

Construcción

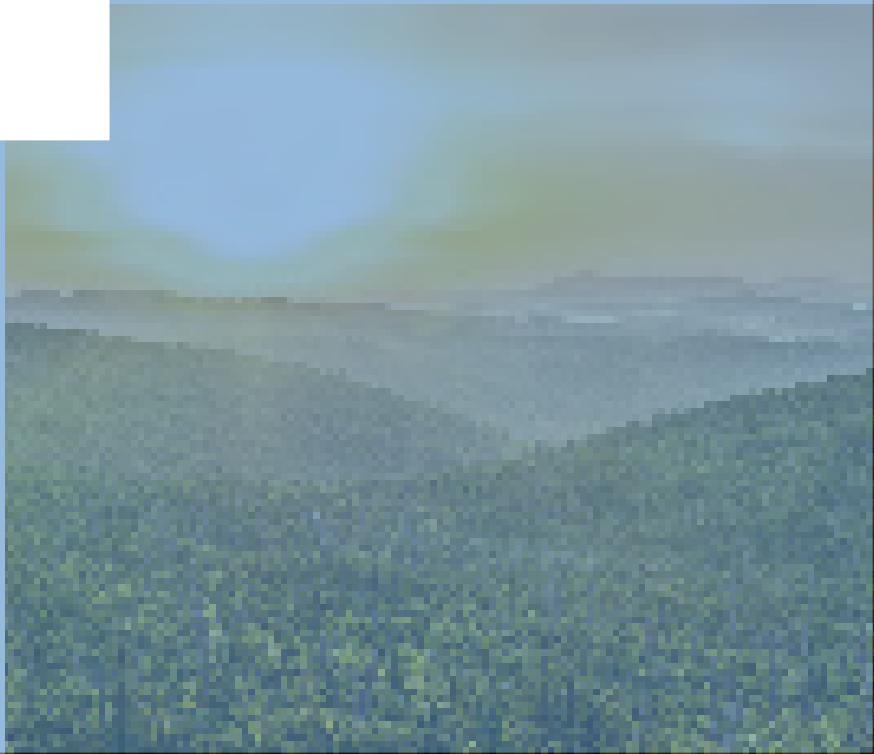
GOOD PRACTICES REPORT 2024

FCC CONSTRUCTION
DIVISION – JOINT
HEALTH AND SAFETY
SERVICE



01

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02

Introduction



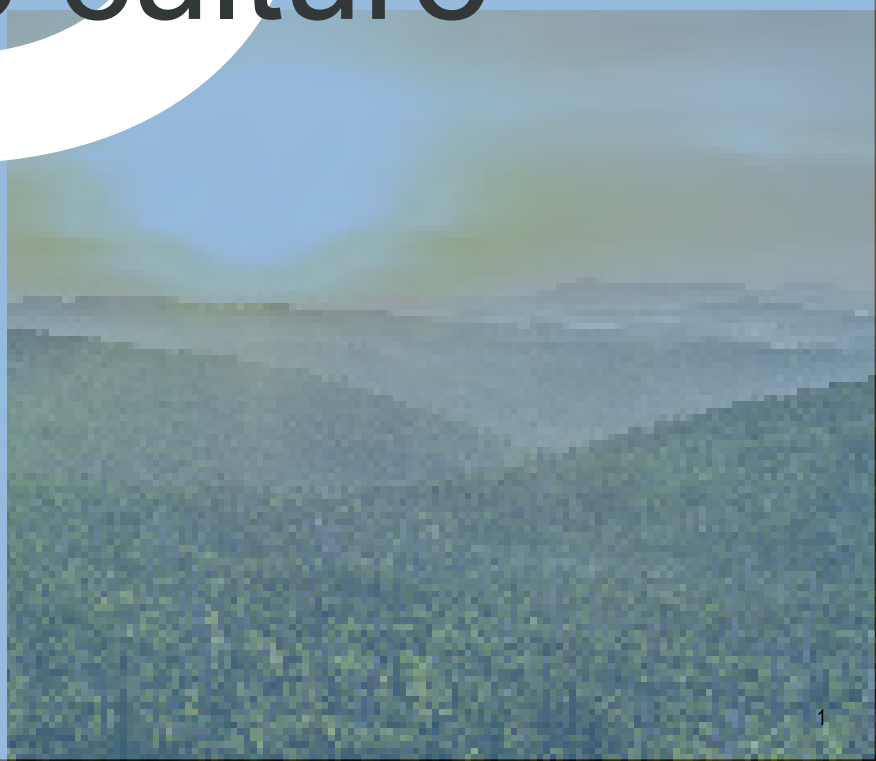
At FCC Construction Division, we encourage the implementation of good practices in our work centres, as a basis for the continuous improvement of both preventive procedures and preventive management.

The following is a list containing a number of them, which we consider to be the most significant for 2023 and 2024, and the intention is that, through their distribution, their application can be extended to the rest of the organisation.





