

BENCHPRESS

Iconic Structure - Westfield Stratford



Benchmark Scaffolding have completed a pop up pavilion on the car park roof at the Westfield Stratford Site. The structure which overlooks the Olympic sites is to serve as a pop up evening Dining Venue.

The structure which was conceived by award winning architects Carmody Groarke, was probably one the most complex structures that Benchmark have built so far.

Ian Paxton and Graham Laffer oversaw the management and logistics of this special project and decided that they needed some extra resources as the main project remained busy and we had to complete in only a few weeks.

To achieve this end they called on the services of Barry Lane and the cobra squad. Barry took one look at the drawings and made some comments that I'm unable to repeat but ended with "if we can build this they will probably rename us the superstars"

Contact Numbers & Offices

West London Office

Waterside Trading Centre, Trumplers Way, Hanwell, London W7 2QD
Tel: 020 8867 9977 Fax: 020 8867 9900
Email: info@benchmarkscaffolding.com

Northern Region Office

**Max Darby House, Valley Road, Station Road Industrial Estate,
Wombwell, Barnsley, S73 0BS**
Tel: 01226 755 922 Fax: 01226 755 166
Email: barnsley@benchmarkscaffolding.com

East London Office

1b, Whitings Way, London Industrial Park, Beckton, London E6 6LR
Tel: 020 7474 5346 Fax: 020 7511 6014
Email: beckton@benchmarkscaffolding.com
www.benchmarkscaffolding.com

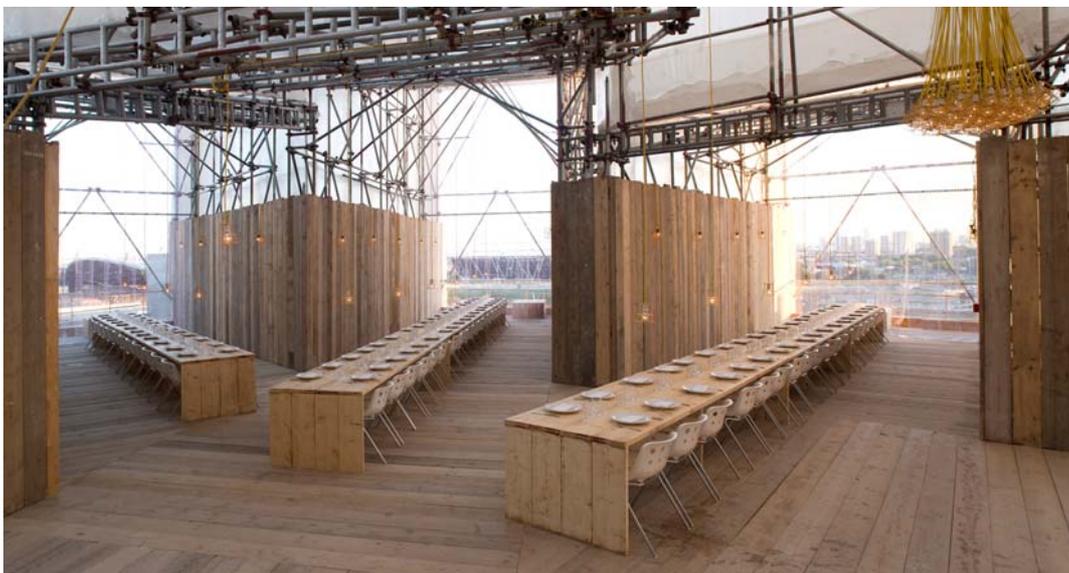
As you can see from the pictures they certainly did complete the job to the highest standard possible and I understand that the locals would actually whistle the Superstars theme song when Barry's team entered the canteen facility.

All joking aside it was a good effort by everyone involved and a structure we can all be proud of.

More photos on the following 2 pages.

