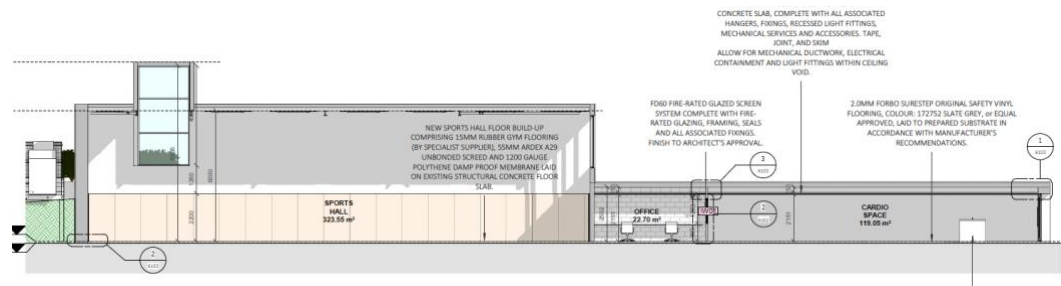


Preliminary Safety and Health Plan



MIC Tailteann T2 High Performance Gym

Project Supervisor for the Design Process
Aegis Safety Management

Client
Mary Immaculate College, SCR, Limerick

Project Title:	MIC Tailteann T2 High Performance Gym		
Location of the work:	Mary Immaculate College South Circular Road Limerick, Ireland V94 VN26		
Scope of works:	Fit out of existing Sports Hall as a High Performance Gym including new building services and external plant area.		
Project Reference No:	26061	Date:	17/08/2026
Prepared by:	Martina Piper Aegis Safety Management	Rev:	0

REVISION LOG

Any revisions to this document are recorded on this log sheet. Superseded pages should be removed, destroyed, and replaced by the revised pages including the updated revision log sheet.

Table of Amendments			
Date	Description	Revision Number	Originator

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Preliminary Safety and Health Plan

This document has been prepared by the Project Supervisor Design Process (PSDP) in accordance with the project's jurisdictional Construction Regulation requirements. The Safety, Health & Welfare (Construction) Regulations 2013-2021.

Introduction

This Plan has been prepared on a preliminary basis in accordance with Regulation 12(1)(a) of SI 291 of 2013, the Safety, Health & Welfare at Work (Construction) Regulations 2013. The main purpose of this preliminary plan is to provide information to contractors tendering for the role of Project Supervisor for the Construction Stage (PSCS) and to allow suitable safe systems of work to be prepared. The preliminary plan also allows the PSCS to develop the Safety and Health Plan Construction Stage.

Contractors must ensure that adequate resources are made available to the PSCS to ensure compliance with the Safety and Health Plan.

Included in this document is information on design hazards associated with the proposed construction of the project. These risk assessments are based on designs and the experience of designers and therefore do not take into account unforeseen on-site hazards, coordination between contractors etc. It will be the responsibility of the PSCS to ensure that contractors assess the hazards for all work activities under their control. The contractors and PSCS must take into account the General Principles of Prevention in Schedule 3 of the Safety, Health and Welfare at Work Act 2005 when assessing or approving risk assessments during construction work.

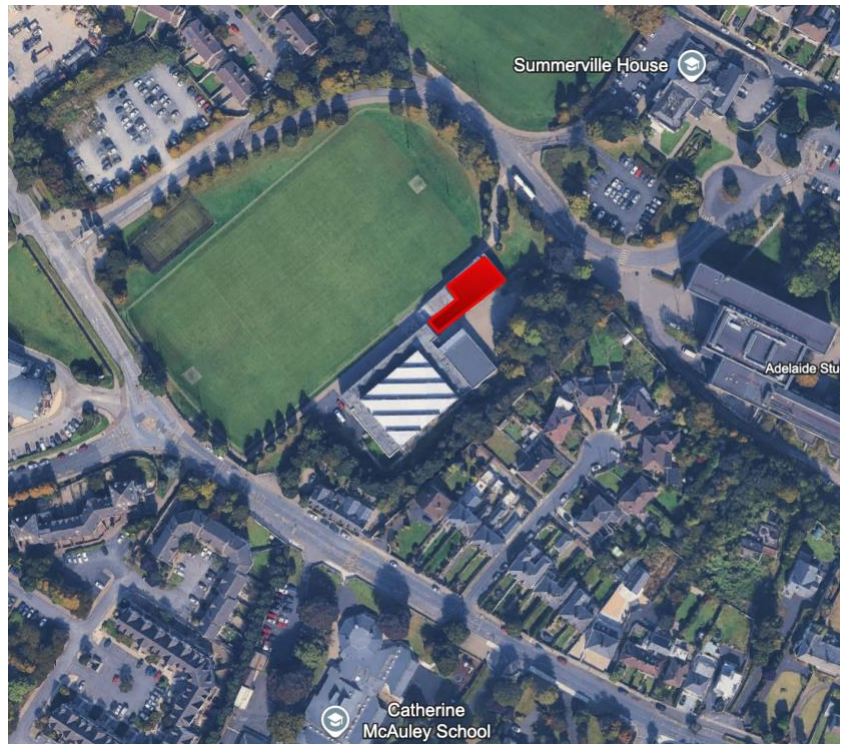
The project programme is identified in Section 1.0 of this Plan. It is the duty of the PSCS to acknowledge this programme. If for any reason the PSCS or individual contractors feel they cannot complete the project in the agreed timescale they must report this concern in writing to the PSDP. The PSDP in consultation with the design team and Client will then reassess the planned duration.

