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| 1.0 Site Information: |

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| MBNL ID: | VFtel ID | Site Type: | tankoo | Greenfield | Street works |
| TEF ID ID: | VF TEF ID |  |  | YES |  |
| Site Name: | VF site name 2 |
| Site Address: | HTGTP//324325435435435 |
| Work to Begin: | 2021-10-18T16:36:58.987Z | Date Completed: | 2021-10-19T16:36:58.987Z | Duration of Works | 1 Day |
| Directions: | First Aid Equipment will be located at the designated site assembly point. All operatives are First Aid trained. |
| 2.0 Scope: |
| This method statement applies to the works described and, on the date, and locations specified. It applies to all Eminencetel employees and contractors employed under the direction of Eminencetel in the execution of these works. This method statement supplements all Eminencetel Ltd.’s Health and Safety Policies and Procedures. |

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| 3.0 Personnel with Project Responsibilities |
| bito Phone :6543214567 Email :bito@gmail.com | jaamco Phone :8765432655556 Email :jaa@gmail.com |
| monbo Phone :9877785745 Email :mo@gmail.com | monbo Phone :9877785745 Email :mo@gmail.com |
| Project Manager:Ensures adequate resources are made available to complete all works on a project in a safe manner; including time, training, provision of equipment and PPE. |
| PICW :Overall responsibility for Health and Safety on site at time of works, including: performing dynamic risk assessment before commencing works; periodic checks to ensure continuing validity of dynamic and site risk assessments; briefing authorised visitors regarding hazards and controls identified during risk assessments; maintenance of security of site and exclusion of unauthorised personnel; to inform operations manager immediately of any health and safety concerns arising during works; to cooperate with EMINENCETEL in meeting its health and safety obligations; to take reasonable care of themselves and anyone effected by their work activities; not to misuse any items supplied in the pursuit of health and safety; to carry out their work in the manner they have been trained. |
| Operatives :Have a common duty to protect themselves and those who may be affected by their activities. They are expected to cooperate with others in the performance of their duties relating to quality of work, health, safety and the environment. Obey instructions given by Team Leader or Team Supervisor. Behave in a responsible manner. Observe site rules. Report any hazards, risks and incidents to Team Leader immediately. Not to operate plant and machinery for which they do not have correct training. |
| H&S Manager: :Provide information regarding legal and technical compliance with regulations and ACOPs. Monitor company adherence to policies and procedures. |

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| 4.0 PPE Requirements |
| All employees will wear the appropriate PPE at all times whilst on site. I.E. laced safety boots, hard hat with chin strap and reflective clothing.  Appropriate Fall Arrest climbing equipment shall be used at all times when working at heights activities are taking place. |
| Additional:Task | \* | Foul Weather Gear:Task | \* |
| Goggles | \* | Goggles | \* |
| Harness Task: At heights Access | \* | Harness Task: At heights Access | \* |
| Hi Visibility Clothing (Mandatory) | \* | Hi Visibility Clothing (Mandatory) | \* |
| RF Monitor | \* | RF Monitor | \* |

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| 5.0 Site Access Entry & Exit |
| Prerequisites |
| Prior to anyone accessing an MBNL site the following should be completed: Do you use the Locken App? If so, did you know that the only scenarios where you need to call the Ericsson Lockdown Team now are – 1. For Site Locking/Shutdown and Unlock 2. If the Locken App tells you to. 3. If there are errors with the App. For all book on/off activity you can use the App only and no longer need to call the Lockdown Team – this applies to NSA and SA activities. If you are not aware of the Locken App and want additional information as to how you can obtain access – please contact mbnl.lockenproject@mbnl.co.uk Please note that use of the Locken App will be mandatory from 1st October and JotForm’s will no longer be supported. Please also note that use of the Locken App requires that you have an approved My IT REQ prior to attendance to site. You must book on and off each day you are on site when you arrive and when you leave site. |
| Entry: |
