

# BENCHPRESS

I am sharing my front page this time with Bob's article about our latest amazing piece of work at the Palace of Westminster because although I offered to incorporate it within my section Bob suggested that I stick to things I actually understand! Good photos though. Bob features again on page 4 with an update regarding this year's charity cycle event at the end of September - we will not ask you for any donations for that until the next edition which is nearer the date. The other iconic landmark, apart from Parliament, on this page is a thinly veiled hint to what we hope will be another record breaking order for us... any day soon - I will confirm next time but if we are successful with this one it will be the fourth time in a year that our record for *largest single order* has been exceeded. I had promised photos of our two brand new Scania lorries, and although some other new vehicles are featured, these are not. This is due to delays regarding booking in with the Ministry and missing parts needed for installation of the cranes etc. it will be autumn before we can introduce them.

Enjoy the summer and Stay Safe,

Regards,  
Rob West – Managing Director



## River Wall Cantilever EW Corner, Palace of Westminster for Shepley-Engineers Ltd

The contract for the Roofing project at Parliament required that we constructed a clear 10.0m cantilever over the river wall to support access/temp roof structure. As this was beyond the capabilities of our existing 750 deep alloy beams we purchased 4no 25m long Apollo aluminium 1500 deep X Beams (each with seven times the bending capacity of the 750 alloy beams). The total load at the pivot point was 360kN or 36 tonnes and this was supported using 2no. 6 tube columns each fully laced & braced with 1.0m lift heights.



The structure has been built again by our excellent site team who seem to overcome, in a safe manner, any task required of them.

### BENCHMARK SCAFFOLDING



*Setting the Standards*

Bob Young.  
Technical Director

Issue 35  
Summer 2018



# 1 Triton Square for Lendlease/Keltbray



The Job is 1 Triton Square, principal contractor is Lendlease with Keltbray working under Lendlease deconstructing the 4 cores and main atrium. The main atrium had a haki birdcage built in the middle off the first floor slab 18m long x 18m wide x 28m high, this supported the main roof with boxed beams while the roof was cut away in sections. We had at 5<sup>th</sup> floor level, 750 haki beams spanning across to the main birdcage, this supported a tube and fitting birdcage in the shape of a 50 pence piece to the underside of the roof.

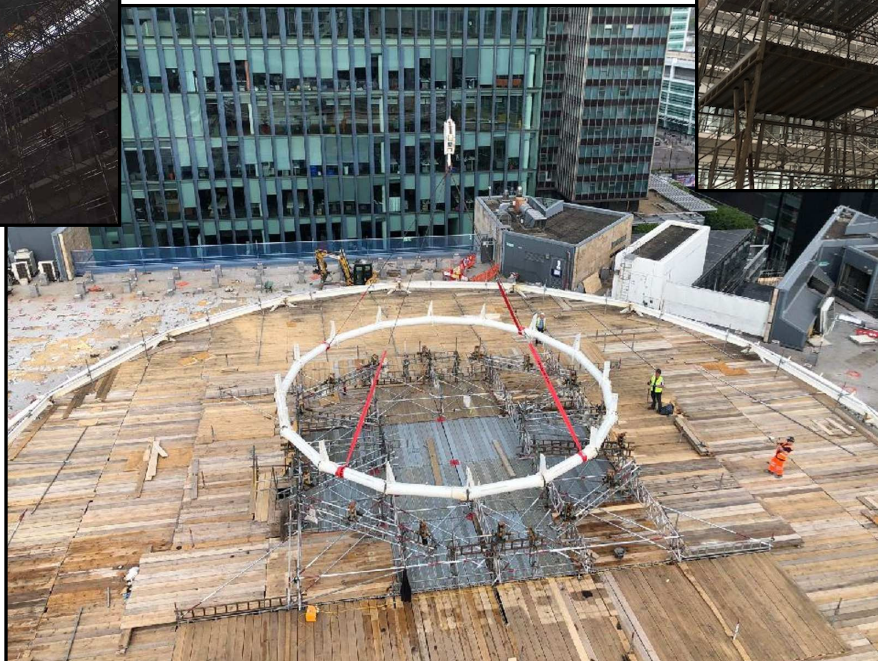
Materials had to be raised up to the first floor using a forklift and manual handling. We set based the haki birdcage out and took it up to 18 meters high over the first weekend. Materials was raised up using an Geda hoist.



Men involved were Rob Calvert , Paul Smith , Len Martin , John Docherty , Mark Smith , Andy Goulding , Eric Martin , Dan Collyer , Dan Turner , Andy Ogu, Shane Wright , Mark Davis , then at level 5 Paul Smith and gang based out independents to the shape of a 50pence piece.



