

The Health and Safety Pack

This health and safety pack takes the hassle out of managing health and safety.

A must for every small business.

Ready to use **fully editable** documents over and over again - include your company details and corporate logo

Note: Whether Office, Construction, Warehouse or retail what ever your industry - we would be pleased to provide a tailored pack to suit your specific requirements if the initial content is unsuitable.

Examples available upon request.

Amazing value @ only £250.00

You can relax in the knowledge that your health and safety will be made easy



This pack includes ready to use fully editable templates (word format) consisting of the following:

- Corporate Health and Safety Policy
- Pre-written Risk Assessments
- Forms and Checklists
- Permits to Work
- COSHH Forms
- Method Statements
- Industry Guidance documents
- Construction Phase Health and Safety Plan Template
- Site Waste Management Plan Template
- Construction Health and Safety Audit Checklist

The content of each document can be viewed by opening the pdf examples on our downloads page but can be purchased individually here. <http://www.veritas-consulting.co.uk/Free-Downloads-Examples.html>

Contents and examples below

Guidance Documents - INDEX

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Risk Assessment Index

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Method Statement Index

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3. Removal of ceramic floor tiles
4. Painting of floors with roller mop
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6. Installation of mineral fibre suspended ceiling
7. Laying of sheet vinyl floor
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9. Removal of metal and plaster stud partition
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11. Dismantle of steel stud partitions
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17. Removal of counter desks
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19. Installation of counters
20. Laying of ceramic wall tiles
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22. Removal of debris
23. Installation of Glazed partition
24. Laying of floor vinyl tiles
25. Painting of ceilings
26. Removal of mineral fibre suspended ceiling
27. Removal of mineral fibre ceiling tiles
28. Taping and jointing of plaster partitions
29. Installation of aluminium framed composite partition
30. Installation of double skin steel partition
31. Installation of single skin steel partition
32. Painting of walls using roller brush
33. Removal of mineral fibre suspended ceiling
34. Removal of single glazed composite partition panels
35. Dot and dab dry lining
36. Installation steel beams

Method Statement example

MS010 Method Statement

Erection Of and Working On Mobile Towers

1. Mobile towers must be erected strictly in accordance with manufacturers' guidelines.
2. Must only be erected, dismantled, altered or inspected by competent persons.
3. Floor conditions should be checked for level and load bearing capability.
4. Teams of two – assemble first sections of scaffold from the ground, using all bracing, ensure correct fitting of joints.
5. Assemble additional sections to the required height (maintain “height to base ratio”) working off platforms at the necessary intervals so as to prevent overstretching.
6. Intermediate teams may be required at mid–point, depending on the height to be attained, or slings to be used, tied to sections at ground level and then hoisted up by operatives above.
7. Working platform must be fully boarded with a platform hatch (hinged to outside) and accessed via internal access ladder.
8. Guardrails to be employed at height 910–1150mm above working platforms, with intermediate rail and toe–boards.
9. Brakes must be locked when in use.
10. Towers should not be moved whilst persons or materials are on working platform.
11. Only move towers by manually pushing near the base.
12. Inspect every 7 days and register.

Checked By :

Date:
