

The background of the top section is an aerial photograph of a city skyline, likely London, featuring numerous buildings and several construction cranes. The image has a blue-tinted overlay.

# AVONDALE CONSTRUCTION NEWSLETTER

Jan 18 Vol 01

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# “Welcome Back”

Nick Curran

As we finish the first month of 2018 I wanted to first thank you all for all your efforts and hard work in 2017. Our people are our strength and the hard work you all put in on a day to day basis is truly valued by the company.

2018 for Avondale is set to be an exciting year, we have ambitious plans to grow and develop the company into a leading player in the industry to strive towards our vision of being the ‘Logistic Contractor of Choice’. This means not only growing the business with new clients but perhaps most importantly to ensure we deliver a high quality and dependable service to our existing customers.

Our priorities and focus for this year will be:

- **Wellbeing:** to continue to make sure Health and Safety and the wellbeing of all our staff is at the top of our agenda to make sure we send you home happy, healthy and safe to your families each day. Our Health and Safety lead Mark Chapman will continue to deliver our Health and safety agenda supported by members of the management team.
- **Sustainability:** we want to make sure we are considering the effects of our activities on the environment and therefore will be driving a new agenda on sustainability across the business. This will be led by our Environment and Sustainability Champion Kane Morrissey. If you have any thoughts on how we can improve in this area, please don't hesitate to get in touch with Kane.
- **Training and Development:** developing a workforce that is loyal, dedicated and passionate about making Avondale a success will continue to be a driver this year. We will continue to invest in training and development opportunities for our staff to make sure you have the tools available to excel in your job. Last year we launched the first Site Logistics Traineeship at our bespoke training center in head office. This was a huge success and we are proud to have some of the students working for us today across our sites. We will continue to develop new and innovative training programmes in 2018 designed to attract new talent into our business and to tackle the skills shortage that our industry is facing.
- **Innovation:** we are proud to have already developed some industry leading software in the Site Logistics field; including Team Work Smart (Fire Inspection Points, Hot works and Site Tidy) DMS and LOUD. We will continue to drive this agenda this year to make sure we are using technology to enhance what we do and drive innovation across the sector.
- **Communications:** we want to make sure everyone at Avondale has a voice and ensure we are listening to staff on a regular basis. Myself and senior members of the team will be visiting sites on a monthly basis to give staff an opportunity to speak to us and provide feedback on what you think is working well and what isn't. All site visits will be booked with site managers/supervisors so please make sure you know when we will next be visiting.

Thank you again for your dedication in making Avondale the best it can be. I am confident that this year will be a fantastic success for Avondale and together we can reach our aims and aspirations for the company.

Best Regards,

Nick Curran  
Managing Director



## Considerate Constructors Scheme – Best Practice Hub

### Who are they?

The Considerate Constructors Scheme is a non-profit making, independent organisation founded in 1997 by the construction industry to improve the overall image and outlook it has by the public.

Avondale Construction Ltd has been a prolific member of the CCS and it is now entering its 8<sup>th</sup> year as a Considerate Constructors company. Avondale Construction Ltd is primarily concerned about improving the image of the construction sites it operates within as well as improving the appearance of the site and its surrounding areas. Avondale invests a large amount of time into helping the local community to secure jobs within the industry and has done this with the help of its very own In-House Training Academy based in Camden Town. Finally, Health and Safety of all workers on site, is the focus of Avondale's aims and responsibilities. With the help and support of everyone at the company, these goals can be achieved.

### Why do Avondale Register?

Avondale Construction Ltd are committed to improving the image of Construction as it:

- Ensures all sites demonstrate a high standard
- Allows recognition of Best Practices are maintained
- Gives independent assessments by external industry professionals
- Strives for development and improvement within Avondale
- Helps towards Pre-Qualification and Tender Submissions

### What can YOU do?

#### APPEARANCE:

Care about the appearance of your site by ensuring they appear professional and well managed;

#### COMMUNITY:

Respect the community by giving utmost consideration to the impact of your activity on neighbors and the public

#### ENVIRONMENT:

Act to protect and enhance the environment

#### SAFETY:

Attain high levels of safety performance

#### WORKFORCE:

Value your staff by providing a supportive and caring working environment

*\*All Best Practice entries to be filled out using the CCS Best Practice Template from the integrated management system and submitted for review to;*

*kane.morrissey@avondale-construction.co.uk*



## We are considerate constructors

We are registered with the Considerate Constructors Scheme and have made a commitment to carry out our construction activity with the greatest care and consideration.

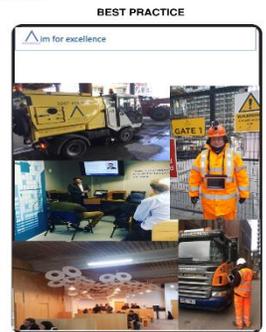
Everyone registered with the Scheme agrees to adhere to the Code of Considerate Practice:

- Care about Appearance
- Respect the Community
- Protect the Environment
- Secure everyone's Safety
- Value their Workforce

We are visited by one of the Scheme's Monitors, an industry expert, who will assess our performance and score us against this Code.

If you have any queries or concerns, please contact us using the details on this poster. Alternatively, you can get in touch with the Scheme via the website or social media.