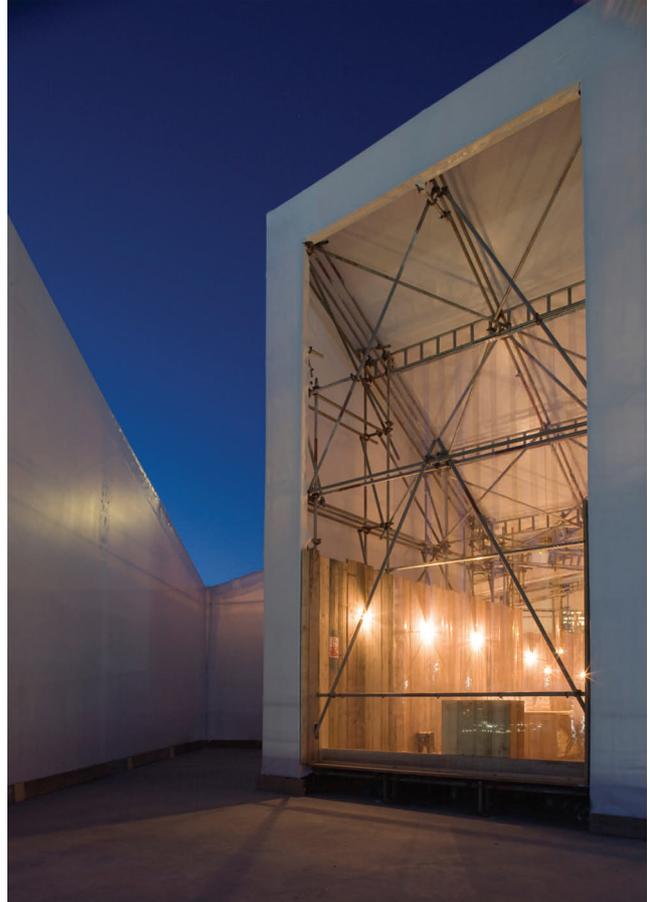
Bob Young—Technical Director
London Region

Issue 13
Summer 2010



**THESE TWO
PAGES SHOW
OUR ICONIC
STRUCTURE AT
VARIOUS
STAGES OF ITS
CONSTRUCTION**





THE Knowledge

Sorting sport's wheat from the chaff - so you don't have to

Have a lovely dinner
in a building site...
but not just any
old building site



Olympic eating HIGH DINING

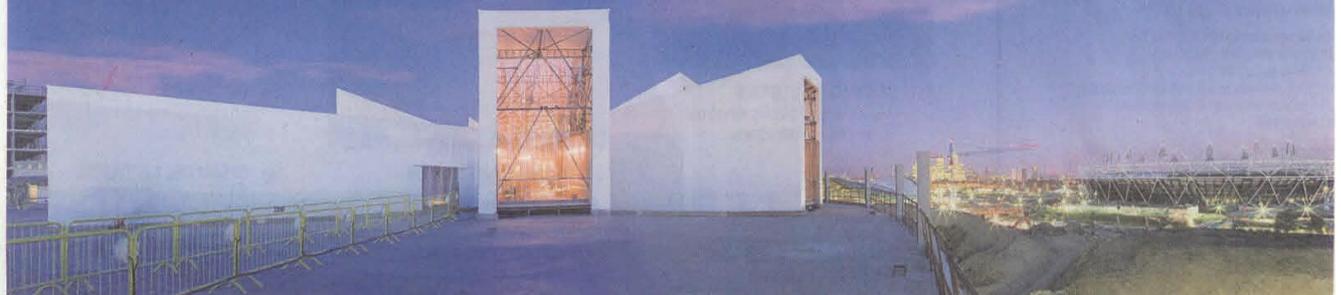
You'd normally receive a swift kick to the knackers for averting your gaze from your beloved too often during a romantic dinner à deux, but that's the very purpose of Studio East Dining - a temporary rooftop restaurant overlooking London's blossoming Olympic Park. Not to leave you nursing a pair of bruised swingers, of course, but at this posh eaterie you get a bird's-eye view of the Olympic Park, the 2012 Olympic Stadium, and any builders still parading their arse cracks - sorry, working - on the building site.



Open for just three weeks (and the final day is this Sunday), the purpose-built pavilion is made from building materials pinched from the construction site but which will be returned - albeit probably covered in congealed melted cheese and

dried-up gravy splodges - once the pop-up diner is torn down.

