

Limerick City and County Council

Preliminary Safety and Health Plan

Project Name: 58 Mayorstone Drive, Mayorstone, Limerick
Date: 18/06/2025

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1.0 INTRODUCTION

This Health and Safety Plan for Design Process has been prepared by the Project Supervisor Design Process (PSDP) in accordance with Regulation 12 of the Safety, Health and Welfare at Work (Construction) Regulations of 2013

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The primary function of the preliminary safety and health plan is to identify any anticipated risks associated with the project/works. The plan identifies hazards, which have been established during the design process, it gives an indication but does not offer an explicit or holistic account of the hazards associated with the construction stage. All foreseeable risks should be designed out, as far as is reasonably practicable, at design stage. Residual risks are identified in this Preliminary Health and Safety Plan.

The Preliminary Safety and Health Plan will be made available to all those tendering for the role of Project Supervisor for the Construction Stage (PSCS). It will be the duty of the appointed PSCS to further develop the Preliminary Safety and Health Plan during the construction stage. The PSCS shall develop, implement and monitor the controls deployed to mitigate the risks associated with the hazards identified in this plan. Having regard to the progression of works, additional hazards maybe identified during construction. It is therefore the responsibility of the PSCS to include measures necessary to control any additional hazards that may arise. The Developed Safety and Health Plan will be a dynamic document and will be continuously updated where necessary.

2.0 DESCRIPTION OF THE PROJECT

2.1 Scope of the Works:

Refurbishment of an existing municipal Building to 2 no units, including alterations and demolition of a rear roof.

2.0 DESCRIPTION OF THE PROJECT

2.2 Project Schedule:

In order to facilitate the work being carried out in a safe manner, the overall duration of the project/works is as follows:

Intended commencement date of project:

TBC

Programmed details of each stage/phase of the project:

Intended timescale of project: 72 DAYS.

2.3 Client Details:

Name: Limerick City & County Council

Address: Housing Construction Dooradoyle Road Dooradoyle, Co Limerick

Contact Number: 061 557 012

2.0 DESCRIPTION OF THE PROJECT

2.4 Contractual Arrangements

Project Supervisor for Design Process:

Name: Limerick City & County Council

Address: Housing Construction Dooradoyle Road Dooradoyle, Co Limerick

Contact Number: 061 557 012

Project team/Manager/Co-ordinator for Design Process:
Name: Limerick City & County Council
Address: Housing Construction Dooradoyle Road Dooradoyle, Co Limerick
Contact Number: 061 557 012
Principal designer:
Name: above
Address:
Contact Number:
Project Supervisor for Construction Stage (If Known):
Name:
Address:
Contact Number:
Principle Contractor (If known):
Name:
Address:
Contact Number:

Note:

Details of the contractual arrangements must be kept up-to-date. Any changes in the appointed PSDP and/or PSCS must be formally made in writing and acknowledged by the new appointee in writing.

2.5 Consultants (Give Details where applicable):
Civil Engineers
TBC
Structural Engineers
Mike Boyce, Engineering.
Geotechnical Engineers
TBC
Other
N/A

3.0 ARRANGEMENTS FOR COMMUNICATION BETWEEN DESIGNERS AND

Arrangements shall be put in place to facilitate the provisions of any design assumptions or matters relating to safety as identified by the design process.

3.1 Pre-start Meeting:

A pre-start meeting to be held prior to the commencement of the construction stage. It is essential that the PSDP/Designer Project team/Manager/Co-ordinator for Design Process and the PSCS/Contractor Project team/Manager/Co-ordinator for Construction Stage inspect the site and agree on how best to minimize the impact to employees/public/other that may be affected by the proposed works. The purpose of the meeting is to ensure that the PSCS/Contractor is made aware, understands and agrees with the safety arrangements as detailed in this plan.

