

BENCHPRESS



Welcome to the winter edition of Benchpress and Happy Christmas to you all.

Firstly, I would like to thank everyone for continuing to work hard to help the Company back to sustainable profitable growth after what has been a very difficult period for us over the last year or so. Our recent year end was 30th June 2010 and this period turned out to be our worst performance since the Company was founded back in January 1995. For the first time in nearly 16 years of our existence, the Company traded at a loss but courtesy of our profitable past the Company's balance sheet was strong enough to absorb this set back thanks to previous consolidated profits and our significant stockholding of paid-for equipment. However, no business can continue to prosper if it continues to trade at a loss and, thankfully, we returned to profit in July 2010 and have managed to show positive results month on month since then. Our order book is very strong and the pipeline of new projects is also looking good and, although competition is still fierce, our loyal customers continue to support us with new orders.

Nevertheless, I am sorry to confirm that this does not necessarily mean that we can start offering pay rises to everyone, as the market rates are still tight. It is just that we are making the most of what work is out there and this, ultimately, is in the best interests of all of us. We have quite a lot of catching up to do for the last year's results, so that we can pay down our debt, lower our gearing and position the company well to take advantage of the upturn that is widely expected towards 2012 and beyond. We need you to think of your relationship with Benchmark in the longer term. If you work hard and show loyalty now, even though you may be earning a little less than you would like, Benchmark will show loyalty to you in the future – I personally assure you of that.

Changing the subject completely now; may I request that the site-based operatives amongst you (or 'scaffs' as we used to say) retain this particular copy of Benchpress because the information detailed on pages 4-7 inclusive may be useful for future reference. Bob Young, our highly regarded and popular Technical Director (they say a compliment is as good as a pay rise), has outlined all the major implications of the new code of practice TG20:08/EN12811-1 which comes into force from 1st January 2011. Items 1-5 detail the main changes and the following drawings on pages 6-7 should help to clarify the meanings.

You will have noticed that the front page photo is not of me pretending to be busy at my desk but is of Santa 'mucking in' with our lads on our project for Allenbuild Ltd at the Palace of Westminster – I expect you may have seen him on the evening news before you read about it here.



In closing, I once again thank you all for your commitment, loyalty and enthusiasm during a testing period in this Company's story. By continuing to help us in 'Setting the Standards' you can help ensure we have a happy ending.

Merry Christmas and Happy New Year.

Regards
Rob West
Managing Director



Benchmark's Olympic Bid Deserves Gold Medal!



The project title is simply, "Athlete's Village plots N13 & N26", but as you can see from the photograph they are not exactly ordinary "building plots". In fact this contract has more tube, boards and fittings than any other contract we have built – by far!

Officially, plot 13 is a 185 unit accommodation block formed of 4 residential blocks around a central courtyard rising up to a maximum of 13 storeys. Plot 26 is a 243 unit accommodation block formed by 5 residential units around central courtyards and includes a retail unit, again rising to a maximum of 13 storeys.

They are originally being built, as the description suggests, as athlete's accommodation blocks, and after the games they will be converted into a mixture of "market and affordable tenures" – flats to you and me!

Whilst the games haven't officially started we must surely be in line for the gold medal for jumping through hoops and over high hurdles in trying to keep ahead on this very challenging contract and tight programme. As far as the health and safety high jump is concerned the bar is constantly being raised on this very high profile contract. We are working for Gallifordtry Construction South who are working for Lend Lease Ltd who are under the all seeing eye of the Olympic Delivery Authority. There is indeed no hiding place but I am pleased to report that our operatives are making a marathon effort to prove they deserve to be in first place and this is recognised by the fact that over 50% of our workforce have received the ODA initiated "pin badge" for their commitment in going the extra mile with regards to working safely.

Recently, one of our team leaders, Kevin Kenneally, won a hamper for his safety related suggestion to get the site health and safety specialists, "Village Health", to attend the "Safe Start" briefings so that all operatives would know what is available to them. Congratulations to Kevin and all the other operatives who have been mentioned in despatches since the contract started.

**Keith Slight—Commercial Director
London Region**



Olympic Village Athletes' Accommodation



"These pictures are of an independent tied protection deck over the John Sisk site offices at plots 9 & 10 of the Olympic Athlete's Village. The deck is designed to a UDL of 12.5kN/m² and comprises a double layer of scaffold boards covered in 18mm exterior plywood, and will be in place for a period of 2 years."



BENCHMARK SCAFFOLDING LTD



Setting the Standards

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

4th September 2009 (Updated 1st December 2010)

To: - All Operational Staff

TG20:08 /EN12811-1 – WORKING REQUIREMENT UPDATE BASIC

SCAFFOLDS. ISSUE 3

December 2010

1. Scaffold Ties

Basic scaffolds should be tied every other lift (4.0m) and every other bay, which means for 1.8m upright spacing, ties will be 3.6m centres; 2.0 centres of uprights would be 4.0m tie centres and so on up to 2.7m bay, which will allow 5.4m tie spacing. Sheeted or Netted scaffolds must always be tied at the top lift level.

Unbraced pavement lifts up to 2.7m max must be tied in accordance with section 6.2.2 of TG20:08 and this is attached for information.

On netted and sheeted scaffolds ties must be 2 fitting value and unsheeted scaffolds must be 1 fitting value.

Fischer type ties are not to be used under any circumstances.

Reveal ties are subject to design approval and may only be used for up to 50% of the total when the scaffold is not sheeted or netted.

It should also be noted that it is not permissible to sheet or net systems such as Haki, unless they are tied at every node point or specifically designed.

(See D/BM 2342/2 for Further Tie information)

2. Face Bracing

Face, or Façade bracing, should be fixed full height to the outside of the standards every sixth bay and must now extend over two bays between ledger braced standards. You should always have one full height section of face bracing for every six bays of scaffold.

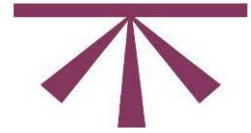
(See D/BM 2342/3 attached for further Face Brace information)

3. Couplers

All scaffolds (except unsheeted up to 15.0m high) must have a transom fixed using **load bearing couplers** on the brace lines within 300mm of the node point. A tie tube fixed to both lines will achieve this but the intermediate level will need an additional transom fixed as above.

Note! Brace line = every other line.

For further clarification regarding items 1, 2 and 3 above please refer to drawing numbers D/BM 2342/2a and D/BM 2342/3a.



4. General information

4a. Load classes for access and working scaffolds

Load Class	Duty	UDL on platform
1	very light duty	0.75kN/m ² (75kg/m ²)
2	light duty	1.5kN/m ² (150kg/m ²)
3	general purpose	2.0kN/m ² (200kg/m ²)
4	heavy duty	3.0kN/m ² (300kg/m ²)

When in use scaffolds can have a max of 2 working levels – one at full load and one at 50% of full load, an example of this is – class 3 will allow 1 @ 2kN/m² and 1 @ 1kN/m²

(Refer to table 1 of TG20 for more detailed information)

Scaffolds can be erected with a max of 2 inside boards and for basic scaffolds these are assumed to be light loading only @ 0.75kN/m²(75kg/m²).

Board transoms are to be spaced @ 1.2m for all classes except class 4 (heavy duty) which is reduced to 0.9m.

Basic scaffolds are fully boarded or have 2 boarded levels only with the remainder unboarded.

4b. Couplers

Class A - Right angle couplers - Slipping force = 6.1kN (610kg).

Class B - Right angle couplers - Slipping force = 9.1kN.

Class A - Swivel couplers - Slipping force = 6.1kN.

Class B - Swivel couplers - Slipping force = 9.1kN.

Class A - Sleeve couplers - Slipping force = 3.6kN(360kg).

Class B - Sleeve couplers - Slipping force = 5.5kN.

