



RAPHAEL CONTRACTING LTD

RCL TRAINING AND DEVELOPMENT PLAN SHORT TRAINING SESSION ATTENDANCE SHEET

Title: Hazardous Waste	Date: 28/05/2024
Location: NG200	Start Time: 07:30
Duration (Minutes) 30 mins	End Time: 08:00
Presenter's name: D Sanders	Presenters Signature:

Candidate's Name	Name of Candidate's Employer	Candidate's Signature
K KULSINSKAS	RAPHAEL CONTRACTING LTD	 I Confirm that I have understood the Toolbox Talk
S SIMONOVIC	RAPHAEL CONTRACTING LTD	 I Confirm that I have understood the Toolbox Talk
K WARNER	RAPHAEL CONTRACTING LTD	 I Confirm that I have understood the Toolbox Talk
V BALIULEVICIUS	RAPHAEL CONTRACTING LTD	 I Confirm that I have understood the Toolbox Talk
A MASTAC	HUTCHISON FLOORING	 I Confirm that I have understood the Toolbox Talk
L ARCHENOUL	HATCHISON FLOORING	 I Confirm that I have understood the Toolbox Talk
		I Confirm that I have understood the Toolbox Talk
		I Confirm that I have understood the Toolbox Talk
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Grant Claim information Note: Claims can only be made for your employees or labour-only sub-contractors

No. Attended 4	Duration 30 mins	Total Time 2 hours	Employer Reference 2453745
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Toolbox Talk No. 81 HAZARDOUS WASTE

WHAT IS IT?

- Hazardous waste is essentially waste that contains hazardous properties that may render it harmful to human health or the Environment.
- All Raphael sites produce hazardous waste, the majority in small quantities
- Hazardous waste can come in many forms whether it is: explosive, harmful, corrosive, flammable or toxic. They are all dangerous, and if not managed properly, can cause serious harm to the environment or to human health.
- The introduction of the Hazardous Waste Regulations in 2005 expanded the definitions of hazardous waste.
- Typical potentially hazardous wastes found on sites include: fluorescent tubes, paints, resins, oils, aerosols, mastics.

WHY?

- Avoid Prosecution: It is illegal to mix hazardous and non-hazardous waste to landfill. The penalty is a fine of up to £50,000 and up to 5 years in prison. Managers have a duty to ensure that workplace hazardous wastes are correctly identified at each stage of production and appropriate measures are taken to protect the health of employees and contractors who transport or dispose of these wastes.
- Avoid environmental harm: Incorrect disposal could cause water pollution and damage habitats. For example one fluorescent tube contains enough mercury to pollute 30,000 litres of water beyond safe drinking levels.
- Reduce costs: The number of hazardous waste disposal sites is reducing all the time, thus increasing disposal costs. Sites will have to be more proactive in the way they manage their hazardous waste. New practical methods will need to be found to eliminate, reduce or re-use potentially hazardous wastes.

DO

- ✓ Check the container to see if it displays one of the Hazardous warning signs below.



- ✓ Use all of the material to eliminate waste.
- ✓ Use correct PPE when handling hazardous substances
- ✓ Ensure subcontractors remove their own hazardous waste correctly.
- ✓ Place any Hazardous Waste / containers with residue in a Chemstore or other secure receptacle.
- ✓ Label the Hazardous Waste receptacle with the correct hazardous signage.
- ✓ Hazardous waste can be minimised by rendering it non-hazardous:
 - Use up all paint and allow tin to dry out
 - Use up all mastic and allow tubes to cure
 - Let plaster dry out before disposal
- ✓ Ensure only trained individuals handle hazardous waste
- ✓ Return fluorescent tubes to the appropriate Electrical Contractor for recycling.
- ✓ Return empty oil drums to your supplier
- ✓ Employ licensed companies to remove any hazardous waste
- ✓ Hazardous materials cannot be removed without a consignment note.
- ✓ Check also the safety data sheet to see if the material is hazardous.