Good practices in preventive culture



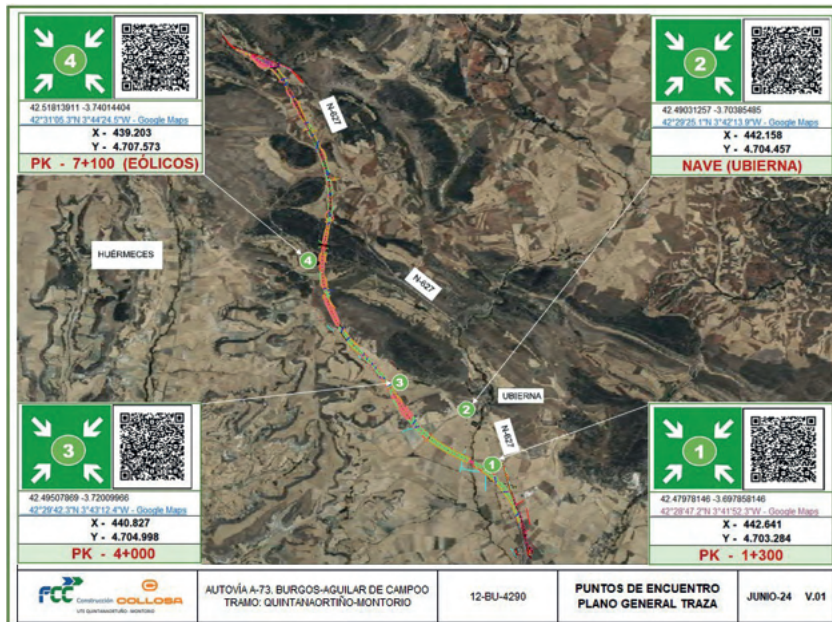
GOOD PRACTICE NO. 1: “EMERGENCY MEETING POINTS USING QR CODES”
COMPANY: FCC CONSTRUCCIÓN DIVISION NORTHERN ZONE (CASTILE-LEON)
PROJECT: 3T08 QUINTANAORTUÑO – MONTORIO JV

Description

Implementing QR codes to locate "Meeting Points" at construction sites improves efficiency and safety in case of emergency. Scanning these codes with a mobile phone provides access to Google Maps with precise directions, facilitating quick orientation to Meeting Points and other key locations such as hospitals or health centres.

Good practice adopted

The process for generating "Meeting Points" QR codes at construction sites involves entering the coordinates into Google Maps, copying the link and using an online QR code generator. Then, each point is physically labelled with the QR code that, when scanned with the mobile phone, shows the exact location on Google Maps of the Meeting Point or of other key locations, such as those mentioned above.



Contrata: UTE Quintanaortuño-Montorio
 Dirección: 09140 Quintanaortuño
 Ctra CL-629 Burgos-Villarcayo km12
 947 11 02 14

	BOMBEROS	947 28 88 38	080
	POLICÍA O GUARDIA CIVIL	POLICÍA NACIONAL POLICÍA MUNICIPAL GUARDIA CIVIL	091 092 062
	MÉDICOS	Médico asistencial FREMAP - Av. de la Paz, 35	947 22 56 41
	AMBULANCIAS	EMERGENCIAS	061 112
	HOSPITALES	HOSPITAL UNIVERSITARIO DE BURGOS Av. Islas Baleares, 3	947 28 18 00

SERVICIO URGENTE (24 h) CONSULTA SOBRE INTOXICACIONES 91 562 04 20

GOOD PRACTICE NO. 2.1: “USE OF REPELLENTS AGAINST TICK, BEDBUGS AND MITE BITES”
COMPANY: FCC CONSTRUCTION DIVISION NORTHERN ZONE (CASTILE-LEÓN, GALICIA)
PROJECT: 3R85 VALLADOLID RAIL YARD

Description

Workers may occasionally be exposed to accidents caused by living beings, especially in summer. Insects, such as ticks, can cause damage to health by acting as disease carriers and causing severe allergic reactions. Therefore, the use of repellents has been implemented to protect workers while outdoors.

Good practice adopted

To protect workers from pests, repellent sprays have been distributed in construction vehicles. Workers must apply them on their work clothing before beginning and at the end of their shift, before entering the vehicle, to prevent parasites from entering. In addition, they are given an informative talk on the correct use of sprays, following the manufacturer's instructions, and they are advised to wear light-coloured, long-sleeved clothing and to tuck the bottoms of their trousers into their socks.



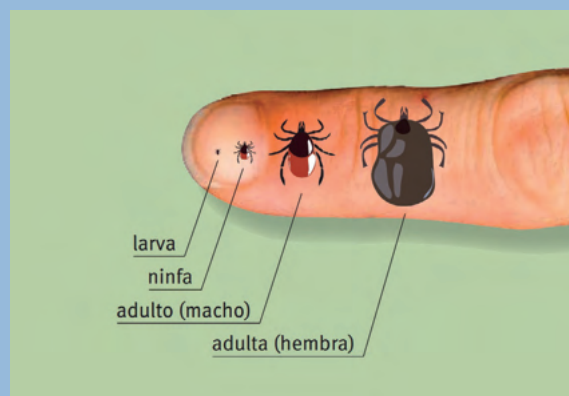
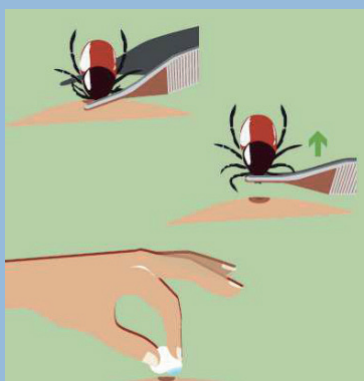
GOOD PRACTICE NO. 2.2: “TICK BITES PREVENTION”
COMPANY: FCC INDUSTRIAL
PROJECT: EL PRAT WORK CENTRE

Description

Railway works in open forest and scrubland areas expose workers to parasites harmful to health, especially in spring and summer. A study by the University of Zaragoza highlights the spread of the tick "Hyalomma lusitanicum" in the urban peripheries of Barcelona and Tarragona. This tick is known for transmitting diseases such as rickettsiosis and Lyme disease. It is recommended to follow the guidelines of the Imported Pathology and International Health Unit of the La Paz University Hospital (Madrid) and the Spanish Ministry of Agriculture to protect railway personnel.

