

A high-angle, night-time photograph of a large industrial building, likely a warehouse or distribution center, illuminated by warm yellow lights. The building has a brick facade and a gabled roof. A blue 'fit out' logo is visible on the side of the building. In the foreground, a wet parking lot reflects the lights. Several white vans are parked in the lot, some with 'FIT OUT' branding. In the background, other industrial buildings and city lights are visible under a dark, cloudy sky.

fit out

Fit Out (UK) Ltd
Integrated Project Delivery

Company Overview

Fit Out (UK) are a leading interior fit out contractor and logistics service provider working in the retail, leisure, commercial and residential sectors. Established in 2000, we operate throughout the UK with offices in London and Sheffield.

Our 80,000 sqft design, manufacture and pre-assembly facility helps to mitigate storage and delivery restrictions, whilst providing a convenient prototyping space for design development and equipment sign-off.

Our in-house delivery model provides a streamlined programme, design and manufacturing solution, enabling our project teams to maximise installation efficiency whilst never compromising on quality.

Long-standing partnerships with Lloyd's Bank, PureGym, Sainsbury's, Argos, Tesco and Westfield are testament to our ability to deliver to a consistently high standard over a sustained period of time, supported by our robust financial standing.



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Self Delivery Model

By employing and training a large workforce of highly qualified and skilled operatives complemented by our in-house design teams and off-site manufacturing and logistics facility, we have developed a unique operating model that reduces exposure to supply chain risk and enables us to control cost and delivery whilst achieving a high standard of finish.

PRINCIPAL CONTRACTING

WAREHOUSING

TRANSPORT - 24/7 OPERATION

ESTABLISHED SUPPLY CHAIN

WASTE MANAGEMENT

MECHANICAL & ELECTRICAL

CONCEPT & TECHNICAL DESIGN

JOINERY & METAL FABRICATION

POWDER COATING

SOLID SURFACE FABRICATION

EQUIPMENT ASSEMBLY

DIRECT WORKFORCE

Design

The background image shows a modern office space. In the foreground, there is a curved desk made of light-colored wood slats. On the desk, two computer monitors are positioned, each with a black office chair in front of it. The desk is illuminated from below with a soft blue light. The wall behind the desk is a mix of white and blue panels. To the right, there is a wall with horizontal wood slats. The ceiling has exposed pipes and track lighting.

Using the latest 3D CAD and BIM design software, we provide our clients with a fully visualised design concept which can be reproduced in our prototype facility for testing and approval prior to batch production or roll-out programme.

Our designers look for early project engagement with project architects and clients to facilitate greater innovation and value engineering opportunities.

Ensuring technical drawing sign-off milestones are met is also a crucial role for our design team, thus providing the necessary procurement and manufacturing time-lines to save both time and money, whilst maintaining the high standard of finish demanded by our Customers.

Our range of in-house capabilities include:

- Detailed concept design and visualisation
- Value engineering
- Prototyping
- Space planning
- Technical design

Manufacture

We offer the complete manufacturing solution for all types of interior fit out projects. Our 80,000 sqft joinery, metal fabrication and powder coating facility can produce bespoke items alongside high volume production.

Supported by MRP software, we are able to manufacture to demand, helping to reduce lead times and drive machine efficiency.

Adopting an integrated approach to design, value engineering and production means that we continually improve ways of working in order to reduce cost and improve service and quality for our clients.

Our plug-and-play assembly facility seamlessly extends our manufacturing capabilities, allowing us to deliver fully built components directly to site for quick and efficient installation. By employing this approach, we eliminate the need for complex on-site assembly whilst delivering on-time, on-budget and with minimum waste.

Asset Refurbishment

Our asset refurbishment strategy is cost-effective and sustainable. Refurbishing existing assets is often more economical than purchasing entirely new ones. This approach allows organisations to extend the lifespan of their current investments, reducing the need for large capital expenditures. The cost associated with acquiring new assets, which includes manufacturing, transportation, and disposal of old assets, can be significantly higher than refurbishing existing ones.

From a sustainability perspective, asset refurbishment contributes to resource conservation. It minimises the demand for raw materials and energy that would be required to manufacture new assets. By refurbishing existing equipment, organisations help decrease their overall carbon footprint and environmental impact.

Additionally, refurbishment reduces the amount of waste generated from discarded assets, promoting a more circular economy where materials are reused and recycled. Overall, the practice of asset refurbishment aligns with sustainable development goals by fostering responsible resource management and minimising the environmental burden associated with constant production and disposal.

Logistics

Operating in excess of 400,000 sq ft of warehousing space across our facilities in London, Sheffield and Doncaster; strategically located for major road and rail freight networks. Our state-of-the-art tracking and delivery systems allow us to provide an exceptional 24/7 service to our clients.