The agenda shall include the following:

- Management structures and responsibilities
- The provision of information regarding the indicative control measures as identified in the Design Process Risk Assessment
- Safety and health goals for the project and arrangements for monitoring and review of safety and health performance.
- Liaison and consultation between parties on site
- Exchange of design information between duty holders
- Handling design changes during the project
- Selection and control of Contractors
- Exchange of safety and health information between contractors
- Site security
- Induction, welfare and first aid
- Production and approval and approval of risk assessments/method statements/permit to work
- Agree Traffic Management Plan
- Exchange contact details of PSDP and PSCS

Minutes from the pre-start meeting must be recorded and filed in the Safety and Health File.

3.0 ARRANGEMENTS FOR COMMUNICATION BETWEEN DESIGNERS AND PSCS

3.2 Arrangements for Liaison between Duty Holders:

Procedures will be required for liaison between the PSCS, the contractor, the designer and PSDP to consider the following:

1. Safety and Health implications of design elements for both permanent and temporary works
2. Procedures for dealing with unforeseen eventualities during project execution resulting in a substantial design change which might affect particular risks, contract time scales and other resources or have safety and health implications

4.0 DRAWINGS AND SPECIFICATION

Include the following Appendices:

- Tender documents: As part of tender.
- Contract drawings: As Part of tender.
- Location Maps (Where possible the map shall identify existing hazards, services and amenities
E.g. overhead/underground electric cables, gas supply, water supply, telephone supply, school residential area): Not Applicable
- Temporary works design specifications - Traffic Management Plan (TMP) Not Applicable,

5.0 EXISTING ENVIRONMENT

To the East: Housing
To the west: Housing
To the North: Housing
To the South: Housing

5.2 Relevant Adjoining Land Uses:

N/A

5.3 Known Existing Services:

GAS, ESB, water and communications cabling at the front of the site. Additional investigations may be required.
No known services on site.

5.0 EXISTING ENVIRONMENT

Electrical Supply: To the front of site.

Gas Supply: To the front of site. Additional investigation may be required.

Water Supply: To the front of site. Additional investigation may be required.

Telephone Supply: To the front of site. Additional investigation may be required.

Sewage: To be investigated. Additional investigation may be required.

Other: N/A

The PSCS will make all arrangements to ensure that existing services in the vicinity of the site are not interfered with during construction.

All service authorities will be notified of the proposed works, before commencing site operations.

Special care must be taken, as the site works maybe directly adjacent to dwellings and a heavy flow of traffic.

6.0 INFORMATION ON OTHER WORK ACTIVITIES ON SITE

REFERENCE	DESCRIPTION OF OTHER ACTIVITY	PERSONS AFFECTED	COMMUNICATION NECESSARY YES/NO	DETAIL OF METHOD OF COMMUNICATION
1				
2				

7.0 DESIGN PROCESS RISK ASSESSMENT

7.1 GENERAL

This section of the Preliminary Health and Safety Plan identifies any particular risk associated with the project. “Particular Risks” are explicitly defined in the Safety, Health and Welfare at Work (Construction) Regulations, 2013 and as a result this section includes but is not limited to the risks as detailed in Schedule 1 of the Construction Regulations 2013. It should be noted that as construction work develops, additional hazards may be identified – such hazards cannot be anticipated by the PSDP at the design process of the works.

A particular risk may be present in the work environment if a certain hazard is aggravated by either an additional hazard or by the existing work environment. Since Schedule 1 is a non-exhaustive list, the PSDP is therefore responsible to identify additional risks that present themselves at the design process of the project.

The design process risk assessment was completed by the Project team/Manager/Coordinator on behalf of the PSDP. The assessment is divided into two sections. Section 7.2 refers to the particular risks as detailed in Schedule 1 of the Safety, Health and Welfare at Work (Construction) Regulations 2013. Since Schedule 1 is a non-exhaustible list of particular risks - section 7.3 details risks that are not specified in schedule 1, however present a particular risk to safety.

The control measures identified in the design process risk assessment are indicative of what is expected from the PSCS. Any deviation from the identified controls must be in agreement by the PSDP prior to the commencement of works.

The control measures as detailed in the Developed Safety and Health Plan must be a true reflection of the controls implemented during construction work. This is the responsibility of the PSCS.

Conclusions drawn with regards to the Principles of Prevention are detailed in the “Control Measures” column of the Design Process Risk Assessment.