Barry Lane—  
Operations Manager  
London Region



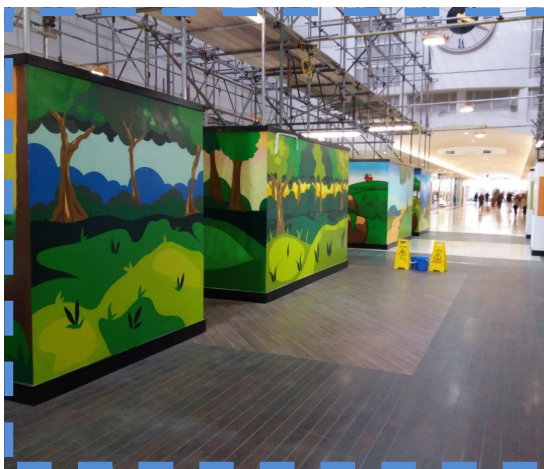


# Hoardings “R” Us

Hanwell were asked to supply and fix hoardings around the base of every support tower built within the shopping Malls at The Marlowes Shopping Centre in Hemel Hempstead. The contract is for JPW Osprey Limited, for the refurbishment of the skylights to the top of each Mall.

At the base of the biggest Mall, called The Centre Mall, the client decided to create a children friendly area, and had an artist paint the hoardings we fixed to a number of towers. This has proved a great attraction within the centre with shoppers and children.

As you can see from the photo's this hoarding, when it is removed, would make a fantastic back drop somewhere where children are involved, like a school, a club, a nursery or somewhere else with the space.



Rob West has told me we should donate these ply wood panels to a suitable scheme, fixing not included, but I'm sure we can deliver for free locally, and so I am asking for suggestions as to where they can go to.

There is approximately 46 metres of painted ply wood panelling by 2.4 metres high (18mm thick exterior grade), most panels are 1.20 metres wide, including a panel with a lockable door in it.

I have no idea how the panel and artwork will stand up to external weather conditions, but I will try and find out.

Any suggestions please contact me at Hanwell.

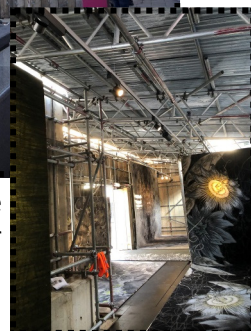
**Eamonn Gollidge—Contracts Manager.**  
London Region

This job was for Britton's carpets from Birmingham (I think) at Clerkenwell design week and was for them to showcase their product under a rustic (their words not mine) enclosure.

The build itself was challenging enough as we had to place 5 x 2 tonne concrete sleeper bollards in the exact right place to act as Kentledge or it would mess the whole design up. Then throw in the time restraints and lack of space for materials along with the weeks of planning before we even turned up!!

The client was over the moon with the finished product so a big shout out to the onsite team of Perry Clifford, Tom Bird and Matthew Tiborza and Joe Laffar for making the design as easy as possible.

**O'Jay Roynan—Contracts Manager**  
London Region





# Escape the city Charity Bike Ride 2018



We have finally been able to book this year's ride which is over 60 miles and has been changed from the original that went into London over a shorted distance. The new route is out of London into Surrey with 560m of elevation compared to 900m on last year's Brighton route - so its longer but with less climbing.

The Charity this year is 'Stroke' which is another good charity and a condition that affects so many people.

Good luck to all those taking part and its about time to get back on your bike a start getting ready again (yes you Rob).

Bob Young.—Technical Director

## Safety Team's smart new vehicle arrives.



Lee Jones, our Company trainer, will be easier to spot when he arrives in his new vehicle since he convinced us to stray from our usual maroon on white livery to a bespoke maroon on silver as he insisted the Safety Team are special! Not sure about special – they are certainly different... and not in a good way. Only joking, Lee does a great job training our people and many of you have given positive feedback about how well he conveys the culture and ethos of the company during his sessions whilst also reciting regulations and laws without so much as a stumble. So watch out for the *silver flash* – visiting a site near you soon.



# March Safety Award



The monthly safety award goes to Carl Payling, Henry Boot Project, Better Barnsley. Brendon Keown, group Health, Safety and Environmental Manager said, "I just want to express that the service and expertise that Benchmark have provided up to date has been exemplary and particular thanks goes to Carl Payling and his team for their professional approach towards the safe erection of scaffolds at Better Barnsley. I can safely say that during many visits to the project, I have had very little concern regarding scaffold erection/dismantling operations, and your team always have accommodating and good natured personalities; the pride that Carl takes in his work is clearly evident, and this in the main, reflects through in his whole team".