The contractor shall submit details of their Safety and Health Policy, programme and proposed method statements for site work to the Client before commencing work on the site in accordance with the requirements set out in this Preliminary Safety and Health Plan

Section 1 - Project Overview

Project title: MIC Tailteann T2 High Performance Gym

Location: The project is located at Mary Immaculate College
South Circular Road
Limerick,
Ireland
V94 VN26



Section 2 - Organizational Arrangements

Client	Board of Management, Mary Immaculate College, SCR, Limerick Phone 061 204 500 Email info@mic.ul.ie
DESIGN TEAM	
Architect	Quinn Architects 12 Barrington Street, Limerick, Ireland Phone 061 312100 Email info@quinnarchitects.ie
QS	Linesight Hoban House, Haddington Road, Dublin 4, Ireland Phone 0 1 661 4711
Structural	Punch Consulting Engineers 97 Henry St, Mountkennet, Limerick, Phone: 061 221 200 Email limerick@punchconsulting.com
Mechanical & Electrical	Moloney Fox Consultant Engineers 46 O'Connell Street, Limerick, Phone: 061 277 841 Email info@mfconsulting.ie
Project Supervisor Design Process	Aegis Safety Management, Eastway Business Park, Limerick Phone 087 1933205 Email martina.piper@aegissafety.ie

Section 3 - Project Description

Project description	Fit out of existing Sports Hall as a High Performance Gym including new building services and external plant area. The works include the strip out of existing vinyl floor finishes and an existing suspended floor finish in the sports hall. Stripping out existing plasterboard ceilings. Stripping out of existing ventilation ductwork and associated mechanical services. Stripping out of existing light fittings. Installing new sports hall floor build-up and sheet vinyl to Cardio Space. Install new mechanical ventilation units suspended from new secondary steel structure. New lighting system. Install new concrete foundations and slab for externally mounted heat pumps and all associated mechanical and electrical infrastructure and controls.
Request for Information	Requests for Information (RFI) to be submitted to the Design Team, Client’s representative and PSDP.

Notification of the Project to the Safety Authority

IE - Where construction work exceeds 30 days or 500 person days	Project has been notified to the HSA. See Appendix
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Section 4 - Project Requirements

Existing Safety File Information

Available from the client on request.

Design specification references

As per tender documentation including:

- Architectural drawings and specifications
- Structural drawings & specifications.
- Mechanical & Electrical drawings and specifications

Drawing registers can be viewed in appendices.

Scope of works and timescale

The work is due to commence on site at the end of September 2026 with and expected duration on site of 10 to 12 weeks.

Restrictions on working hours

The site working hours are to be agreed in advance with the client and Quinn Architects. All hours are to be compliant with the Organization of Working Time Act 1997.

Day	Monday - Thursday	Friday
Normal Start Time	7 am	7 am
Normal Finish Time	5pm	4pm
Daily working hours worked between normal start and finish times	8 consecutive hours	7 consecutive hours

Section 5 - Work Environment

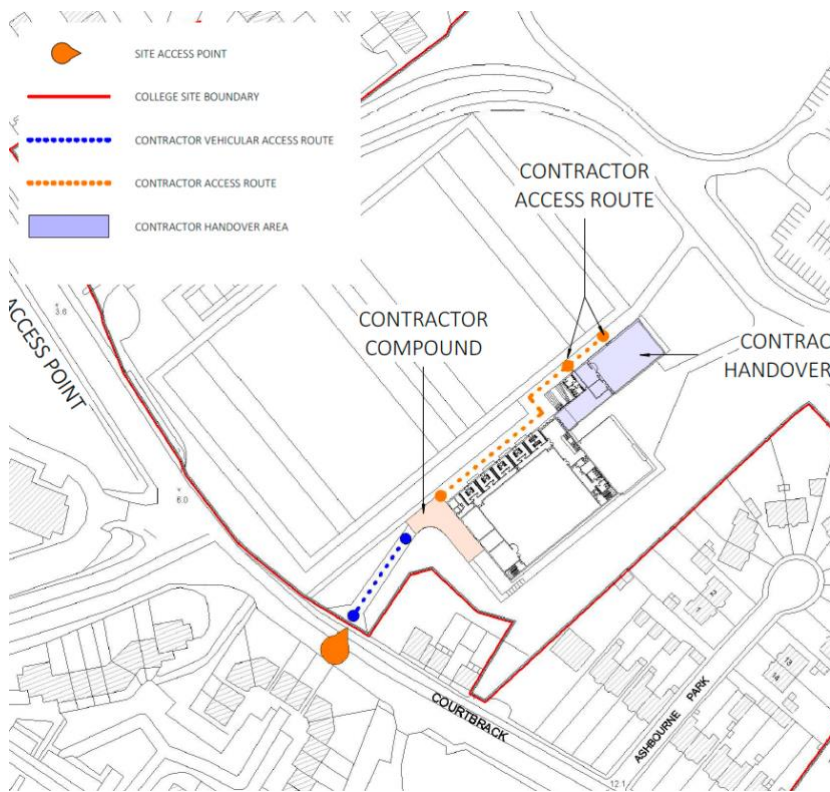
Site restrictions

The contractor must ensure:

- Necessary safety signage is provided.
- Contractor to provide directional signage which must be agreed with MIC Buildings and Estates in advance.
- All escape routes must be protected and kept clear at all times.
- Fire tender access must be kept clear at all times.
- Members of the public walk the campus. Contractors must always ensure protection of the public.
- The contractor must ensure that the public are protected from falling objects.

Access restrictions

The site access is via a direct access route to the [Tailteann](#) Sports Building off Court Brack Avenue (see below), unless otherwise indicated by the client. Contractor to note that all access routes are shared with the college staff and students who will continue to use this access during the summer months, other activities will be ongoing in campus for the duration of these works, contractor is to be aware and to provide safety signs as required.



