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IBB Polish Building Wholesale

IBB BUILDER MAGAZINE

ISSUE 5 (17) | MAY 2017

ISSN 2397-1363

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Passive House

ibb BUILDER MAGAZINE

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Dear Readers.

Inside this month's issue, you will find the extensive guide on the range of plasters and renders for various backgrounds, external or internal. Materials comparison and our proposal of cost estimations should give you the better understanding of the subject. If you will have any questions related to the construction technologies you are always welcome to pop into one of IBB branches for an expert advice.

The interesting content this month is about the Passive House. This construction concept is getting more popular in the UK. We will start the series of articles connected with Passive House technology and hopefully, this month's introductory text will give you the first insight. There is included the sustainability guide with tips on windows installation for better energy efficiency. Soon IBB Polish Building Wholesale is launching the doors and windows department, with the range of passive windows within the portfolio. Stay tuned for details.

Have you ever got involved in the fast track project delivery method? Do you know what provisions you should include in the contract to protect yourself from risks connected with the fast-track construction? Valuable tips in our builder's education section this month.

We got involved in iosh No Time to Lose campaign that is working to get the causes of occupational cancer more widely understood. The exposure to silica dust from brick, tiles, granite, concrete or mortar can cause cancer. Read about the proper respiratory protection and stay safe on site.

Moreover, read about digital cheques or duty to report on payment practices. We introduce you also with the Uniclass classification system and CITB assessor infrastructure programme. Learn how you can increase your chances of getting more work.

As I write, we are in the final countdown to this year's finals of the English Super 8 Division that will take place on the 6th and 7th May at the National Volleyball Centre in Kettering. IBB Polonia London aims to defend their title against Sheffield Hallam. We will be there to support them and invite you all to join us!

You can read IBB Builder anywhere, anytime and on any device! Enjoy this month's edition!

Magdalena Rosół
Editor

We are the winner ...

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CITB Assessor Infrastructure Project

The Construction Industry Training Board (CITB) has announced that it will fund a new 600,000 GBP scheme to increase the number of qualified on-site training assessors available across Great Britain.This in turn will increase the number of construction workers holding nationally recognised qualifications.

Apprenticeship and NVQ qualifications are common and lead to increased standards in the industry. On-site training assessments are targeted at construction workers who have the skills, experience and training but no formal qualifications. Assessors visit construction sites to confirm workers' skills and test their ability in the workplace and, if successful, award them a National Vocational Qualification (NVQ) or Scottish Vocational Qualification (SVQ).

The new programme comes following the results of research undertaken by CITB last year in which small and micro-sized construction firms highlighted an increasing need for on-site training assessors.

Richard Miller, Assessment & Verification Manager at CITB, commented: "Small and micro-sized firms have told us they need on-site training assessors to help qualify more construction workers across the UK. The Assessor Infrastructure project will give workers with the right skills and experience the opportunity to become qualified and get the recognition they deserve without being away from the job. CITB is committed to ensuring the construction industry has a fully qualified workforce that's competent to build the homes and infrastructure Great Britain needs."

Graham Warren, Asbestos Control and Abatement Division (ACAD) Manager at the Thermal Insulation Contractors Association (TICA), commented: "By our estimates, over 6,500 asbestos operatives and supervisors will require a National Vocational Qualification in the next five years. This funding from CITB will not only provide a real boost to assessor numbers and NVQ achievements, it also shows CITB is committed to proactively supporting the asbestos sector, which is invaluable."

(Source: CITB)

Digital Cheques

The UK is going to adopt an image-based cheque clearing system and from 30 October 2017 bank cheques will be cleared within one day. The Cheque and Credit Clearing Company (C&CCC) has announced the launch of an industry-wide image-based cheque clearing system that will speed up cheque processing significantly for customers across the UK. The waiting for five to six working days to get money will be cut down to just one day. Banks and building societies will individually decide when to launch the digital cheques but the whole industry shall be able to offer the service by the second half of 2018.

For customers, the new system will mean that if they pay in a cheque on a weekday they will be able to withdraw the funds by midnight on the next weekday (excluding bank holidays) at the latest.

Customers will still write cheques as they do today, and give or post them to recipients in exactly the same way as they always have. Cheque recipients will still be able to pay in cheques in the normal variety of ways, such as at a bank or building society, by post or at an ATM. This continuation of regular customer practice is particularly important for charities, which receive many donations via this payment method.

However, cheque imaging is also about providing more choice, and it means that some banks and building societies may offer their customers the additional option of paying-in an image of the cheque - by using a secure mobile banking app on their smartphone or tablet - rather than having to go to a bank to pay it in. Although this is likely to be a more convenient method for some, customers will still have the option of paying in cheques in exactly the same way as they do today, so there is absolutely no requirement for customers to use a smartphone or tablet to pay-in a cheque if they don't want to.

Currently, some banks including Barclays and Lloyds, offer the option to pay in cheques via pictures on their banking apps. However, this service is available only for cheques issued by customers of the same bank.

James Radford, Chief Executive Officer of the Cheque and Credit Clearing Company, said:

"These changes will put cheques firmly in the 21st century, delivering real and important benefits for the many individuals, charities and businesses that regularly use cheques. Not only will cheques clear faster but banks and building societies may offer their customers the option of paying in an image of a cheque rather than the paper cheque itself."

(Source: www.chequeandcredit.co.uk)

New Legislation:

Duty to Report on Payment Practices and Performance

Late payment is the fundamental problem for many businesses as it impacts the financial liquidity of the company what can adversely affect their ability to complete contracted projects, and in the worst scenarios lead to insolvency. Approximately 41.5bn payments are overdue to SMEs by large businesses.

In April 2017 the new legislation came into force that requires large companies to report on their payment practices, policies and performance every six months. Compliance is mandatory, and the payment-related information will be available publicly for the first time. Anyone will be able to access the latest data on:

- standard payment terms
- average time taken for a business to pay an invoice from the date of receipt
- percentage of invoices paid in 30 days or fewer
- the proportion of invoices which were not paid within agreed terms
- the proportion of invoices paid in 30 days or less; paid between 31 to 60 days; and paid beyond 60 days.
- the amount of late payment interest owned and paid
- dispute resolution methods
- the availability of e-invoicing
- membership of a Prompt Payment Code

Section 3 of the Small Business, Enterprise and Employment Act 2015 (and, for limited liability partnerships (LLPs), the Limited Liability Partnerships Act 2000), introduce a duty on the UK's largest companies and LLPs to report on a half-yearly basis on their payment practices, policies and performance for financial years beginning on or after 6 April 2017.

This new requirement will increase the transparency. The information must be published through an online government's service and will be available to all interested parties, especially small businesses so informed decision can be made who to trade with, negotiate better trade terms and challenge late payments.

The current size criteria for the reporting requirements relate to turnover, balance sheet total and an average number of employees:

- £36 million annual turnover
- £18 million balance sheet total
- 250 employees

The new legislation will reduce the fear of non- or late- payment for SMES, as the requirement to comply with reporting will put pressure on companies to avoid the long-term reputational damage. The Government also strengthen the importance of the Prompt Payment Code (more details in IBB Builder, March 2017 issue). Companies that have an excellent payment performance will benefit from this legislation as they could turn it into the marketing tool comparing themselves to poorly-performing competitors.

More details can be found here https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/587465/payment-practices-performance-reporting-requirements.pdf

Win More Work

There are numerous accreditation schemes available for the construction businesses and the need to obtain various accreditations can be costly and time consuming. By becoming assessed by Safety Schemes in Procurement (SSIP), the business satisfies the criteria for other SSIP members' schemes.

Safety Schemes in Procurement (SSIP) is an umbrella body recognised by the large numbers of buyers as it successfully assesses the contractors based on CDM 2015 Regulation and SSIP core criteria which are aligned to the Government-backed construction pre-qualification document PAS 91, what ensures consistency. It is easier for the contractor to obtain one accreditation rather than take part in several schemes, but at the same time, it gives freedom of choice regarding scheme supplier. SSIP is reducing the health and safety assessment costs and duplication while enabling cross-recognition between member schemes.

"SSIP assessments are all based on core criteria approved by the Health & Safety Executive (HSE). These core criteria describe what is required for a construction business to comply with basic health and safety law. The Core Criteria were originally published by HSE in Appendix 4 of the CDM 2007 Approved Code of Practice, and the SSIP Forum has adopted the Core Criteria, with our agreement, to become part of the SSIP Terms of Reference.

HSE's message for Clients, those who are procuring the services of suppliers to do construction work, is simple. HSE encourages Clients to accept a valid certification, based on an assessment by any of the SSIP Forum Member Schemes* as having met the Core Criteria, and Clients should not then require any further evidence at the prequalification stage."

Through an annual independent third-party audit, all SSIP accepted members' schemes demonstrate quality and standards. For instance, schemes approved by SSIP include amongst others:

- Constructionline
- Alcumus SafeContractor
- Contractors Health and Safety Assessment Scheme CHAS
- Exor H&S Qualified
- National House-Building Council (NHBC)-Safemark
- Safety Management Advisory Services
- Altius VA CDM Comply
- The Health & Safety Assessment Scheme
- British Standards Institution BSI
- NQA
- DNV Certification
- Build UK Group
- Health and Safety Executive HSE
- Construction Industry Council
- Electrical Contractors' Association

For full list of accepted schemes visit http://ssip.org.uk

If you are registered with one of the SSIP accepted schemes, then you can use this accreditation to gain membership with other SSIP member schemes without having to undergo duplicate applications. Alternatively, if you have been registered compliant with another SSIP member you can obtain registration with another scheme without any additional assessment via the Deem To Satisfy application.

(Source: SSIP)

Fast Track Construction

The fast track construction is the project delivery method that allows reducing the time of project completion. It is not a new approach of the project execution. It is typical for commercial projects where an investor wants to generate the income from the completed property as soon as possible. It is not unknown for residential projects too, for instance, demolition or pilling works can commence while the design of the upper construction is still in progress. However, fast track project delivery method can impose some constraints.