As well as the view, there's also a decent spread to be had (think Dorset crab, roast beef and strawberries with shortbread, for example), which costs £75 per person for a set three courses, including cocktails and wine. So your dining partner will at least be lubricated enough to forgive your wandering eye during dinner - unless she also catches you eyeing up the busty redhead on the adjacent table, that is. Then you're toast. studioeastdining.com



This is an extract from the free London newspaper called Sport Magazine issued 2nd July 2010. Many national newspapers have carried feature articles on the Iconic Structure at Westfield, Stratford.

Ian Paxton— Site Manager
London Region

SAFETY PAYS

Westfield

STRATFORD CITY DEVELOPMENT

JUNE 2010 SAFETY AWARD

**DOUBLE AWARD
THIS MONTH.**

Left to right, Steve Brewer Speedy Hire, Danny Clark, Ian Paxton, Matthew O'Doherty of Benchmark Scaffolding and Dave Alan (UCATT).

Danny and Matthew were presented with safety footwear donated by Speedy Hire and a green card meal voucher donated by Bon Appetit in the Stratford City Development monthly safety award prize draw.

Danny was nominated for positive observation and Matthew for all round care and attention to safety whilst at work. Both were nominated by Benchmark Scaffolding.

All persons nominated won Bon Appétit Green Card Meal Vouchers.



The Silent Fixers

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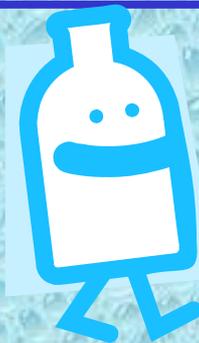
Won the
'Strong Woman'
contest on the
Athletes Village.

Scaffolder
London Region





Tap Water v Bottled Water



In recent years the market for bottled water has grown significantly, despite bottled water costing around 500 times more than tap water. It also takes more energy to transport, which produces greenhouse gases, and is an unsustainable use of plastic or glass bottles.

Tap water is freshly on tap, 24/7. In the UK it undergoes more than 3 million quality tests a year to ensure it is safe and healthy to drink.

Tap Water Myths

Tap water is recycled from sewage

Water for drinking purposes is sourced from good quality natural under ground wells or reservoirs, lakes and rivers. Water is carefully treated to remove any contaminants that may be found in these water sources.

Tap water contains impurities

Water naturally contains dissolved minerals such as calcium, magnesium and potassium. If water contains a lot of these minerals, it is known as hard water. Hard water can result in milky or brown deposits and limescale in kettles and pipes, but this isn't harmful to your health.

Tap water doesn't taste nice

We all have preferences in the taste of tap water. Natural variations do occur, depending on its source and natural mineral content. The most common reason people think tap water doesn't taste nice is because it is normally drunk at room temperature whereas bottled water is often chilled.

Tap water tastes like chlorine

Chlorine is added to tap water to disinfect it and kill bacteria. The amount added is well within the World Health Organisation's guidelines. Chlorine residue will evaporate if you let it stand before drinking.

Tap water is unsafe

Independent tests show that UK tap water is one of the safest in the world. Contamination of tap water is extremely rare and is usually caused by localised pollution, not the water supply. Tap water is rigorously tested and the results made publicly available. Commercial bottled water companies aren't required to publish details of their quality tests.

TOP TIP: Keep a jug of tap water in the fridge, the chlorine will evaporate and it will taste better but remember to keep the water covered and replace it every 24 hours.

Billy Wood—Health, Safety & Environmental Advisor
Northern Region



SAFETY AWARDS

March

The Northern award goes to the yard team: Ashley Wilkins, Gary Roberts, John Beattie, Steven Crossland, Dale Crossland & Chris White for making the yard a tidier and a safer place to work in, even at a very busy period.

Andy Dobson (driver) won the London award for always making sure his lorry has the appropriate edge protection required for site, making certificates available when requested and consistently carrying out his work in a safe manner.

April

Jamie Dixon won the Northern award for clearing up and properly disposing of some orange plastic ground workers barriers, thus eliminating a tripping hazard. This was recognised by Carillion management and the monthly "Don't Walk By Prize" was awarded to him.

Ian Paxton won the London award for successfully carrying out the Heimlich manoeuvre on one of his colleagues while he was choking on some food.

May

Wayne O'Loughlin and his Team at St. Damian's School get the Northern prize for winning the Carillion monthly award for two months and working towards a third (now achieved—see page 11). The safety on this site has been to a very high standard throughout the project.

