

The "Site-Ready" Master Checklist

Don't be the person who gets sent home at 8:01 AM because they forgot their boots.

1. The Legal & Admin Essentials

Before you even leave the house, ensure these are ticked off.

- CSCS Card: Physical card or the "CITB" app verification on your phone. No card, no access.
- Induction Details: Know exactly where the site office is and who your contact person is.
- Emergency Contact: Have a name and number written down (not just on a locked phone).
- Right to Work: If requested, a scan of your Passport or Birth Certificate.

2. PPE (Personal Protective Equipment)

Professionalism starts with looking the part. "Standard 5" is the bare minimum for UK sites:

- Safety Boots: Must be steel toe-capped (or composite) with mid-sole protection. No trainers.
- Hi-Vis: A clean vest or jacket. If it's covered in old plaster/mud, it's not reflective.
- Hard Hat: Check the "expiry date" inside the brim. If it's cracked or dropped, replace it.
- Gloves: Ideally "cut-resistant" palm-coated gloves for handling metal tracks or boards.
- Safety Glasses: Wraparound style to keep dust out during skimming or sanding.
- Ear Protection: Plugs or muffs for when the choppers start singing.

3. The "First-Day" Kit Bag

Even as an apprentice/work exp, having these shows you're serious:

- Tape Measure: 5m or 8m (with metric markings).
- Retractable Knife: With spare blades (and a safe way to dispose of old ones).
- Carpenter's Pencil: Or a fine-tip Sharpie.
- Small Notepad & Pen: To write down measurements and instructions so you don't have to ask twice.
- Refillable Water Bottle: Hydration is key, especially on those 14ft ceiling jobs.

4. Code of Conduct (The "Soft" Skills)

- The "Silent Phone" Policy: Your phone stays in your bag. If you're seen scrolling, you're seen as not working.
- Site Hours: If the start is 07:30, you are through the gate at 07:15.
- Manual Handling: Never lift a 2.4m board alone if you haven't been shown how. Save your back.
- Housekeeping: A tidy site is a safe site. If you have nothing to do, pick up a broom. You will be respected for it.

5. Nutrition & Energy

Construction burns 2x the calories of an office job.

- Breakfast: Eat before you arrive. Don't rely on a "monster and a Mars bar" at 10 AM.
- Lunch: A proper meal. Most sites have a microwave/kettle, but don't count on it.
- Sugar/Salt: Keep a packet of nuts or fruit for the mid-afternoon "slump."

✓ Summary for the 1st Site Day

Timing	Action
Night Before	Pack bag, charge phone, check weather (gear for rain/cold).
07:15 AM	Arrive at meeting point.
07:30-7:45 AM	Listen intently to the Toolbox Talk (Safety Briefing).
End of Day	Clean your tools, tidy your area, ask: "What time tomorrow?"

Be Alert. Work Safe, Home Safe. The [STRUCTURA](#) Way.