# April Safety Award



The monthly safety award goes to Matt Calladine, RAF Waddington, Carillion/Amey, Henry Bros - Matt has been praised by the PC and the MOD for working in a very safe manner in particularly sensitive areas (working above multi million pound machines) without incident.

# May Safety Award



The monthly safety award goes to Ryan Payne, Lendlease project, Triton Square, for being recognised by Lendlease for doing an excellent job and receiving the monthly site supervisor's award. Also John Docherty won the site operatives award for April on the same site. They both received £50 in vouchers.



Daren Redgrave and his team came top of the Contractors Health & Safety league for May at Royal Docks West, Mount Anvil. Daren has always been very near the top of the league and this month came top.



## Contractor Health & Safety League - Royal Docks West

Month:		May-18														
Very Poor 0 - 2 points		Poor 3 - 5 Points				Reasonable 6 - 7 Points				Good 8 Points		Excellent 9 - 10 Points				
From Contractor Returns (Complete)																
No.	Contractor	Number of weeks on site for the month	Plant Operators Certificate register	Plant Inspections & PAT Test Register	Mobile Tower Inspections (9,1,2,3,4,7,9)	Supervisors Safety Inspections	Tool Box Talks	Daily Task Briefing	Unsafe Condition/Hazard Reporting	Safety Advisor Inspection	Safety Meeting Attendance	House-keeping	Management	Workforce	Grand Total	
1 <sup>st</sup>	Benchmark Scaffolding	4	na	4	na	4	4	4	4	4	4	4	4	4	10.00	
1 <sup>st</sup>	PIB	4	na	4	4	4	4	4	4	4	4	4	4	4	10.00	
1 <sup>st</sup>	Madigan Gill	4	4	4	na	4	4	4	4	4	4	4	4	4	10.00	
2	Watkins	4	na	4	3	4	4	4	4	4	4	4	4	4	9.79	
3	LogWorld	4	na	3	na	4	2	4	4	4	4	4	3	3	9.50	
4	Hatt Kitchens	4	na	3	na	3	3	3	4	4	0	4	4	4	9.10	
5 <sup>th</sup>	Horrobb	4	na	3	na	4	3	3	4	4	0	2	2	3	7.25	
5 <sup>th</sup>	RBL	4	na	2	na	4	3	4	4	4	0	2	2	3	7.25	
6	Tilbury	4	na	4	na	3	3	3	3	4	4	1	1	1	7.00	
7	JSM	4	na	4	4	2	3	2	3	4	0	2	2	2	6.60	
8	GCN Flooring	4	na	2	na	3	4	3	3	4	0	2	2	2	6.50	
9	Green Decorations	4	na	3	na	3	3	2	3	0	0	3	3	3	6.34	
10	Kone	4	na	2	na	2	2	2	0	0	4	4	3	3	5.91	
The Current Holders of the Safety Award are:										Benchmark, PIB & Madigan Gill			Average			7.88



This is a project for Mount Anvil at Royal Docks, they are building luxury flats. The site manager is Daren Redgrave with his regular team of Andy Bambridge, Alan Hardy, Ramunas Arelis, Marcin Piekarski, Winston Fenton, Jake Bambridge.

The scaffold was erected in 2.1m lifts fully boarded up to a height of 63m with the building being an awkward shape to scaffold. We had sections at the rear that had bridge beaming on that spanned the whole elevation, with the loads being taken back to the columns and outside walls with Joe Laffar doing the designs.

The job logistically was hard work with all the materials being raised and lowered on 3 Geda hoists, and only being able to unload in a small area.

**Barry Lane—Operations Manager**  
London Region

# Mount Anvil Royal Docks



## Cadwell Park Track day

Christmas 2017 was the usual Christmas, 100's of presents for the twins and a few sore heads from the night before. My big present, along with my dad's, was a track day at Cadwell Park, on the 4<sup>th</sup> of April. This meant preparing my recently purchased generation 1 Aprilia RSV 1000, this particular model came 3<sup>rd</sup> in the 2000 World Superbike championship at the hands of Troy Corser. Not bad for it's first go on the world stage.

However, mine had been chucked down the road, on its right side, so most of the winter break I was on eBay searching for faring panels, foot rests & repairing the radiator (a big thanks to John Beck & Kes at Apollo Cradles for doing a lovely job).

Fast forward to night before, we decided to adjust the rear brake, as it felt 'spongy' (1<sup>st</sup> mistake).

We had both decided to camp the night before (2<sup>nd</sup> mistake). We left after I had finished work & got there in the dark, then it started to rain, then gale force winds, we erected the tent the best we could, sleeping in a crisp bag would've been better, it was horrendous! I ended up sleeping in the pickup. We awoke to glorious sunshine, not a cloud, so things were looking up.