RAPHAEL CONTRACTING LTD

RCL TRAINING AND DEVELOPMENT PLAN SHORT TRAINING SESSION ATTENDANCE SHEET

Title: Safe Use of Paslode Gun (1)	Date: 30/05/2024
Location: NG200	Start Time: 07:30
Duration (Minutes) 30 mins	End Time: 08:00
Presenter's name: D Sanders	Presenters Signature:

Candidate's Name	Name of Candidate's Employer	Candidate's Signature
K KULSINSKAS	RAPHAEL CONTRACTING LTD	 I Confirm that I have understood the Toolbox Talk
S SIMONOVIC	RAPHAEL CONTRACTING LTD	 I Confirm that I have understood the Toolbox Talk
K WARNER	RAPHAEL CONTRACTING LTD	 I Confirm that I have understood the Toolbox Talk
V BALIULEVICIUS	RAPHAEL CONTRACTING LTD	 I Confirm that I have understood the Toolbox Talk
A MASTAC	HUTCHISON FLOORING	 I Confirm that I have understood the Toolbox Talk
L ARCHENOUL	HATCHISON FLOORING	 I Confirm that I have understood the Toolbox Talk
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No. Attended 4	Duration 30 mins	Total Time 2 hours	Employer Reference 2453745
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Toolbox Talk No. 64 SAFE USE OF PASLODE GUNS (1) - OVERVIEW, PREPARATION AND OPERATION

An Overview of the Paslode Cordless Framing Nailer

Description

The Paslode Cordless Framing Nailer is a self-contained, fully portable nailer that uses liquid hydrocarbon fuel to power a unique linear drive internal combustion motor.

In order for you to fully understand the information contained in this manual, you need a basic understanding of the Cordless Framing Nailer. As you can see in the illustration below, the Cordless Framing Nailer is made up of two separable assemblies: handle and motor.

As you examine the Cordless Framing Nailer, become familiar with the two major assemblies and the various components located in each of them.

The **Handle Assembly** contains the fuel cell, battery indicator light, magazine, follower, lockout, shear blocks and trigger.

The **Motor Assembly** contains the cover and filter, the motor housing, the nose, and the work contacting element.

Specifications

Dimensions: Weight (with battery) 7.3 pounds
Height 14 1/2 inches
Length 12 inches

Cycle Rate: Intermittent Operation – 2 to 3 nails per second

NOTE: Exceeding these rates could cause tool to overheat, resulting in loss of performance or damage to tool components.

By using the Paslode Cordless Framing Nailer at its recommended cycle rate, you will be able to drive several thousand nails in a typical workday.

Fasteners: 30° paper tape collation
Minimum 2 inch x .113 diameter shank
Maximum 3-1/4 inch x .131 diameter shank

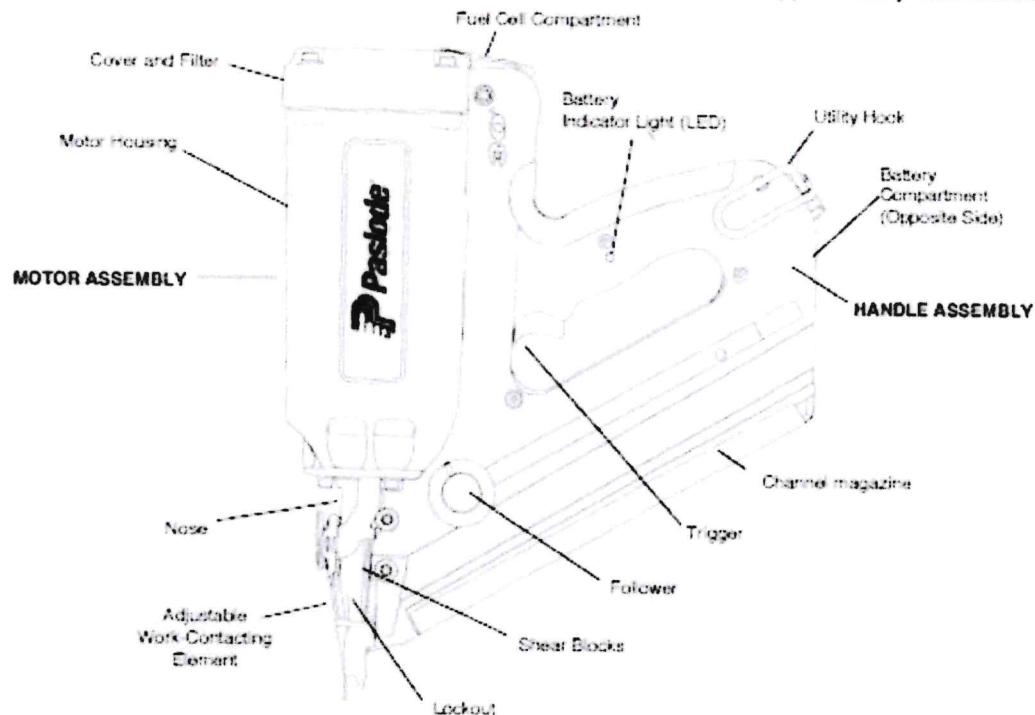
Magazine Capacity: 1 nail strip + 5 fasteners.

Battery : 6 volts DC - Provides enough energy to drive approximately 4000 fasteners on a full charge.

