

Preliminary Health and Safety Plan

For

**Construction of replacement retaining wall & associated site works at
St Joseph's Hospital, Mullindrait, Stranorlar, Co. Donegal.**

September 2026

Project Supervisor (Design Stage)

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PRELIMINARY HEALTH AND SAFETY PLAN

This preliminary health and safety plan has been prepared in accordance with the Safety, Health and Welfare at Work (Construction) Regulation, 2013 (SI No. 291 of 2013) and 2006 (SI No. 504) which implements Council Directive 92/57 EEC dated June 1992 in Irish Legislation. Also The Safety, Health and Welfare at work (Work at Heights) Regulation 2006 SI No. 318. The Regulations are a supplement to existing legislation and regulations in the area of safety and health at work.

The purpose of the plan is to provide Health and Safety information to the Project Supervisor for the Construction Stage of the project. The Construction Stage Health & Safety Plan is to be prepared in accordance with the requirements of the Safety, Health and Welfare at Work (Construction) Regulations 2013.

1.0 Contents

1. Project Particulars.....	4
2. Description of the Works	5
3. Existing Environment	5
4. General Information.....	5
5. The Design	6
6. Construction Materials.....	8
7. Site Wide Elements	8
8. Site Rules	9
9. Continuing Liaison.....	9

1. Project Particulars

Client:

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Project Supervisor (Design Stage):

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Project Supervisor (Construction Stage):

Main Contractor

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2. Description of the Works

The project involves the demolition of an existing stone retaining boundary wall & the construction of a new retaining wall & associated site works at St Joseph's Hospital and in the adjoining dwelling site at Mullindrait, Stranorlar, Co. Donegal.

3. Existing Environment

The retaining wall to be replaced is along the western boundary of St Josephs Hospital and the adjoining neighbouring dwelling site. There is a grassed lawn area on the Hospital side of the wall and a part asphalt (tarmac) part concrete driveway on the side of the dwelling house. The extent of the site allocated for the works is shown on DSM Consulting Engineers drawing 1900/T01/001.

The proposed works will be carried out along with the normal day to day operation of the Hospital and the Project Supervisor Construction stage (PSCS) will be required to liaise with HSE personnel and the occupants of the dwelling house during the works to provide safe access and movement to the Hospital and dwelling house during the course of the works.

The site is accessed from the N15 Lifford Road approximately 0.5km East of Stranorlar Town. The Project Supervisor (Construction stage) will be required to provide all necessary signage on the public road to warn traffic and pedestrians of a site access.

The storm drainage from the retaining wall is to be connected to an existing manhole at the main N15 road edge and the works will require excavation of the existing footpath to connect the storm drainage to the existing manhole. An application is required for a road opening licence to open the footpath and the selected contractor applies on the MRL system for the road opening. This is on the www.rmo.ie website

4. General Information

Covid-19 Safety Protocols

The CIF Standard Operating Procedures for the Construction Sector in relation to COVID-19 should be strictly adhered to, to provide a safe place of work for all employees. Anyone entering the site should have completed the CIF COVID-19 induction course.

Contractor's Proposals

The Contractor is required to act to eliminate or control the risks created by the works and are required to carry out detailed method statements and risk assessments which will

provide for the management of the risk to health and safety of those undertaking the works and also anyone who may be affected by the work.

5. The Design

The following work headings is a non-exhaustive list of particular risks to the safety and health of persons as set out in Schedule 1 of SI 291 together with the opinion of the Project Supervisor (Design Stage) on what elements, if any, of the works may fall within each particular risk category.

It should be noted that many of the risks on the project arise out of working methods, which are at the discretion of the Project Supervisor (Construction Stage) and as a result cannot be determined by Project Supervisor (Design Stage).

(a) Work exposing members of the public to the risks associated with site works.

Following possession of the site the contractor should ensure that a secure fencing/hoarding system is incorporated to protect the members of the public from risks associated with the construction works.

(b) Works associated with plant and machinery

Care should be taken in relation to trucks, slewing loaders, forklifts, or any material handling equipment used to lift materials into place.

(c) Works associated with electrical equipment & cabling

Care should be taken in relation to electrical equipment & cabling ensure all electrical cabling is discovered and disconnected from power supply prior to works

(d) Work exposing people to the risks associated with live traffic

Care to be taken when exiting onto and entering from the adjoining road network, adequate warning signage must be placed on the public road at appropriate locations in order to warn traffic to the presence of a site entrance.

(e) Work, which put persons at risk of 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.

Falling: Works carried out involving work at the higher ground to lower ground levels

(f) Particular Risks;

- Control of noise and vibrations.
- Work which puts persons at work at risk of (a) falling from a height, (b) burial under earthfalls, or (c) engulfment in water bodies or swampland, where the risk is particularly by the nature of the work processes used or by the environment at the place of work or construction site.
- 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.
- Work with ionising radiation requiring the designation of controlled or supervised areas as defined in Directive 96/29/Euratom.
- Work near high voltage power lines.
- Work exposing persons at work to the risk of drowning.
- Work on wells, underground earthworks and tunnels.
- Work carried out by divers at work having a system of air supply.
- Work carried out in a caisson with a compressed-air atmosphere.
- Work involving the use of explosives.
- Work involving the assembly or dismantling of heavy prefabricated components.
- Careful excavation in the vicinity of existing services with live services including ESB, Telecommunication, Water and Sewer.
- Work in confined spaces.
- Site security and access.