Providing a full consolidation and reverse logistics strategy where multiple supplier deliveries can be accepted into our facilities and then sequenced and dispatched to match on-site demand and space availability. Our deliveries are consolidated to minimise the number of deliveries to site, while maximising cost efficiency and carbon reduction.

Our just-in-time (JIT) delivery strategy focuses on delivering equipment without excess inventory or storage. We work closely with our manufacturing facility, consolidation centres and supply change to synchronise production schedules, minimising waste and reducing carrying costs. This lean approach allows us to operate more efficiently, respond quickly to fluctuations in demand and maintain a streamlined supply chain.



Installation

Our professional and experienced direct labour force are key to our unique integrated delivery model.

By maintaining direct control over crucial work packages, we assume full responsibility for delivery, cost, and quality.

Supported by our industry-leading manufacturing and logistics facilities, we ensure a quick and efficient installation process, mitigating disruptions and averting costly programme delays.

With this approach, we prioritise customer satisfaction, offering a seamless, fast-track experience that sets us apart in the industry.

Sustainability - Key Initiatives

Waste management



ZERO
waste to landfill

- Zero waste to landfill (99% recycled, 1% energy recovery)
- Decrease in waste intensity by >20% since 2021/22

Our long-term goal is to create zero avoidable construction waste. This starts from the tender stage, working with clients to consider resource efficient and modern methods of design, manufacture and installation.

We continually engage with our suppliers to encourage the use of reusable packaging and use closed loop recycling systems. Each year, at least 100 tonnes of wood waste is diverted to our biomass burner to heat our premises during the winter.

Business travel



68%
reduction in travel

- 68% reduction in distance travelled during 2022/23

To encourage more sustainable business travel, we have installed nine 7KW vehicle charging points across two operating centres for employees and visitors to use. It is hoped this will help encourage and facilitate a greater adoption of low-emission hybrid and electric vehicles.

We have also reduced the amount of business travel undertaken by air, rail and sea (calculated in absolute terms when considering turnover) by 68% in 2022/23 versus 2021/22.

Resource efficiency



26%
reduction in packaging

- Packaging usage decreased by 26% per £1 million of turnover

We monitored and measured current amounts of packaging and office supplies purchased over a 12-month period and set actions and targets for their reduction. Our water consumption has increased this year in line with a return to normal operations and fuller office occupancy. Packaging consumption remains consistent with our turnover, and we reuse approx. 90% of the total boxes we purchase. We have reduced our plastic packaging by weight to 7% (from 50%) and continue to trial plant-based alternatives to reduce our dependency on plastic.

Energy consumption



100%
renewable electricity

- 100% renewable electricity from Opus Energy
- Electricity consumption decreased 8% in 2022/23

The reduction in our energy usage was driven by a rationalisation in storage premises, as well as investment in energy saving features at our London facility, including LED lighting, sensors and roller shutters, a review of open and close times and increased staff awareness.

We also invested in our building fabric in 2021 and replaced our roof, enabling us to install new skylights, high-spec insulation and complete a feasibility study for a full solar PV array with battery storage, with a view to install during 2024.

Transportation



10%
less diesel consumption

- Diesel consumption decreased 10% in 2022/23
- All HGVs and LVCs are Euro 6 compliant

Decarbonising our fleet is a key priority. Fit Out purchased its first electric HGV in 2020 and we continue to invest in our existing fleet to improve performance. This includes acquiring double-deck trailers, decreasing fuel consumption via an increased carrying capacity of 35%.

To improve fuel efficiency further, we meticulously adhere to best practices, keeping tyre pressures correct, revs in the optimum band whenever possible, accelerating and braking correctly, using engine/exhaust braking, and stopping the engine when stationary.

Procurement



65%
less gas usage

- Brought powder coating process in-house (Resulted in 65% reduction in gas usage)
- FSC and PEFC certified

To reduce emissions associated with outsourced processes, Fit Out invested in a state-of-the-art gas-powered powder coating line. This has facilitated a 65% reduction in gas use, 100% powder recovery rate, 25% increase in fixture recovery and total elimination of contaminated waste.

We are also committed to purchasing timber from certified and sustainable sources, providing full traceability of any timber products to clients thanks to FSC and PEFC certification.

Case Study

Vape & Tobacco

Sainsbury's

Project:
Vape Counter Rollout Programme

Role:
Principal Contractor

Project Works:
From design to installation, we implement our full integrated project delivery solution on this fast paced UK programme.