Good practice adopted

To protect workers from ticks in outdoor areas, appropriate instructions are given. It is recommended to wear light-coloured, long-sleeved clothing, wear boots with socks over trousers, walk in the centre of paths and apply authorised repellents. When workers get home, they should check their clothes and body, especially in the folds and armpits, and also their pets. If they get bitten by a tick, they must remove it quickly with gloves and tweezers, and avoid crushing it or using homemade remedies. If symptoms such as fever, rash or joint pain appear within ten days, they must see a doctor.



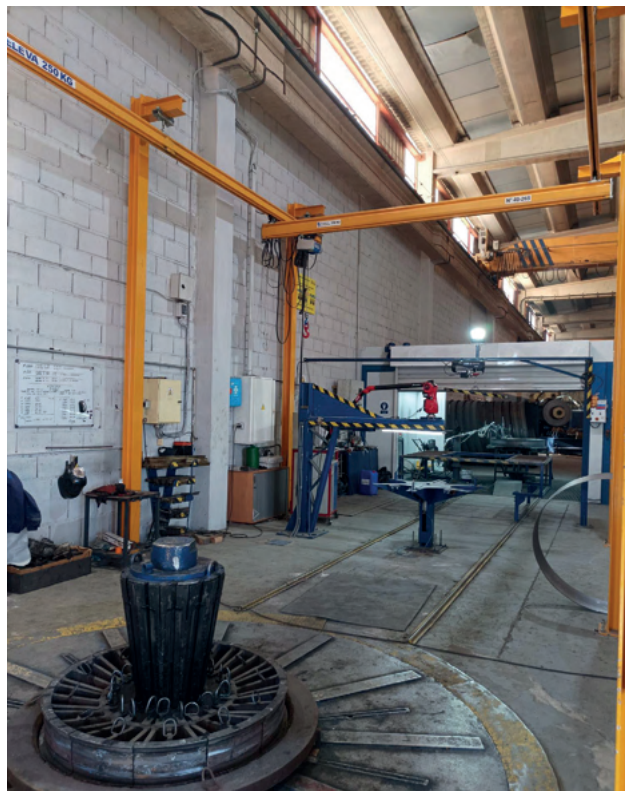
GOOD PRACTICE NO. 3: “ERGONOMICS UPGRADES”
COMPANY: PREFABRICADOS DELTA
PROJECT: PUENTE GENIL FACTORY (CORDOBA)

Description

It was detected potential repetitive overexertion when regularly using the expander to place and remove concrete tube heads.

Good practice adopted

By moving the entire head manufacturing section to another factory building, a metallic structure with a mobile hoist has been installed to allow the heads to be inserted and removed from the expander, transferred to the geometric control table and from there to the painting table which, through a rail system, inserts each head into the painting booth, thus eliminating any overexertion from the process.



04

Good execution
practices



GOOD PRACTICE NO. 4: “DEMOLITION SAFETY (WATER CANNON AND DEMOLITION CURTAIN)”

COMPANY: FCC CONSTRUCTION DIVISION SOUTHERN ZONE

PROJECT: 3S42 AMPLIACIÓN MATERNO INFANTIL JV

Description

During the structural and foundation demolition phase, since these buildings are attached to others still in operation, it is crucial to implement measures to minimise dust emissions and the projection of materials towards existing buildings, thus ensuring safety and continuity of operations in adjacent buildings.

Good practice adopted

To suppress the dust generated during demolition, water mist cannons are used, creating micro-droplets with a range of up to 70 metres while operating at a low noise level, crucial in a hospital environment. The water is previously chlorinated to avoid the risk of legionella. In addition, a demolition curtain made of rubber and steel is used to protect nearby buildings from possible projection of materials and ensure the safety of the surrounding area.



GOOD PRACTICE NO. 5: “SPRINKLERS IN SUMMER”
COMPANY: FCC CONSTRUCTION DIVISION - PORTUGAL
PROJECT: 3R81 IP – SMM COIMBRA B

Description

During the construction of the Gorgulão bridge deck, specifically when assembling the structure's set of steel pieces, high ambient temperatures were recorded in the summer, which caused thermal discomfort for the workers at the site.

Good practice adopted

Several irrigation sprinklers were strategically installed in order to:

- Refresh workers and the work area.
- Reduce ambient temperatures slightly.



GOOD PRACTICE NO. 6: “IRRIGATION SYSTEM ATTACHED TO TELESCOPIC MACHINE”
COMPANY: FCC CONSTRUCTION DIVISION NORTHERN ZONE (CASTILE-LEÓN, GALICIA)
PROJECT: 2V74 SALAMANCA HOSPITAL

Description

For the project's demolition work, there is a possibility of dust emissions, so the areas being demolished must be watered, also considering the fact that these areas are at a height.

Good practice adopted

The irrigation hoses are attached to an articulated telescopic platform that moves depending on the area being demolished and the wind's direction. The water from these hoses is pumped through a pumping unit. These hoses are attached to the articulated platform which is operated from its base, meaning that there is no operator holding the hoses near the area being demolished.