[www.ccscheme.org.uk](http://www.ccscheme.org.uk)      
Improving the image of construction



### Check out our 2 recent best practices that were published online!

[https://ccsbestpractice.org.uk/entries/led-high-vis-sashes-for-traffic-marshals/?search\\_term=undefined](https://ccsbestpractice.org.uk/entries/led-high-vis-sashes-for-traffic-marshals/?search_term=undefined)

<https://ccsbestpractice.org.uk/entries/tackling-the-industry-skills-shortage-by-developing-an-in-house-training-programme/>



## 22 BISHOPSGATE

This image shows the evolution from 3D design to finished installation of our Lego-style room dividers at the 22 Bishopsgate project. This marks the completion of the first phase of our high end temporary welfare and office project for Multiplex. The use of new methods and innovative designs represents the high standard that we will continue to drive in the industry, as we strive to be the logistics contractor of choice. Well done to everyone involved.

## January is our obesity awareness month, aiming to help improve the nation's health

**Why is obesity a problem?**

**The Day to Day effects of obesity can be:**

Breathlessness  
 Increased sweating  
 Difficulty doing physical activity  
 Joint or back pain

Obesity can also affect a person's quality of life, relationships with family and friends, which can result in psychological issues for instance depression and low self-esteem.

**Obesity can lead to many serious health conditions that are potentially life-threatening, with key conditions being:**

Type 2 diabetes,  
 Coronary heart disease,  
 Stroke

also, some types of cancer for example bowel cancer.

Depending on how severe a person's obesity is, it can also reduce life expectancy by an average of 3 to 10 years. As an estimate, obesity and being overweight play a part in at least 1 in every 13 deaths in Europe.

**Tips for losing weight**

**Exercise at work.** Use stairs rather than lift, go for a walk at lunch.

**Create your own vending machine.** Stocking up on dried fruit.

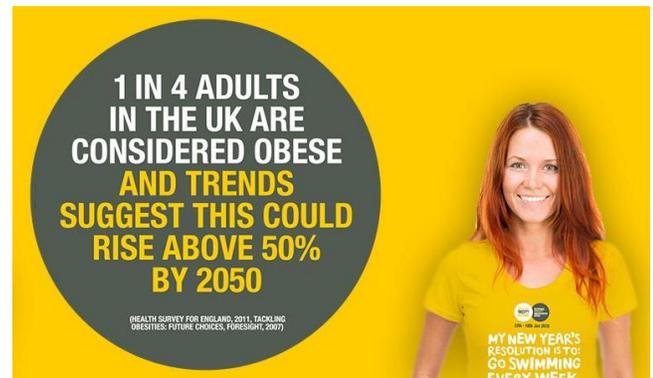
**Drink lots of water.** A lot of the time people think they're hungry, when they're thirsty, so whenever you feel the need for a snack, try drinking water. Water also has many other benefits such as preventing dehydration at work.

**Find a co-worker interested who also wants to be healthy** and buddy up with them so you're not alone.

**Think about whether you're emotional eating.** Eating for some people can be triggered by their emotional state, and a bad day at work or a tough meeting can be a trigger. It's worth identifying what may be causing your emotional eating and take the appropriate steps to avoid doing so. One practical solution could be getting help with any emotional issues.

**Outside of work,** you could do such things as joining a local weight loss group or starting a food diary.

If you or your colleague is struggling with obesity or weight management and any of the issues it can cause, Avondale Occupational Health Team are here to help. You can call our Nurse on 020 7485 3475.



# FACE FIT TESTING

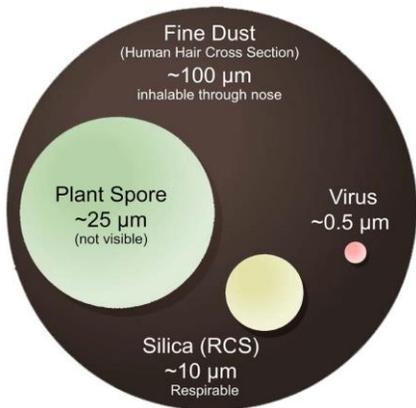
A fit test should not be conducted if you have any facial hair growth in the area where the facepiece seal meets your face. This is because a reliable face seal can only be achieved if you are clean-shaven in the area where the facepiece seal touches your face. You will therefore be asked to be suitably clean-shaven for the fit test. You should remember that the same rule applies when you wear your facepiece on a day-to-day basis at work. If you are unable to be suitably clean-shaven for an unavoidable reason (e.g. where a beard is worn for religious reasons), then your employer should provide you with a suitable loose fitting facepiece that does not require you to be clean shaven or make alternative arrangements so that the risk to your health is either prevented or adequately controlled. Avondale provide training for those who need face fit training as well as training to be a face fit trainer. We are working to train our operatives/management so that every site has a face fit trainer and someone who is trained to carry out the duties. Contact your site manager to enquire about face fit training.



Don't breathe in dust – cut the risk of emphysema, silicosis and lung cancer

## MASK FITS OK?

## IF IT DOESN'T IT WON'T WORK.



## Accident / Incident Data (All Sites)

Non-reportable Accidents – 3  
RIDDOR – 0  
HiPo – 1  
Incidents – 2  
Near Miss – 0

Remember to always report accidents/incidents, no matter how small.  
Reports to be sent to head office.

## EMPLOYEE OF THE MONTH

Cameron started with Avondale In October last year on our Site Logistics Traineeship. Since being with Avondale Cameron has completed a range of site placements including; 1 Bank Street, Principle Place, Centrepoint, 245 Hammersmith and 1 Finsbury Avenue to develop his career in Site Logistics and learn as much as he can from our site teams. Cameron's mentor Dave Holdstock nominated him for an award due to his positive attitude, helpfulness, enthusiasm and willingness to go the extra mile. Well done for all your hard work Cameron and we are looking forward to seeing you go from strength to strength with Avondale!

If you have an operative you feel is exceeding in their trade, hardworking and deserves recognition, forward their details onto head office by 25/02/2018.

