

## Accident frequency rate (AFR) period 08

We have had four accidents and four incidents in the past month. The 12 month AFR stands at 0.14.

## Event learning

### Action: Assess and consider work before you start

Accident - IP was drilling out old rivets with a battery drill whilst kneeling with one knee on a temporary box covering. He slipped / lost his balance and he hit himself in the face with the drill battery, causing a small cut to his lip on the left hand side of his face, and a possible loose tooth.

[Labour Sols – Morgan Sindall—Colas Paddington](#)

### Action: Always ensure you use the correct tools for the task

IP was roughing up the tops of foundation bases using saw and chipping hammer. While IP was hitting the foundation with his right hand, a splinter of concrete went through IP's glove and into his hand, causing him to bleed instantly. IP returned to work.

[Labour Sols – Balfour Beatty – NW Electrification](#)

### Action: Incidents escalated by Network Rail. NSC and the rail recipients need to be aware of VGC's requirement that no RRV are to be operating within VGC's worksite

Near miss - possession irregularity. A road rail vehicle was operating on the adjacent line of the RDT. VGC notified the ES who directed the RRV to leave the worksite.

[Rail Projects – RDT– Chartham](#)

Near miss - While the team was on the stationary train waiting for the loco an operator observed rail plant travelling behind the LWRT on the same line.

[Rail Projects – RDF – Tilehurst](#)

### Action: Always follow the safe system of work and ensure that exclusion zones are maintained.

Accident - Operative was moving a stillage containing scaffold tubes. As he slung the stillage the scaffold tubes fell and the operative had to move swiftly out of the way.

[Labour Sols – CSJV Bond Street](#)

### Action: always wear the PPE required for the task

IP was walking alongside an operative performing breaking out duties. As the operative was breaking out a small chunk of concrete flew up and struck IP causing a small laceration to his forearm.

[Labour Solutions - Track Partnership](#)

### Action: New administrative procedures when communicating walkout details to the walkout supervisor.

Incident - possession irregularity - VGC operative failed to attend a walkout for the Shoreham-Lancing delivery on 15.Jul15 meeting at Worthing Station at 23:50. As a result of the failed walkout, the walkout was undertaken on the night of the delivery. There was not enough time on the possession to conduct the walkout and the delivery resulting in only four out of nine rails delivered.

[Rail Projects – RDF – Shoreham-Lancing](#)

### Action: Always ensure you have sufficient space and keep clear of moving tools/equipment

Accident - While making boxes to cover the track IP hit his thumb with a hammer causing bruising / blood blister.

[Labour Solutions - Track Partnership](#)

## Event learning continued...

**Action:** Incident reported to 24/7. Rail recipient to adequately protect Network Rail assets. An emergency team was sent out to repair the damaged cable.

**Incident -** The first pair of rails was delivered (27m 20ch) on the up road. The rails were oscillating while being dropped causing the timber that was used to protect a track circuit cable to displace. As a result, the track circuit cable was severed. The ES was informed and a repair team was called out to repair the damaged cable.

[Rail Projects - RDT - Stevenage Old Station](#)

**Action:** Team briefed to follow standard LWRT process when travelling through S&C. The gantry not to move when the LWRT is travelling through a S&C.

**Incident -** The RHV / gantry operative believed the LWRT has passed through the tightest part of the S&C and began to draw forward. However realising that it was not safe to do so the operator tried to maintain his position by putting the RHV in reverse. It was as the LWRT was travelling through the S&C that a hose got caught and was sheared causing 2 - 3 litres of hydraulic oil spillage. A spillage kit was used to clean up the oil from the track.

[Rail Projects - RDT - Platform Zero Project](#)

**Action:** Controls reviewed and updated

**Accident -** While cutting off the GRP posts below ground level a spark ignited the dry grass. Operatives tried to put out with the fire extinguisher which exhausted before the fire was out. The COSS then called the emergency services who extinguished the fire.

[Rail Projects - Atkins - Sittingbourne](#)

## Outperformance

**Charlie Hunt, Alan Axon, Paul Gregory, Sean Callaghan-MacDonald**

"For the second time this week we have encountered difficult situations, each time met with positive and proactive can do attitudes. The team responded to calls and delivered... so many thanks for their support and assistance."

**Ronald Williams, Jamie Gibson, Craig Davison, Keith Gallagher**

Commended for their positive attitude on the Langworth derailment / re-rail site.

**Kelvin Austin**

"He continuously demonstrates a positive can-do attitude on site. Kelvin has now taken responsibility for overseeing daily site safety checks, logistics, and welfare issues for BC18 and numerous other T5 projects. He is a key factor and plays a crucial role for MACE. A hugely valued member of the MACE team."