Putlog coupler – Slipping force = 0.63Kn(63kg).

Note! Benchmark couplers are generally class A except the Mark 3a which has a slip value of 12.6kN(1260kg).

4c. Birdcage Scaffolds

Max grid for light access birdcage is reduced to 2.1mx2.1m with a max imposed load of 0.75kN.m.sq.

Top lift only boarded with 2.0m max lift height.

5. Design

All scaffolds other than Basic Scaffolds will require specific design, please note that all basic scaffolds conforming to TG20 will require no further design to justify their adequacy.

If anyone does need any further information please do not hesitate to contact Technical services or your Contracts Manager.

Regards



Bob Young
Technical Director

UNSHEETED SCAFFOLDS TO BE 1 FITTING VALUE.
SHEETED OR NETTED SCAFFOLDS TO BE 2 FITTING VALUE.
NOTE! TOP LIFT MUST ALWAYS BE TIED WHERE SCAFFOLD IS SHEETED OR NETTED

TIES SHOULD BE FIXED WHERE POSSIBLE TO INSIDE & OUTSIDE LEDGERS OR UPRIGHTS WITHIN 300mm OF THE NODE POINT.
NOTE! FIXING TO THE INSIDE LINE ONLY WILL LIMIT THE VALUE OF THE TIE.

NOTE! OTHER TIE CENTERS BE TO SUIT - 2000 BAY WILL GIVE 4000 TIE CENTERS.

SECURE TIES MUST BE FIXED EVERY OTHER LIFT & EVERY OTHER LINE.

UNBRACED PAVEMENT LIFTS MUST BE TIED IN ACCORDANCE SECTION 6.2.2 FIG 19 OF TG20:08

MAX HORIZONTAL SPACING MUST NOT EXCEED 5400 CRS

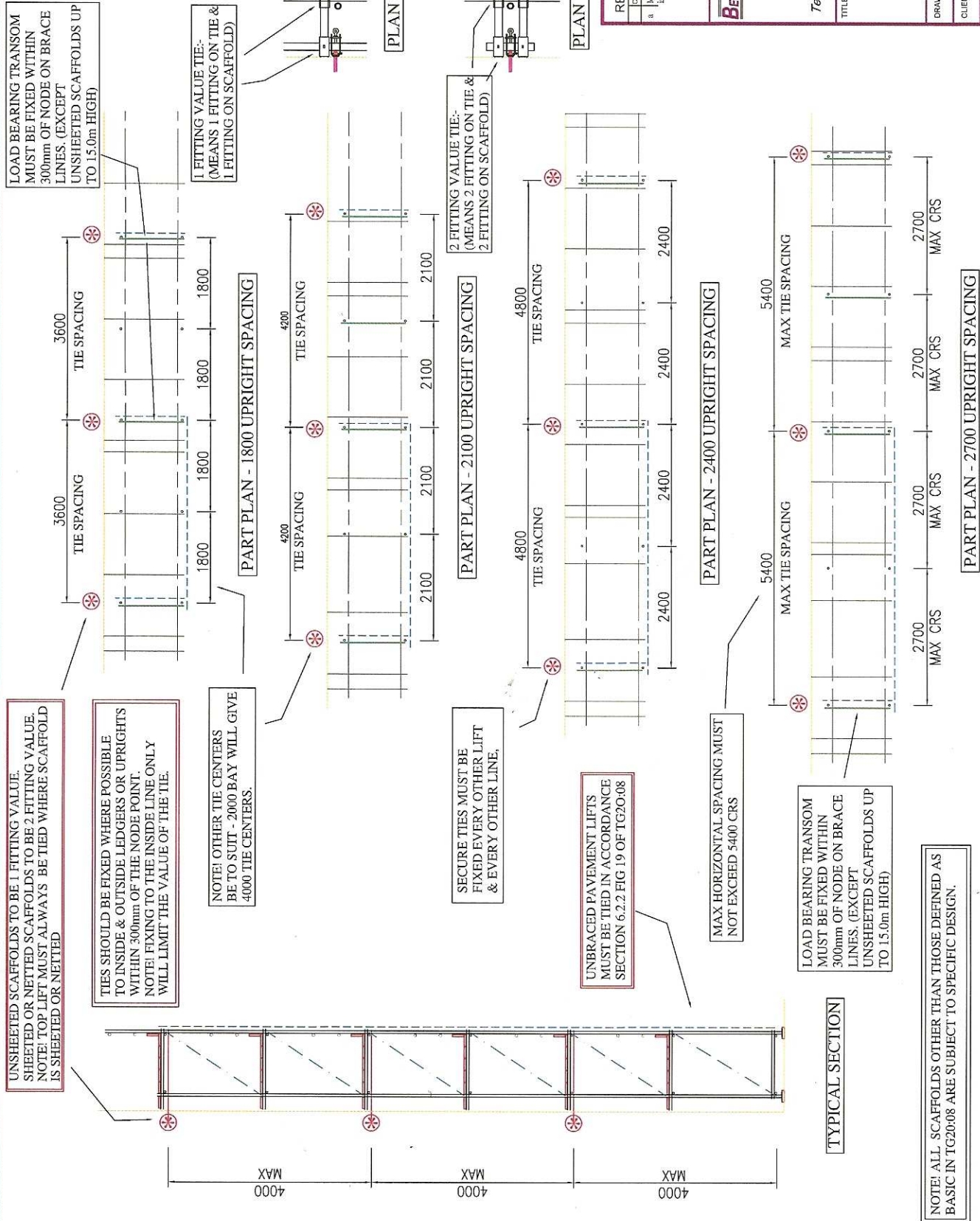
LOAD BEARING TRANSOM MUST BE FIXED WITHIN 300mm OF NODE ON BRACE LINES. (EXCEPT UNSHEETED SCAFFOLDS UP TO 15.0m HIGH)