| All persons entering the site must comply with the OfCom Code of Practice in so far as it relates to accessing land or buildings owned by 3rd parties. All persons must book on with the Lockdown Team before entry on to MBNL infrastructure or before opening MBNL cabinets. Many sites are monitored remotely and failure to book on may result in police / security attendance. Please ensure the MY IT REQ reference is to hand. Upon entry onto the site the following must be completed: • Fulfil any site-specific access requirements. • Many sites are located in remote places with access via unmade tracks. Any such tracks should be negotiated slowly with great care. Any gates passed through should be shut immediately afterwards. Attendance at such remote sites should be accessed exercising extreme caution, being aware of any unforeseen risks. • Any padlocks removed should be re-locked to a secure fixing, (not left loose on the floor), with the key removed. All Access gates should be immediately closed after use & secured with the respective lock. • Book on to site with Lockdown team 01189 562600 using My IT REQ reference. • Do not touch any equipment within the site other than for the purpose of your visit. • Due to the delicate nature of equipment, precautions must always be taken to protect it from the effects of dust and rain. • For service impacting works requiring a site lockdown, the Lockdown Team are to be contacted on 01189562600. Please ensure the MY IT REQ reference is to hand (this will be the same as the one for booking on to site). • Non-Service Affecting planned work sites visits also require an approved REQ. |
| Exit: |
| Upon exit of the site the following must be completed: • When the work has been completed please call the Lockdown Team on 01189 562600 to activate/unlock the site. This applies whether you are on-site or remotely accessing the site. • Confirm with the Lockdown Team that the site is alarm free. The reason for this is so Ericsson NOC can manage and account for all instances of halted cells and advise of any alarms. Please see section 5.4 MBNL Site Access Lockdown Procedure for guidance on issues discovered following planned works. • Ensure that the Site has been left tidy and the lights have been switched off. • Re-arm any security systems. • Book off site with Lockdown team if not already done so. • Shut and lock all gates (ensuring on multi-lock chain arrangements that the padlock is re-inserted into the correct chain so that our lock being incorrectly positioned excludes no other users lock). |
| Terminology to be used for locking and unlocking cells: |
| Due to the difference in language between the lockdown and RANSOG team in India and the UK contractors, the following has been agreed and must be used by both Ericson Lockdown and RANSOG and UK contractors on site. No exceptions to the terminology below are to be used. STAGE ONE – LOCKING SITES (Switching RF OFF) During the initial lockdown phase (RF OFF), Ericson teams to confirm that the site is safe by advising the contractor: “Site is off. Work may proceed”. Unless the UK engineer on site hears this phrase, WORK MUST NOT PROCEED. STAGE TWO – UN-LOCKING SITES (Switching RF ON) Ericson MUST NOT un-lock the site (Switch RF ON) unless the following statement is made clearly by the UK site-based engineer: “GREEN GREEN GREEN, Site OK to un-lock” If at any time, the UK site-based engineer does NOT want the site un-locked, they must use the following statement: “RED RED RED. Do not un-lock site” If at any time during the unlocking phase, Ericson hear the above statement from site, the site MUST NOT be unlocked. Note – the team leader has the authority to alter the ‘method of erection/installation’ as appropriate to meet the demands/conditions of the site. |

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| 6.0 Significant Hazards & Risks:: |
| Example Extracted from site specific risk assessment. |
| Hazard | Control Measure | Risk |
| Vehicle access/egress/movement | M | Vehicle Work area to be clearly marked out with visible barrier and warning signs. Site personnel to wear Hi Vis clothing suitable to road they are working on. Work within site boundary. Be aware of moving traffic. | L |
| Vehicle parking | M | Park Vehicles so they do not impede public access or cause risks / obstructions to pedestrians | L |
| Access/Egress | M | Work area to be clearly marked out with visible barrier and warning signs, walkways kept clear. | L |
| Fire evacuation arrangements | M | In case of fire muster at designated point. Account for personnel, and call emergency services. Muster point to be highlighted at site induction. | L |
| Electrical safety | M | Only trained competent personnel to operate or work on electrical equipment. 110V or battery-operated tools to be used. Work on all systems excluding battery systems, identify point of isolation, secure isolation, prove isolation at point of work. For all battery systems work from dead to live. | L |
| Exposure to Asbestos Asbestos fibres inhaled or swallowed can lead to serious health effects such as asbestosis, lung cancer and mesothelioma. | H | An asbestos statement/report must be provided and reviewed during the planning stages of works and prior to accessing site: Rooftop sites and any other site where there is a potential risk that ACM’s (Asbestos Containing Materials) may be present. No site works may commence unless an asbestos statement/report is obtained where required Only asbestos awareness trained, competent and authorised personnel to attend site Presume materials contain asbestos unless there is strong evidence that they do not. No penetrative works until confirmation the area does not contain ACM’s. | M |
| Slips/Trips/Falls | M | Care is to be taken when transiting across undulating ground, appropriate footwear and clothing is to be warn at all times. | L |
| Hazardous substances | M | Storage / control and use of hazardous substances must be in line with the Control of Substances Hazardous to Health Regulations 2002. . | L |