Our specialist services include:

- Design
- Manufacture and assembly
- Delivery to store & installation
- Mechanical and electrical services including extra power and data points for lights and cash safes
- Removal of old units and recycling of waste
- 2 separate delivery hubs serving north and south

Duration:
5 months install period from October 2024 to March 2024

Case Study



Project:
UK Development Programme

Role:
Principal Contractor

Project Works:
Shopfront installation and interior fit out of a multi-project programme across the UK.

Our specialist services include:

- Interior fit out
- Mechanical & electrical services
- Fixture supply
- Mezzanine installation
- Lift installation
- Structural alterations
- Shopfront works

Duration:
Ongoing multi-project programme

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A blue square logo with the words "fit out" in white, lowercase, sans-serif font.

fit out

Case Study

WHSmith
EST 1792

Project:
Vape Cabinet Rollout

Role:
Specialist Sub-contractor

Project Works:
From design & development stage, collaborating with WHSmith to manufacture, pre-wire and deliver new concept vaping kiosks to their stores in European airport locations.

Our specialist services include:

- Prototyping
- UK manufacturing
- Pre-assembled and pre-wired units
- International delivery

Duration:
Ongoing multi-project programme

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WHSmith

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Case Study



Project:
Lloyds Bank Refresh

Role:
Principal Contractor

Project Works:
Out of hours in live working environments with strict security and access protocols.

Our specialist services include:

- Interior finishes
- Corporate branding & signage
- Mechanical and electrical services
- Furniture supply

Duration:
10 days

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LLOYDS BANK



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Case Study

Westfield

Project:
Food Court and Staff Area Fit Out

Role:
Specialist Sub-contractor

Project Works:
Fast paced fit out of shopping centre food court and staff areas.

Our specialist services included:

- Floor finishes
- Specialist dry-lining
- Ceiling works
- Bespoke joinery and metalwork
- Mechanical and electrical services

Duration:
8 weeks

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Case Study



ROYAL
OPERA
HOUSE

Project:
Visitor rest rooms

Role:
Specialist Sub-contractor

Project Works:
Working in a live sensitive built environment, we utilised real time noise and vibration equipment so works could be assessed and sequenced around the ROH rehearsal and performance schedule, whilst maintaining maximum productivity. Our designs incorporated their Grade 1 listed building status requirements.

Our specialist services included:

- Specialist dry-lining
- Architectural metalwork
- Specialist joinery
- Floor finishing
- Mechanical and electrical services

Duration:
16 weeks

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Case Study

Argos

Project:
Store-in-store Roll-out Programme

Role:
Principal Contractor

Project Works:
Full fit out of a 200 project installation programme across the UK.

Our specialist services included:

- Interior fit out
- Mechanical and electrical services
- Fixture supply

Duration:
200 project installation programme. Up to 12 stores on site simultaneously

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Case Study

SELFRIDGES & CO

Project:
Colleague Rest Rooms

Role:
Principal Contractor

Project Works:
Phased works, out of hours in live working environment, facilitating just-in-time scheduled deliveries.

Our specialist services included:

- Strip out
- Specialist dry-lining
- Specialist joinery
- Floor finishing
- Mechanical and electrical services

Duration:
14 weeks

Case Study

habitat

Project:
Shell Fit Out

Role:
Principal Contractor

Project Works:
Working alongside Habitat design team, we supported the delivery of their flagship store in the Westfield Shopping Centre, West London.