GOOD PRACTICE NO. 7: "USE OF RUNGS ON CONSTRUCTION STAIRS"

COMPANY: FCC CONSTRUCTION DIVISION NORTHERN ZONE (ASTURIAS – CANTABRIA)

PROJECT: 3R48 CABUEÑES HOSPITAL JV

Description

The adoption of this good practice arises from the need for safe foot access to different worksite areas with a versatile system that can be used in various stages of the work, and which allows quick installation.

Good practice adopted

Metal rungs are used on construction stairs whenever this is necessary at different stages of execution of the works.



GOOD PRACTICE NO. 8: “WETTING PASSAGEWAYS”
COMPANY: FCC CONSTRUCTION DIVISION CENTRAL ZONE
PROJECT: 3S93 F3 MAHOU – CALDERÓN JV

Description

This good practice is being implemented as a result of the need to avoid creating dust in passageways of civil engineering works or ground movement projects.

Good practice adopted

As an alternative to watering passageways using lorries or tractors with water tanks, this project proposes the idea of installing a line of sprinklers.

This avoids having to move the tank to the passageways and thus disrupting other vehicle and machine traffic.



GOOD PRACTICE NO. 9: “METAL BOX FOR EXTENDING THE BALLAST BED COUPLED TO A LORRY”

COMPANY: CONVENSA

PROJECT: 3R34 RIV. ORENSE – MONFORTE JV

Description

Due to the large number of ground movement machines required to lay ballast beds in railway works, the adoption of this good practice leads to a significant reduction in their number, thus improving the flow of construction vehicle traffic and reducing the risk of vehicle and machinery accidents.

Good practice adopted

The use of a metal box for spreading the ballast bed on railway platforms attached to the rear wheels of lorries distributes the ballast evenly and at the required height, removing the need for motor graders and compaction rollers.



GOOD PRACTICE NO. 10: “INSTALLATION OF FIXED LIFELINE FOR LORRY UNLOADING”
COMPANY: FCC CONSTRUCTION DIVISION
PROJECT: CENTRAL WAREHOUSE FOR AUXILIARY EQUIPMENT

Description

The installation is a safety system designed to meet the need to prevent falls during loading and unloading of lorries is proposed.

Good practice adopted

The installation of a 12 metre-long rigid horizontal lifeline is designed and executed on a steel semi-gantry to which the worker's fall protection harness can be anchored during loading and unloading of lorries with auxiliary equipment coming from worksites.



GOOD PRACTICE NO. 11: “STAINLESS STEEL NON-SLIP PROTECTIVE SHEET”
COMPANY: FCC CONSTRUCTION DIVISION - NORWAY
PROJECT: 3R07 SOTRA LINK CONS JV

Description

This good practice arises from the existence of highly slippery surfaces at the worksite (for example, phenolic slabs in formwork) due to local environmental conditions, primarily rain and ice.

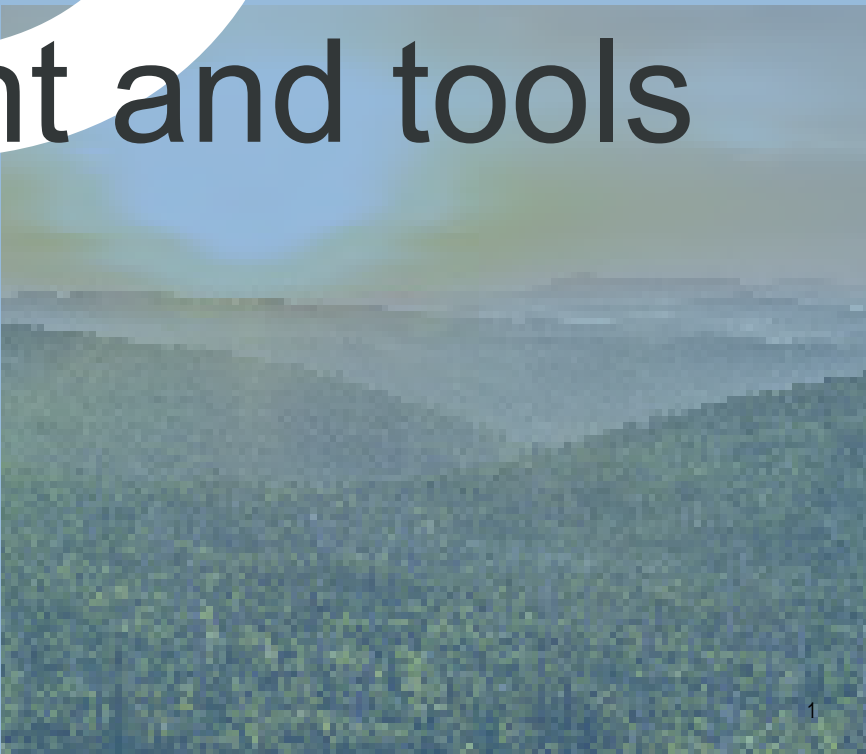
Good practice adopted

Protective stainless steel sheets (known as "nervometal") are installed on the aforementioned surfaces to prevent slipping in adverse environmental conditions such as those described.





**Good practices
concerning
equipment and tools**



GOOD PRACTICE NO. 12: “SELF-RESCUER IN TUNNELS”

COMPANY: CONVENSA

PROJECT: 3N93 NIJAR – ANDARAX RIVER

Description

Since the project requires workers to operate in confined spaces, there was a need for portable chemical oxygen self-rescuers that allow a fast escape in confined spaces where an unbreathable atmosphere may be generated.