| Extreme weather | M | During periods of extreme weather all works to stop. | L |
| Hot Works | M | Only trained, competent and authorised personnel to carry out hot works activities. Correct selection of wheel and appropriate wheel speed Hot works permit must be completed, and requirements adhered to. All sources of fuel and flammable materials will be removed. Area of hot works activity to be marked out and suitable barriers deployed to prevent unauthorised access to the work area. Appropriate PPE must be worn including high impact goggles and ear protection | L |
| Variable Weather Conditions Cold Shivering, fatigue, lack of co-ordination, drowsiness, stiff joints, poor dexterity, increased blood pressure, tightening of the airways Heat Dehydration, fatigue, sun burn, skin cancer, skin ageing, heat stroke, heat stress, dizziness, nausea, confusion, heat rash | M | Wear several layers of lose clothing for insulation. Protect ears, face, hands and feet. Wear waterproof and insulated footwear. Regularly drink Hot Drinks. Take regular breaks from the cold To prevent dehydration, regularly drink water Take regular breaks away from heat source in a shaded area/air-conditioned workspace. Wear light coloured lose fitting cotton clothing. Avoid working in direct sunlight. | L |
| Lightning/electrical storms | M | During an electrical storm all works to stop. | L |
| Carrying personal equipment/materials | M | Manual handling to be kept to a minimum, lifting equipment to be used if necessary. Engineers to practice good manual handling techniques. | L |
| Vehicle access in drop zone | M | Work area to be clearly marked out with visible barrier and warning signs, walkways kept clear and if necessary, marshals available to manage flow of pedestrians and vehicles. Appropriate signage to be placed around site warning of the potential hazards. | L |
| Sharps/discarded needles etc. | M | Complete a DRA when accessing the site informing all personnel of any hazards. Cable Strippers, Safety Knives etc. to be always used. | L |
| Power tools | M | PAT cert to be available for inspection if PAT cert is not available tool to be quarantined. Ear defenders to be used for noise generating equipment such as cutting discs | L |
| Incorrect use of a stair walker: Unstable, unbalanced, and heavy loads resulting in falling loads Sustained awkward posture resulting in musculoskeletal injuries. Failure of lifting equipment resulting in drops from height. | M | Only trained and competent operatives will use the stair walker. Stair walker to be visually inspected before use for any signs of damage or degradation Ensure the route to be taken is free from obstructions The SWL of the stair walker will not be exceeded Whilst the stair walker is being used, a ‘spotter’ will marshal the area ensuring no unauthorised access to work area, or any obstructions to compromise the activity | L |
| Noise generation | M | Correct PPE, awareness of maximum exposure times. Ensure people in surrounding areas are aware of the activities. | L |
| First Aid | M | All site personnel must be first aid trained. First aid kit must always be suitable, always sufficiently stocked and easily accessible. The nearest hospital, address, and contact details to be communicated to all site staff and visitors within site induction. | L |
| Hazardous dust created by the use of stihl saws, hand grinders, etc. | M | Appropriate masks or breathing apparatus must be used in situations where dust is likely to be able to impact on the health of the user of the equipment. | L |
| Hand/arm vibration | M | All personnel must be trained, instructed and informed with regard to the use of this equipment and the steps which must be taken to avoid personal injury. The amount of use this equipment will be reduced to a minimum by limiting workplace exposure times. | L |
| Working at Height | H | Ensure STC tag is valid prior to climbing structure. The inspection period must not exceed 12 months for MBNL sites. If the Safe to Climb (STC) certificate is out of date then MBNL have agreed that a 1-month grace period is acceptable if the lead climber completes and records a dynamic pre-climb inspection. Ensure valid certified PPE is used (Harness, Lanyards) and ensure all equipment is tethered when working at height. Ensure qualified rescue operatives on site while at height and rescue kit is deployed at base of structure. | M |
| Rigging Equipment – Lifting/Lowering Infringing Safety Clearances. Risk of electrocution and death to operatives. Risk of swinging materials (pendulum effect) Failure of system - Risk of serious Injury/Death to Site Operations staff | H | Care to be taken to where there are power lines. Ensure the rig is simple and safe. Ensure all lifting equipment is on good repair. All lifting equipment must have relevant inspection docs. Do not lift loads if the weight is unknown. Only trained, competent and authorised personnel on site to carry out lifting and lowering activities. | M |