Fuel Cell: Red fuel cell (1.32 oz) Part No. 816000
Liquid hydrocarbon - Provides enough fuel to drive approximately 1200 fasteners.

NOTE: Altitude Restriction

Paslode Cordless tools are powered by an internal combustion engine and are effected by altitude. The tool may lose power or not cycle consistently at elevations of 4000 feet or greater.



NG200

'LIVE SITE' TOOL BOX TALK

As you may now be aware, the Incoming Electrical Services to the NG200 Sainsburys Wing are to become LIVE. Soon after this, power will be distributed around the site to various locations and as such **ALL Electrical Services** throughout the building should be assumed to have been energised when working in and around them.

1. If in doubt about whether an item is energised, consult your supervisor, or the site Authorised Person (AP) and always assume it is LIVE.

If in doubt ! **STOP WORK AND ASK**

2. As the services become 'LIVE', signage will be attached at prominent locations to identify this. Please make yourself aware of the Electrical Site Signage and follow any instructions on them.
3. Typical Signage locations are:
 - a. LV Switch Rooms access doors and electrical equipment within.
 - b. Along containment routes around the building
 - c. Electrical Cupboards, Risers and some fixed items of plant
 - d. Distribution Boards, other electrical panels.
4. If you need to gain access to a locked door on switch rooms, risers and restricted zones for your work, there should be signage fitted to the door with the words 'PERMIT TO WORK' and a contact number on it. You will need to contact the Appointed Person to get the relevant permit and keys prior to entering and return Permit and keys at the end of each shift to the AP, with 48h notice minimum. **Permits will NOT be issued on an ad hoc basis.**
5. Prior to being issued your first permit, Dalkia will need a copy of your RAMS and the signature sheet with your name on it. We will also need a copy of your CSCS or grade card and give you a short TBT on the operation of the permit process. This can all be issued and TBT's done well in advance of when you need the permit and access.

If you need to cut a hole / open a section of ceiling, wall or flooring, please be aware there would be live cables and pipework behind it, therefore you have to get a permit to work from our Appointed Person who would have isolated the services.

To obtain a permit to work we need 48hrs notice to ensure works are planned with AP coverage.

Anyone caught working without a Permit will be issued with a warning, if caught a second time the offender will be removed from site

We want to keep you all safe and ensure that everyone goes home safely.

Tool Box Talk Record

[illegible]



Site Manager's Daily Safe Start					RCL NG200-RCL-ZZ-MS-X-00001 REV P02				
Contract:	NG 200	Contracts Manager Site Manager	Paul Haugh Dave Sanders	Date (w/c):	27/05/2024	Method statement (s) (Title, Rev No. & Rev date)			
Location and description of work: Installing temporary door sets and window boards									
Site Manager's Daily Sign Off									
		Date	Name	Signature	Hot Topics of the Day (the main points you discussed)				
Monday		27/05/2024	N/A	Bank Holiday	Bank Holiday				
Tuesday		28/05/2024	D Sanders	<i>D Sanders</i>	Hazardous Waste				
Wednesday		29/05/2024	D Sanders	<i>D Sanders</i>	Environmental issues for carpenters				
Thursday		30/05/2024	D Sanders	<i>D Sanders</i>	Safe use of Paslode guns (sheet 1)				
Friday		31/05/2024	D Sanders	<i>D Sanders</i>	Material handling and house keeping				
Saturday		01/06/2024	N/A		N/A				
Sunday		02/06/2024	N/A		N/A				
Operatives Daily Sign Off									
Name	Signature	M	T	W	T	F	S	S	Comments
K KULINSKAS	<i>[Signature]</i>	/	/	/	/	/	/	/	RCL MANGER/CARPENTER
S SIMONOVIC	<i>[Signature]</i>	/	/	X	X	X	X	X	RCL CARPENTER
K WARNER	<i>[Signature]</i>	/	X	X	X	X	X	X	RCL APPRENTICE CARPENTER
V BALIUIEVICIUS	<i>[Signature]</i>	/	/	/	/	/	/	/	RCL CARPENTER
A MASTAC	<i>[Signature]</i>	/	/	/	/	/	/	/	HUTCHISON FLOORING
L ARCHENOUL	<i>[Signature]</i>	/	/	/	/	/	/	/	HUTCHISON FLOORING