Scott Punnett wins the London award. Immediately after a potential major incident with the site tower crane, Scott ushered the public away from the area and placed cones out to prevent people getting closer. This included a group of school children

Mace Business School

Congratulations to Gary Nelson who is the first employee of Benchmark Scaffolding to gain his 'Mace Supply Chain Passport'. Gary successfully carried out nine different courses held by the Mace Business School throughout the previous 12 months.

Well done Gary.

Mace supply chain
passport

Gary Nelson
Site Manager
Benchmark

Exp: 21.04.2011

BENCHMARK SCAFFOLDING LTD
Setting the Standards

mace
business school



PALACE OF WESTMINSTER

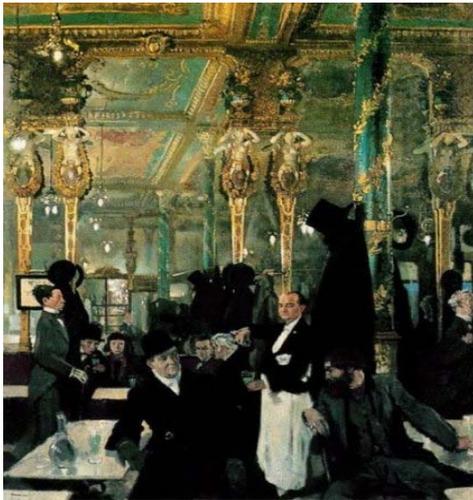


Fire at the Cafe

At 13:30 on the 31st March 2010 the fire alarm was raised and the building was cleared, this time it was for real. The evacuation was controlled by Andy Wiggins (Mace Construction Manager and Fire Coordinator) and was executed extremely well. Everyone left the buildings and congregated at the muster point and all were accounted for in a matter of minutes. As for the most cherished room of the whole building it was a different matter.

The Grill Room as it was named was more than charred, it was burnt to a cinder. This room (well the fixtures and fittings at least) was all original, dating back to when the Cafe opened in 1865. They were the oldest surviving and most grandiose of all the areas of special interest lasting 145 years and surviving two world wars until now. Even though the actual building had been rebuilt in the 1930's the same layout had been situated in four different rooms. The luxurious mirrors in the Grill Room had shown the reflections of all those that frequented the place for the last time, it had all come to a very sad and disappointing end.

**Gary Nelson—Site Manager
London Region**



The grill room in its entire splendour, in the 1800's.



This photo was taken in September 2009.



This photo was taken at the far end of the room where the fire did the least damage.



Regent Street was closed to traffic until London Fire Brigade was sure that there was no further risk of danger.



The investigation team sifting through the embers trying to find the cause, there was no conclusion in the end but electrical and hot works were ruled out.



The Quadrant Project



In late December 2008 the clock stopped at the Café Royal for the last time, it was the end of an era. The last 143 years of entertaining high society and others had come to an end to make way for a new five star hotel.



The famous venue played host to an array of people from all walks of life. The rich, the powerful, poets, writers, athletes, film stars, well known entertainers and the public. Here they enjoyed functions, clubbing, eating out or just having afternoon tea.

Café Royal Regent Street.



Quadrant 1 viewed from Eros with and without scaffold.

The project forms part of the mixed-use redevelopment of the Café Royal, Regent Palace Hotel and Quadrant Arcade blocks and is the most ambitious redevelopment ever undertaken on Regent Street. It will open up the southern end of Regent Street and create a 44,000 sq m public realm area, including the establishment of a significant traffic-free area on Glasshouse Street. After Trafalgar Square, the Quadrant will represent the most significant improvement to the quality of London's public realm seen in the West End over the last 30 years.



You can just see part of the scaffold on Quadrant 3, just at the right hand side.

Benchmark won the package much to the disbelief of all the other main contending scaffolding companies. With only two days to price the package, and information only given to them by the principal contractor (Mace), Gavin Mackay pulled a small miracle out of the bag and landed us two years of work. This project will keep going until December 2011 when the building is to be handed over as a five star hotel ready for the 2012 Olympic games. After some three weeks of meetings, and waiting for the Crown Estates to decide to allow us to drill in to the listed building, we were able to place our first base plates down in Air Street on the 17th September 2009. Since then we have already had over 100 lorries and vans delivering and collecting materials and we are still only at the tip of the iceberg.