NOTE! ALL SCAFFOLDS OTHER THAN THOSE DEFINED AS BASIC IN TG20:08 ARE SUBJECT TO SPECIFIC DESIGN.

LOAD BEARING TRANSOM MUST BE FIXED WITHIN 300mm OF NODE ON BRACE LINES. (EXCEPT UNSHEETED SCAFFOLDS UP TO 15.0m HIGH)

1 FITTING VALUE TIE:-
(MEANS 1 FITTING ON TIE & 1 FITTING ON SCAFFOLD)

2 FITTING VALUE TIE:-
(MEANS 2 FITTING ON TIE & 2 FITTING ON SCAFFOLD)



PLAN - 1 FITTING VALUE TIE

PLAN - 2 FITTING VALUE TIE

REVISIONS		DATE	BY
DESCRIPTION	DATE	BY	DATE
1a Load bearing transom requirement included	07/12/16	py	07/12/16

BENCHMARK SCAFFOLDING LTD

Waterside Trading Center/Tumpers Way
Henwell
London W7 2QD

Tel: 020 8867 9977 Fax: 020 8867 9900

TITLE:
TG20:08 TIE REQUIREMENTS FOR BASIC SCAFFOLDS

DRAWN: RSY	CHECKED BY:
CLIENT: VARIOUS	DATE: 20/08/09
SCALE: (SEE Dwg)	DRG No: D/BM 2342/2a

GENERAL NOTES

BASE OF DESIGN
This drawing has been prepared from information supplied to us by, or on behalf of the client. It is the client's responsibility to ensure that the information is accurate and that all loading, dimensions, fit, height, fixings, materials, etc., are as required and practicable.

UNFOURD LOADS
The contractor is to ensure that the existing structure, in fabric and/or the ground will safely support the proposed scaffolding. It is the contractor's responsibility to ensure that the existing structure is safe and sound and to provide adequate support for the scaffolding.

