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TELECOMMUNICATIONS

COMPANY NAME:

Fibretec Telecommunications Limited

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HEALTH AND SAFETY ADVISOR:
In-house – Ben Norman (SSSTS)/ Adam Ferry (NEBOSH)
External – Emma Carroll **(NEBOSH Construction Cert/ Grad IOSH Membership/ Level 5 DiplomaIn Occupational Healthand Safety Practice)**

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RISK ASSESSMENT AND METHOD STATEMENT INTRODUCTION

Welcome to the Risk Assessment and Method Statement (RAMS) for Fibretec Telecommunications Limited a leading telecommunications company committed to delivering high-quality services with safety at the forefrontof our operations. This documenthas been prepared to outline our approach to identifying potential hazards, assessing associated risks,and implementing safe work practices in the field of telecommunications.

At Fibretec Telecommunications Limited we understand the importance of maintaining the safety and well-being of our employees, clients, and the general public.Our RAMS documentserves as a comprehensive guide to ensure that every task we undertake is carried out safely, efficiently, and in accordance with relevant regulations and best practices.

This document is designed to address the following key objectives:

Risk Identification:

We will systematically identify and evaluate potential risks associated with our telecommunications operations, including but not limited to installation, maintenance, and repair activities.

Risk Assessment:

We will assess the identified risks in terms of their likelihood and potential impact. This assessment will help us prioritize and plan mitigation measures. Method Statement: We will provide detailed method statements for various tasks, outlining the step- by-step procedures, equipment requirements, and safety precautions to be taken.

Safe Work Practices:

We will emphasize the importance of adhering to established safety protocols and procedures to minimize risks and accidents. Regulatory Compliance: Our RAMS will ensure strict compliance with relevant local, state, and federal regulations governing telecommunications work. Continuous Improvement: We are committed to a culture of continuous improvement, where feedback, incident reporting, and regular reviews are used to enhance our safety practices.

Training and Awareness:

We will highlight the significance of ongoing training and raising awareness among our employees to ensure they are equipped with the knowledge and skills needed to perform their tasks safely.

This RAMS document is a living document that will be regularly reviewed and updated to reflect changing circumstances, technology advancements, and best practices within the telecommunications industry. It is a shared responsibility among all employees to familiarize themselves with the content of this document and actively participate in our commitment to safety.

By following the guidelines outlined in this Risk Assessment and Method Statement, Fibretec Telecommunications Limited is dedicated to achieving a safer work environment, reducing incidents, and ensuring the successful and reliable delivery of our telecommunications services.

Please consult this document as a reference whenever you engage in telecommunications activities on behalf of Fibretec Telecommunications Limited
Your safety and the safety of those around you are of utmost importance to us.

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METHOD STATEMENT DRAIN INSPECTION, CLEARING, AND ROPE DEPLOYMENT

OBJECTIVE:

To conduct drain surveys and cleaning operations safely, utilizing roddingand roping techniques as necessary.

Work Description:

1.0 Safely execute drain cleaning, rodding,and roping tasks, among others.

2.0 Hazards:

- Operation with mechanical equipment.
- Risk of falling into open manholes.
- Confined space entry.
- Exposure to contaminated (sewage) ground.

3.0 Risk Mitigation Measures: (Refer to attached risk assessments as well)

- Obtain relevant service drawings to familiarize the team with the layout.
- Ensure a supervisor experienced in rodding and survey work is present throughout.
- Control access to the work area, ensuring sufficient space to commence operations.
- Attach copies of current Thorough Examination/CE certificates for equipment and operator training achievement certificates if applicable.
- Depending on ground conditions and manhole depth, adopt a confined space entry procedure as outlined in this method statement.
- Ensure availability of necessary materials such as ladders, lighting, safety harnesses, rescue tripod, emergency escape sets, forced air ventilation equipment for confined space entry, temporary pumps for groundwater, and manhole lifting equipment like a jack Lifting Kit.
- Provide suitable personal protective equipment (PPE) as outlined in this document.
- Erect adequate safety signage and barriers to restrict access to unauthorized individuals.
- Keep manholes and similar openings open or exposed for the shortest duration possible and always manned, with suitable barriers in place.