7.2 PARTICULAR RISKS-SCHEDULED

REF	PARTICULAR RISK	H	M	L	N/A	DETAILS/LOCATION	CONTROL MEASURES
1	Risk from working at height: Where the risk associated with working at a height is likely to be significant hazard	x					All work shall be planned and supervised Safe access and egress provided to the workplace/work platform. Only persons with the relevant C.S.C.S. training should erect, alter or dismantle scaffolding. All scaffolding must be erected in accordance with the provisions of the scaffolding code of practice A competent person should complete a GA3 Form at least once a week. A GA3 Form should also be completed after any alteration to the scaffolding, after adverse weather conditions, if the scaffolding has not been used for a long period and if the scaffolding was damaged in any way. Ensure the working platform is suitable for the task. Appropriate PPE shall be worn. Safety harnesses shall be kept in good condition and be inspected every 6 months All work at height shall be carried out in accordance with the General Application Regulations 2007

2	Risk of burial or Engulfment: Where the work puts a person at risk of burial under earthfalls, engulfment's in swamplands.				N/A		
3	Risks from chemical or biological substances: Where certain materials or substances are used a particular risk in relation to chemical or biological substance may exist e.g. working in a confined space ,working with open sewers working with asbestos		x				All chemicals to be stored in their original containers All containers must have their labels affixed All chemicals must have a Safety Data Sheet (SDS) All instructions on SDS must be read, understood and followed before and during use Display the SDS and make available to all employees. In the event of an incident, employees or supervisor must provide copy of the safety data sheet to the emergency services or medical team. Chemicals must be stored in a locked chemical store which must be earthed and banded as necessary When using chemicals wear the appropriate PPE in accordance with the SDS and site specific risk assessment.

						Remove any contaminated PPE/clothing and wash them separately. All spills to be cleaned immediately as per the SDS
4	Work with ionizing radiation as requiring the designation of controlled or supervised areas as defined in Directive				N/A	
5	Working near high voltage powerlines				N/A	
6	Risks of drowning e.g. works in undrained excavations, septic tanks etc. Working near water	X				Excavations. "• Do not enter or work near water until a safe system of work is in place; • Do not work at water's edge; • Do not enter unknown depth / deep water; • Do not enter water greater than knee deep in slow moving water; • Do not enter water greater than ankle deep in fast flowing water • The use of a boat is prohibited in severe weather. • Lone working near water must be avoided; a person must be stationed on the shore to act as shore cover. The shore cover must be equipped and trained in how to rescue a person in the water. Any person entering the water must be wearing a buoyancy aid, which is attached to a lifeline. • Safe access / egress routes shall be utilised and vigilance for unstable banks / structure

						kept under continuous review. Use pole to check for unseen hazards (objects, lifted manhole covers). Over-reaching is prohibited. • The safety line must be as short as possible and must be securely attached to an anchor point on shore close to the shore cover. • Only appropriately, trained persons may work in the water. • No electrical equipment to be used in the water. • Ensure that plant and machinery is located or parked at a safe distance from edge or bank. • All persons working near or in water should be given a toolbox talk on Weils Disease. • Where transport by water is required: • Suitable boats for the conditions and number of people being transported must be provided. These are to be under the control of people who are competent by training and experience. • All persons on boats must have a buoyancy aid. • Suitable lifesaving equipment and rescue equipment must be kept on board. All equipment must be inspected before using the boat. • A system for checking safe return must be implemented. • Ensure spotters are available and can assist in an emergency. • Appropriate Personal Floatation Devices (PFD) shall be worn where there is insufficient collective guarding around the full extent of the water area. Employees shall be trained in the safe use of life jackets. The life
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						jacket shall be visually inspected prior to each use with a thorough inspection (AF4) completed every 12 months. • Consideration must be given to potential impacts on water current prior to the opening of any drains or similar to relieve flooding. • As practicable edge protection shall be provided. Following specific site and activity risk assessment work may take place within 2 meters of the water's edge and a safety harness and lanyard / retractable reel shall be used. • A workable life buoy shall be available • Where an emergency, arises a dynamic risk assessment must be conducted, this allows employees to continuously assess the hazards, level of risk and implement controls measures while carrying out the activity. • First aid kit and fire extinguisher shall always be available in the cab of vehicle. A list of trained first aiders and contact numbers shall be briefed to employees on who to be contacted in the case of emergency and recorded in the SSWP. • BUSINESS HOURS EMERGENCY CALL (061) 556000 • OUT OF HOURS EMERGENCY CALL (061) 417833
7	Work on wells underground earthworks and tunnels e.g. excavated wells, underground				N/A	