We had our briefing with lots of strong coffee & took our bikes for scrutineering, all good. We were in the intermediate group, chucked straight in at the deep end!

To start you follow the instructor for 4 laps, who shows you the correct positions on track, braking points, turning in points, apex etc... However, on the last lap, my bike seemed to have more engine braking than usual. She really struggled on the steep sections of the track. We followed the instructor back into the holding pen, the bike really struggled getting up the 'Mountain' she then eventually stalled in the holding pen, which allowed my ears to pick up the cries of "IT'S ON FIRE, IT'S ON F\*\*\*ING FIRE!" from my dad who was behind me. My rear caliper had caught fire, I jumped off the bike & started patting the flames with my hand (which was in a glove) which then was covered in hot, burning brake fluid, not my best idea, so not only was the bike on fire, I was too for a short time! Then, Cue the comedic timing of the track marshal who dropped the fire extinguisher & tripped over it. He eventually extinguished the fire but covered my bike in the foul-smelling powder in the process, and I mean covered. So, that was the end of my track day on the Aprilia.

Luckily, with my dad being of a mature age, was "Absolutely knackerd!" after his 1<sup>st</sup> & 2<sup>nd</sup> run, so all was not lost, I had 3 runs of the Mini-Nürburgring on my dad's trusty Honda VTR Firestorm, she lacked a bit of top end, but by 'eck it was good fun.

**Mark Knitter—Senior Estimator**  
Northern Region



# The Pink Avengers

I would like to say a big thank you to everyone who sponsored us this year for our 5K Race for Life. We raised £713.75 including gift aid.

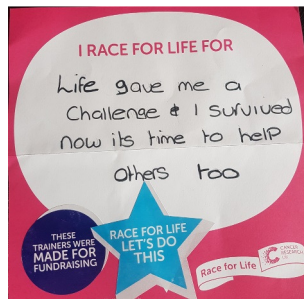
My little team comprised of myself, my 2 children Macie and Kori and my niece Melissa. Kori ran the course in 25mins 40 secs and was the first kid back and 6th overall—Well done to them all for continuing to support a great cause.

For the day we are given a race number and a sheet to wear on your back with reasons as to why you race for life, I have attached what my 2 children wrote by themselves as I thought it was quite touching.

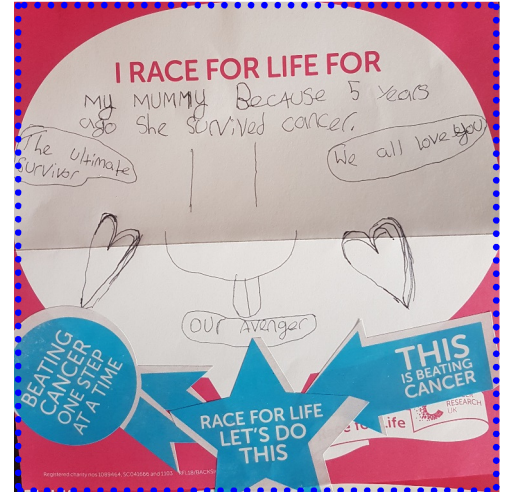
Georgina Bradbury—Office Manager  
Northern Region



Macie age 11



Kori age 9



## We're coming for Cancer

## Race for Life 2018

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.

Two more 9 seater minibuses arrived recently so we now have three of these ferrying our recently hired *Taffy Scaffs* from Wales to our massive Aspire Defence project at Stonehenge.





If you've recently had a new addition to your family,  
or have 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](mailto:barnsley@benchmarkscaffolding.com)

# Happy Retirement Alan



Our Chief Engineer, Alan Abraham, left the Company after 17 years working alongside his lifelong friend and colleague Bob Young. (We are not letting Bob go for many years yet though, even though he is older than Alan). We were certainly not pleased to say goodbye to Alan either but having already reduced to a three day week he was finding it more and more difficult to fit any work in between cruises anyway, so we thought we had better let him get away for good. Joking aside we will all really miss Alan who was throughout his time with us always accommodating, polite and cheerful and nothing was ever a problem and this was both internally and with our customers who often fed back to me with compliments about his attitude and his work. Although we hired a new engineer, Ali Khan, in January we are also starting another experienced engineer, Michael Stirk, in July to ensure that Alan's retirement does not result in his department losing its generally accepted position as the best design team in the business. Best Wishes to Alan for a long and Happy retirement, and Happy Cruising.



**Rob West**  
Managing Director

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# BENCHMARK SCAFFOLDING



*Setting the Standards*