The conventional construction project commences when the design is completed, and all planning approvals are obtained. It takes more time to start works on site or finish such projects, but at the same time, the costs variations are minimised. In some cases, customers prioritise the completion date over the expenses. It is common for projects with a fixed deadline or when the completed project will generate the income, investment projects or emergency works.

How Fast Track Construction works?

The construction work or both construction work and design are overlapping (one begins before the other is completed) while in the traditional approach could not be started until plans are ready or previous works finished. In fast track approach the design work is done in instaltments, for example foundation, superstructure, and exterior walls. As soon as first drawings and works specification is ready, works can be undertaken while further planning and designing is proceeding. Also known as "phased construction," this project delivery method typically consists of a series of bid packages. Usually the construction works begins prior to the completion of drawings.

Where to be careful when opting for Fast Track project approach?

ERRORS and OMMISSIONS:

Often the design changes are made on site and such could require some of the construction works to be deconstructed. The errors in design or construction of one part influence the next one and generally any trial to reverse the wrongdoing will incure substantial costs either to contractor, client or both.

QUALITY:

Plans and drawings might be not compatible with the on-site situation, measurements, field conditions, infrastructure, etc. Construction projects are complex, and one part can influence the other. It is essential to be prepared for quick amendments in plans if necessary to avoid additional costs. Proper coordination of architects and contractors is a must. The consistency across the project is harder to achieve when building stages are out of sequence, but today's BIM collaborative working methods are minimising such issues.

PLANNING:

There is an increased risk of starting the project before all approvals are obtained for the whole design. Errors might not be caught quickly enough as the review time is limited. Sometimes particular works will have to be suspended in favour to other jobs due to lack of approvals etc. On the other hand the fast track approach leads to early construction expertise

VARIATIONS:

Clients often do not understand the dynamics and complexity of the construction projects. Variations, time extensions or works suspensions due to the lack of plans, errors in the specification might disappoint the client and cause misunderstandings. It is important to inform customers that during the project the additional approvals or changes in plans might be required due to discoveries on site etc. Fast tracking increases the likelihood of design revisions and change orders – with their resulting delays and costs. For architects and contractors, fast track approach often means increased risk, more liability, lower profits and a greater possibility of dispute.

AMMENDMENTS IN DOCUMENTS:

In fast track projects often client may decide and give the green light for contractors to change the method of construction, material or technology, works phase etc. or to instruct changes in drawings and specification without prior notice to contract administrator or contractor. It is to stay on track with the project delivery schedule but can lead to increased costs. Project contract should protect for unauthorised amendments in project documents.

COLLABORATION:

Advanced planning and collaboration are essential to complete the fast-track project successfully. It is important as architects and contractors must simultanously coordinate works and design. Effective collaboration will influence the construction schedules and sequences.

LABOUR COSTS:

Rising costs of materials and labour are driving the project costs. Fast track construction might cut some costs when properly planned and executed. Buying materials well in advance allow savings.

How to avoid problems arising from fast track project delivery method?

It is rather impossible. Construction projects are so complex that almost always some problems occur. It is all about the successful planning, risk assessment, management, communication and collaboration to resolve all issues without major increases in costs or delays. Prevention and client's education is essential. It is the client who has to understand and acknowledge the risks and potential liabilities when opting for fast track strategy. The customer has to be aware that changes to specification in the case of fast-track projects are unavoidable and might lead to increased costs and delays. What's more, the client has to understand that some finished works might have to be altered or reconstructed what also will increase cost and prolong the time of realisation.

It is recommended to get as many provisions related to the fast track method in the project's contract. Such document should describe the potential risks. The points below can be included in contract documents to provide some level of protection for the fast track project delivery:

- Acknowledgement about the fast-track project delivery method where design and construction work overlap and cannot be scheduled in 100% accuracy as in the conventional process.
- A statement that changes in plans, materials delivery times, project phases, completion might change and increase costs.
- Agreement by the client to waive all claims against the contractor for design changes and modification of work already constructed.
- Acknowledgement that contractor will not be held liable for costs arising out of the project changes.
- Agreement by the client to pay for all required amendments in the construction documents.
- Agree and include in the contract total the contingency amount, which will cover for the design and construction changes. Such clause will acknowledge that some changes are unavoidable due to omissions or inconsistencies in plans, drawings or spec, so the final cost of the project may exceed the estimated one. Reasonable contingency amount will be used if required to cover for such increases. Usually the contingency amount varies between 10-20% of the contract value.

BUILDER EDUCATION

Accidents are expensive:
Working with Subcontractors

Here is the brief guidance for anyone who employs subcontractors to carry out works on their behalf. Employers with more than five employees must have a written, up-to-date health and safety policy. Although the health and safety responsibility is mainly on the principal contractor, he can be liable for the actions of his subcontractors. It is, therefore, essential to have the subcontracting policy in place. Active management, communication and co-operation are needed on both sides as the principal contractor has a legal responsibility towards his subcontractors and they owe a responsibility too.

The main contractor has to ensure the subcontractor is competent to perform the task safely and without unacceptable risk to other employees, members of the public and any others on the site. It is to ensure that agreed standards will be in place and avoid accidents on site due to negligence or incompetence of a subcontractor.

The following tips should help you reduce the risk of health and safety related problems when subcontracting works.

1. WORK WITH ACCREDITED SUBCONTRACTORS - require valid accreditation from SSIP or any SSIP accepted member what will demonstrate that subcontractor has already been assessed and reduce your costs.

2. Request H&S Assessment Questionnaire - if the subcontractor is not accredited by any recognised body ask them to fulfil the health and safety assessment questionnaire in which they will outline their health and safety policy and procedures.

3. MONITOR SUPPLY CHAIN - ensure the subcontractors have the appropriate screening processes for their subcontractors. You can be liable for any issues that arise on your site, so being precautious is recommended.

4. RISK ASSESSMENT - before commencing work ensure the subcontractors completed the risk assessment, which is not a legal requirement but proves best practice. More about H&S Risk Assessment can be found here: www.hse.gov.uk/risk/index.htm

5. CONSTRUCTION PHASE PLAN - it is a legal requirement for the principal contractor to create the CPP and it has to ensure that all subcontractors are aware of it. As it gives an overview of the project and guidance on procedures. More about CCP can be found here:

6. SITE AUDITS and INSPECTIONS - when works commence, subcontractors should be regularly monitored until completion. It can be done by direct site supervision, clients feedback, ensuring subcontractors are following CPP, risk assessments and method statements.

7. CONFIRMATION of the Employers and Third Party Liability Insurance - require a proof of subcontractor insurance policy

8. REFERENCES - require the references from previous clients

9. WRITTEN AGREEMENT- writing the agreement can help to make each party's responsibilities clearer

Key points

- Signing in and out is important for all contractors.
- All contractors need a site contact.
- Provide them with information about the site – the hazards and risks, site rules, emergency procedures, the alarm, first-aid facilities, etc.
- Exchange information with them about the job and go through any safe working methods before work begins.

Law

If you manage contractors you need to be familiar with the requirements of the:

- Health and Safety at Work etc. Act 1974 (the HSW Act);
- Management of Health and Safety at Work Regulations 1999 (the Management Regulations);
- Construction (Design and Management) Regulations 2007 (CDM);
- Control of Substances Hazardous to Health Regulations 2002 (COSHH).

(Source: HSE)

This is an introductory guidance only, for more detailed information visit www.hse.gov.uk

DON'T BITE THE DUST

- Around **13,000 deaths** every year from occupational lung disease and cancer.
- Construction dust can cause **irreparable damage** to lungs and airways.
- Over **500 deaths** every year from exposure to **silica dust.**
- Around **4,000 deaths** every year from **COPD** due to past workplace exposures.

Source: iosh NTTL campaign www.notimetoloose.org.uk

WORK CANCER: THE FACTS

WHAT CAUSES CANCER AT WORK?

People are at risk of developing cancer if they are exposed to a carcinogen at work or particular work circumstances. Here are the 10 top causes of cancer deaths at work in the UK:

3,909 DEATHS
ASBESTOS
Although banned in many countries now, huge quantities still remain from original installation and pose risks when material is disturbed, for example during refurbishment, maintenance or demolition work

652 DEATHS
Diesel engine exhaust emissions – a range of different sectors using equipment from vehicles to generators

789 DEATHS
Respirable crystalline silica – commonly involved in block-cutting, stone-cutting, crushing, milling and drilling stonework

563 DEATHS
Mineral oils – used as lubricants by metal workers, machinists, engineers, in engine maintenance, and other activities, as well as in industries including printing, cosmetics and pharmaceuticals

231 DEATHS
Tetrachlorodibenzodioxin – found in certain herbicides, as well as in waste incineration, metal production, and fossil fuel and wood combustion

152 DEATHS
Welding fumes can contain carcinogenic compounds

184 DEATHS
Radon – exposure is often the result of working in environments with high levels of radon, especially cellars and storerooms

552 DEATHS
Certain types of shiftwork

249 DEATHS
Tobacco smoke (workplace exposures)

334 DEATHS
Painting and decorating products and activities

Top 10 causes of cancer deaths in the UK, attributable to occupational carcinogens in 2005.
Source: The burden of occupational cancer in Great Britain (2012), Rushton *et al.*

Source: Extract from iosh "Work Cancer: The Facts" NTTL campaign www.notimetoloose.org.uk

02

Image: Health and Safety Executive

CLOUD CONTROL

Each year in Britain, 900 people get lung cancer after breathing in dust from materials such as stone, mortar and bricks.

You make silica dust when you do things like drill, saw, cut, sand or grind stone, concrete, slates, tiles, some plastic composites and many other materials. Tiny amounts of this fine dust can damage your lungs permanently.

- Use the on-tool ventilation device to keep the dust down – even for a quick job
- Wear a respirator if you've been asked to
- Tell your boss if there's a problem with any of the equipment

Don't breathe in dust – cut the risk of emphysema, silicosis and lung cancer

POL2738h/290216/PDF

WORKING TOGETHER TO BEAT OCCUPATIONAL CANCER

The Institution of Occupational Safety and Health is campaigning to stop thousands of untimely deaths to work-caused cancer – find out more at

www.notimetolose.org.uk

NO TIME TO LOSE

Source: iosh NTTL campaign www.notimetolose.org.uk

FACE-FIT TESTING

If the seal between the respirator and the wearer's face is not sufficient, contaminated air will pass through any gaps in the seal. A poor fitting respirator will reduce the level of protection it offers. Fit testing is a way to check that a respirator face-piece matches a person's facial features and seals sufficiently to their face.