**Andrew Donnelly**

Given award by Siemens for being "the most efficient, consistent and professional" person on the north Lincs resignalling project

**Bereket Kidane**

Won the June 2015 Safety Award at Costain / Skanska.

**Shane Jupp**

Followed VGC Be Safe rules and reported damaged vortok.

**Reginald Okeke**

Received an award for the high quality of his site briefings.

**Simon Clamp, Ben Johnson, John Waite, Mark Stanley**

All showed outperformance to react swiftly to help VGC achieve a successful delivery with limited time to arrange.

## Musculoskeletal, manual handling, back problems

Musculoskeletal disorders (MSD) are problems affecting muscles, tendons, ligaments, nerves and joints. Conditions include lower back pain, carpal tunnel syndrome and tendonitis.

Certain tasks and factors both inside and outside of work increase the risk of MSD such as:

- Repetitive and heavy lifting
- Bending and twisting
- Exerting too much force

### What can you do?

- Make sure you've been trained to do your job safely and know the hazards within your job.
- Take steps to control or eliminate MSD hazards and participate in making your workplace safer.
- Report any signs and/or symptoms of MSDs to your doctor (eg numbness, tingling and/or pain).
- Take rest breaks from repetitive or forceful tasks.



### Manual handling

To help prevent lifting injuries in the workplace look at the risks of all lifting tasks. Remember the following rules:

- Think before lifting/handling.
- Adopt a stable position with a good posture.
- Get a good hold.
- Keep the load close to your waist.
- Avoid twisting the back or leaning sideways, especially while your back is bent.
- Keep your head up when handling.
- Assess the load and don't lift or handle more than you can easily manage.

If you have any questions about manual handling please contact your VGC contract supervisor or HSQE department - 01895 671800.

## High impact eye protection – target audience: small tools operatives

If you are going to do any cutting/drilling/grinding/ scabbling/breaking-out/chiselling activities using the following equipment:



you **must** wear high impact eye protection



## Fatigue

Managing fatigue and tiredness is an essential part of what we do to make a safe place of work.

Working while you are tired increases risks to you, your colleagues and, if you drive, other road users.

Make sure that your rotas avoid going over the limits allowed (exceedances).

If you do go over the maximum hours, you must tell your supervisor.

If an unplanned exceedance is required, your supervisor must do a risk assessment to ensure that the controls at work and for travel are adequate.

If you feel tired, stop and tell your supervisor.

## Medication and medical conditions

Many of you may have been made aware of the possible consequences of not disclosing underlying medical conditions. Following the truck incident in Glasgow, it is alleged that a driver failed to disclose medical information which might have prevented the incident. His vehicle ploughed through a crowded street causing multiple fatalities.

This acts as a timely reminder to us all, to make sure that any medical conditions, no matter how insignificant they may be, need to be disclosed. This applies to medication you may be taking, too.

This information allows your employer to consider the tasks and the risks you are exposed to and to make your works safe, for you and your colleagues.

Failing to disclose medical information or medication can put you and your colleagues at risk. Disciplinary /criminal action could be taken against you.

If you are in any doubt about what to report, contact your supervisor or the HSQE team immediately.



## Reporting incidents/close calls/ near miss and positive interventions

Reporting is really important – please play your part. If you prefer to report in confidence, do so using the cards on site or contact a member of the HSQE team on 01895 671 890.

## Plant and people – target audience, all operatives

Recently an operative escaped serious injury to his left leg when he was trapped between a bucket and the excavator blade on one of our client's sites.

He was taken to hospital after trapping his left leg between a grading bucket and blade on a 5t mini excavator. The grading bucket was being carried by the excavator on the tooth of an excavating bucket. It was making its way back to the main compound when the grading bucket began to move and became unstable. The supervisor and ground works operative attempted to reposition the bucket when the bucket slewed, injuring the operative who suffered severe bruising.

### Critical factors

The supervisor, excavator operator and groundwork operative deviated from the agreed method of work and decided to carry the spare bucket back using the tooth of the attached bucket. The agreed method was to place all buckets into the skip of a dumper.

### Contributory factors

The dumper was parked up in the compound and not close to where they were working when the incident happened.

### Evidence of change

The subcontractor has changed its procedure and safe systems of work detailing how additional buckets would be transported.

### Learning points for all businesses

Excavator buckets must not be carried if they cannot be carried inside another bucket, unless they can be secured with straps. Otherwise you must arrange alternative means of transporting multiple buckets.