Site Access Route & Contractor Compound

Client Protocols to be complied with including:	The client will agree building access arrangements with the PSCS and site interface arrangements to coordinate controlled access to the work areas. Contractor to prepare a traffic (people and vehicle) management plan to ensure the safety of the public. Exclusion zones are to be set up around the construction work including any lifting operations.
Relevant adjoining land use	The works are occurring on a busy college campus. Members of the public walk through the campus
Security Risk: Unauthorized Access	Security access to work areas to be agreed with the client. The contractor shall safeguard the construction area, the works, materials and plant against unauthorized entry, damage, and theft and provide watching and lighting as necessary. Security of the construction site is the responsibility of the contractor who must ascertain in advance the likely requirements of security in the general area.
Site Investigations/ Ground Conditions	Ground conditions are not expected to present risk. If, however, if adverse ground conditions are encountered the PSCS/Contractor should immediately inform the PSDP and Client.
Stability of Existing Structures	The contractors should assess the work locations and review if the work will impact on adjacent existing services or structures. PSDP and design team should be notified if there is any evidence of structural damage. For all temporary works designs, including any designed scaffolding, a competent temporary works designer must be appointed. It is the contractor's responsibility to design the temporary work required. The contractor shall provide written method statements and calculations to support their temporary works proposals.
Existing services Risk: Exposure to services and unauthorized, uncontrolled Access	The contractor must be aware that the works are occurring in an operational building where live services are in place. The contractor should ensure a detailed survey of the work areas. This is to establish locations of existing services before work commences. The contractor should identify the potential impact of the work on existing services. Suitable control measures for isolation and connection in consultation with the client will need to be established.

Services for Construction activities

Potential water and electrical service connections onsite. PSCS to contact client's representative regarding arrangements for activation and usage of services.

Welfare facilities / service connections for construction personnel

As required under Regulation 17 of the Construction Regulations 2013, the contractor to provide welfare facilities for construction staff on site for the duration of the works. The contractor can utilise the welfare facilities within the college campus. the welfare facilities must be cleaned on regular basis

Construction Parking

Parking is available on the campus for contractors

Material storage / Waste

Designated compound areas to be agreed. Site waste materials to be removed to licensed waste facilities.

Emergency Plans

The PSCS / contractor must ensure that emergency plans are in place documented and practiced. Clear emergency escape routes and provision to be maintained throughout the construction period. Emergency evacuation procedures to be put in place.

Method of raising the alarm and contacting emergency services to be established for the construction project. Responsible people are to be named at the outset. Fire tender access must not be blocked. The PSCS must ensure suitable emergency equipment and first aid supplies are available on site. Where scaffolding is utilized, it is recommended that step scaffolding is used to ensure ease of access in emergency situations.

Project Fire Safety Plan

The Contractors Site Fire Safety Plan must be, specific to the site and be reviewed and updated periodically as circumstances change. As a minimum, it should detail:

- the organization of, and responsibilities for, fire safety and arrangements for recording all fire safety training given to site operatives:
- general site precautions, fire detection and alarm systems, temporary emergency lighting, fire extinguishers and fire points.
- the need to ensure clear access to the site and buildings to be maintained at all times.
- the need or escape routes inside the building, including corridors and stairwells, to be clearly signed and kept clear of obstructions as far as is reasonably practicable:
- the locations of designated smoking areas where they are provided in compliance with no smoking legislation.
- the requirements for a hot work permit regime where hot work cannot be avoided by other means.
- temporary buildings and temporary accommodation, including location, fire protection, construction, and maintenance.
- fire escape and communications (including an effective evacuation plan and procedures for calling the fire and rescue service);
- fire and rescue service access, facilities, and co-ordination.
- instructions given to those on site of the required actions in case of fire.
- security measures to minimise the risk of arson.
- the materials storage and waste control regime, with reference to flammable and highly flammable materials.
- the maintenance of temporary electrical installations.
- the use of fire-retardant coverings.
- arrangements for plant and vehicles; and measures for prevent fire spread from the site (where appropriate)

Section 6 - Schedule of Particular Risks

The following is the non-exhaustive list of construction work involving “**particular risks**” to the safety, health or welfare of persons. The list includes the conclusions of designers and the PSDP/PD in mitigating against these risks.

It should be noted that many of the risks from the project may arise out of working methods which are at the discretion of the Contractor and as such cannot be determined by the PSDP.

Principles of Prevention: When assessing risks, it is the duty of all to take account of the Principles of Prevention. Therefore, as a priority, eliminating hazards and reducing risks to an acceptable level. For residual risks, as far as reasonably practicable controls must be provided for

integrated safety systems and collective protective measures in favor of personal protective measures.

☒ Risk of falling from height, burial under earthfall, or engulfment in swampland

Falling from height (aggravated) This risk is seen as manageable by a competent contractor Works from scaffold Working on Roof	• This risk cannot be mitigated at the design stage. • Contractor to provide adequate scaffolding and edge protection in accordance with the Code of Practice for Access and Working Scaffolds (2018) (H&SA) • PSCS to ensure all contractors are aware of the Safety Health & Welfare at Work (General Applications) Regulation 2007 – Part 4 Working at Height • Safe system to work to be in place for all work at height. • Permit system to be put in place by facilities management for the works. • Contractor to comply with the requirements of General Application Working at height regulation requirements and avoid work at height where possible, where not possible risk assess and provide suitable equipment to provide access and safe working platforms for the work undertaken. • Consideration should be given to the selection of suitable working platforms and avoid equipment that restricts worker movements and increases risk from stretching and reaching awkward work positions. • Collective protective measures (e.g., Safe working platforms, sturdy guardrails etc.) to be provided where possible for works at height. • Operatives using work at height equipment must be competent. • Scaffolding & scaffold towers must be erected by people holding appropriate CSCS cards. • Work at height equipment to be inspected as required by regulation and risk assessment.
Burial under earthfall (aggravated)	Not Envisaged
Engulfment in swampland (aggravated)	Not Envisaged