**Gary Nelson—Site Manager
London Region**



A milestone for **Benchmark** at the Café Royal was the installation of our first hoist. This was erected for Erith Demolition to aid the removal of asbestos from the building and was situated on the corner of Glasshouse Street by Air Street.



The gantry on Regent Street was constructed at night and early morning due to the business during the day time.



The steels set out through the arches of County Mark Building ready to take the scaffold spanning over the live traffic at Piccadilly.

Carillion St. Damian's RC Science College ASHTON-UNDER-LYNE

After a difficult start to the project, due to the weather and other trades running behind, Wayne O'Loughlin and his team have, through persistence and hard work, turned the project into a smoothly run operation. So much so that the site has weekly directors visits and visits from Carillion students (mainly NEBOSH students). This has led to our team being awarded the 'Monthly Site Safety' award for 3 months running (April, May & June) by Carillion. Benchmark also awarded the team the 'Site Safety' award in May—see page 7.

Benchmark would like to thank Billy Wood—Contracts Manager/HSE Advisor, Keith Lawson—Senior Site Supervisor, Wayne O'Loughlin—Site Supervisor and their team Damian Levitt, Damian Moxon and the Preston Lads—Tom Coupe & Hayden Salisbury.

**Wayne O'Loughlin—Site Supervisor
Northern Region**



If you've recently had a new addition to your family,
or a birthday coming up
send us a photo to the Barnsley office
and we'll make sure we show them in the next edition
or you could email us

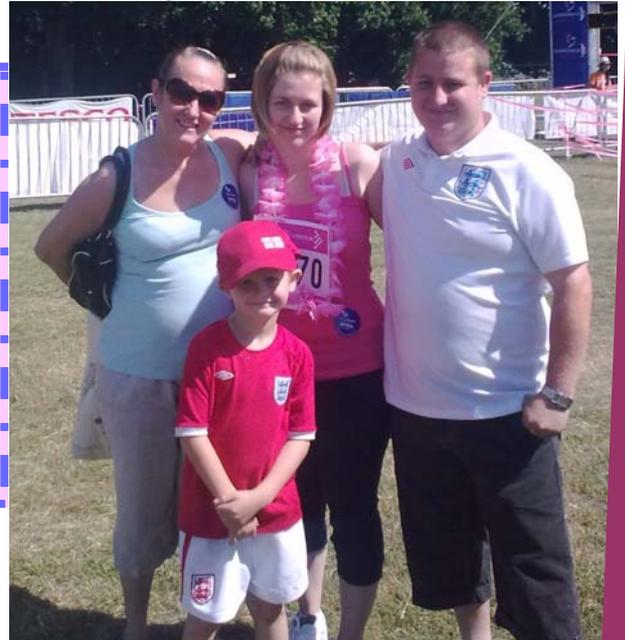
barnsley@benchmarkscaffolding.com

Michael Mabbs, his fiancée Katie Purcell,
son Harry Mabbs and Michael's mother
Freida Scott.

Katie ran the 'Race for Life' in memory of
her Grandad, Joseph Costello, on Sunday
27th June and raised £250.00 for Cancer
Research.

Well done Katie.

'Race for Life'



BAS 968, Mel's favoured mode of transport, is a 1949 Triumph T5 Speed Twin, with a new purchase price of £75.00, and a claimed top speed of 90 mph.

First launched at the 1937 London Motorcycle Show at Olympia, the Speed Twin has been called 'the most influential British bike ever made'. It certainly changed the face of British and World motorcycling, leading directly to the Thunderbird and Tiger models and in 1956 the World Land Speed motorcycle record of 214.5 mph at Bonneville Salt Flats in Utah USA.

Triumph truly became "the fastest motorcycle in the world" leading to the acclaimed Bonneville and the domination of the world motorcycle market until the early 1970's.

Mel McMahon - Contracts Surveyor
London Region



Our vision is to be the scaffolding contractor of choice to our customers and employer of choice to our people.

Our mission is to not only "Set the Standards" but to progressively and continuously raise them across all aspects of our business.

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Setting the Standards