WHAT FACTORS AFFECT FIT?

Faces vary widely in shape, size and proportions and it is unlikely that one particular model of respirator will fit everyone. Other factors affecting the fit are:

- Facial hair – wearers of tight fitting respirators should be clean shaven in the areas of contact with the respirator.
- Eyewear – both prescription spectacles and safety eyewear affect the fit and if worn, should be worn during a fit test.
- Jewellery – in the area of the face seal will probably need to be removed.

WHICH RESPIRATORS REQUIRE FIT TESTING?

Tight fitting respirators, including:

- Disposable Respirators.
- Reusable Half Masks.

WHO NEEDS FIT TESTING?

Anyone whose job requires the use of a tight fitting respirator, unless they are used for comfort only, when the level of exposure is below the Workplace Exposure Limit (WEL).

WHEN SHOULD FIT TESTING BE CONDUCTED?

Ideally when selecting tight fitting respirators, but most importantly before an individual wears the respirator in a hazardous environment. If an untested face-piece is already in use it should be fit tested as soon as possible. The test should be repeated at regular intervals or if:

- The wearer significantly changes weight.
- After major dental work or facial injury.
- A change in respirator type or size.

WHO SHOULD CONDUCT FIT TESTING?

Fit testing should be conducted by a competent person with adequate knowledge of fit testing and should have some practical experience. They could also be an accredited fit tester who has been tested by the "Fit2Fit RPE Fit Test Providers Accreditation Scheme".

For more information please visit:
www.fit2fit.org

fit2fit ACCREDITED RPE Fit Test Provider

SCAN TO SEE THE VIDEO
or view the video at:
http://bit.ly/Fit2Face

FACE-FIT TESTING KIT

Kit includes:

- 1 Hood
- 1 Collar
- 2 Nebulizer (1 Sensitivity, 1 Fit Test)
- 2 Bottles of solution (1 Sensitivity, 1 Fit Test)
- 1 Instruction manual
- 10 Test report forms

Face-fit testing can be used not only as a test method to ensure workers are properly protected, but also as a very effective way of training them in the correct way of fitting a mask. Dust and half masks commonly fail to do the job they are intended to do because of poor fitting and care by the user. The face-fit testing kit is suitable for disposable dust masks and halfmasks only.

Replacement fit test solution available

BPT050-000-000	Face fit test kit	Qty 1

Source: iosh NTTL campaign www.notimetolose.org.uk

BUILDER EDUCATION

Passivehaus is the German construction concept for energy efficient and sustainable buildings. The term ‘passive haus’ refers to a building that emits zero carbon emissions. The innovative and energy-saving residential or commercial buildings construction method is becoming more popular in the UK thanks to its affordability, environmental values and quality. It fits perfectly into the responsible approach to the building and the creation of the better-built environment. The demand for economically conscious houses is high and here is why.

Passive House

An Introduction


Günter Lang


Passivhaus Austria
Wohnhausanlage Uttendorfgasse, Wien, Austria


Christian Gauler

Passive House is built up to the highest technological standards combining advanced insulation systems, heat recovery ventilation, tightness and air filtration what leads to the reduced building's carbon footprint. Passive House does not require the conventional heating system. A major part of the heating demand is met through "passive" sources such as solar radiation or the waste heat from occupants and technical appliances. A Passive House thus consumes about 90 percent less heating energy than existing buildings and 75 percent less energy than an average new construction. Passive house is the performance wise building, with low running costs and high level of internal comfort.

The first Passive House in the world was built in Darmstadt-Kranichstein (Germany) 25 years ago by four private homeowners on their own personal initiative. In 1991, these terraced houses have been regarded as a pioneer project for the Passive House Standard. 25 years later, building physicists have attested to the unimpaired functioning of the first Passive House and its unchanged low heating energy consumption. With its newly installed photovoltaic system, the world's first Passive House now utilises renewable energy and received the Passive House Plus certificate for this reason.

"The Passive House concept is a sustainable and cost-optimal solution for the Nearly Zero Energy Building. Because it functions everywhere, it is an opportunity to implement climate protection objectives with a high level of living comfort at the same time", says Prof. Dr. Wolfgang Feist of the Passive House Institute (PHI).

The Passive House Institute was hosting the International Passive House Conference "Passive House for all" last month. Passive House buildings are now possible for all stages of life: from kindergartens, schools and universities to retirement homes. Energy efficient Passive House buildings impress with their comfort and consistently low energy demand. In addition, Passive House buildings are feasible with all construction methods, with all kinds of energy supply systems and for all budgets. The Passive House Standard can be achieved for new constructions as well as for retrofits. Moreover, from a global energy efficiency perspective, the fact that Passive House buildings work well in all climate zones including arctic and tropical climates, is very important.

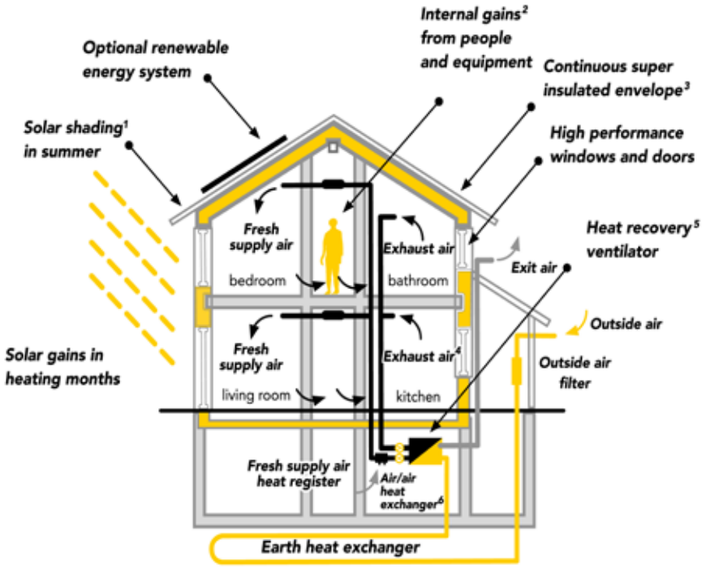
The Passive House uses the sun, internal heat sources and heat recovery systems, so the traditional heating is not required. In summer months the passive cooling techniques, for instance, shading is used to keep the house cool. The warmth inside or heat outside is achieved thanks to the highly insulated walls, roof, floor slab and special energy efficient windows. Ventilation supplies quality air.

The energy efficient Passive House building standard has proven to be successful throughout the world. The types of building constructed to the Passive House standard have also become more diverse.

"The Passive House concept is a sustainable and cost-optimal solution for the Nearly Zero Energy Building. Because it functions everywhere, it is an opportunity to implement climate protection objectives with a high level of living comfort at the same time. The associated added value is attractive especially for small and medium-sized businesses", explains Dr. Wolfgang Feist, Director of the Institute.

The Passive House Institute (PHI) has defined quality criteria for the Passive House Standard. Buildings that achieve these criteria are Certified Passive Houses. Certification is carried out by the Passive House Institute or via a Passive House Institute accredited Building Certifier. The Passive House Standard can be combined well with on-site renewable energy generation. Since April 2015, the new building classes "Passive House Plus" and "Passive House Premium" have been available for this supply concept. The first buildings to be certified in these two categories include both private houses and office buildings.

Passive House Diagram



Passive House Performance Requirements (for detailed criteria, please see the Passipedia (www.passipedia.org))	
The Space Heating Energy Demand	not to exceed 15 kWh per square meter of net living space (treated floor area) per year or 10 W per square meter peak demand.
The Space Cooling Energy Demand	not to exceed 15 kWh per square meter of net living space (treated floor area) per year or 10 W per square meter peak demand.
The Renewable Primary Energy Demand	not to exceed 15 kWh per square meter of net living space (treated floor area) per year or 10 W per square meter peak demand.
Airtightness	a maximum of 0.6 air changes per hour at 50 Pascals pressure (ACH50), as verified with an onsite pressure test (in both pressurized and depressurized states).
Thermal Comfort	must be met for all living areas during winter as well as in summer, with not more than 10 % of the hours in a given year over 25 °C.

(Source: Passive House Institute www.passivehouse.com)

Passive House buildings are planned, optimised and verified with the Passive House Planning Package (PHPP). All of the above criteria are achieved through intelligent design and implementation of the 5 Passive House principles: thermal bridge free design, superior windows, ventilation with heat recovery, quality insulation and airtight construction.

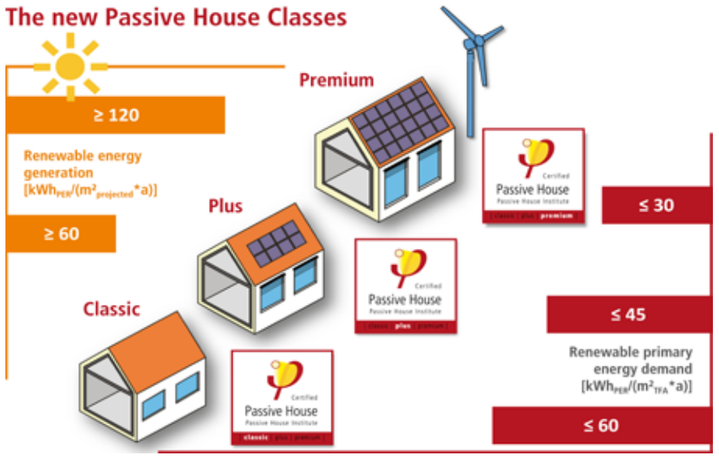
The following components' values (see table below) should not be exceeded to achieve the Passivhaus certification.

Passive Houses are highly innovative and excellent quality projects, so the investment costs tend to be higher than in the traditional construction mainly due to higher planning, designing costs and costs of technologically advanced components. However, when combining investments costs with the running costs over a building's lifecycle, the initial costs are compensated.