☒ Risks from chemical or biological substances constituting a particular risk or requiring health monitoring

Working with chemical substances for example fire stopping materials	• Method statement/risk assessment and COSHH assessments to be in place for all work with hazardous substances. • Contractor to ensure safe storage of hazardous materials. Spill kits to be in place. Instructions on construction materials SDS are rigorously followed, and relevant PPE be provided. • All hazardous waste materials to be disposed of in line with statutory requirements. • Contractor to engage services of specialist assessors where necessary. • Relevant SDS for all such materials used on site to be kept by the Site Safety Officer/Manager. • Washing and cleaning facilities are to be provided.
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☐ Risks from radiation

Not Envisaged

☐ Risks from working near high voltage power lines

Works near high voltage powerlines not envisaged	• While works near high voltage powerlines is not envisaged by the Design Team. The contractor should conduct a review of existing services within the building. • Should any live cables be located within the vicinity of the works the contractor should inform the Design Team • Contractor to adhere to Safety, Health and Welfare at Work Regulations, HSA guidelines ESB Guidelines, ETCI guidelines and CIBSE Guide K 'Electricity in Buildings' should live services be discovered.
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☐ Risks from work, which exposes persons to the risk of drowning Risks from working on wells, underground earthworks and tunnels Risks for divers working with an air supply

Not Envisaged

☐ Risks from work carried out in a caisson with a compressed-air atmosphere

Not Envisaged

☐ Risks from work that involve the use of explosives

Not Envisaged

☒ Risks from work involving the assembly or dismantling of heavy prefabricated components

Assembly or dismantling of heavy prefabricated mechanical components. Risks associated with this hazard are deemed to be within a reasonably ability to foresee and deal with.	Controls: • Mechanical means to be utilized where possible and manual handling assessment and training to be provided. • Lifting equipment to be safe / inspected and operated by competent persons Use of proper lifting equipment and method of following good lifting practice.
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Section 7 - Site Specific Hazards

The following is a list of non-exhaustive site-specific hazards associated with the project. Refer to the design risk assessments attached, for further information.

Site-specific hazard	Controls considered by designers.
Unauthorised access to the site. Shared access to campus	- Site to be secured with hoarding and signage to prevent unauthorised access for the duration of the works on site. - It is noted that members of the public walk the campus. Contractors to ensure the safety of members of the public is not compromised.
Traffic Management	- A Traffic Management Plan, agreed in conjunction with the client representative to be put in place and adhered to. - Careful planning of deliveries and vehicle routes near structures.
Working in an occupied college campus	- The adjacent buildings are occupied; therefore, work schedules, access and egress routes must be agreed with building management. - All works areas are to be secured to prevent unauthorized access - Regular liaison is required and impacts to other building users identified and control measures agreed. - Detailed method statements required for all works. - Access and egress to be agreed with the client/building management. - Segregation required for plant and pedestrians. - Contract to ensure that the scaffold is secured from un-authorised entry at all times - Controls to be put in place to ensure the public/ staff are protected from falling objects
Construction Programme	- Prior to commencement of works a detailed Construction Management Plan & Programme to be prepared setting out how the programme can be achieved without putting at risk the health & safety of construction workers and other third parties. - CMP to be circulated to Client & DT for comments.
Emergency Planning.	- Central to the planning of any work on the project will be the preparation of the Contractors Emergency Plan to deal with emergency procedures occurring on site and response protocols. - Emergency evacuation procedures agreed with Client and to be put in place and responsible persons are to be named at the outset - Any such plan must be coordinated with the existing Emergency Plan for the building. - Fire tender access is to be kept clear at all times - Stairway & Building Exits to be kept clear at all times to facilitate use for emergency escape.
Noise/Dust/Vibration	Noise dust vibration shall be kept to a minimum and the Contractor shall take all necessary steps to abate these to avoid inconvenience to others and damage to adjacent structures.

	• Should it be envisaged that works will interfere with building occupants' prior agreement with building management/client is required. • The contractor shall employ the best practicable means to minimise dust being emitted from the areas of work. • Wear suitable PPE such as coveralls and appropriate gloves. • Respiratory Protective Equipment (RPE) to be worn when required.
Temporary storage of materials	• Avoid long periods when materials are stored externally. • Provide suitable hoardings and warning signage when such materials are present. Avoid having skips in place. Ensure any exposed elements are suitably illuminated at night and reflective material in place

Section 8 - Cooperation and Coordination

This includes provisions for achieving cooperation and coordination between all duty-holders on the project. The PSDP/PD will continue to coordinate design activity of all designers, irrespective of who engages the designer. The PSCS/PC and contractors are required to notify the PSDP/PD when they engage a designer, in order for the design activity to be coordinated.

SAFETY ROLES

All individuals working on the project must ensure that activities fall within their range of expertise and responsibility. Individuals must comply with the health, safety, and environmental requirements, and contribute to the safe achievement of the project objectives, by:

- Applying the General Principles of Prevention
- Taking actions that reduce both the likelihood of an accident and the consequences of an accident.
- Ensuring compliance with applicable regulations, permit conditions, and generally accepted good engineering practices.
- Proposing inherently safer design solutions where appropriate (for example, by eliminating particular hazards rather than controlling them with active safeguards or administrative procedures).
- Issuing clear and concise instructions.
- Providing adequate resources.
- Ensuring compliance with the project health and safety management plan.

The PSDP should be provided with any necessary information from

- Designers.
- PSCS.
- Contractors.
- Any other duty-holder, where appropriate.

