The Sifton West 5 Project is a large multi-use development in the west end of London, Ontario. Sifton’s vision is to create a sustainable community that provides commercial space, residential living and green space, all in one location. Mixing in parks, walkways, and trails amongst 450,000 ft² (41,800 m²) of commercial space and over 2,000 residences, this energy efficient endeavor will be the first of its kind in the London area.

Middlesex Concrete Forming, Ltd., based out of Kerwood, Ontario, has been awarded the formwork subcontract for the medical building. With decades of experience, Middlesex has been a leading contractor for complex formwork solutions. Martin Habib and his team have been routine users of EFCO’s equipment, citing the reduced time, labor costs, and engineering support as the driving factors in choosing a formwork system.

For this project, Middlesex was tasked with forming two stairwells requiring six lifts and one elevator core requiring 7 lifts, which were to be erected ahead of the structural steel. The typical lift was 13'-10" (4.2 m) in height.

Middlesex elected to use the EFCO PLATE GIRDER® wall forming system with the Retractable Stripping Corner, a recent addition to EFCO’s product line. In a matter of minutes, Middlesex was able to strip the inside box using only one worker and fly it to the ground for cleaning and oiling in a single crane pick.

Middlesex is also the subcontractor on the adjacent 10-story apartment building in the West 5 Development. EFCO and Middlesex have since renewed their partnership utilizing a similar solution on that project after seeing the firsthand benefits of EFCO’s Retractable Stripping Corner.

**SUPER STUD® JUMP SYSTEM**

Site Superintendent, Joe Luis, and his crew fully adhered to the project schedule with a seven-day cycle time for each core. Because of the large abundance of wall plates on the outside faces of the cores, Middlesex elected to set the outside forms first and utilize a full perimeter SUPER STUD® jump system to accommodate wind bracing and access. A Flipper Lock access platform was provided inside the core for tying the reinforcement, which was also easily removed during the installation of pre-cast stairs.

**SUPER PLATE GIRDER®**

With EFCO’s SUPER PLATE GIRDER, EFCO continues to design superior self-spanning forming solutions. No other product comes close!

**DURABLE**
- EFCO’s SUPER PLATE GIRDER builds upon the legacy of the classic PLATE GIRDER’s features and benefits:
- Precision built providing excellent alignment of form joints
- Self-spanning capability
- Large gang crane handling without the need for stiffbacks, walers, and aligners.
- Easily climb the form using the upturned leg of the rib when installing it horizontally like in column and wall forming applications
- Modular design offers versatility and flexibility when combined with standard accessories

**STRONG**
- A minimum of twice the moment carrying capacity of classic PLATE GIRDER no larger, longer spans can be created
- On average it has two times the pour pressure rating of classic PLATE GIRDER so the pour rate can be increased

These EFCO features and benefits provide you with the best value and lowest in-place concrete costs.

**STAIRWELLS AND ELEVATOR CORES**

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**QUICK CYCLING**

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**LEADING CONTRACTOR**

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**BENEFITS SEEN FIRSTHAND**

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