| Danger from falling materials resulting in personal injury to third party | M | Signing and guarding. Personal tools attached at all times. Work must not be carried out directly above another person. Ground crew required. Set up a cordoned off “drop zone” as required. All steelwork or microwave equipment being installed will be raised by firmly securing to ropes. | L |
| Ladders | M | When using portable ladders, operatives are to ensure the ladder has valid STC and is tethered all all times when in use. The operative should ensure three points of contact is established at all time and all equipment is tethered with the use of tethering strings. Regular breaks must be taken and operatives not to exceed 15 minutes working at height without a break. | L |
| Manual Handling | M | All manual Handling is to be conducted by trained operatives and under the supervision of the PICW. | L |
| Protection from RF sources | H | Calibrated RF monitors are to be warn and tested prior to commencing work. Only RF trained, competent and authorised personnel to attend site. When accessing areas where the is potential for RF exposure, RF personal monitors must be utilised: Rooftop: Access to at least one suitable and sufficient calibrated RF monitor. Tower/Structure: All climbers are to wear a suitable and calibrated RF monitor. | M |
| Third Party RF sources | M | Outages to be implemented before working around antenna | L |
| COVID-19 Pandemic – a highly contagious virus. | H | • Avoid hand shaking and any other unnecessary human contact. • Maintain a social distance of at least 2 metres (where appropriate) • Follow any specific site instructions as given by the PICW / SP • Report any underlying Medical Conditions that could put you at higher level of risk, Asthma / Diabetes / COPD etc. • Must inform the relevant supervisor/line manager if they have any symptoms such as coughing / sneezing / fever / shortness of breath and fatigue immediately, • Do not turn in for work if unwell and Self Isolate in line with Government guidelines • Report anyone on site to the relevant supervisor who appears to be suffering from any of the symptoms as above • Must inform the relevant supervisor/line manager if they have travelled abroad recently or are planning on travelling abroad in the coming months • Make sure you have hand gels/sanitisers • sanitise your hands regularly either by handwashing with soap and water (for at least 20 seconds) or using hand sanitiser if available, every time you get into or out of the vehicle, every time you blow your nose, sneeze or cough, eat or handle food. • Where possible, avoid touching your eyes, nose, and mouth with unwashed hands and avoid touching any surface after sneezing or coughing until you have sanitised your hands. • Space out at break times, and don’t congregate in vehicles. • Utilise the gate guards and barriers to create a safe working zone, keeping a safe distance between yourself and members of the public. • Minimise touch points where possible i.e. door handles, handrails, guards, equipment etc. • Use your own tools & equipment where possible and minimise sharing equipment such as mobiles, tablets, job packs etc. • Do not share Personal Protective Equipment (PPE) • If someone is confirmed positive or showing symptoms, as having COVID 19 and has been in a vehicle, the vehicle will need internal cleaning. • Avoid gatherings. | L |

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| 7.0 Outline of Works: |
| The sequence of works are as follows: • PICW will report to site provider to request access to the site. Access is only permitted via prior approval. • On accessing site PICW will complete a Dynamic Risk Assessment (DRA) and will implement control measures as required. • PICW, acting as site senior representative (SSR) will carry out a site induction with everyone involved in the works, all operatives and visitors are to sign the work induction record. • PICW will ensure that all operatives hold the relevant qualification and are in date prior to commencing work. • PICW is to ensure that all deliveries are checked and transported in line with the delivery companies RAMS. • Exclusion zone/ drop zone must be established when required. • Safety signage, warning signs will be positioned at ground level to warn 3rd parties and pedestrians that they are entering a construction area. • Where required, cones and barrier systems will be used to mark out any areas deemed to be specifically high risk. • Site security will be monitored by all operatives, ensuring no pedestrians or 3rd parties attempt access to the site, barriers are to be secured at all times. • A Marshall will be employed to control the exclusion area when operatives are working. • Operatives working on site will always wear personal safety equipment, including boots, helmets and Hi Vis vests. Gloves, eye protection, ear protection, chin straps, tool lanyards and harnesses will be used as and when it is required by site activities. • PICW will ensure that the installation of equipment is conducted in line with the Eminencetel installation policy. • At the end of the working day, PICW is to ensure the site is clean and tidy, all rubbish is removed or secured in a safe place. |
| 7.0.1 Equipment Transport |