LOADINGS ALLOWED
The scaffolding must be designed for a minimum of 150kg/m² (15kN/m²) and a maximum of 200kg/m² (20kN/m²) unless otherwise stated.

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INDICATES RESIDUAL RISK ITEMS

THIS DRAWING CONSTITUTES BENCHMARK SCAFFOLDING RISK ASSESSMENT IN ACCORDANCE WITH THE CONSTRUCTION (DESIGN & MANAGEMENT) REGULATIONS 2007

REVISIONS

REVISION	DATE	BY	CHKD	DATE
a	07/12/14			

Load bearing transom requirement included

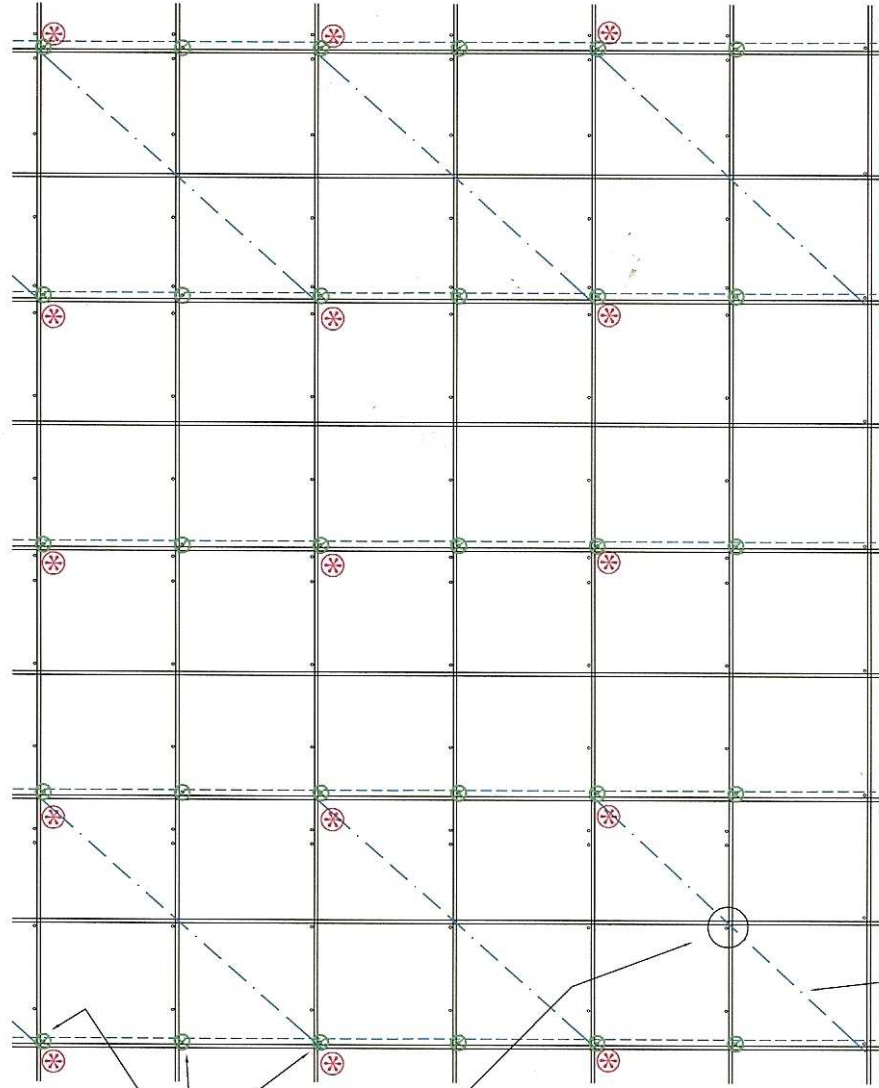
BENCHMARK SCAFFOLDING LTD

Waterside Trading Centre
Trumpers Way
Hanwell
London W7 2QD

Tel: 020 8867 9977 Fax: 020 8867 9900

**Face Bracing/ Load Bearing
Transom Requirements To
Conform With TG20:08**

DRAWN: ISY	CHECKED BY:
CLIENT:	DATE: 28/07/08
SCALE: (PROJ. DRG)	DRG No: D/BM 2342/3a

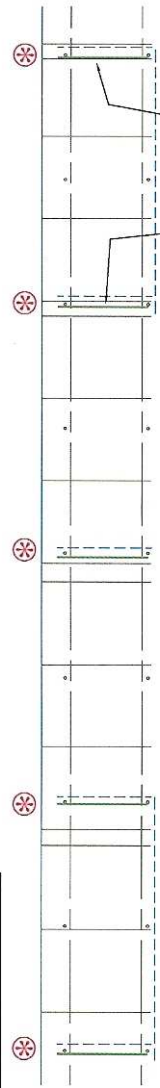


EVERY SIX BAYS

PART ELEVATION

FACE BRACING MUST BE FITTED AT NO MORE THAN EVERY 6th BAY.

NOTE! BRACES MAY ALSO BE FIXED OVER 2 BAYS IN ZIG ZAG PATTERN.



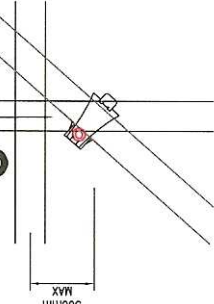
LOAD BEARING TRANSOM MUST BE FIXED WITHIN 300mm OF NODE POINT

PART PLAN

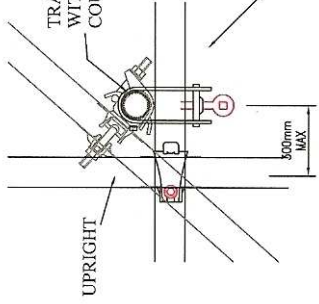
ALTERNATIVELY BRACES CAN BE FIXED TO EXTENDED TRANSOMS FIXED WITHIN 300mm OF THE STANDARD PROVIDED THEY ARE FIXED WITH LOAD BEARING COUPLERS

LOAD BEARING TRANSOM MUST BE FIXED WITHIN 300mm OF NODE POINT AT POSITIONS THUS: (EXCEPT UNSHEETED SCAFFOLDS UP TO 15.0m HIGH)

NOTE! BRACES MAY BE FIXED USING SWIVEL COUPLERS TO THE STANDARDS WITHIN 300mm OF THE INTERSECTION OF THE LEDGER TO THE STANDARD.



TRANSOM FIXED WITH LOAD BEARING COUPLER



UPRIGHT

12 Days of Christmas

Accidents at home are likely to send more than 80,000 people to Accident & Emergency departments across the country during the 12 days of Christmas.

Christmas is a time when your home is likely to be full of people and it is in the excitement of the season that accidents can easily happen. But one of the good things about Christmas is that there are typically more people around to supervise the children and, with a little more care and forward planning, most accidents could be avoided.