4.0 Work Locations:

Various specified locations - The supervisor will ensure clear access and appropriate pedestrian management. If traffic management is required, it will be conducted in accordance with the RAMS (Risk Assessment and Method Statement) of the traffic management company.

5.0Access System:

- Safe access to the work area will be overseen by the site supervisor. On construction sites, access will be from the site and welfare areas maintained by the principal contractor.
- Secured ladders will be used for accessing manholes and shafts.

6.0 Sequence & Work Method:

- Refer to the detailed construction program for a breakdown of work activities and grid line references.
- Report any unexpected services, pipes, or obstructions discovered during operations immediately to the Principal Contractor. Work will be halted until instructions are provided on the appropriate course of action.

Sequence:

6.1.1 Confirm suitability of RAMS for the scenario.

6.1.2 Adjust dynamic RAMS if necessary.

6.1.3 Inspect the route, checking for pits and potential hazards (e.g., open water near schools).

6.1.4 Ensure the availability and use of all required PPE, including gloves, high visibility clothing, and safety glasses if rodding.

6.1.5 Set up pedestrian barriers with weighted bags.

6.1.6 Prepare the cobra reel

6.1.7 Lift manhole/chamber lids and purge; insert a gas detector and take three readings (top/middle/bottom) at each duct and any running water for 30 seconds each.

6.1.8 Begin rodding while maintaining communication with the second person at the target pit.

6.1.9 The second person receives the cobra, ties the rope with a splice, and signals to return the cobra to pit 1.

6.1.10 Secure the rope at both ends, remove gas testers, and replace the lids.

6.1.11 If a blockage is encountered (if feasible due to pedestrians), lock/mark the cobra, retrieve it, and lay it out on the footpath while measuring and marking it with spray.

6.1.12 If the pit is silted or contains a duct, mark it as a desilt and move on.

6.1.13 If traffic management is needed, document the requirements and request it, following the traffic management company's RAMS.

6.1.14 No deep manhole entry will be performed. All work within manholes will be subject to an air test, and Fibretec will utilize calibrated gas testers for this purpose.

Accessing Shallow Manholes/Shafts

- Complete either the CRIPPS UTILITIES or the Principal Contractors Permit to Enter form and explain this method statement to those responsible for carrying out the work before commencing.
- Competent operators with experience will operate all rodding and construction equipment; copies of their current training certificates will be available for inspection.

- Ensure that the positioning of equipment, vehicles, cables, pipes, etc., remains within the designated working area. If obstructions are encountered, halt work, inform the Principal Contractor, and await further instructions.
- Maintain all tools in good condition and equip airlines with 'whip check' securing devices.
- As previously mentioned regarding supervision, mechanical equipment, and certification: Control access to the work area, providing adequate space for equipment and operators to initiate survey work. Proactively set up suitable safety barriers around the work area. When access ladders are needed, they must be of sufficient length and securely in place to ensure proper ingress and egress. All workers will receive detailed instructions from their supervisor and wear appropriate personal protective gear, including:
- Safety helmets
- Safety footwear or Wellington boots
- High-visibility vests, and when necessary:
- Gloves or gauntlets
- Goggles
- Ear protection

7.0 Protective Measures for Others/Public:

- Effectively restrict access to the work areas to prevent entry by other Trade Contractors and visitors, using Chapter 8-style barriers or Heras fencing.If the survey area is part of a traffic route, request suitable bulk timbers from the principal contractor.
- All personnel arriving on site must attend the site induction conducted by the Principal Contractors' site team before starting work. Site access is controlled to ensure only authorized individuals are allowed on site.

8.0 Emergencies:

Keep an accident book and a First Aid Kit in the van and ensure there is at least one designated first aider. No one should work alone at any time. • In case of an accident or incident, contact BEN NORMAN at 07718288490.