NOTE IF YOU HAVE MORE THAN 10 OPERATIVES ON SITE, PLEASE USE THE CONTINUATION SHEET655

Before starting work, STOP, THINK and CHECK		Yes	No	N/A
If the answer to any question below is NO, do not start work until the issues are resolved				
1. Method statements, risk assessments and permits				
Have you read and understood the method statement and risk assessment for the task?		✓		
Is everyone on your team briefed on the method statement for the task?		✓		
Have you carried out your weekly toolbox talk?		✓		
Do you have COSHH Assessments and Safety Data Sheets in place for all hazardous substances that will be used?		✓		
Have you carried out Manual Handling Assessments and planned for any deliveries / extraordinary activities?		✓		
2. Place of work				
Are you satisfied that your team has a safe place to work?		✓		
Have you checked access equipment has been inspected as required and certification issued? E.g. Podium steps, scaffold towers				
Are other contractors working adjacent to you aware of what you are doing today? Are you aware of what they will be doing?		✓		
Are third parties and members of the public securely protected from falling materials?		✓		
Does your team know the safe access and egress routes to their places of work?		✓		
3. Task specific				
Are all necessary tools and equipment on site to carry out your work in a safe / efficient manner?		✓		
Are you confident there are no health and safety risks in your work task(s)?		✓		
Are you certain that the operatives you are putting to work are competent for their assigned tasks?		✓		
Are the team equipped with the correct PPE to carry out the task?		✓		
4. Variations				
Have the team members changed? (If yes revise)			✓	
Has the task or working environment changed significantly to require a risk assessment and method statement (If yes, work to stop and new method statement to be produced)			✓	
Remember, as the supervisor YOU are responsible for the safety of YOUR team				



TRAINING AND DEVELOPMENT PLAN

Title: Construction Waste Management	Date: 29.05.24
Location: Millennium Bridge House	Start Time: 7:30
Duration (Minutes) 30min	End Time: 8:30
Presenters name: A. Kulsinkas	Presenters Signature:

SHORT TRAINING SESSION ATTENDANCE SHEET

	Candidate's Name	Name of Employer	Candidate's Signature
1	B. Ramchande	RCL	 I confirm that I have understood the Tool Box Talk
2	I.Sahota	RCL	 I confirm that I have understood the Tool Box Talk
3	J.Smith	RCL	 I confirm that I have understood the Tool Box Talk
4	A.Lidzius	RCL	 I confirm that I have understood the Tool Box Talk
5	K.O'Malley	RCL	 I confirm that I have understood the Tool Box Talk
6	A.Gustainis	RCL	 I confirm that I have understood the Tool Box Talk
7	A.Makarauskas	RCL	 I confirm that I have understood the Tool Box Talk
8		RCL	I confirm that I have understood the Tool Box Talk
9			I confirm that I have understood the Tool Box Talk
10			I confirm that I have understood the Tool Box Talk
11			I confirm that I have understood the Tool Box Talk
12			I confirm that I have understood the Tool Box Talk
13			I confirm that I have understood the Tool Box Talk
14			I confirm that I have understood the Tool Box Talk
15			I confirm that I have understood the Tool Box Talk

Grant Claim information

Note: Claims can only be made for your employees or labour-only sub-contractors

No. Attended 7	Duration 30min	Total Time 3.5h	Employer Reference 2453745
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TRAINING AND DEVELOPMENT PLAN

Title: Site quiet times and weeks highlights	Date: 28.05.24
Location: Millennium Bridge House	Start Time: 7:30
Duration (Minutes) 30min	End Time: 8:30
Presenters name: A. Kulsinkas	Presenters Signature:

SHORT TRAINING SESSION ATTENDANCE SHEET

	Candidate's Name	Name of Employer	Candidate's Signature
1	B. Ramchande	RCL	 I confirm that I have understood the Tool Box Talk
2	I.Sahota	RCL	 I confirm that I have understood the Tool Box Talk
3	J.Smith	RCL	 I confirm that I have understood the Tool Box Talk
4	A.Lidzius	RCL	 I confirm that I have understood the Tool Box Talk
5	K.O'Malley	RCL	 I confirm that I have understood the Tool Box Talk
6	A.Gustainis	RCL	 I confirm that I have understood the Tool Box Talk
7	A.Makarauskas	RCL	 I confirm that I have understood the Tool Box Talk
8	I.Neagu	RCL	 I confirm that I have understood the Tool Box Talk
9	D.Marciulaitis	RCL	 I confirm that I have understood the Tool Box Talk
10			I confirm that I have understood the Tool Box Talk
11			I confirm that I have understood the Tool Box Talk
12			I confirm that I have understood the Tool Box Talk
13			I confirm that I have understood the Tool Box Talk
14			I confirm that I have understood the Tool Box Talk
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No. Attended 9	Duration 30min	Total Time 4.5h	Employer Reference 2453745
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