Follow these 12 safety tips to help prevent your festivities being cut short by a trip to casualty:

1. Make sure you buy children's gifts for the correct age group and from reputable sources that comply with standards (e.g. The Toys (Safety) Regulations 1995).
2. Remember to buy batteries for toys that need them - that way you won't be tempted to remove batteries from smoke alarms.
3. Look out for small items that could pose a choking hazard to young children, including parts that have fallen off toys or from Christmas trees, button batteries and burst balloons.
4. Keep decorations and cards away from fires and other heat sources such as light fittings. Don't leave burning candles unattended, make sure you put them out before going to bed and do not put candles on Christmas trees.
5. If you have old fairy lights seriously consider buying new ones, which will meet much higher safety standards, keep the lights switched off until the Christmas tree is decorated, don't let children play with lights (some have swallowed the bulbs), and remember to switch off the lights when going out of the house or going to bed.
6. Remember, Christmas novelties are not toys, even if they resemble them, and they do not have to comply with toy safety regulations. Give careful thought to where you display them, for example, place them high up on Christmas trees where they are out of the reach of young hands.
7. Give yourself enough time to prepare and cook Christmas dinner to avoid hot fat, boiling water and sharp knife accidents that come from rushing, and keep anyone not helping with dinner out of the kitchen. Wipe up any spills quickly.
8. Have scissors handy to open packaging, so you're not tempted to use a knife, and have screwdrivers at the ready to assemble toys.
9. Beware of trailing cables and wires in the rush to connect new gadgets and appliances, and always read instructions.
10. Falls are the most common accidents so try to keep clutter to a minimum. Make sure stairs are well-lit and free from obstacles, especially if you have guests.
11. Do not drink and drive, and plan long journeys so you won't be driving tired.