Information on projects certified as Passive houses can be found on the Passive House Database at www.passivehouse-database.org

In our sustainability guide every month we will include information for those interested in the passive house construction.

Windows and doors are the weakest part of a building's thermal performance. Zero Carbon Hub prepared the illustrated guidance to build the energy efficient homes. It is designated for traditional masonry construction of new homes and extensions.The presented chapters are about the windows installation to reduce cold bridging, increase air tightness and energy efficiency.



Source: www.passivehouse.com

Design Component	Limiting value
Walls, Roof, Floor (U-values)*	≤0.15 (W/m²K)
Glazing unit	≤0.8 (W/m²K
Installed glazing	≤0.85 (W/m²K)
Doors	≤0.8 (W/m²K)
Infiltration (ach-1)	≤0.6 @ n_{50}
Thermal bridging (linear ψ value)	≤0.01 (W/mK)
MVHR coefficient (η HR)	≥0.75
Ventilation electric limit	0.45 Wh/m³
Appliances	High efficiency recommended
Lighting	High efficiency recommended
On site renewables	No requirementbut SHW typical

(Source: BRE. www.passivhaus.org.uk)

please note opaque U-values are only recommended targets and are not critical to certification

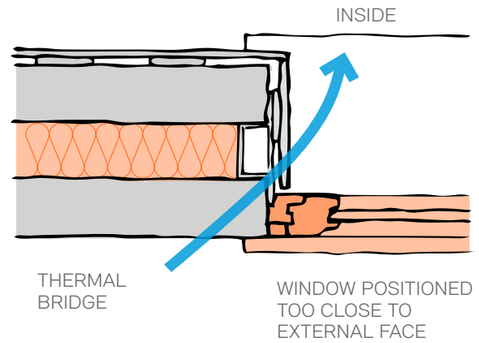
Christian Gauler

WINDOW INSTALLATION 9.0

PROBLEM TO AVOID

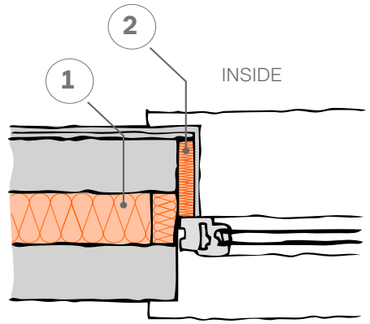
WINDOWS INSTALLED FORWARD OF DESIGN POSITION

NO OVERLAP OF WINDOW AND CAVITY

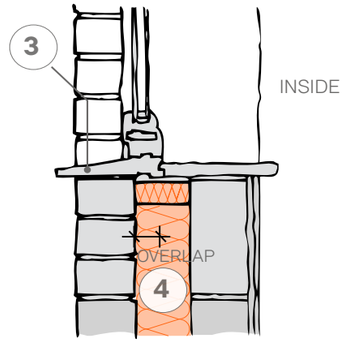


WHAT TO DO?

- Close the cavity with tightly packed insulation (1)
- Insulation to window reveal (2)
- Window fitter to provide cill to suit set back of frame (3)
- Less than 10mm tolerance between window frame and structural opening
- Overlap frame with cavity as much as possible - minimum 30mm (4)
- Check trickle vent sizes as design
- Use continuous cavity closer



PLAN



WINDOW CILL

GOOD PRACTICE

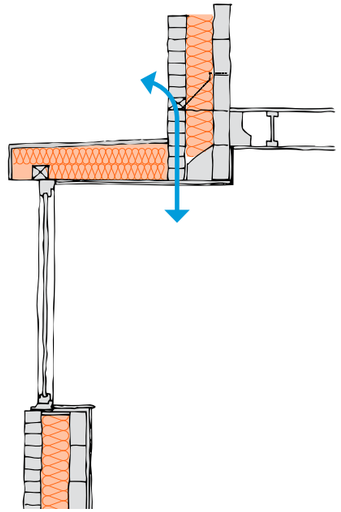
A large overlap with cavity will improve thermal performance. For improved airtightness, use air barrier tapes between the window/door and structure

Extract from Zero Carbon Hub publication

BAY WINDOWS 10.0

PROBLEM TO AVOID — COLD BRIDGING

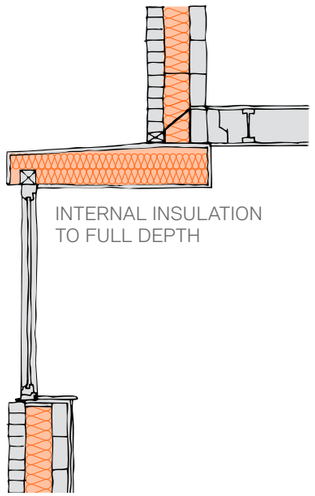
THICK FRAME AND POSTS INCREASES HEAT LOSS



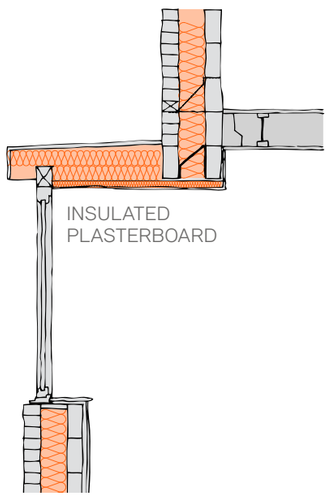
WHAT TO DO?

- Reduce cold bridges of steel or concrete or timber through insulation layer
- Continuous insulation inside
- Less than 10mm tolerance between window frame and opening

OPTION 1



OPTION 2

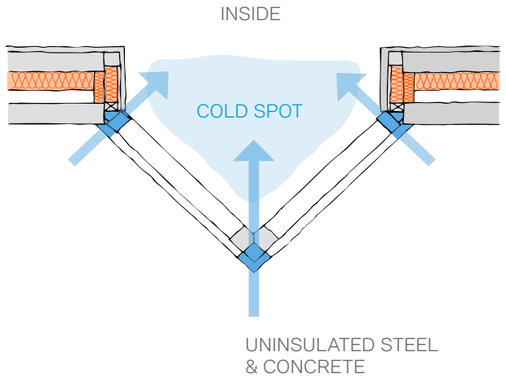


GOOD PRACTICE — Continuous insulation throughout bay window

PROJECTING WINDOWS 11.0

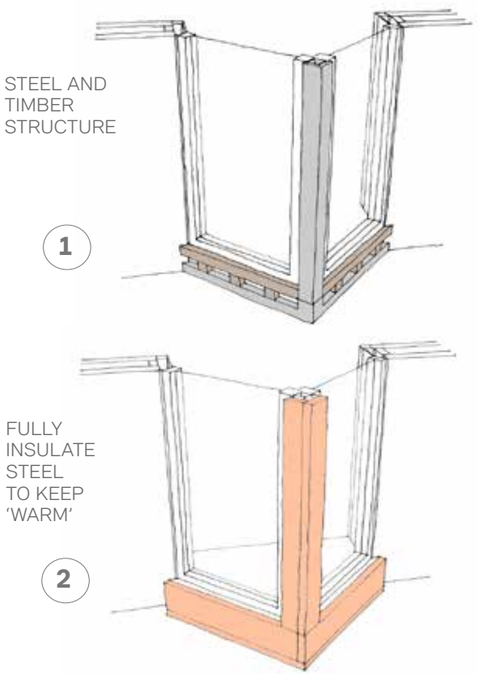
PROBLEM TO AVOID — COLD BRIDGING

CONTINUOUS STEEL CREATES COLD BRIDGE



WHAT TO DO?

- Reduce thermal bridges of steel, concrete or timber through insulation layer
- Install continuous insulation outside structure
- If GRP structure, ensure sufficient thickness of continuous insulation as design
- Wrap insulation around steelwork
- Install thermal laminate plasterboard to inside face



GOOD PRACTICE — Design to wrap structure with insulation

Wide range of products
uPVC, aluminium and timber products with wide range of accessories.

Advanced technology
modern and innovative machine park.

Trustworthy company
one of the most experienced producers of uPVC, aluminium and timber windows in Poland.

Friendly practices
flexible delivery service, well-motivated staff.

Own logistic
our lorries fulfill Euro 6 standard - additionally equipped with powered forklift trucks.

Experienced panel of experts
we are ready to provide support and assistance at each stage of order processing.

Competitive prices
solid sales growth results enable to provide best prices for our clients.

Quality standards
the company holds all necessary approvals and certificates, including the ISO 9001 quality management certificate.

mil **700** produced windows

3300 employees

33 countries to which we deliver windows

240 transport vehicles

5500 customers and business partners

mil **73** m^2 production area

Selling points

- Wide range of products - uPVC joinery, timber, ALU and complementary accessories
- Fast delivery - own logistics, as few in the industry, we supply products in 7 days
- High quality of products - certifications and approvals include ISO and CE
- Advanced technology - modern and innovative machinery
- Cooperation with reputable suppliers - production based on most reputable suppliers (MACO, G-U, ALUPLAST, SALAMANDER, ALUPROF, GLASSOLUTIONS, SOMFY)
- Own logistics - a modern transport fleet fulfilling EURO 6 standard, additionally equipped with forklift trucks
- Experienced panel of experts - ready to support and help at every stage of implementation, they speak more than nine languages
- Competitive pricing - large volume sales, low prices from suppliers, reasonably priced final product
- Guarantee of quality - effective and efficient warranty service

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Currently, the sign of its fast development is its sales network which includes partners in Poland as well as foreign customers. Products are exported, among others, to France, Belgium, Holland, Germany, Austria, Switzerland, Italy, Luxembourg, the Czech Republic, Slovakia, Slovenia, Serbia and Greece.

IBB Polish Building Wholesale launches Doors & Windows department

AVAILABLE SOON

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For Doors & Windows Enquiries please contact us at sales@ibb.pl

Plasters
& Renders Selection

This guidance is on internal and external plasters (renders). There is a range of choice. Consider the different types of plaster or render depending on the background surface and the desired finish.