	earthworks, tunnels, underpinning.						
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7.2 PARTICULAR RISKS-SCHEDULED

REF	PARTICULAR RISK	H	M	L	N/A	DETAILS/LOCATION	CONTROL MEASURES
8	Work carried out by divers at work having a system of air supply				N/A		
9	Work carried out in a caisson with a compressed air atmosphere				N/A		
10	Work involving assembly or dismantling of prefabricated components e.g. assembly or dismantling a boring or drilling rig, work involving pre-cast concrete frame elements				N/A		

7.3 PARTICULAR RISKS- UNSCHEDULED AND NON EXHAUSTIVE LIST

REF	PARTICULAR RISK	H	M	L	N/A	DETAILS/LOCATION	CONTROL MEASURES
1	Live traffic travelling on temporary road surface				N/A		

2	Work carried out in close proximity to live traffic e.g. hedge cutting on a regional road with no hard shoulder, operating patcher on a regional road where the geometry of road results in unsafe environment		x			Public Road	Ensure adequate traffic management procedures are implemented as necessary. Suitable warning signs, cones and barriers must be erected either side of the site in accordance with Chapter 8 must also comply with the Management and Control of Traffic at Road Works document. Unattended manholes to be protected with barriers and signage posted. Where possible avoid manual handling by using mechanical lifting devices. A hydraulic lifter or other approved lifting equipment should be used. Where manual handling cannot be avoided use correct lifting techniques. Where possible use lifting keys. All work areas and walkways around manholes shall be kept clear of obstructions. PPE shall be based on risk assessment and worn at all times. All cuts and broken skin to be covered before work commences. Ensure all staff have up to date manual handling training. First aid kit to be available on site.
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						Don't enter manhole chamber immediately after lifting cover, allow to vent naturally, then test the atmosphere to ensure it is safe to enter. Don't lift manhole cover where the pipeline appears to under pressure
3	Excavating in close proximity To underground electrical cables or underground gas mains				N/A	
4	The use of heavy plant/machinery on a steep embankment or on unstable ground				N/A	
5	Asbestos, and asbestos containing materials	x				See tender report for locations. Only to be removed and disposed of by suitably qualified operators.

7.3 PARTICULAR RISKS- UNSCHEDULED AND NON EXHAUSTIVE LIST

REF	PARTICULAR RISK	H	M	L	N/A	DETAILS/LOCATION	CONTROL MEASURES
5	Conflict between moving equipment, site machinery and movement of public vehicles, pedestrians, cyclists etc whilst accessing or exiting the site in particular vehicles or trailers extending onto the live carriageway while entering or leaving site		x				Only trained and competent persons shall operate plant or equipment. Plant or equipment shall not be used unless all safety devices are in place and working. Each item of Plant or Equipment shall be inspected in accordance with the relevant statutory requirement. Training, instruction and information must be given to all plant and equipment operators. Plant and Equipment shall only be maintained by a competent person. Plant and Equipment shall be switched off and isolated before any maintenance or work is carried out. Ensure there is no loose clothing, long hair or jewellery that may lead to entanglement. All staff must be made aware and follow site emergency procedure. Site security measures to be in place to restrict unauthorised access. Where a traffic management plan is required this shall be implemented by a competent person.