Good practice adopted

The emergency self-rescuer is an essential device for evacuations in confined spaces such as tunnels and mines. It uses a chemically bonded oxygen cartridge (KO2) that provides enough oxygen to exit a danger zone (up to 30 minutes) or wait to be rescued (up to 1.5 hours). It isolates the user's respiratory organs from unbreathable atmospheres.



GOOD PRACTICE NO. 13: “ADDITIONAL STEP IN MACHINERY”

COMPANY: FCC CONSTRUCTION DIVISION – MEXICO

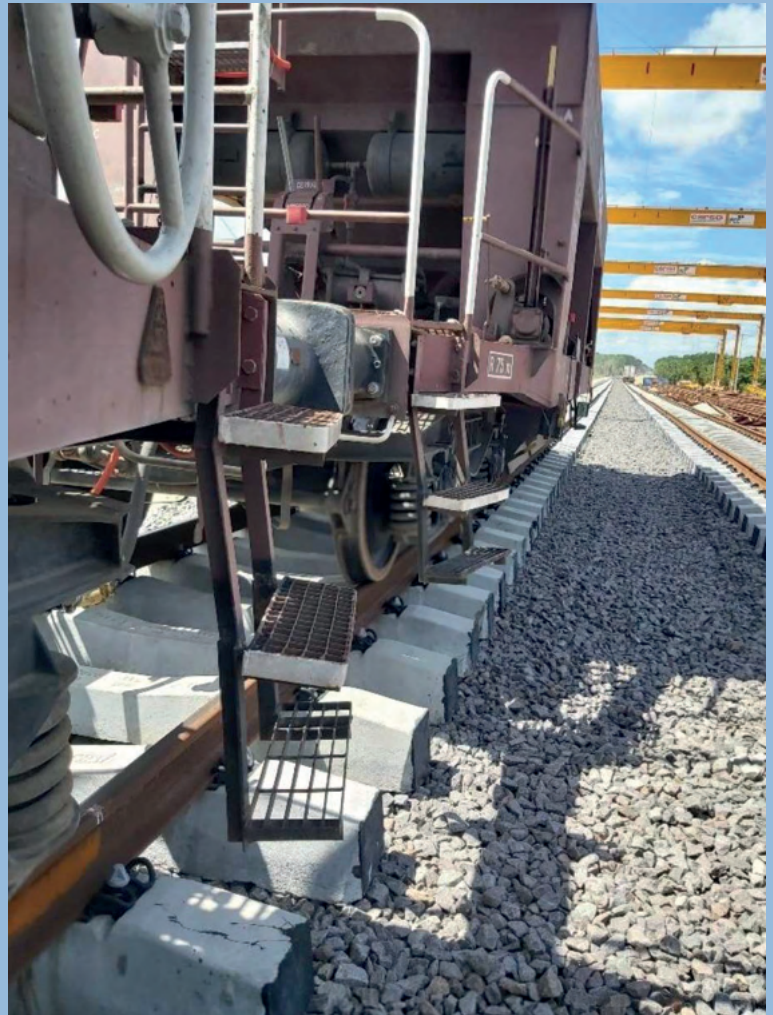
PROJECT: 3P40 MAYA TRAIN JV, STRETCH 2 ESCÁRCEGA - CALKINÍ

Description

There was too big a gap between the floor and the steps of ballast hoppers, which could make it hard for workers to climb up or down. They were forced to jump up or down to access and leave the ballast hoppers, increasing the risk of falling.

Good practice adopted

The solution adopted consists of adding a third step in the entrance ways to the ballast hoppers to allow for easy entry or exit and to minimise the effort, and avoid jumping when climbing up and down from the machine.



GOOD PRACTICE NO. 14: “LADDERS WITH WORK PLATFORM”

COMPANY: FCC CONSTRUCTION DIVISION EASTERN ZONE (VALENCIA – MURCIA – BALEARIC ISLANDS)

PROJECT: 3S39 BUILD. CONCEPCION ALEIXANDRE UMH

Description

In anticipation of the finish work for this project, there are multiple activities that can be carried out using both simple ladders and light scaffolding. Accidents may occur due to improper use of the former or due to assembly errors in the case of scaffolding.

Good practice adopted

For this reason, the aim is to generalise the use of ladders with a work platform to avoid the use of simple ladders and light scaffolding.



GOOD PRACTICE NO. 15: “WORKBENCH FOR SMALL HEIGHTS”
COMPANY: DCC CONSTRUCTION DIVISION CENTRAL ZONE
PROJECT: 3T01 NEW HEADQUARTERS FOR ONCE

Description

To avoid accidents due to slips, trips or falls in works that require a maximum height of 1 metre, this good practice eliminates the need to use unsafe elements. Since using a trestle is not feasible, the aim is to ensure the safety of workers by avoiding the use of non-approved and potentially dangerous work platforms.

Good practice adopted

A 60 cm wide platform is used, with steps to climb up and down and a railing on the sides.



GOOD PRACTICE NO. 16: “MODULAR FORMWORK WITH BALUSTER AND NET FIXING SYSTEM”
COMPANY: FCC CONSTRUCTION DIVISION NORTHERN ZONE (CASTILE-LEÓN, GALICIA)
PROJECT: 3T28 ARANDA DE DUERO HOSPITAL

Description

The ONADEK ULMA recoverable modular formwork system has been implemented in the project. It facilitates the fast and safe assembly of the balusters of the perimeter protection system. In addition, it includes a new system for fixing the net under cover, for more efficient and safer placement.