Internal plasters 1

External plasters 2

Internal plasters

Internal plasters 1

Undercoat plasters

Bonding - it is a gypsum based undercoat plaster for low suction backgrounds like tiling, dense concrete blocks, engineering bricks, concrete, plasterboad surfaces. An "undercoat" means one coat or base coat applied on a wall to prepare it for a top coat or finish plaster. It cannot be used on the absorbent surfaces. Latex SBR adhesive can be applied before bonding plaster.

Thistle BondingCoat - Undercoat plaster for most smooth or low suction backgrounds. Ideal base coat plaster for smooth or low suction backgrounds such as tiling, concrete, plasterboard or surfaces treated with Thistle Bond-It. Coverage based on 11mm thickness. Supplied in full pallets only on non-returnable wooden pallets.

Hardwall

It is a gypsum based undercoat plaster used for more absorbent surfaces (most masonry) than bonding. It offers a higher impact resistance and quicker drying. It is the most common type of undercoat plaster. With a final coat of Multi-Finish, it provides a smooth, inert, high quality surface to internal walls. The combination has superior impact resistance, earlier surface drying, a higher than normal resistance to efflorescence, and gives a durable base for the application of decorative finishes. Thistle Hardwall is a lightweight, retarded hemihydrate, pre-mixed gypsum plaster, incorporating special aggregates and additives, requiring only the addition of clean water to prepare it for use. It is suitable for application by hand or by plaster projection machine.

Thistle HardWall - Undercoat plaster for most smooth or low suction backgrounds. With high impact resistance and a quick drying surface this plaster is suitable for most masonry backgrounds such as common bricks, medium-density and aircrete blocks. Suitable for application by hand or mechanical plastering machines. Coverage based on 11mm thickness. Supplied in full pallets only on non-returnable wooden pallets.

Multifinish

It can be used as the undercoat plaster for masonry walls.

Use fiberglass mesh to avoid cracks

For the reinforced layer (base coat) installation – to be embedded in the adhesive layer during installation of thermal insulation systems both with polystyrene and mineral wool. Element of external wall insulation systems - covered with Domestic Approvals (AT) and European Technical Approvals (ETA). Flexible lattice made from special woven glass-fibre strands offering incredible strength when embedded into wet base coat plaster or render. Very light and easy to cut. Very economical and waste free material. No special equipment necessary.

Multifinish

Multifinish is a top coat plaster which is suitable for plasterboard surfaces. It can be used as a finishing plaster.

Thistle MultiFinish - It is the most versatile finish coat plaster and it provides a plaster skim finish on most common backgrounds including undercoat plasters and plasterboard as well as smooth concrete.

It can be used on most suction surfaces. Suitable for application by hand or mechanical plastering machines. Coverage based on 2mm thickness. It is the perfect choice for plasterers working on both undercoats and board backgrounds on the same job. Its flexibility also makes it an ideal choice for small repair jobs and patching.

Helpful TIPS

- **Undercoat plasters are usually 11mm thick and most finish coat plasters are 2mm thick.**
- **For rough surfaces and bad walls use bonding or hardwall first, followed by 2 coats of multifinish.**
- **One Coat Plaster is perfect for patching and applications on plasterboards.**
- **Tiles should not be applied directly to thistle undercoats, with the exception of Thistle Dri-Coat.**
- **Use flatness guide (6 or 10mm). Special profiling and perforation makes it easier to work on the execution of plastering work inside the building and the optimal selection of the thickness of the plaster.**

One Coat Plaster

One Coat plaster can be used on various surfaces. It is ideal for filling larger holes and patching. It can be built up to a thickness of 25mm, coverage thickness is of 11mm. It gives the ideal smooth finish if applied on plasterboards. It provides the white surface for the decoration finish- painting, wall papering etc.

Knauf MP75 Projection Plaster

Knauf MP75 is a one-coat plaster specifically designed for machine application. It can be applied up to 20mm thick in one application. Suitable for use directly onto blockwork, uneven in-situ concrete or thin joint blockwork, Knauf MP75 has a drying time of 3-4 hours and provides a tough and durable smooth white surface ready to receive a decorative finish. When machine applied, Knauf MP75 offers excellent productivity and is up to 3 times faster than traditional plastering methods. Knauf MP75 is also suitable to be hand applied.

	Application	The background surface
Bonding	for smooth and low suction backgroudns	medium denisity blocks, dense blocks, engineering bricks with raked joints, plasterboard & multiboard, cast in situ, pre cast concrete, painted or tiled surfaces, metal lathing
Hardwall	high impact resistance for most masonry surfaces	aircrete blocks, common bricks, medium density blocks, dense blocks, metal lathing
Multifinish	for skim finishing undercoats and plasterboards	dry undercoats, damp undercoats, plasterboard, flat smooth concrete
One Coat	for hand and spray application to most backgroudns	aircrete blocks, common bricks, medium denisity blocks, dense blocks, engineering bricks with raked joints, plasterboard & multiboard, cast in situ, pre cast concrete, painted or tiled surfaces, metal lathing

Source: Thistle Plaster Selector Guide

External Plasters - Renders

External Plasters - Renders

2

Sand and Cement Render

Sand and Cement Render is the traditional external rendering method. It is cheap, easy to apply and durable, but not waterproof so usually finished with paint. Additives such as lime or plasticiser are used to enhance the flexibility and durability of the render.

- *A typical mix is cement: sand + water*
- *1 part cement: 4 parts sharp sand: 1 part water + plasticiser*

The ingredients should be thoroughly mixed before adding water. Do not use a fine sand to avoid cracks. If the mix is too thick, it will be tough to apply and to achieve a smooth finish. If the mix is too thin, it will go on smoothly on the surface but then drop off. Also, over plasticising, a render mix will weaken it.

The render is mixed in a cement mixer, wheelbarrow or on the hard flat surface of a concrete slab. It is recommended to mix up only the amount of render for 30-40 minutes work. The render should be similar in the consistency of a soft putty and should stick to the float when it is up-side down.

STEP 1 **STEP 2** **STEP 3** **STEP 4**

The application should be on free from dust and debris- clean background surface.

Clean the wall with a brush before proceeding. To achieve the required coat's thickness the wooden battens or flatness guide can be helpful.

Blockwork or brickwork tends to be very absorbent, so sometimes it is recommended to splash it with water before coat application. Layers of render are applied on to the wall with the steel float until the desired thickness is achieved. Then use the metal level to screed off the render using the swing motion. Trowel smooth with the steel float. Render should be applied in two coats. The first layer should not exceed 15mm thickness and the second layer should be 5-7mm. The first coat should be slightly stronger than the second one. Ideally, the coating thickness should be 8 -10 mm.

If more than one coat is applied, each coat needs to dry for about 3 to 7 days. Adequate curing is essential to allow the strength of the render to develop. Rendering should be done in the temperatures not exceeding 25 C degrees. The dried render coat has to be scourged to achieve the appropriate surface for the next coat application to bond.

Rendering must no bridge the DPC.

There are multiple render finishes, for instance:

- smooth trowel finish - achieved by skimming the final coat with a float
- pattern finish- made by adding textures into the surface
- textured finish- made by adding coarser aggregate into the final coat
- sponge finish - sponging the hardened surface with a damp sponge achieves a sponge textured finish
- roughcast finish - throwing the final coat onto the surface gives a roughcast finish

Sand and Cement Render

ATLAS REKORD
white, cement-based finishing coat

Description

Smooths the surface of walls – the use of aggregate with a diameter of 0.2 mm makes it possible to obtain a very smooth surface. Enables smoothing the thin-coat structural plasters – laid on either traditional plasters or on thermal insulation layers (is not an element of thermal insulation systems).Improves the quality of damaged cement-based and cement-lime plasters and of concrete substrates.

The main characteristics

white cement - based, for finishing walls and ceilings, for typical mineral substrates, contains fine aggregate – up to 0.2 mm, reinforced with microfibres

The main parameters

- compressive strength: 3.5 ÷ 7.5 N/mm
- consumption: 1.5 kg/1m for 1mm thickness
- layer thickness: 1 - 10mm

ATLAS REKORD GREY
grey, cement - based finishing coat

Description

Improves the quality of damaged cement-based and cement-lime plasters and of concrete substrates. Smooths the surface of walls – the use of aggregate with a diameter of 0.2 mm makes it possible to obtain a very smooth surface. Recommended for damp rooms such as kitchens, laundries, bathrooms and swimming pools.

The main characteristics

- for ceilings and walls made of bricks, hollow bricks and concrete plastering
- plastered walls evening up
- for damp rooms
- reinforced with microfibres
- layer thickness from 1 up to 10 mm

The main parameters

- compressive strength: 3.5 ÷ 7.5 N/mm
- consumption: 1.0 kg/1m for 1mm thickness
- layer thickness: 1 - 10 mm

CEKOL C35
white smooth cement based external plaster

Features:

CEKOL C-35 is a high quality material used for smoothing and refining of external walls (façades) of buildings, but it can also be used internally, particularly in rooms exposed to high humidity (e.g. bathrooms, saunas, refrigerated chambers).

Properties:

CEKOL C-35 is an elastic, frost and water proof plaster. It is a dry mixture of high quality white cement, white mineral fillers and modified substances which guarantee excellent workability and adhesion to mineral bases (e.g. concrete, bricks). CEKOL C-35 does not contain toxic substances or components which turn yellow when exposed to atmospheric conditions. It is an excellent primer for emulsion, acrylic, gloss and mineral paints, where its white colour provides better coverage for paint so to help achieve a full colour effect.

Base preparation:

The plaster has an excellent adhesion to concrete, bricks, ceramist blocks, plasterboards and blocks. The surface being adhered to must be flat, dry, clean and free from dust, grease and paint prior to plastering to ensure a good bond.

NOTE: Strongly absorbable bases should be primed with CEKOL DL-80 priming emulsion.

Application:

Pour the package contents to water in the proportion of 0.35 litre of water for 1 kg of dry powder and mix thoroughly until a uniform thick mixture is obtained. Then wait 3 minutes and mix thoroughly again. Apply the plaster to previously prepared surface with clean stainless steel or plastic tools. After preliminary setting of the material, small finishing corrections of the surface are possible. It is recommended to apply layers not thicker than 5 mm at a time. Painting is possible after plaster is fully set. In order to reduce paint wastages, set CEKOL C-35 surface should be primed with CEKOL DL-80 priming emulsion or primer recommended by the paint manufacture. Layer of fresh plaster should be protected against excessive drying.