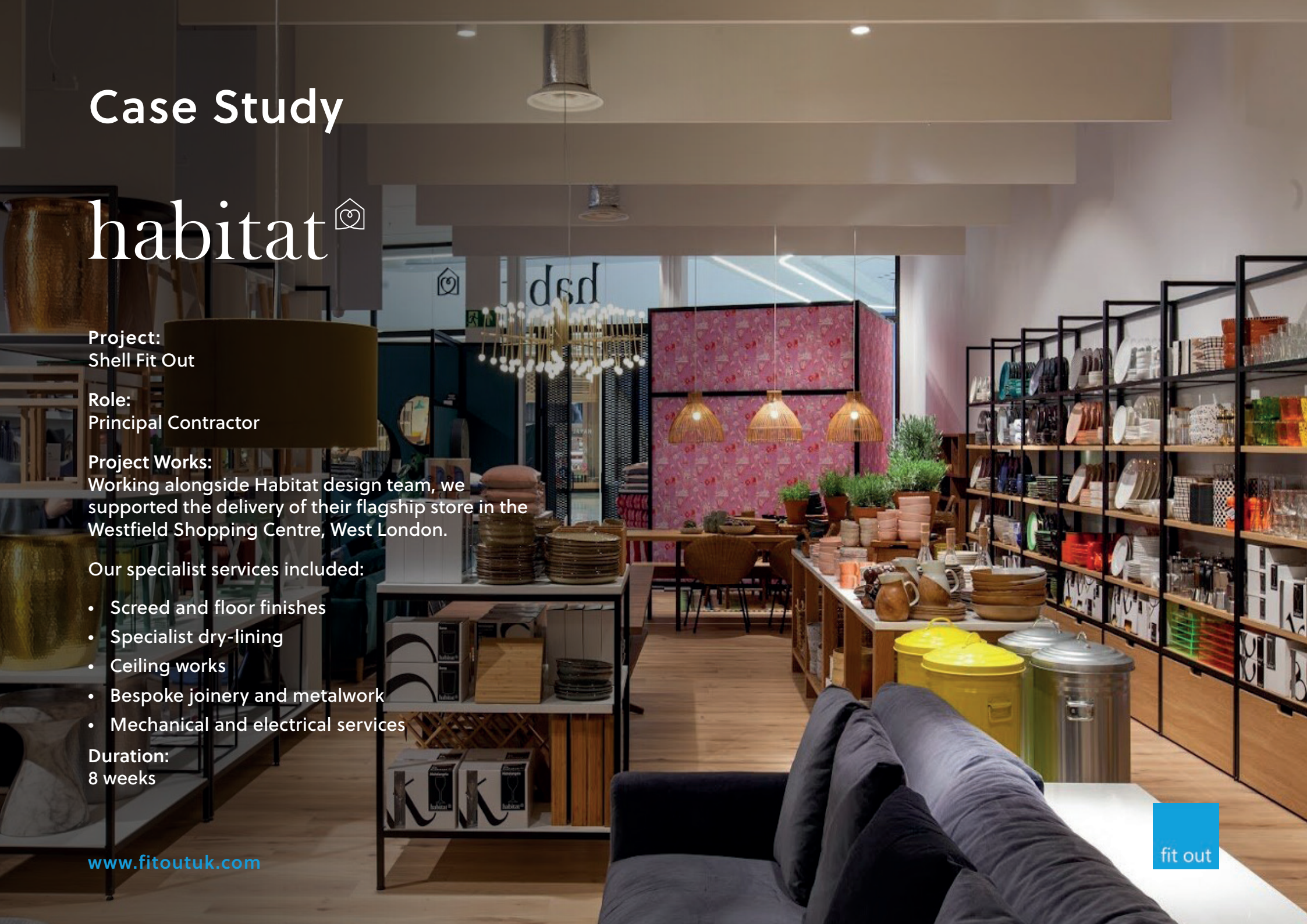
Our specialist services included:

- Screed and floor finishes
- Specialist dry-lining
- Ceiling works
- Bespoke joinery and metalwork
- Mechanical and electrical services

Duration:
8 weeks

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Case Study



Project:
Tesco Corporate Offices and Reception Areas Fit Out

Role:
Principal Contractor

Project Works:
The project incorporated out of hours phased works across multiple floors and buildings in a live working environment.

Our specialist services included:

- Strip out
- Interior fit out
- Mechanical and electrical services
- Specialist joinery and metal works
- Bespoke raft ceilings

Duration:
6 weeks

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Accreditations



Awards

CONSTRUCTING EXCELLENCE **SECBE AWARDS**

Short-listed - off-site construction project of the year. Project Throne was a consolidated logistics solution, incorporating pre-plumbed/pre-wired WC cisterns and vanity units rolled out at pace across 725 Tesco stores.

£30m 3 year programme

[Play the Tesco video](#) 



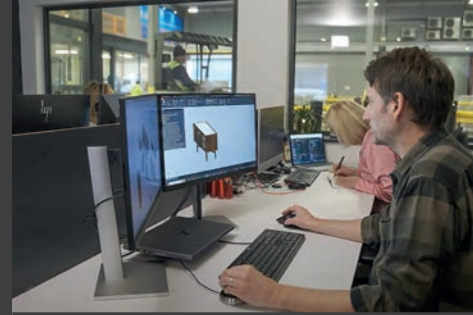
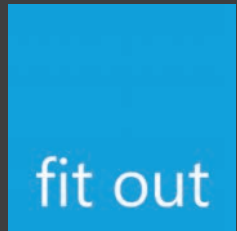
sustainability leaders awards

Short-listed with Sainsbury's in 2021 for delivering a nationwide Service Desk roll-out programme, saving in excess of 3,000 tonnes of carbon via an off-site assembly and consolidated delivery solution, achieving zero waste to landfill.

£5m 12 week programme

[Play the Sainsbury's video](#) 





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