And number 12 have a great Christmas and a Happy New Year.!!!!!!

SAFETY AWARDS



September

Mark Hazelhurst won the Northern award for ensuring that all operatives working on the Yorkshire Water sites conform to the health & hygiene standards and all checks are carried out before entering and after leaving contaminated areas.

Barry Lane won the London award. After concerns from the staff at Stowe School about safety on the site, Barry took the initiative and put their minds at rest by giving them a tour of the works and explaining the safety controls in place.

October

Glenn Smith won the Northern award for enabling Benchmark to come top of the Laing O'Rourke safety league for 5 weeks in a row.

Michael Mabbs (yard operative) won the London award for making a conscious effort to tidy the yard, thus making it a safer place to work.

November

Scott Clarke won the Northern award on the Multibuild, Lincoln site. Scott noticed that a loading bay gate was not closing because of a fault with an handrail, he stopped the loading bay being used by informing the forklift drivers and then advised his manager before rectifying the problem.

Michael Taber won the London award on the McAlpine Q3 site for his continued commitment to safety. Recently, before commencing work in the area of a heavy duty forklift ramp, he secured the area, placed the correct warning signs and arranged for the traffic to be diverted, (good working practice).



PUZZLE TIME

Dingbats Quiz

Can you solve the
phases below
Answers in the next
edition

COF—FEE	010101010 HOPE GELDOF DYLAN	STEP PETS PETS	STANDING MISS
house prairie	BANG	MUTINY Smelly oceans	DEEF
JUS144TICE	Blu → e	PERSO NALITY	TOOL O O O O LOOT

A Romantic Trip for Two

On the 18th of September, my beloved girlfriend Laura & I embarked on a trip to the Greek island of Rhodes for 2 weeks (all inclusive might I add!)

The 1st day was spent walking round the town in which we were based, Kolymia, not far from Faliraki (which was handy). On our list of things to do was rent some wheels of some sort, we thought a car would be an idea, but at 50 Euros a day it's not! So we settled for a little Aprillia, in bright Orange. Now instead of investigating the local town, it was time to ride round the island (on the 1st day still). I thought it was brill, long

sweeping bends, hairpins, steep inclines & declines. I was in my element, Valentino Rossi would have struggled to keep up (so I thought). However, much to my own amusement, I forgot about my pillion, screaming & shouting "NOT SO BLOODY FAST!"

So a quick pit stop at a fuel station, we bought a map, filled her up (the Apillia not Laura) & went to the hotel for tea, & beer, followed by a swim, beer & more beer.

In the morning we had breakfast, made some sarnies for our lunch, and then went out to look for the Valley of the Butterflies, (after I *had* to cover myself in sun cream).

The ride there was awesome - as expected. We rode past all the cars queuing for the car park, & parked right next to the entrance, stick that in your Fiat 500 I thought! We walked through the valley, nothing else coming out of our mouths other than, "Wow, it's amazing" or "Ooo look at that". It was truly spectacular.

The rest of the holiday was spent riding round the island visiting the epic monuments, Lindos, Rhodes Town, Ancient Kamiros, Temple of Apollo. The weather was just as good, & I would highly recommend going.