| On arrival the lead engineer will check ADC access as in the access section of this document and abide by the rules and SP requirements. Once the driver, vehicle and equipment has arrived at site, the operatives will carry the equipment from the vehicle and onto the site using manual handling techniques subject to a site-specific risk assessment. Operatives should not deviate from the access in ADC or SP requirements. The delivery operatives will employ manual handling techniques and deliver the frames and RF kit to the roof. Each item will be handled individually. |
| 7.0.2 ADC Hazards |
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| 7.0.3 Sequence of Works |
| Preparation day consisting of delivery of equipment and the Installation of new Antennas. • Arrive at site and book on using Lockenapp • Complete all H&S, DRA and inductions • Transport kit to site and check for any missing components • Complete site sign on • Install Passive combiners at RRU Level for 08/14/21 feeds from RRU/UCU. Cut back U21/L18 Feeds to suit new location of combiners. Reterminate with new connectors. • Test antennae line feeders dtfl, rll • Install rru 2 no 800 2 no 1400 3 no 1800-2100 • Install dc rru x7 • Install fibres • Install sbc and rf jumpers • Install OFS5906 • Install split L rack • I&C engineer to commission all new technologies • Complete full site audit and raise any non-conformances • Riggers to complete all required site tests including fibre • Riggers to complete Post-Audit and forward to the office • Confirm site is on air and working fine • Riggers Confirm with SOG Support that RETs are configured • Remove all rubbish/unused kit from site • Complete End of Job report • Complete HOP and forward to the office for review • Book off site |
| 8.0 Emergency: |
| Evacuation | In case evacuation from site is required, operatives will meet at entrance gate and summon help. |
| Fire: | In the event of a fire the operatives will leave site, dial 999 and ask for the fire brigade. The escape route and muster point will be the opposite of the access route, which will be assessed by the team leader when conducting his dynamic pre-start before works begin. This route will be chosen and communicated to all operatives on site, includingany new arrivals during works. |
| aaaaaaaa |  |
| bbbbbbbbbbb | Rest: Eminencetel Vans    vcvvvvvvvvvvv |
| AccidentIncident | • In an emergency ring 999 immediately. • The Eminencetel engineers will assess the situation, make the area safe, administer first aid if necessary and call the Emergency Services. Furthermore, the Engineers will notify the Eminencetel H&S Department of the incident and complete an Incident Report. |
| 9.0 Waste Recycling/Disposal: | Waste is to be removed by an authorised body in possession of a waste carriage licence. |
| 10.0 Rescue Plan | In the event of an accident each team member will have been made familiar with the rescue plan and what responsibility it levies on each individual.  The situation will need to be immediately assessed... • How many casualties are there? • How bad are they hurt? • Are they conscious? • What happened? • Can they be reached safely without endangering others? • Will first-aid need to be immediately administered? • Can they self-rescue? When a suspended person(s) is injured or unconscious and needs rescuing, the priority is to place the casualty in a zone where medical assistance can be administered. Ideally the casualty will already be suspended in rig-to-rescue so will be able to be lowered to the ground from the top. If this is not the case then a rescuer will need to abseil down to the casualty and disengage them from the rope access system.   The techniques for disengagement draw on methods used for lifting and descent. These techniques frequently lead the rescuer to intervene using personal equipment and to manage the descent of two people of one descender.  Should an incident occur the rope access team would employ the appropriate technique for any given situation. Ideally the rescuer will use a separate set of two ropes. The rescuer will abseil down to the casualty, and if unconscious, will immediately traditional recovery position. He will then attach himself to the casualty via two short lanyards or karabiners. The rescuer will then attach an ascender onto the casualties weighted line and implement a 2:1 pulley system to un-weight the casualty from his working rope. The rescuer can then release the casualty’s descender and then slowly lower him onto his own rescue ropes. The casualty’s backup line will not be touched. The rescuer can then descend to the ground, bringing the casualties back-up device with him. |
| 11.0 First Aid Arrangements |
| Details of Contractors First Aid arrangements. | First Aid Equipment will be located at the designated site assembly point. All operatives are First Aid trained. |
| 12.0 Method Statement Preparation & Approval |
| Approved by Name: Neelambaradharan nair (GradIOSH) | Signature: Neelambaradharan Nair | Date: 12/05/2021 | Position Health & Safety Advisor |
| Reviewed by Name: Rahul Sudhakaran | Signature: Rahul Sudhakaran | Date: 12/05/2021 | Position Operations Manager |

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| I certify I have reviewed and understood the site EHS requirements as defined in the RAMS above. |
| Name | Signature | Organisation | Date |
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