Plastering & rendering

1

Quotation for 100sqm wall finishing with MultiFinish reinforced with fibreglass mesh

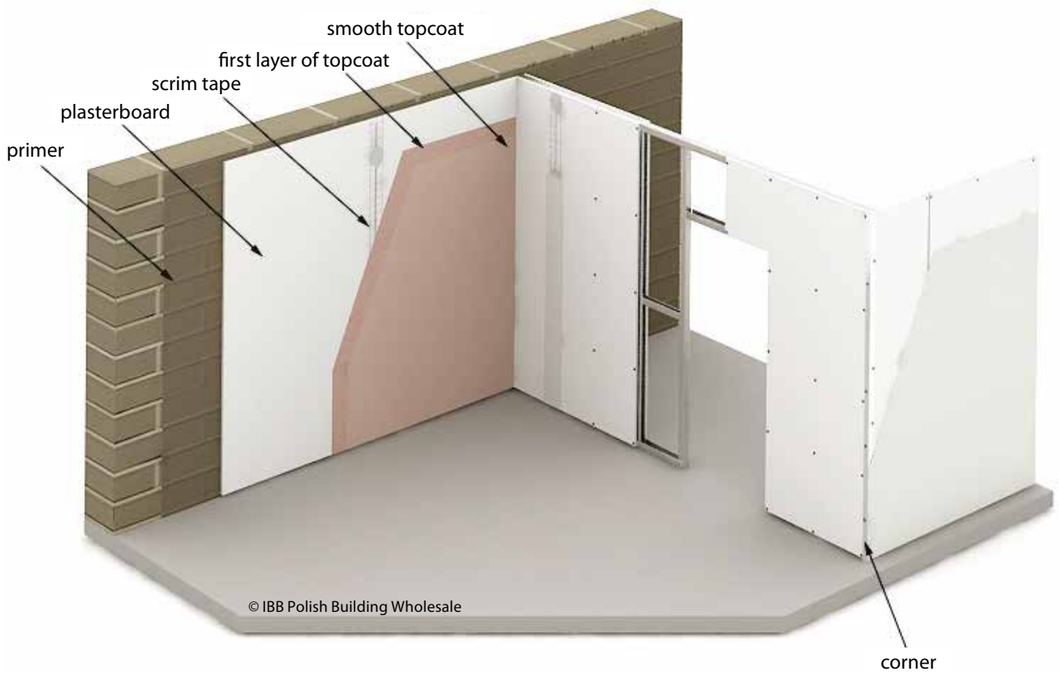
- priming before plasering for better adhesion
- applying coat of MultiFinish
- reinforcing with fibreglass mesh
- fibreglass mesh should be totally embedded in plaster coat
- skimming

MATERIALS

Materials usage for finishing 100sqm wall surface

No	Material	Code/dim	Picture	Usage	Price* excl. VAT unit	Usage for 100 sqm	Cost* excl. VAT	Cost* incl. VAT
1	Primer	Contracors PVA 5ltr		0.05 bucket/sqm	£7.08	5.00 buckets	£35.40	£42.48
2	Fibreglass mesh	145g roll		0.65 sqm/sqm	£0.65	110.00 sqm	£71.50	£85.80
3	Plaster	MultiFinish 25kg		0.10 bag/sqm	£8.25	10.00 bags	£82.50	£99.00
Total							£189.40	£227.28

* all products available at IBB; prices before discounts



LABOUR

Labour – finishing 100 sqm wall surface

No	Description	Labour per unit	Q-ty	Labour [lh]
1	Priming	0.12 lh/sqm	100.00 sqm	12.00
2	Plastering with MultiFinish	0.56 lh/sqm	100.00 sqm	56.00
3	Reinforcing plaster with fibreglass mesh	0.086 lh/sqm	100.00 sqm	8.60
				76.60

Labour TOTAL

No	Description	Labour [labour hours]	Company rate* excl. VAT	Cost excl. VAT	Cost incl. VAT
1	Labour	76.60	£27.00	£2,068.20	£2,481.84

* gross company rate vary depending on net company rate, overheads, profit margin

Cost of 100sqm wall finishing with MultiFinish reinforced with fibreglass mesh (M + L = 189.40 + 2,068.20 = 2,257.60 net) - 22.58 net / sqm

2

Quotation for 100smq External Wall Sand Cement Render

MATERIALS

Materials usage for finishing 100sqm wall surface

No	Name	Features	Dimension	Weight (kg)	Price (unit)	Qty	unit	Total
1	Portland cement	Cement	Cement	25kg	£3.40	17	bag	£56.10
2	Rinsed sand	Sharp washed sand	Sharp washed sand	25kg	£2.25	43	bag	£95.62
3	Priming emulsion	Aval KT 17	bucket= 5kg	5l	£12.92	3	bucket	£38.76
4	Plasticiser	Liquid mortar plasticiser	bucket= 5kg	5l	£3.29	2	bucket	£6.58
						Total net:		£197.06
						Vat:		£39.41
						Total gross:		£236.47

* all products available at IBB; prices before discounts

MATERIALS

Materials usage for finishing 100sqm wall surface

No	Name	Rate	Qty	(unit)	Cost	aC/sC	Profit	Total
1	Plasterer	£14.00	35	lh	£491.40	£196.56	£206.39	£894.35
2	Plasterer mate	£9.00	14	lh	£123.30	£49.32	£51.79	£224.41
						Total net:		£1118.76
						Vat:		£223.75
						Total gross:		£1342.51

* all products available at IBB; prices before discounts

Attention!

Our norms and rates should be taken as a guide only and there are no obligations for anybody to adhere to them. You have to take sole responsibility and apply your own rates to your quotations. Cost of materials can vary from prices shown. We cannot accept any responsibility for anyone using this information – you must make your own checks.

IBB SPONSOR activity

IBB Polonia London

The Volleyball England Cup returns to IBB Polonia London

The pinnacle of the matches played on Saturday 1st April 2017 at the National Volleyball Centre in Kettering was the Cup Final between IBB Polonia London and Sheffield Hallam. The result was 3:1 (21:25; 25:21; 25:14; 25:22) in favour of the team from West London. Retaining the cup proved that after a good few barren years, that the cup really deserved its home at IBB Polonia London.

– Winning the trophy for the second consecutive year, is a dream come true. We are a team with European aspirations, and so we have to prove our domination in our domestic competitions. I am also delighted with the approach by the opposition; a group of promising young Brits. I think that the work by the players, coaching staff and the support systems at The Club are working perfectly at the moment, and we can optimistically look forward at our plans for the future. We are building a powerhouse of volleyball in England and hope to inspire Great Britain to fall in love with volleyball. – commented IBB Polonia London President, Bartek Luszcz.

The level of the sport didn't disappoint the watching spectators. They certainly couldn't say there was no emotion! The game was of a very high standard and was appropriate for the Cup Final. Both teams played very well. The MVP of the match was Team Captain of IBB Polonia London, Marius Ciortea who caused huge problems to the opposition throughout the encounter.

– I am delighted my work was recognised and I was awarded MVP. – said Captain Marius Ciortea. – I am even more pleased that we were able to defend the title. The match wasn't the easiest as the opposition was tough and so our whole squad should be applauded. We have all worked very hard to defend the title. I want to thank the fans who have supported us this season and those who came to the match at the weekend.

The season has not finished yet. IBB Polonia London are waiting for the playoffs section of the season. Following on from the historical results in the CEV Challenge Cup, they still have the Super 8 title to fight for. The semi finals of the Super 8 will take place on 22-23 April at Brentford Fountain Leisure centre; London TW8 0HJ. They have already made press release about the reinforcements that are imminent, with the arrival of a current World Champion Krzysztof Ignaczak. ***Tickets are available on www.polonia.eventbrite.co.uk***

IBB Polonia London to play in the Super 8 Finals again

On the 22nd-23rd April, in the home venue of IBB Polonia London, the semifinals of the Super 8 division took place. The win was rewarded with a place in the finals of the most prestigious competition in the UK. In both matches, the visitors were outclassed by the home team. On Saturday Wessex lost in straight sets 3-0 (25:17, 25:23, 25:18). On Sunday, the team from Bournemouth managed to put up a little more fight winning the first set. However their efforts were short-lived, as the rest of the match went in favour of IBB Polonia London, with the home team winning 3-1 (18:25, 25:17, 25:19; 25:21).

– The weekend games were quite variable. On Saturday, Wessex approached the match in a very relaxed manner; this strategy clearly failed, as we beat them convincingly. As a consequence, our players became too unfocussed going into the Sunday game: and this gave Wessex the edge at the start. They even managed to win the first set, as it took us a while to get going properly. After the initial loss, tactically we stepped it up and the players performed at an appropriate level. I'm really pleased about how it went. I also want to congratulate the opposition who played their part in a great spectacle. Thanks also to our amazing official Supporters Club and the general public who were amazing. Thanks very much for your support. See you at the finals.– said Piotr Graban, Head Coach of IBB Polonia London.

Despite the London Marathon taking place, our fans didn't let us down. We counted approximately 800 spectators over the two days. The hall was full of emotion and the level of the game was high; the presence of the World Champion Krzysztof Ignaczak was spectacular and the donation of the beautiful cakes by our sponsor The Polish bakery (Wembley) was gratefully received by all. So we have one step left this season: the finals weekend. The winners of the Knockout Cup will not be resting on our laurels. Training starts again tonight and the next two weeks will be intense.

– We have in front of us the most important matches of the season. We have two weeks to prepare in training. We defended the Knockout Cup and we want to repeat this by defending our League title. – said Captain of IBB Polonia London, Marius Ciortea.

The finals of the English Super 8 Division take place on the 6th and 7th May at the National Volleyball Centre in Kettering. IBB Polonia London aim to defend their title against Sheffield Hallam. The team from the north of England beat Team Northumbria in the golden set and secured their place in the finals as a result.