In order that there is cooperation of designers and coordination of the safe design of the project. In addition to allow compilation of the Safety File.

ADDITIONAL ARRANGEMENTS FOR PSDP / PSCS COORDINATION

Meetings	The PSDP and the PSCS when appointed shall meet initially with the Client's representative and Designers then as required to co-ordinate information regarding completion of the project and the health and safety implications.
Project design communications	Where unforeseen eventualities arise during project execution resulting in substantial design changes or effecting the time period, for the project, the designers shall promptly notify the

	PSDP and the PSCS and provide these with relevant information together with the designer's "Risk Assessment" relative to the design changes. Directions shall be issued as necessary by the PSDP and the PSCS acting on the information and risk assessment supplied.
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Temporary Design Work Certificates

Temporary design works (design works that are put in place to facilitate construction but will not remain as a permanent part of the structure) are envisaged and the responsibility for the actual design of the Temporary Works remains with the designers of the Temporary Works and it is recommended that Certificates are used to record the coordination of the activities of all temporary designers.

The PSCS and contractors are required to notify the PSDP when temporary design works /designer are involved with the project, in order for the design activity to be coordinated.

The PSCS should appoint a temporary design work coordinator work to maintain a schedule/ register of temporary design works as during the construction stage.

Contractors' temporary works engineers are to advise on all propping/support requirements until permanent restraints are installed.

Temporary Works Designer to give special attention to items such as,

Propping, Temporary fixings, bracings, supports and associated temporary works , Collapse of masonry walls in temporary condition and permanent condition, Traffic management planning & implementation , Site electrics.

Structural loadings, erection sequences and protection of adjacent areas to be addressed in a method statement and reviewed by Structural Engineer.

Temporary structures to be sufficiently robust to mitigate against disproportional collapse due to accidental damage or removal of all critical elements.

The Contractor, in conjunction with the PSDP, will coordinate the temporary works design with the appropriate permanent works designer. Designers will be required to complete the Temporary Works Design Certificate.

Section 9 - Safety Monitoring

The PSDP will be completing site monitoring during the project and the client also reserves the right to monitor, review and audit periodically the PSCS and contractor(s) as necessary to:

- Ensure they are complying with their statutory requirements.
- Reduce the occurrence of accidents/unsafe incidents.

Section 10 - Safety File

The Safety File will be prepared by the PSDP, with the assistance of the contractors, PSCS and designers. See Appendix. The Safety File will be maintained by the client after the project is complete, whereby it will be kept available for any future works.

Section 11 - Plan Review

The foregoing Project Particular/ Significant/ High level risk activities have been identified. The PSCS should address the foregoing risks in the Construction Safety Plan and detail these and any other high-risk activities on this project. This Safety and Health Plan will be reviewed and updated, as necessary.

Section 12 - Additional Information

Additional documents Additional requirements	Tender Documents Safety file AF1 Form DRAs
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Section 13 – PSDP Certification

The information contained in this document 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. This document together with all documents outlined herein will be passed to the PSCS for development of the Construction Safety plan.

Signed <i>For and on behalf of the PSDP</i> Date	Aegis Safety Management 17/08/2026 
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Appendix

Appendix A Drawing Registers

Appendix B Suggested Safety File Contents

Appendix C AF1

Appendix D Design Risk Assessments

Appendix A Drawing Registers

MFC - Building Services ELEC

-  26.3138-MFC-XX-00-DR-E-6000 (S2) (P01)-A1.pdf
-  26.3138-MFC-XX-00-DR-E-6200 (S2) (P01)-A1.pdf
-  26.3138-MFC-XX-00-DR-E-6300 (S2) (P01)-A1.pdf
-  26.3138-MFC-XX-00-DR-E-6500 (S2) (P01)-A1.pdf

MFC - Building Services MECH

-  26.3138-MFC-XX-00-DR-B-9000 (S2) (P01)-A1.pdf
-  26.3138-MFC-XX-00-DR-M-5500 (S2) (P01).pdf
-  26.3138-MFC-XX-00-DR-M-5501 (S2) (P01).pdf
-  26.3138-MFC-ZZ-00-DR-M-5800 (S2) (P01).pdf

PUNCH - Structural

-  261XXX-PUNCH-XX-XX-SK-S-0001.pdf
-  261XXX-PUNCH-XX-XX-SK-S-0002.pdf
-  261XXX-PUNCH-XX-XX-SK-S-0003.pdf

QNA - Architecture

-  2606-QNA-XX-XX-DR-A-5020 [S3] [PO1.pdf
-  2606-QNA-XX-XX-DR-A-5030 [S3] [PO1.pdf
-  2606-QNA-XX-XX-DR-A-5031 [S3] [PO1.pdf
-  2606-QNA-XX-XX-DR-A-5032 [S3] [PO1.pdf
-  2606-QNA-XX-XX-DR-A-5033 [S3] [PO1.pdf
-  2606-QNA-XX-XX-DR-A-5034 [S3] [PO1.pdf
-  2606-QNA-XX-XX-DR-A-5035 [S3] [PO1.pdf
-  2606-QNA-XX-XX-DR-A-5036 [S3] [PO1.pdf
-  2606-QNA-XX-XX-DR-A-6101 [S3] [PO1.pdf
-  2606-QNA-XX-XX-DR-A-6102 [S3] [PO1.pdf
-  2606-QNA-XX-XX-DR-A-6103 [S3] [PO1.pdf
-  2606-QNA-XX-XX-DR-A-8021 [S3] [PO1.pdf

Appendix B Suggested Safety File Contents

Safety File

S.I. No. 291/2013 - Safety, Health and Welfare at Work (Construction) Regulations 2013

“safety file” means a safety file prepared and completed in accordance with Regulations 13 and 21;

Purpose of Safety File

The information it contains will alert those who are responsible for the structure and services in it of the significant safety and health risks that will need to be addressed during subsequent maintenance, repair or other construction work including demolition.