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ADDENDUM

WEILS DISEASE- GUIDELINES FOR SEWER WORKERS

- After working in contact with sewage or water contaminated by sewage, thoroughly wash your hands and forearms with soap and water. If your clothing or boots are
- contaminated with sewage, clean them thoroughly after handling. This is especially important before consuming any food or beverages. Wet protective clothingshould be dried as soon as possible.
- Ensure that any cuts, scratches, or skin abrasions are thoroughly cleaned as soon as possible, whetherthey occurred at work or elsewhere. Apply antiseptic to the woundusing a clean piece of cloth or cotton wool and cover it with a gauze strip fully secured with adhesive plaster. Keep the wound covered until it has completely healed. Antiseptic, gauze, and impermeable plaster should be available at your workplace.
- If you sustain any cut, scratch, or skin abrasion while working in a sewer or with sewage-contaminated water, visit your doctor on the same day. Inform your doctor of the accident's circumstances and show them this card.
- Avoid touching your nose or mouth with your hands during work.
- Keep this card in a safe place, and whenever you visit your doctor or a hospital due to illness related to your employment on this contract, present the card to ensure that attending healthcare providers are aware of your occupation.
- ·Report all workplace accidents, no matter how minor they may seem.

INFORMATION FOR MEDICAL PRACTITIONERS:

- Leptospiral Ictero-Haemorrhagica or Weill's Disease typically begins as a feverish condition with varying levels of the more distinctive symptoms, including muscle aches, tenderness, redness of the conjunctiva, bleeding in the skin and mucous membranes, and jaundice. Urine often shows the presence of albumin and casts, and an increase in polymorphonuclear leukocytes is common.
- Jaundice may not always be present during the entire illness and should not be expected in the initial days.
- In the early stages, leptospirosis can be confused with influenza, pneumonia, tonsillitis, rheumatic fever, or nephritis, and in later stages, it may resemble catarrhal jaundice, gallstones, and other conditions. A definitive diagnosis should be established through specialized laboratory tests. Given that a swift and severe worsening of symptoms can occur even after mild initial signs, it is highly recommended to promptly refer suspected cases to a hospital for thorough evaluation and treatment.

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METHOD STATEMENT: ENTRY INTO CONFINED SPACES.

AIM: TO SAFELY ENTER AND WORK IN CONFINED SPACES. (REFER: CONFINED SPACE ENTRY ACOP)

Prior to start the following must be obtained and this method statement fully explained to those operatives and Supervisors who will carry out the operation:

- A No Lone Working regime will be always operated the manhole or shaft will be attended by a 'lookout' at the top or entry point.
- Prior to entry the covers must be removed to allow for natural purging to take place (approx. 20 minutes). Erect a barrier around the opening and if the cover is required to remain off for some time place a temporary grillage cover over the top to maintain the air flow.
- Lower the gas detector to the proposed work area, leave for approx. 10 minutes and record the reading when it is raised if the alarm does not sound.
- If the alarm sounds, then purge the area with the forced air ventilator or blower and repeat item 4.
- If the alarm continues to sound Stop Work and contact the Safety Advisoron site.
- Operatives to wear PPE always provided when in confined spaces also a no smoking regime is required.
- Only whilst the entry point is being attended can access be gained, maintaining the Gas detector present and working at times.
- Whilst the areais occupied the forced air ventilator must be available for use.
- If the alarm sounds the operative must immediately stop work and vacate the area, if the conditions upon inspection are poor or a connection to live sewers is required then a 15-minute Sava Set will be maintained in the area.
- If the attendant notices the operative having difficulty getting out breathing or has collapsed then using the safety harness and lifeline the operative can be withdrawn, and first aid treatment administered.
- At no time shall the attendant enter to rescue the operative.
- All necessary tools and materials should be lowered into the confined space.

Safety Equipment Mandatory Below:

- Quad Gas - Gas detector – BW Alert monitor Micro clip X1 Unit (or similar)
- Type 'E' Rescue harness.
- Rescue tripod or similar
- Various PPE - Wellington boots
- Water proof overall
- Safety helmets - Gauntlet gloves
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- **Forced air ventilation.**
- **(A 'Sava Set' may also be required dependent on classification**

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METHOD STATEMENT & RISK ASSESSMENT BRIEFING REGISTER.

NAME	ID	ROLE	COMPANY	DATE	TIME	SIGNITURE