programme shall reflect the time constraints outlined above and demonstrate that the completion dates can be achieved.

3.3 Drawings and Information

The contractor should refer to the drawings provided.

4.0 DESIGN AND PARTICULAR RISK ELEMENTS

The various identifiable risks associated with these works have been outlined in the sections below as follows:

4.1 Principal Hazards identified by the Design Team and/or PSDP

Hazards and work sequences identified by the designers and/or the project supervisor for the design process are listed below. These hazards may be a risk to the construction workers or others affected by actions of the construction works and which cannot be avoided.

- Access to the site from public road.
- Traffic management within the site
- Coordination of general construction activities including deliveries and craneage within the site. Sequence of work and traffic management.
- Identification of existing services, disposal of materials, control of noise and dust.
- Risk posed by existing services (electricity, communications and sewers) in vicinity of work activities, which could cause death or serious injury to personnel and/or damage to these services.
- Removal and disposal of spoil.
- Demolition Works, uncontrolled collapse, and injury from falling materials.

- Working at height, demolition, removing redundant equipment and installing light fittings using mobile elevating platforms. Constructing the protected stairs and enclosure. Painting.
- Exposure to noise and vibration.
- Exposure to chemicals used in construction, (cement, resins, solvents, petrol, diesel etc.).
- Exposure to silica and asbestos fibres.

4.2 Other Identified Hazards

- Lifting operations and manual handling.
- Dusts, noise and vibration during site works.
- Trips and falls due to poor housekeeping..
- Falls from heights.

This is not a comprehensive list of every hazard that may be present.

4.3 Particular Risks

The following is a non-exhaustive list of work involving Particular risks to the Safety & Health of a person at Work as set-out in Second Schedule of the Safety, Health & Welfare at Work (Construction) Regulations 2006.

It should be noted that that the risks included in this list are risks that are foreseeable at the design stage. Many risks arise out of working methods selected by the contractor and as such cannot be determined at Preliminary Plan Stage. Any resulting unforeseen hazards not included in this preliminary plan are to be addressed by the PSCS and the individual contractors themselves.

- ***‘Work which put persons at work at risk of burial under earthfalls, engulfment in swampland or falling from a height, where the risk is particularly aggravated by the nature of the work or processes used or by the environment at the place of work or site’***
 - N/A
- ***“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”.***
 - The contractor shall risk assess all activities. Material safety data sheets shall be provided for all materials used on site.
- ***“Work with ionising radiation requiring....***
 - N/A
- ***“Work near high voltage power lines.”***

- Ensure all services within the site are identified and if necessary isolated during the works. Particularly existing electricity cables within the work area.
- ***“Work on wells, underground earthworks and tunnels....”***
 - N/A
- ***“Work carried out by divers at work having a system of air supply....”***
 - N/A
- ***“Work carried out in a caisson with a compressed air atmosphere...”***
 - N/A
- ***“Work involving the use of explosives”***
 - N/A
- ***“Work involving the assembly or dismantling of heavy prefabricated components”***
 - N/A
- ***“Work exposing persons at work to a risk of drowning”***
 - N/A

Other Particular Risks

- ***Interaction of heavy Plant with traffic and the public***

Delivery traffic and plant will be accessing and exiting from the site, this may pose a risk to public safety.
- **Traffic Management within the site**

Management of heavy traffic such as concrete trucks through the existing fish processing plant.

4.0 SITE RULES

The Contractor shall at all times follow the site rules in addition to rules and requirements as set out in the contract documents.

5.0 CONTINUING LAISON

The PSCS and the PSDP shall be in contact prior to the start of work. The overall construction safety plan will be prepared by the PSCS in order to oversee and coordinate the main construction works and related site activities including works affecting persons not involved within the development.

5.1 Procedures for dealing with design changes

Details of any re-design found to be necessary, together with details of the hazards and risk assessments are to be submitted to the PSDP for consideration in due time before execution of the work. The Engineer may request that sample areas of the concrete slab repair method be prepared for assessment of its suitability.

5.2 Procedures for dealing with unforeseen eventualities

Procedures to be put in place for dealing with unforeseen eventualities during project execution resulting in substantial design change which might affect contract period and other resources. Should such eventualities occur the Project Supervisor for the Construction stage should promptly bring this to the attention of the Project Supervisor for the Design Process. Procedures for considering health and safety aspects of the design elements for the Project Supervisor Construction Stage. In the event of significant unforeseen risks coming to light during the execution of the works, such as would affect the safety on the site, the Project Supervisor for the Construction stage shall inform Project Supervisor for the Design Process so that any changes to the design that may be required can be agreed.

The overall construction safety plan will include risk assessments, safe system of work plans (SSWP) and specific method statements for site works in general as well as from any individual specialist contractors.

6.0 SAFETY & HEALTH PLAN

During the construction phase, the Health and Safety Plan is the responsibility of the PSCS. Safety and Health must be an agenda item in the meetings and all contractors shall provide a Safety and Health report.

8.0 SAFETY FILE

Carr Consulting Engineers Ltd the appointed PSDP will prepare and hand over the safety file. The file will be updated as the project progresses through site meetings and correspondence with the various design personnel and contractors. The PSDP will be requesting all relevant information from the PSCS to prepare the safety file at the completion of the development. Information as regarding the lifetime issues of the building will also be requested. PSCS co-operation will be required as to prepare the Safety file. All information regarding materials used in the construction of the building together with operation and maintenance manuals to be recorded within safety file.

It will be assumed for this development the PSCS will co-operate fully and will provide all information, risk assessments and method statements as may be required during the construction phases. The guidelines to the Safety, Health and Welfare at Work (Construction) Regulations 2001 provide general details of the information that may be included in the Safety file.

APPENDIX A

List of Project Drawings

 EC 101 (GA)

 EC 201 (Demoli

 EC 301 (Electric