SAFETY FILE INFORMATION SUGGESTED CONTENTS

1. Project Introduction

To be provided by Design Team ,
PSCS ,Main Contractor

Project introduction outlining the scope of works, personal involved in design and construction process and information on planning conditions and pre-construction site conditions.

- Safety file Index
- Project Description
- Site Location
- Contact Directory
- Site Surveys

Format - Electronic copy in either :

1. PDF (no security applied) or
2. Word (no security applied)

2. Statutory Information

To be provided by Design Team ,

Project introduction outlining the scope of works, personal involved in design and construction process and information on planning conditions and pre-construction site conditions.

- Planning Permission
- Disabled Access Certificate
- Fire Certificate

Format - Electronic copy in either :

1. PDF (no security applied) or
2. Word (no security applied)

3. Health and Safety

To be provided by Design Team ,
PSCS ,Main Contractor

Health and safety items relevant to the project. Includes the fire certificate and DAC documents. Residual risks which have not been designed out should be detailed

- AF1 and AF2
- Preliminary Safety & Health Plan
- Construction Stage S&H Plan
- Residual Risk Information

Format - Electronic copy in either :

1. PDF (no security applied) or
2. Word (no security applied)

4. Design Specifications

To be provided by Design Team

Design team members outlining their specifications for the works, its design and intended performance. Calculations should be included where relevant.

- Architectural Specifications
- Civil & Structural Specifications
- Electrical Services Specification.
- Mechanical Services Specifications
- Lift Specifications & Landscape Specifications (if applicable)

Format - Electronic copy in either :

1. PDF (no security applied) or
2. Word (no security applied)

5 O&M Manuals

To be provided by subcontractor to Main Contractor for each system

It is advisable that the services O&M manuals be compiled to a similar template for the clients benefit following handover. Reference Guides such as BG1/2007 .

- Contact details
- Operating instructions
- Maintenance & cleaning instructions , schedules
- Technical literature ,
- Guarantees, Warranties ,
- Spare parts Consumables .
- Testing Commissioning Data

Format - Electronic copy in either :

1. PDF (no security applied) or
2. Word (no security applied)

6. Construction Materials

To be provided by Subcontractor to , Main Contractor, PSCS

This section is the main area relating to the building materials and products used. It will be divided into sections to suit the specific project and sub-divided by discipline. Details of Suppliers required :
Company name Address/ Contact person / Telephone / email / address

Site Works & External

- Product & Technical data sheets
- User Manuals
- Maintenance & Cleaning
- Shop Drawings and As Installed Drawings
- Testing Certification

Structure & Building

- Product & Technical data sheets
- User Manuals
- Maintenance & Cleaning
- Shop Drawings and As Installed Drawings
- Testing Certification

Interior Fit-Out & Finishes

- Product & Technical data sheets
- User Manuals
- Maintenance & Cleaning
- Shop Drawings and As Installed Drawings
- Testing Certification

Format - Electronic copy in either :

1. PDF (no security applied) or
2. Word (no security applied)

7. Drawings /As Built

To be provided by Design Team ,Main Contractor, Sub Contractor

Project Drawing register ,Construction drawings
As built drawings to be reviewed and signed off by main contractor and appropriate member of the Design team

- Architectural Drawings
- Civil & Structural Drawings
- Mechanical Drawings
- Electrical Drawings
- Site Services Drawings

Format - Electronic copy in :

1. PDF (no security applied)
2. AutoCAD
3. Drawing register required

8. Certification

To be provided by Design Team ,PSCS ,Main Contractor

High level handover certificates required by the Client . Typically last section completed in the file before handed over to the client.

- Certificate of Substantial Completion
- Design Team Opinions of Compliance
- Sub-Contractors Letters of Compliance
- Product Warranties
- BER Certificate & Advisory Report
- Air Tightness Certificate
- Letter of Safety File Acceptance from PSDP

Format - Electronic copy in either :

1. PDF (no security applied) or
2. Word (no security applied)

Appendix C AF1

Approved Form (AF 1)

Regulation 10

Particulars to be notified by the Client to the Health and Safety Authority before the design process begins

NOTE:

This form is to be used to notify of any project covered by the Safety, Health and Welfare (Construction) Regulations 2013, which will last longer than 30 days or 500 person days. It can also be used to provide changes in appointments since initial notification of projects.

Any day on which construction work is carried out (including holidays and weekends) should be counted, even if the work on that day is of short duration. A person day is one individual, including supervisors and specialists, carrying out construction work of one normal working shift.

1 Client: Provide name, full address, telephone number and e-mail address for the Client. If more than one Client, please attach details of all Clients on a separate sheet.

Name: Mary Immaculate College

Address: South Circular Road,

LIMERICK

Telephone: 061204500

E-Mail: info@mic.ul.ie

2 Project Supervisor Design Process and Health & Safety Coordinator: Provide name, full address, telephone number and e-mail address for the PSDP and Health & Safety Coordinator for the Design Process.

PSDP Name: Aegis Safety Management

H&S C. Martina Piper

Name:

Address: Unit H2, Eastway Business Park,
Ballysimon Road,

Address: Unit H2, Eastway Business Park, Ballysimon
Road, Limerick.

LIMERICK

Telephone: 061512890

E-Mail: info@aegissafety.ie

Telephone: 061512890

E-Mail: martina.piper@aegissafety.ie

3 Project Supervisor Construction Stage and Health & Safety Coordinator, if know : Provide name, full address, telephone number and e-mail address for the PSCS and Health & Safety Coordinator for the Construction Stage.