Good practice adopted

The recoverable modular formwork system stands out for its easy assembly and disassembly, its adaptability to various geometries and its ability to reduce the number of machines and materials required. It includes an approved system for railings and a new anchoring system for nets under cover. Its lightweight components and intuitive design minimise errors and enable early material re-use, saving time and costs compared to traditional systems. It also offers greater security and stability in the workspace.



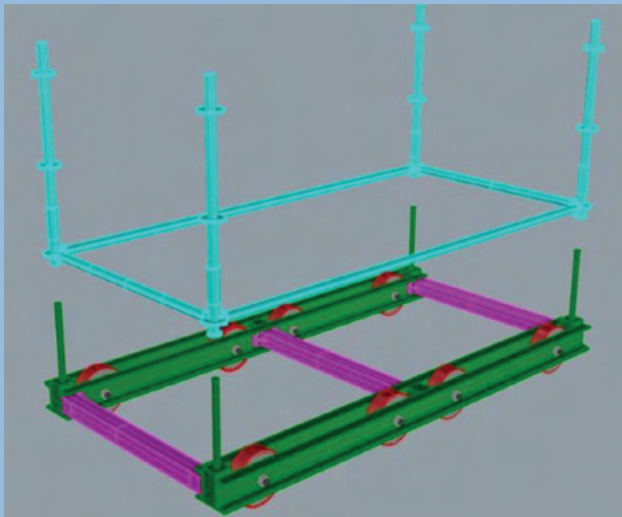
GOOD PRACTICE NO. 17: “SCAFFOLDING ROLLING SYSTEM”
COMPANY: FCC CONSTRUCTION DIVISION – COLOMBIA
PROJECT: 3A45 ANTIOQUÍA AL MAR CONSORTIUM – TOYO TUNNEL

Description

The tunnel waterproofing formwork carriage is a multi-directional scaffold with skids that moves on uneven surfaces, which frequently damages the skids and compromises stability. A rolling system distributes weight and stress evenly, preventing structural damage and improving stability. This reduces travel time and component replacement. The upgrade supports multi-directional scaffolding on uneven surfaces.

Good practice adopted

The rolling system uses C-shaped structural profile skid beams with transverse reinforcements in square tubing. This improvement stiffens the formwork carriage, ensuring that the forces are correctly transmitted to the wheels, avoiding structural damage to the multi-directional scaffolding during movements in the tunnel, and improving worker safety and productivity.



GOOD PRACTICE NO. 18: “SIGNAGE FOR EMERGENCY TUNNEL EQUIPMENT”
COMPANY: FCC CONSTRUCTION DIVISION - NORWAY
PROJECT: 3R07 SOTRA LINK CONS JV

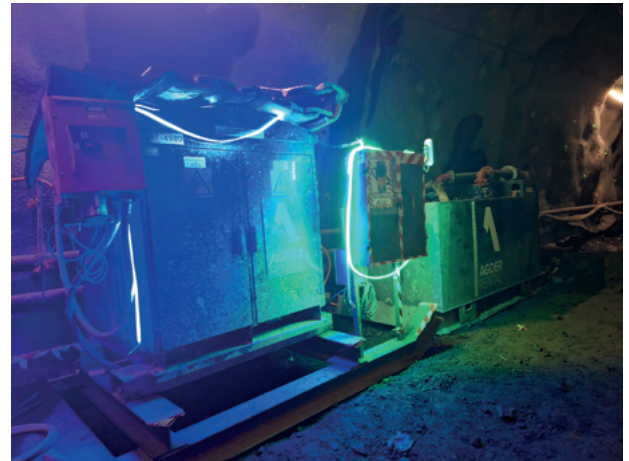
Description

There is the need to reinforce the signage for fire protection equipment, evacuation routes, safety points and galleries, as well the sites of electrical transformers, so that they are more visible in tunnel areas.

Good practice adopted

A lighting system is adopted using low-energy LED strips that meet the requirements of the work without disrupting the tasks. The installed LED strips follow this colour coding:

- Red: Fire protection equipment.
- Green: Evacuation routes, safety points and entrance ways to the connecting galleries between tunnels.
- Blue: Points where there are electrical transformers.



GOOD PRACTICE NO. 19: "PRESENCE, ENVIRONMENTAL, ALARM AND COMMUNICATION CONTROL IN TUNNELS"