						Appropriate PPE shall be worn. First aid kit to be available onsite. Regular daily and weekly checks to be done on all plant and equipment and records kept. All plant and equipment to be serviced on a regular basis and records kept. Any plant or equipment found to be defective must be clearly marked and taken out of service
6	Work involving the use of lifting gear e.g. moving plant equipment, moving plant /equipment, pipe laying, loading/unloading plant				N/A	
7	Working with moving plant/machinery		x			Only trained and competent persons shall operate plant or equipment. Plant or equipment shall not be used unless all safety devices are in place and working. Each item of Plant or Equipment shall be inspected in accordance with the relevant statutory requirement. Training, instruction and information must be given to all plant and equipment operators. Plant and Equipment shall only be maintained by a competent person.

						Ensure there is no loose clothing, long hair or jewellery that may lead to entanglement. All staff must be made aware and follow site emergency procedure. Where a traffic management plan is required this shall be implemented by a competent person. Appropriate PPE shall be worn. First aid kit to be available on site. Regular daily and weekly checks to be done on all plant and equipment and records kept. All plant and equipment to be serviced on a regular basis and records kept. Any plant or equipment found to be defective must be clearly marked and taken out of service
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8	Objects falling from a height e.g. debris falling from plant /machinery	x				Ensure the area is cordoned off under lifting operations and barriers and signage is in place to prevent access. Bunting and toe boards to be used to aid prevention of material fall from scaffold Personnel shall wear their hard hats at all times in the works area. Ensure that loose materials are secured if possible. Maintain Good Standards of Housekeeping. Minimise the number of employees inside the danger zone
9	Power Tools		x			Only use portable equipment that is inspected, PAT tested and labelled. Remove all 220V white extension leads in workplace Only 110 volt power should be used on any construction work site. No damaged extension leads or flexes to be used, these should be destroyed. Always assume electrical supplies and equipment is live unless otherwise confirmed. Charge batteries in a dry location, away from all combustible materials.

						Only use CE kite marked and EN approved equipment. Ensure that all equipment is serviced and maintained to comply with the manufactures recommendations Only trained personnel over the age of 18 to use equipment. Before using ensue that the house keeping within the work zone is satisfactory Wear PPE, no loose clothing, long hair or trailing jewellery
10	House Keeping		x			Sufficient refuse bins should be provided and emptied regularly Keep work areas well maintained, clean, well lit, uncluttered and free of waste Clean up spills on floors immediately and locate and fix the cause of spills or leaks Keep walkways clear of obstructions Store materials and equipment neatly Regularly remove waste Avoid trailing leads

11	Slips, Trips & Falls		x				Maintain good housekeeping and keep all walkways clear. All floors are to be free from trip hazards. Never have cables trailing along the floors. Ensure all areas are well lit, especially stairwells. Ensure changes in levels are highlighted. Wear personal protective equipment as required
12	Manual Handling		x				Where practicable organise work in order to avoid or reduce manual handling Provide safe systems of work which are planned, organized, performed, maintained and revised as appropriate Avoid repetitive twisting and bending, lifting objects above a comfortable work height, Awkward pulling of loads, highly repetitive work, poor seating or reaching and stretching awkwardly. Where possible use mechanical equipment to avoid manual handling All employees to have up to date manual handling training

						Employees to use the following manual handling techniques when lifting: Assess the area and the load, Bend the knees, Broad stable base, Back straight, Firm palm grip, Arms in line with trunk, Weight close to centre of gravity, Feet in direction of travel Employ good house keeping
12	Hogweed Exposure	X				"• A container of fresh water should be kept in the vicinity of the work area, as well as soap and a towel. This will enable clothing, eyes or skin to be washed quickly in the case of an emergency. • If contact is made, wash the affected area of skin with soap and water. • Warn other staff of the presence of hogweed and report it to the supervisor. • Lone working around Giant Hogweed during the growing season is not advised. • Should dermatitis or blisters appear after contact with the plant, medical advice should be sought. • Do not touch the plant with bare skin • Do not touch your bare skin with sap covered gloves • Prevent UV sunlight from reaching skin, wear long waterproof gloves, long sleeves, pants, boots, and eye protection; synthetic water-resistant materials are best since cotton and linen fibres can soak up the plant sap and be penetrated by plant hairs • If controlling plants with multiple people, keep a good distance from one another as the sap can splash