PSCS Name:

H&S C.

Name:

Address:

Address:

Telephone:

E-Mail:

Telephone:

E-Mail:

4 Information on Construction Work: Please provide your details of the following.

Description of Project: Fit out of existing Sports Hall as a High Performance Gym including new building services and external plant area.

Exact Address Tailteann Sports Building

of Construction Site: Mary Immaculate College , South Circular Road

LIMERICK

Signed: M. Piper

by or on behalf of the Client

Position: _PSDP Co-ordinator _____

Date: _____12/08/26

Appendix D Design Risk Assessments

P2.1_SD.4 DESIGN RISK ASSESSMENT FORM

Project	2606_MIC Tailteann T2 High-Performance Gym	Date: 14.08.2026	Revision	P01
Element of Works	Conversion of Existing Sports Hall to High Performance Gym Including Associated Building Services and External Plant Area			

Ref No	Hazard	Accident / Consequence and Location	Designed in Safeguards					Modifications / Comments / Recommendations	Reassessment				Phase
				L	S	RR	RL		L	S	RR	RL	
1	Shared Access to site	Injury to staff, students, visitors and other users of the campus access roads and areas surrounding the works.	Risk Assessment to be carried out by Contractor. Hoarding separation required.	1	1	1	Low	Contractor to ensure safety of the public	1	1	1	Low	Construction
2	Fall from Height	Fall from height during installation and maintenance of high-level services and equipment.	Contractor to provide adequate scaffolding where necessary and edge protection in accordance with the Code of Practice for Access and Working Scaffolds (2018) (H&SA)	2	3	6	High	Recommend that a safe system of work be employed by all contractors carrying out high-level works and that a permit to work system is put in place by facilities management.	1	3	3	Medium	Construction
3	Excavation works associated with external plant and service installations	Severe Injury	Method Statement to address issues required from the Main Contractor. Trench supports to be used where excavation is greater than 1.2m.	2	2	4	Medium	Contractor to ensure safety of operatives in excavations	1	1	2	Low	Construction
4	Asbestos	Potential exposure to	Existing asbestos	1	1	1	Low	Any identified ACMs to be	1	1	1	Low	Construction

Likelihood (L)	Description		Severity (S)	Description		Risk level matrix			Severity (S)				Risk level (RL)	Criteria
High (3)	Expected or very likely to		Catastrophic (3)	Fatality		Likelihood (L)	High (3)	Catastrophic(3)	Severe (2)	Minor (1)		6 – 9	Activity not permitted, risk reduction measures required	
Medium (2)	Likely to occur		Severe (2)	Severe injury or			Medium (2)	6	4	2		3 – 4	Further risk reduction required	
Low (1)	Unlikely to occur		Minor (1)	Minor injury or			Low (1)	3	2	1		1 – 2	No further risk reduction required	

P2.1_SD.4 DESIGN RISK ASSESSMENT FORM

Project	2606_MIC Tailteann T2 High-Performance Gym	Date: 14.08.2026	Revision	P01
Element of Works	Conversion of Existing Sports Hall to High Performance Gym Including Associated Building Services and External Plant Area			

Ref No	Hazard	Accident / Consequence and Location	Designed in Safeguards					Modifications / Comments / Recommendations	Reassessment				Phase
				L	S	RR	RL		L	S	RR	RL	
		asbestos-containing materials during refurbishment works.	information / survey to be reviewed prior to commencement of works.					managed or removed by Any identified ACMs to be managed or removed by appropriately competent contractors in accordance with the asbestos survey recommendations and current HSA requirements.					
5	Lifting Operations for Mechanical Plant Installation	Severe Injury/ Death	Risk Assessment and lifting plan to be prepared by Contractor prior to installation of plant equipment.	2	3	6	High	Contractor to comply with current lifting operations and plant installation safety requirements.	1	3	3	Medium	Construction

Likelihood (L)	Description		Severity (S)	Description		Risk level matrix			Severity (S)				Risk level (RL)	Criteria
High (3)	Expected or very likely to		Catastrophic (3)	Fatality		Likelihood (L)	High (3)	Catastrophic(3)	Severe (2)	Minor (1)		6 – 9	Activity not permitted, risk reduction measures required	
Medium (2)	Likely to occur		Severe (2)	Severe injury or			Medium (2)	6	4	2		3 – 4	Further risk reduction required	
Low (1)	Unlikely to occur		Minor (1)	Minor injury or			Low (1)	3	2	1		1 – 2	No further risk reduction required	

P2.1 SD.4 DESIGN RISK ASSESSMENT FORM

Project	2606_MIC Tailteann T2 High-Performance Gym	Date: 14.08.2026	Revision	P01
Element of Works	Conversion of Existing Sports Hall to High Performance Gym Including Associated Building Services and External Plant Area			

Ref No	Hazard	Accident / Consequence and Location	Designed in Safeguards					Modifications / Comments / Recommendations	Reassessment				Phase
				L	S	RR	RL		L	S	RR	RL	
6	Works near high voltage power lines or underground services.	Severe Injury/ Death	Full review of all relevant information is required by Main Contractor, review drawings, information from Utility providers.	1	3	3	Medium	Contractor to comply with the requirements of H.S.A. / ESB "Avoidance of Electrical Hazards When Working Near Underground Electric Cables" from the ESB Networks. Full GRP surveys of works area to identify services not indicated on existing drawings or survey information, and hand digging where information unclear and in areas of high risk.	1	2	2	Low	Construction
7	Maintenance of M&E equipment at high levels	Working at height where persons are required to maintain or inspect mechanical and electrical equipment and are at risk of falling.	Mobile Elevated Work Platform required	2	3	6	High	Recommend that safe system of work be employed by all contractors and that a permit to work system is put in place by facilities management.	1	2	2	Low	Operation/ Maintenance