– We wish to invite all fans to Kettering. I am sure there will be some amazing volleyball to watch; lots of action and emotions on court! We guarantee the highest level of volleyball that is possible in the UK. The presence of Krzysztof Ignaczak, a current World Champion, is sure to bring hordes of volleyball aficionados to watch the legend in action. It will definitely be worth coming and joining in with our own loyal supporters to witness our journey to defend our title. – commented IBB Polonia London President, Bartek Luszcz.

More information can be found relating to tickets and the finals themselves on www.volleyballengland.org and also our own IBB Polonia London Facebook page.

Steve Smith

Krzysztof Ignaczak's plans for IBB Polonia London

IBB Polonia London never ceases to amaze this season. After the spectacular results in the CEV Challenge Cup, they would like to announce that the very popular "Igla" has signed as a player for The Club. In English "The Needle" which is a corruption of his last name, reflects the accuracy with which he has always played during his career. The news of the spectacular transfer echoed around the world of sport. Krzysztof Ignaczak himself isn't concealing that he always dreamt of playing abroad. He writes about his role in the team, the supporters and his relationship with the English Super 8 league.

IBB Polonia London

Is the transfer of such a legend of volleyball to IBB Polonia London and for such a short time, sufficient to help build English volleyball?

Polish people taught Italians how to play volleyball. We would also like to help English people to develop in the same direction. Both I and President Luszcz would like the English league to progress and strengthen. Volleyball is still an amateur sport, but Brits want the best level of sport on a grand scale. Introducing one player isn't enough to transform things in such a manner, but it could be the catalyst. If we could bring a few stars of the sport, the level would improve. One visit to London is not enough, but I am sure there may be more. I anticipate being a regular traveller between Rzeszow and London.

So are we to anticipate a long-term relationship between yourself and the club?

I would like this to develop into a long-term relationship, but both sides must be in agreement. I like the openness with which President Luszcz has been thinking and how he has been seeking a solution to improve the British perspective towards volleyball. The development of the sport is a very interesting project which I would like to add to my list of tasks. Our sport has a massive potential in the UK and we want to open the eyes of the population. I will eagerly share my knowledge, my experience, my ideas, and not only on court.

So this time, you will actually play as receiver, and not libber?

My position has not yet been finalised. It is all up for discussion with the coach, but we will see how it goes during training and where I can help. I am joining the team, but I don't want to take anybody's position on court.

Helping on court is one thing, but the club is also hoping for some PR work. Will you have time to meet the supporters, sponsors and leaders in the sport in the UK?

I will have some time in London between training and matches. I have agreed with the President and Coach that I am at their disposal. If they would like to organise some meetings, to introduce me to somebody, to show somebody how our sport works, they can count on me. It's one reason why I have come to London. I have already met the Consul General and the headquarters of the main sponsors IBB.

Will the home venue be full to the brim for the matches that you will play in?

I know what the aims are for the playoffs and I feel confident that it can be achieved. The fans are very interested with my arrival and the semi finals will be a great chance to fill the hall. The finals will be played in a bigger hall. I hope that with the help of the media promoting the events, Polish and British fans will come and support both teams.

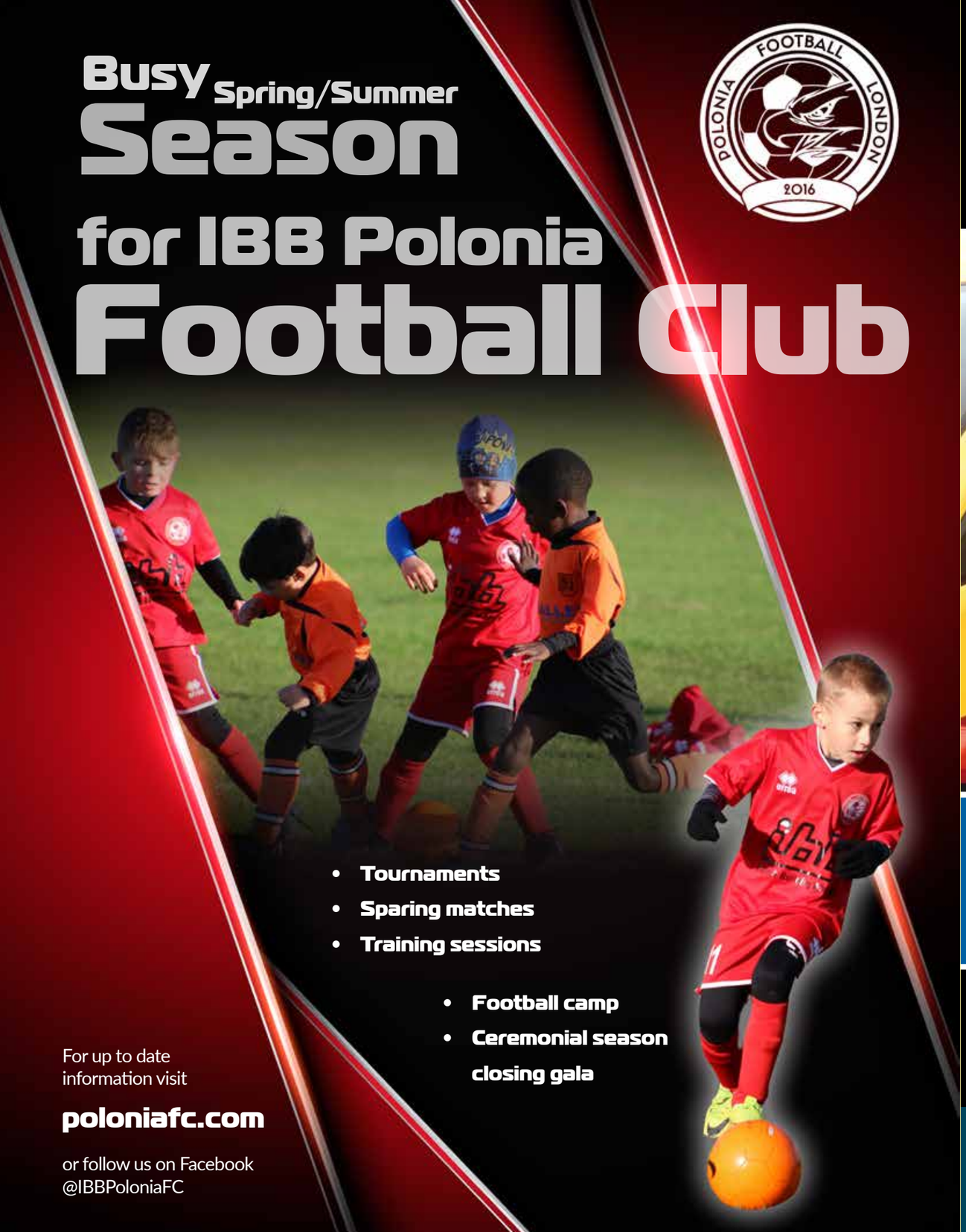
In the English league, the number of fans is fewer than in Poland, but they are very loud. Are you counting on support from the stands?

Everything that the fans do is a massive help and I look forward to seeing and hearing what they do in London! I love the support. I became convinced of this over nine seasons in Rzeszow in Poland. Their spectators are one of the largest in number, not on in Poland, but in the World. I am sure the fans here will be just as vocal.

The semi finals of the playoffs in England between IBB Polonia London and Wessex take place over the 22/23rd of April 2017 at the Fountain Leisure Centre (TW8 0HJ) in Brentford. The team, with Krzysztof Ignaczak in the squad, will be competing for another National title. Last year, the team won everything there was on offer, including the Super 8 title and the National Cup. The importance of the matches will increase the numbers of spectators and the emotions in the sports-hall. Tickets are available from www.polonia.eventbrite.co.uk

Krzysztof Ignaczak was born in 1978; he is a reigning World Champion, ex-European Champion and winner of the Champions League. For most of his career he played as libero, but he will restart his volleyball career as receiver. He is one of the most popular sportspeople in Poland.

Busy Spring/Summer Season for IBB Polonia Football Club



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Real Madrid vs Barcelona – El Clasico

Real Madrid lost 2-3 with Barcelona during one of the greatest El Clasico at Santagio Beranbeu. Casemiro scored first for Madrid before Messi and Rakitic put Barcelona in front. Madrid play wth 10-men after Sergi Ramos was shown a red card but substitute Rodriguez earn them a point. At 92nd minute Lionel Messi scored his 500th goal and 31st La Liga goal of the season. The win brought Barcelona back to the top of La Liga.

Champions League – Quarter-finals

Barcelona 0 – 0 Juventus

Juventus reached the semi-finals after defensive game at the Camp Nou. Barcelona will miss the Champions League semi-finals for the second successive season. They have tried everything to break that defensive wall led by Giorgio Chiellini and Leonardo Bonucci but still Juventus did not let them score. They showed the best defensive record in the competition gaining revenge for their defeat in the 2015 Champions League final.

Real Madrid 4 – 2 Bayern Munich

Real Madrid reached the last four of the Champions League after scoring 4 goals over 10-man Bayern (6-3 on aggregate). Referee decision takes centre stage as Arturo Vidal was incorrectly sent off near the end of normal time. Cristiano Ronaldo scored the hat-trick and became the first player to score 100 goals in Champions League.

FA Cup 2017 – Semi finals

Arsenal 2 – 1 Manchester City

Alexis Sanchez's goal at 11th minute of extra time secured Arsenal an FA Cup final with Chelsea. Arsene Wenger is aiming for the 7th win while Manchester City manager Pep Guardiola will end season without the trophy for the first time in his coaching career.