COMPANY: FCC CONSTRUCTION DIVISION - NORWAY
PROJECT: 3R07 SOTRA LINK CONS JV

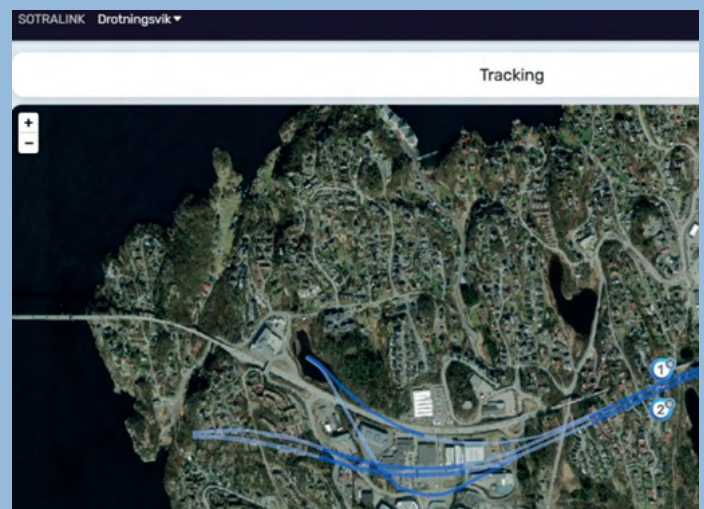
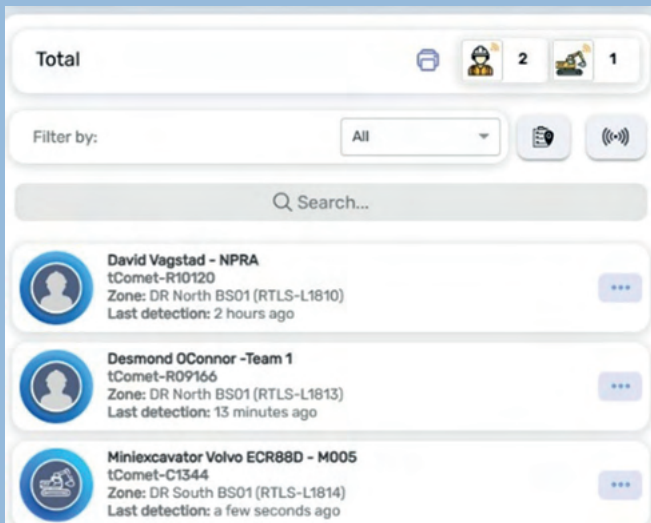
Description

This project has 10.6 km of tunnels, of which 4.4 are parallel tunnels and 1.8 are access ramps, executed using the "drill and blast" method. Due to the amount of work being done in tunnels, there is the proposal to install a real-time information and access control system for staff inside tunnels, Wi-Fi, an alarm system and an environmental control system.

Good practice adopted

The "tComet" system has been implemented to manage the following points:

- Detection of entry and presence of personnel and machinery (divided into zones).
- Real-time monitoring of environmental conditions in tunnels (CO, CO₂, H₂S, NO, NO₂, O₂, Radon) as well as ventilation (air flow in m/s).
- Wi-Fi in the tunnels for communications and data transmission for machinery and the use of all the inspection systems, among other purposes.
- Fixed communications system (consisting of telephones every 250 metres connected to an external telephone in the offices).
- Alarm system.



GOOD PRACTICE NO. 20: “SELF-ERECTING LADDER”
COMPANY: FCC CONSTRUCTION DIVISION EASTERN ZONE
PROJECT: 2590 ESTACIONES L9 JV





Description

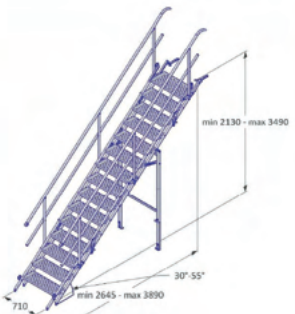
To overcome differences in level of up to approximately 4 metres, alternatives to the use of simple ladders are being studied to minimise the risk of falls from height.

Good practice adopted

The use of modular step stairs has been established, which the following advantages:

- Stability and strength when climbing on, off and in the middle.
- The stepping surface (rungs) is larger than the horizontal bars of a simple ladder. If a rung is damaged, it can be replaced.
- It has a railing with an intermediate slat.
- Easy assembly, transport and storage – can be folded flat.

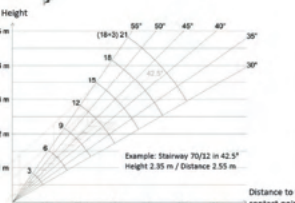
-  4610 x 800 x 100 mm
-  148 kg
-  Steel / HDG
-  EN 12811



Description
 The modular Vivatec Stairway 70/15 is the safe replacement of a ladder on construction sites. It is easy to combine, produced in accordance with the respective norms and can be crane-operated thanks to pre-assembled crane hooks. Thanks to the intelligent design the assembly effort is very low.

Each individual part of the stairway can conveniently be replaced in the event of damage.

To simplify transportation and storage the stairways can be folded flat. Even more complicated platform constructions can be carried out with the help of Vivatec stairways 70/15.





GOOD PRACTICE NO. 21: “SAFETY NETS – T SYSTEM”

COMPANY: FCC CONSTRUCTION DIVISION NORTHERN ZONE (CASTILE-LEON)

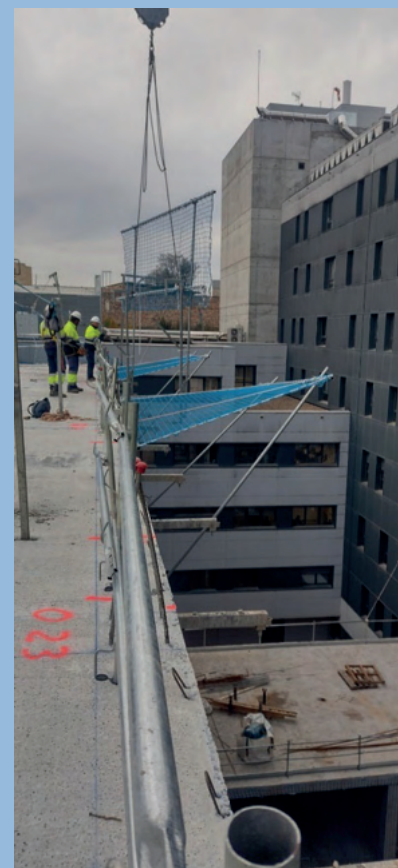
PROJECT: 2V74 SALAMANCA HOSPITAL

Description

Since the hospital helipad is close to the construction site, the approach and take-off manoeuvres of helicopters generate significant turbulence. As a result, V-type nets with a gallows system may collapse or move, with the consequent risk to workers, machinery or the aircraft due to the sail effect produced by the turbulence.