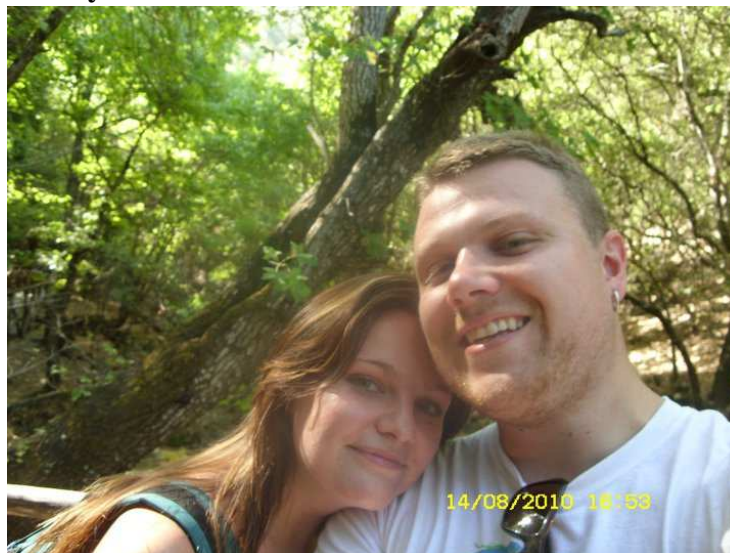
All in all it was an excellent holiday.

Mark Knitter—Estimator/Surveyor
Northern Region



St Pauls Bay, Lindos

Valley of the Butterflies



And of course, Karaoke, Faliraki



Project SLAM, Woolwich Barracks



We are currently constructing a large temporary roof over the Senior NCO Accommodation at The Royal Artillery Barracks in Woolwich, London using 20.0m trusses formed from Haki 750 beams which in turn support our Haki cassette roof system.

The trusses are supported on a 2.0m wide traditional scaffold braced every line and butting the building for stability as physical ties are not permitted on this listed building.

The side sheeting is airflow monarflex to reduce wind-loading and the fully boarded access scaffold will be used to refurbish the building over the next few months.



Simon Dabbs



Safety Award winner in November on Woolwich Barracks

Simon is one of a strong team of men working on the scaffolding.

- ★ He has supervised his team with safety first at all times.
- ★ He has been on and off the project many times but his standard never diminishes.
- ★ He was given an Argos token for £25.00.
- ★ This is a well deserved award and it's been a pleasure working with him and Barry Lane.

Ray Carter – Debut Services Ltd

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

Big thank you to everyone who joined in the fun on '**wear it pink day**' for the Breast Cancer Campaign including the guys below Matthew Wilkinson, Jonaz Wilkins & Neil Orwin from the Barnsley Region



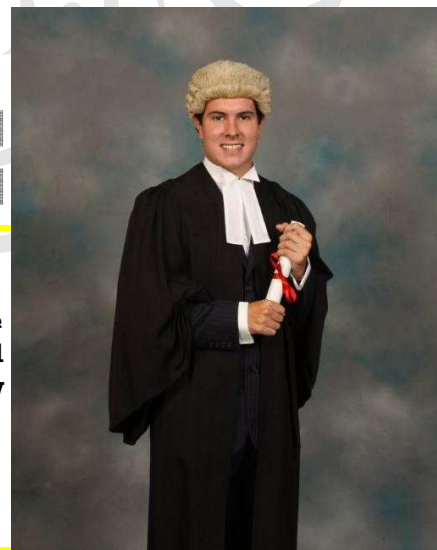
Merry Christmas
Happy Holidays
HAPPY NEW YEAR

CONGRATULATIONS TO:

Tom Maynard, son of Terry & Janet Maynard.

Tom graduated as a barrister from The College of Law in June this year and was also called to the Bar in July at Grays Inn, and is now full member.

WELL DONE TOM!



Contact Numbers & Offices

West London Office

Waterside Trading Centre, Trumpers 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

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

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

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Setting the Standards