Fire Safety Measures:

The principal contractor shall provide all required fire prevention and safety provision.

These shall include, but are not limited to

- Particular precautions when carrying out the works in respect of staff, site personnel, and general public.
- Ensure adjoining properties emergency escape routes are not affected by the works.
- Fire escape routes for all building occupants must be maintained and kept clear at all times and must be provided with appropriate signage. This includes the adjacent public footpath and laneway.
- Site identification of Fire exits and escape routes
- Clearance of all obstructions
- Fire assembly points
- Visitors book and record of all operatives on site
- Location of extinguishers etc.
- Use of Hot Work permits and associated fire prevention facilities
- Appointment of a competent person to assess all potential fire risks.

Existing Buildings:

Take particular care in the operations required ensuring safety of the occupants of adjacent buildings and any occupants of adjacent properties. Demolitions and tying into services should be carried out at times to minimise disruption to neighbouring property owners.

Existing site services

There are various services located within the works areas including water supply, storm and foul water disposal, electrical services, fixed line telephone, broadband and data services and CCTV services. Contractors should make themselves aware of the location of these services prior to starting works and all necessary precautions taken not to interfere with the operation of these services and to ensure the safety of works and the general public for the duration of the works.

Environmental and Nuisance Effects:

Take particular care in the operations required ensuring safety of the occupants of adjacent buildings and any occupants of adjacent properties. Demolitions and tying into services should be carried out at times to minimise disruption to neighbouring property owners. Take particular care to control noise and dust emissions and apply measures to avoid the disturbance to neighbours

6. Construction Materials

Materials and substances used during construction may also present health and safety hazards. The Contractors will be required to carry out risk assessments as required by the Regulations, and to introduce appropriate control measures. The materials specified by the design team are deemed to be within the normal experience of a competent contractor and have therefore not been specifically identified.

7. Site Wide Elements**Access:**

Site access locations should be situated in a location, which will not cause a traffic hazard, and should be clearly signed and identifiable.

Site Accommodation:

Temporary site accommodation to be sited to prevent the creation of a traffic hazard or inhibit the programme of works and its positioning should not interfere with the hospital operations.

Offloading and Storage:

Location and layout of unloading areas shall be designed in such a way as to prevent the creation of a traffic hazard or inhibit the programme of works and should not interfere with the Hospital operations.

Traffic and Pedestrian Routes:

Pedestrians must be catered for at all times. Provision must be allowed for the efficient traverse to the hospital by emergency vehicles. Contractor to prepare a traffic management plan for acceptance by HSE to include for the movements of site traffic and personnel and for Hospital traffic and personnel.

8. Site Rules

The following is a non-exhaustive list of specific site rules, which are to be developed:

- Safe means of access and egress from site and within the site.
- Safe means of unloading and storing of materials and plant.
- Control of access to the site and the prevention of unauthorised entry.
- Arrangements for personal protection measures for employees, visitors, and sub-contractors.
- Arrangements for training of employees in health, safety, and welfare at work.
- Arrangements to ensure that sub - contractors provide evidence of their health and safety policy and procedures to ensure compliance with site rules
- Arrangements for ensuring that all visitors to site comply with site rules.
- Development of procedures and method statements, for compliance with safety, health, and welfare requirements, arising from hazards and risks set out above.
- Standard and proof of training certificates for all personnel operating mobile plant and specialist equipment.
- Emergency procedures to deal with accidents.

9. Continuing Liaison.

Where unforeseen circumstances arise, the safety and health issues arising are to be submitted to The Project Supervisor (Design Stage) as soon as possible after the event. Where unforeseen circumstances cause significant design changes, the safety and health implications arising are to be submitted to The Project Supervisor (Design Stage). Changes in design can only be implemented by the written approval of The Project Supervisor (Design Stage) prior to the commencement of any works affected by the change in design.

The following records will be compiled by The Project Supervisor (Construction Stage) in consultation with The Safety co-ordinator and other contractors working on site.

- Project History.
- Design Data
- As Built Drawings.
- Risk Assessment.
- Hazardous Substance Register.
- Emergency procedures.
- Operations and Maintenance Manuals.
- Electrical Safety Certificates.

- Mechanical Completion Certificates.
- Lifting Equipment Test Certificates.
- Welfare provisions.
- Other factors.
- Testing Calendar.
- Formal reporting system for unforeseen eventualities.
- Formal procedure system for emergencies.
- Construction sequence and methods.
- Materials used, specifications and test reports.
- Maintenance requirements.

From July 2013, **CE MARKINGS** of construction products covered by harmonised European Standards is mandatory.

It is required that all materials used in the project comply with CPR & have appropriate **CE MARKINGS**.

Health and Safety issues arising during the course of construction from design changes, control measures, unsafe practices, incidents and accidents, amendments to Safety and Health Plan and information for the Safety and Health File will be examined at regular intervals.

Any significant alteration to the scope of the works, for whatever reason, must be vetted by The Project Supervisor. Any hazard discovered but not removed during the construction period must be recorded and a copy of the records sent to The Projects Supervisor (Design Stage) as soon as possible and in any case before practical.