Good practice adopted

To protect against the risk of falls from a height at the edge of the floors, the south facade of block K from the 4th level onwards has been fitted with safety net trays using the Prometal T system due to their ideal behaviour against turbulence. The project’s characteristics allow for easy implementation (assembly at ground level and subsequent hoisting).



GOOD PRACTICE NO. 22: “HORIZONTAL AND VERTICAL PERIMETER PROTECTIONS IN UNDERPASS”
COMPANY: CONVENSA
PROJECT: 3Q84 CASTELLÓN – VINAROS JV

Description

After positioning the extension beams of the underpass, the installation of a system of horizontal and vertical perimeter protections is proposed, to thus include a work method that tries to minimize / avoid the risk of falling from a height for workers who carry out subsequent works on the extension of the railway platform for the underpass.

Good practice adopted

Horizontal perimeter protections have been installed, consisting of two net spans fixed to the beams using rings and tying rope. The elevated vertical nets are then installed using "L" type brackets with an anchor plate for fixing to the side of the abutment fins and braced with steel cable wrapping the entire structure longitudinally, forming a vertical screen on each side of the underpass. Additionally, the installation of mosquito netting has been planned to prevent small materials from falling.



GOOD PRACTICE NO. 23: “INSTALLATION OF SAFETY NETS ON METAL BRIDGE”

COMPANY: CONVENSA

PROJECT: 3R34 RIV OURENSE – MONFORTE JV

Description

To renew the track on the metal bridge over the Cabe River, it is necessary to remove sections of track in pairs and then place the new sleepers one by one, which means that workers are exposed to a risk of falling from a height that has been assessed as intolerable.

Good practice adopted

To eliminate this risk of falling from a height, in addition to lifelines for anchoring fall arrest harnesses, horizontal S-type safety nets are installed by a specialised company using a height positioning technique.

The safety nets cover the entire work area of the viaduct in overlapping sections measuring 5 m long by 10 m wide with 6 mm stitched rope.



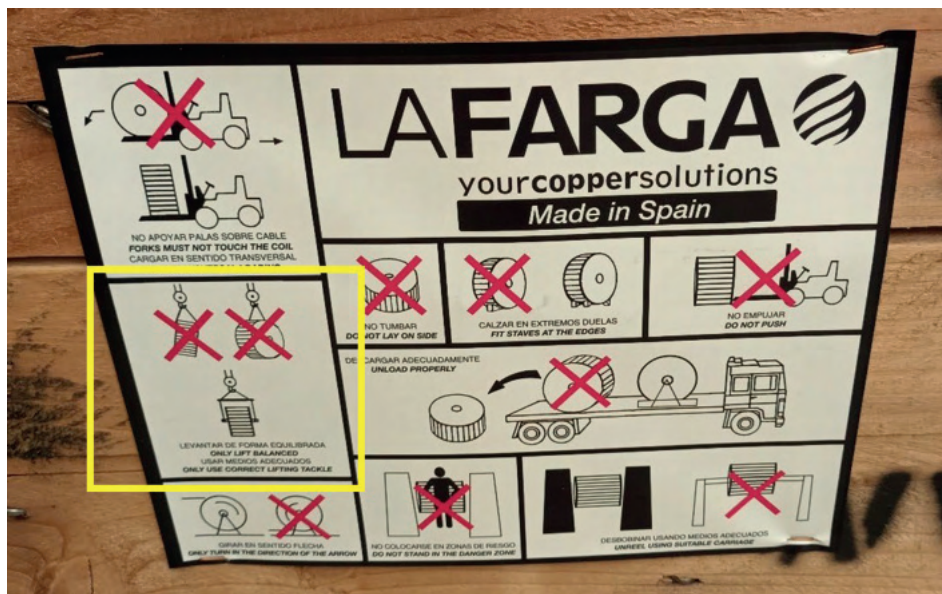
GOOD PRACTICE NO. 24: "LIFTING CABLE REELS WITH ATTACHMENT"
COMPANY: CONVENSA
PROJECT: 3T41 ELECTRIFICATION OF VALLADOLID EAST BYPASS JV

Description

The need arises to use an alternative method of lifting cable reels for the catenary instead of "hugging" the reels with slings, as advised against by their manufacturer.

Good practice adopted

The method for lifting and positioning the cable reels is changed by using the attachment recommended and approved by the manufacturer, which results in comfort and safety.



GOOD PRACTICE NO. 25: “HEATING MATS”
COMPANY: FCC CONSTRUCTION DIVISION - NORWAY
PROJECT: 3R07 SOTRA LINK CONS JV

Description

This good practice arises from the need to keep walkways and evacuation routes free of snow and ice (which can frequently occur in this project) and, consequently, minimise the risk of falls due to slipping.

Good practice adopted

The use of heating mats causes snow and ice to melt, making walkways and evacuation routes passable.



GOOD PRACTICE NO. 26: “INDEPENDENT PLATFORM FOR WORKERS TO CROSS”
COMPANY: FCC CONSTRUCTION DIVISION – NETHERLANDS
PROJECT: 3P14 VEENIX A9 BAHO

Description

In certain areas, there was a need for independent travel platforms for workers on foot as well as vehicles and machines.

Good practice adopted

Consequently, platforms for workers on foot have been placed, delimited by fencing, guaranteeing that vehicle and machine traffic does not disrupt the rest of the workers. The fencing is properly anchored to prevent it from overturning in strong winds.