[illegible]

P2.1 SD.4 DESIGN RISK ASSESSMENT FORM

Project	2606_MIC Tailteann T2 High-Performance Gym	Date: 14.08.2026	Revision	P01
Element of Works	Conversion of Existing Sports Hall to High Performance Gym Including Associated Building Services and External Plant Area			

Ref No	Hazard	Accident / Consequence and Location	Designed in Safeguards					Modifications / Comments / Recommendations	Reassessment				Phase
				L	S	RR	RL		L	S	RR	RL	
8	Existing live mechanical and electrical services.	Electric shock, burns, flooding or interruption of live building services during alteration and strip-out works.	Existing services to be identified and verified prior to works. Safe isolation required before alteration or removal.	2	3	6	High	Contractor to verify all existing services on site and implement safe isolation / lock-off procedures prior to commencement of works.	1	3	3	Medium	Construction

Likelihood (L)	Description		Severity (S)	Description		Risk level matrix					Risk level (RL)	Criteria
High (3)	Expected or very likely to		Catastrophic (3)	Fatality			Catastrophic(3)	Severe (2)	Minor (1)		6 – 9	Activity not permitted, risk reduction measures required
Medium (2)	Likely to occur		Severe (2)	Severe injury or		Likelihood (L)	High (3)	9	6	3	3 – 4	Further risk reduction required
Low (1)	Unlikely to occur		Minor (1)	Minor injury or			Medium (2)	6	4	2	1 – 2	No further risk reduction required
							Low (1)	3	2	1		

Information for the Project Supervisor Design Process			
In relation to that section of the Project which under the terms of our appointment by the client we are responsible for designing / specifying			
Job No:	Project Name:	Date	Designer/Checker
26.3138	MIC High Performance Gym An Tailteann	10/08/2026	Bosco Clarke

Particular Risks: The following comprises our opinion of when we believe construction of our design will involve any of the ten forms of work listed in schedule 1 of the Regulations and thus gives rise to statutory particular risks.

Stage: Tender Stage		
Ref	Description	Exist Yes/No
1	Work which puts persons at work at risk of (a) falling from a height, (b) burial under earth falls, or (c) engulfment in swampland, where the risk is particularly aggravated by the nature of the work or processes used or by the environment at the place or work or construction site.	NO
2	Work which puts persons at work at risk from chemical or biological substances constituting a particular danger to the safety and health of such persons or involving a statutory requirement for health monitoring.	NO
3	Work with ionizing radiation requiring the designation of controlled or supervised areas as defined in Directive 96 / 29 / Euratom.	NO
6	Work on wells, underground earthworks and tunnels	NO
7	Work carried out by divers at work having a system of air supply	NO
8	Work carried out in a caisson with compressed-air atmosphere.	NO
9	Work involving the use of explosives	NO
10	Work involving the assembly or dismantling of heavy prefabricated components.	NO
	Notes: - If a particular risk is present its existence must be noted in the column provided. - Where a particular risk is present, and where the presence of this work or its associated particular risks would not otherwise be apparent to a competent contractor, the work/hazard (or the particular risk) should be described for inclusion in the Preliminary Safety & Health Plan.	

Information for the Project Supervisor Design Process

In relation to that section of the Project which under the terms of our appointment by the client we are responsible for designing / specifying

Job No:	Project Name:	Designer/Checker	Date
26.3138	MIC High Performance Gym An Tailteann	Bosco Clarke	10/08/2026

Other Particular risks (ie risks which are substantial and unusual in the context of the project) which we have identified:

Stage: Tender Stage			
Ref	Risk Description	Remedial Measures to Reduce Risk	Notes
a	The existing Building is a live working site and the building will be occupied by staff, users and visitors	• Works required to be carried out by the contractor in the occupied building should only be carried out subject to prior agreement with the client/occupiers. • Disruption of the users of the existing building area is to be minimised. • Where new service links or diversions from the existing building to the new extension require the contractor to work within the existing building, the contractor shall make themselves aware of all existing live services in the works area and in existing areas where work is required. Isolate Live service in the existing where possible and with prior agreement with the occupier. • Contractors will also be required to prepare and submit detailed method statements for all works involving tie ins, diversions, and connections to existing M&E services installations / networks etc. These method statements must take into account the client/occupiers own Health & Safety procedures where working in occupied areas outside of the contractors site. All method statements of this nature are to be submitted to the design team and client for approval before the works commence • All tie in works that involve a service “shut down” to be carefully scheduled and programmed and agreed with the client/occupiers • Note: Where a risk is present, and which would not otherwise be apparent to a competent contractor, the work/hazard (or the particular risk) should be described for inclusion in the Preliminary Safety & Health Plan.	
b	Some of the works to be carried out require working external to the building at a height, or internally in a double height space	• All works at high level should incorporate a suitably anchored safety restraint / harness where: 1 There is not suitable scaffolding surrounding the building at eaves level to all sides of the building. 2 Work is on or adjacent to fragile roofing materials opes. 3 Operations where the nature of the work or other restrictions makes it impracticable to provide standard scaffolding or other suitable means of support. • PSCS to prevent all unauthorized access to work areas. • Access to high level works to be carefully controlled.	
c	The works, or part thereof, will be carried out in a large building/space	• Some of the spaces in the building are large possibly leading to long escape routes during the construction period prior to the installation of the permanent fire alarm and detection system • Ensure adequate temporary signage is in place to direct operatives to the escapes • Ensure routes are kept clear and free from hazards potentially leading to slips, trips, falls or obstruction of any kind • Ensure there is always a safe and quick means of descent for operatives working at a height in large spaces • Provide multiple escape routes at all times	