							• If cutting the plant, long-handled loppers should be used to keep the cut clean and controllable whilst maintaining a safe distance from the leaves and other parts of the plant. • Apply sun block before beginning to work • Sap may remain on clothing after contact and may pose a transfer risk therefore clothes that may have contacted plants must be laundered after use. • Wash equipment with water immediately after use • Limit exposure to sunlight after contact • Do not use a ""weed-whacker"" or brush cutter - sap may splatter as stems are cut • Keep water, soap, and eye-wash near work area in case of exposure"
12	Hogweed Exposure	X					

8.0 EMERGENCY CONTACT DETAILS

Location: TBC
Emergency Supervisor: TBC
First Aiders: TBC
First Aid Box Location: A fully stocked First Aid Box shall be on site during all works

SERVICE	NAME/PLACE	TELEPHONE NUMBER
Doctor	Shannon Doc	(061) 459555
Hospital	Limerick Regional Hospital	(061) 301111
Ambulance		999 or 112
Fire Brigade		999 or 112
Gardaí	Henry Street Garda Station	(061) 411650
Health and Safety Officer A/Safety Officer	John Cooney Stephanie Broderick Eoin O'Malley Susan O'Connell	086 3702053 087 3419925 085 7262802 087 9810615
ESB	Emergency Line	1850 372 999
Bord Gais	Emergency Line	1850 20 50 50

9.0 SITE RULES

These are generic rules for the general guidance of the all persons involved in the project/works and must be developed by the PSDP/Designer Project team/Manager/Co-coordinator for Design Process/PSCS/Contractor Project team/Manager/Co-coordinator for Construction Stage to become Site Specific Rules for the project in hand.

Specific site rules must consider the risks identified in the Design Process Risk Assessment and the construction stage risk assessment

1. All site visitors, personnel and contractors are required to comply with the Site Safety and Health Policy and the specific Construction Stage Safety and Health Plan.
2. The PSCS shall ensure that all subcontractors are assessed with regard to their level of competence and availability of resources.
3. All risks identified in the Design Process Safety and Health Plan and in the Health, Safety and Welfare (Construction) Regulations 2013 are to be individually identified and addressed by the PSCS.
4. Method Statements and Safety Statements should be reviewed and revised on an ongoing basis to take into account any new issues which arise during the course of the works. Revisions, which could affect safety, health and welfare, should be raised at site meetings.
5. All site personnel and safety and health personnel should be advised on an ongoing basis of any revisions to the Safety and Health Plan by the PSCS Project team/Manager/Co-ordinator for Construction Stage.
6. Standard and proof of adequate training of personnel on site should be included in the Safety and Health Plan prepared by the PSCS Project team/Manager/Co-ordinator for Construction Stage.
7. Smoking is not permitted within designated working areas.
8. Eating and drinking should not be allowed in designated working areas.
9. The PSCS Project team/Manager/Co-ordinator for Construction Stage should ensure that all excavations are supported in accordance with the requirements of the 2013 Regulations.
10. The PSCS Project team/Manager/Co-ordinator for Construction Stage must ensure that all relevant Safety and Health Regulations are adhered to at all times.

9.0 SITE RULES

The information contained in this Safety and Health Plan has been prepared prior to the commencement of the work on site.

Signed: _____ Date: _____
(Project Supervisor for Design Phase)

Signed: _____ Date: _____
(Project team/Manager/Co-coordinator)

The Health and safety plan must be kept for five years.

10.0 Principles of Prevention

General Principles of Prevention

1. The avoidance of risks
2. The evaluation of unavoidable risk
3. The combating risks at source
4. The adaptation of work to the individual
5. The adaptation of the place of work to technical progress
6. The replacement of dangerous articles, substances or systems of work by less dangerous/ non – dangerous items
7. The development of an adequate prevention policy
8. The giving to collective protective measures over individual protective measures
9. The giving of appropriate training and instructions to employees

Summary – Hierarchy of Control

Elimination

Substitution

Enclosure

Isolation of process or Worker

Ventilation

P.P