Steven Gerrard appointed by Liverpool as a manager for U18

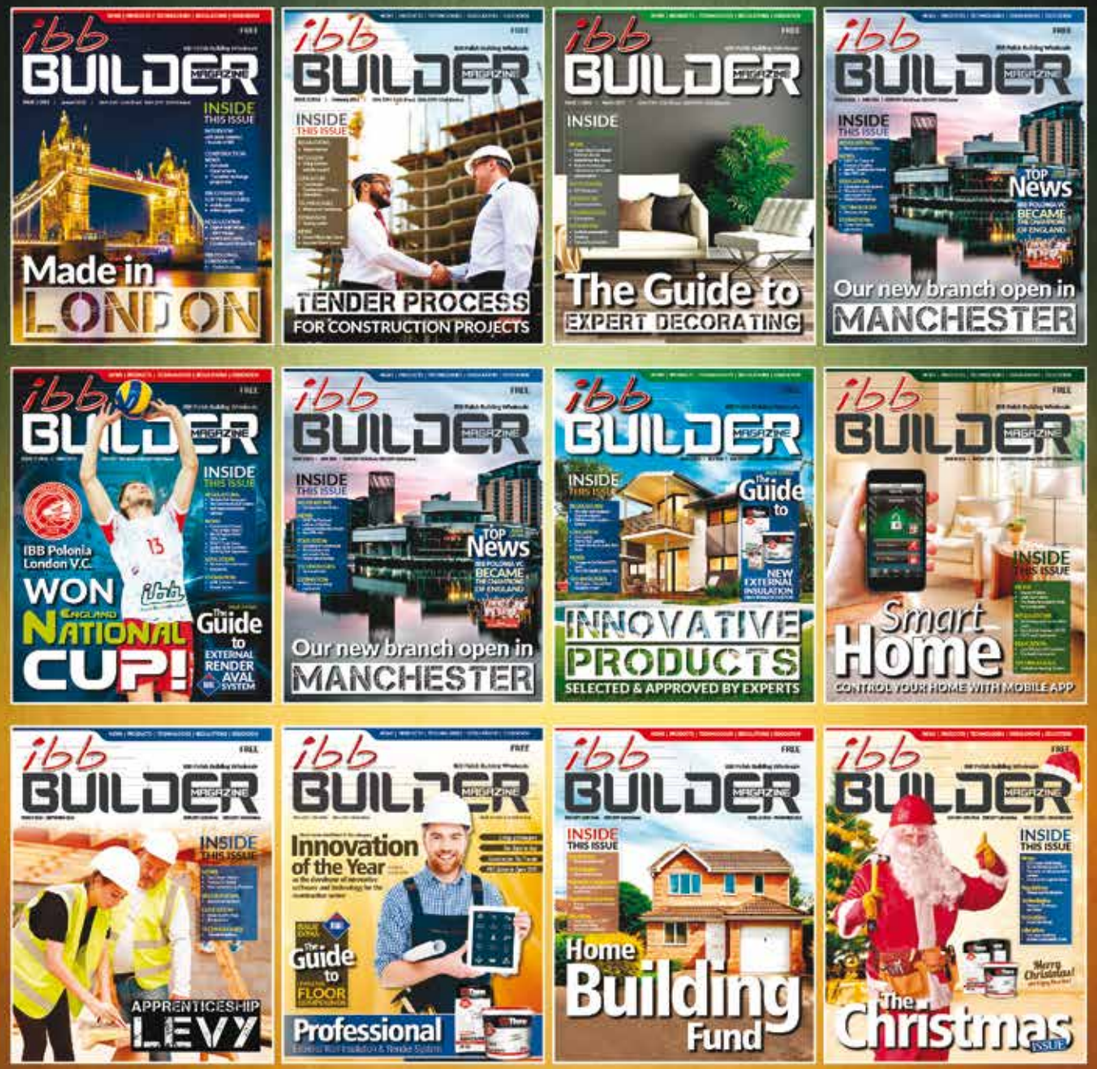
The ex-England captain returned to Anfield as a youth coach in February 2017 after his retirement from playing last year.. He now replaced Neil Critchley as a manager of Under-18s. Gerrard plans to help in transition of young players to professionals.

Premier League

Manchester City 0 – 0 Manchester United

Marouane Fellani received his third Premier League red card and second for Manchester United who fought goalless with Manchester City at Etihad Stadium. The match left their hopes of extending the gap in the top four.

No	TEAM	GD	PTS	unit
1	Chelsea	33	40	78
2	Tottenham	33	47	74
3	Liverpool	34	28	66
4	Man City	33	28	65
5	Man Utd	33	26	64
6	Arsenal	32	24	60
7	Everton	34	23	58
8	West Brom	33	-3	44
9	Southampton	32	-5	40
10	Watford	33	-17	40



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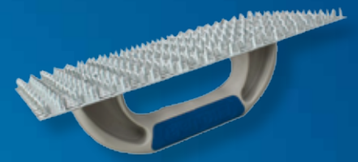
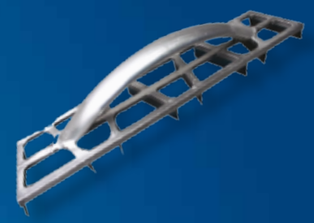
Tools

Spiral mortar mixer
1209, 70*400mm
£3.10 net
(RP £5.17 net)
1204, 600*140mm
£3.15 net
(RP £5.25 net)



Plaster scraper
1418, 130*275mm
£4.00 net
(RP £6.67 net)



Plaster scraper
1402, 90*450mm
£8.25 net
(RP £13.75 net)

Cellular concrete blocks scraper
1730, 100*450mm
£10.00 net
(RP £16.66 net)

Construction screen
eye 6*6mm
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(RP £37.92 net)

Shovel PROFI 3780
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(RP £11.58 net)

Apparatus for decorative plaster 1622
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Stainless steel trowel 0807
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(RP £8.75 net)

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65ltr
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(RP £8.25 net)

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(RP £57.50 net)

Internal gypsum based plasters

Thistle Multi Finish, final coat
bag 25kg
£4.55 net
SPECIAL PRICE

Fibreglass mesh for reinforcing plaster
white, 145g/m2, roll 50sqm
£19.50 net
(RP £32.50 net)

Izonil waterproof plaster
bag 25kg
£16.75 net
(RP £27.92 net)

One coat plaster Knauf MP75 L
bag 30kg, up to 20mm thick
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(RP £11.58 net)

Thistle Bonding Coat, base coat
bag 25kg
£6.15 net
SPECIAL PRICE

External ready-mixed cement based plasters

Cekol C-35 white smooth render, easy to sand
bag 25kg
£10.75 net
(RP £17.92 net)

Atlas Record, white smooth render, hard
bag 25kg
£12.75 net
(RP £21.25 net)

Cermit PS, dotted thin coat finish
bag 25kg
£10.75 net
(RP £17.92 net)

Sand and cement mortars

Cement
bag 25kg
£2.99 net
SPECIAL PRICE

Plastering sand IBB
bag 25kg
£1.35 net
(RP £2.25 net)

Sharp sand IBB
bag 25kg
£1.74 net
(RP £2.90 net)

Liquid mortar plasticiser
bucket 5ltr
£1.97 net
(RP £3.29 net)

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Enviroseal Masonry water repellent
5ltr bucket
£12.45 net
(RP £20.75 net)

Silstrop AVAL
1ltr tin
£6.25 net
(RP £10.42 net)
5ltr tin
£24.50 net
(RP £45.83 net)

SBR Latex, waterproof additive
5ltr bucket
£11.00 net
(RP £18.33 net)

AVAL KT 17, deep penetrating primer
5ltr bucket
£7.75 net
(RP £12.92 net)

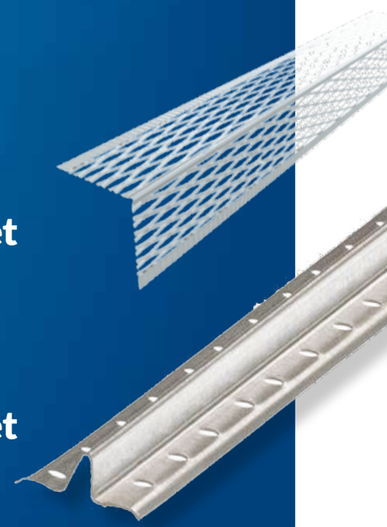
Accessories

Steel corner for render

36mm/2.5m	36mm/3m	50mm/2.5m	50mm/3.0m
£1.00 net	**£1.30 net**	**£1.25 net**	**£1.49 net**
(RP £1.66 net)	(RP £2.16 net)	(RP £2.08 net)	(RP £2.49 net)

Steel slat for render

6*2500mm	6*3000mm	10*2500mm	10*3000mm
£0.90 net	**£1.20 net**	**£1.10 net**	**£1.45 net**
(RP £1.50 net)	(RP £2.00 net)	(RP £1.83 net)	(RP £2.42 net)



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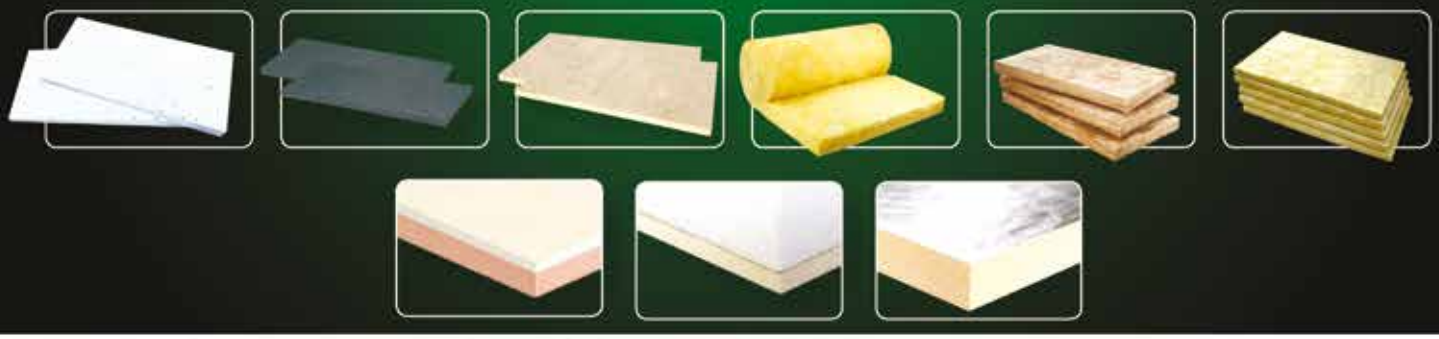

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