

Accident frequency rate (AFR) period 12

We have had two accidents and three incidents in the past month. The 12 month AFR stands at 0.18.

Event learning

Action: Ensure that lifts are planned and exclusion zones are maintained.

Accident - Rail was lifted using a shackle. IP gave the rail a push and the handle of the shackle turned 315 degrees with speed and hit IP's left hand.

Labour Solutions — Track Partnership

Action: Ensure PPE is worn while at site. Consider those in the vicinity of manual handling.

Accident - IP went around to the back of the van to collect his hard hat, gloves and safety glasses at the same time that another operative was removing equipment from the van. The operative caught the IP in the face with an iron bar, causing a minor laceration to the left eyelid.

Labour Solutions — Siemens

Action: Implement project controls so only those who are scheduled take line blocks. Review management and escalation lines: update with dedicated manager's details.

Incident - A freight train approached a work group carrying out UTX monitoring under line block protection. As the group saw the train approaching they moved to a position of safety as a precaution allowing the train to stop at the signal in front of the work group's area. The incident was due to two SSOW packs being issued by the client leading to confusion by the COSS.

Rail Projects - Crossrail Anglia

Action: Don't walk on catchpit lids.

Accident - IP placed his right foot on a manhole slab and as he went to take a step the manhole cover broke. IP's left knee hit the ground.

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Key influencers

Thank you to all the key influencers for their hard work and dedication throughout 2015.

Sentinel site access – new launch date

Sentinel site access will not launch as expected on 31 January 2016. The new date is 30 June 2016. This delay will help to ensure that the technology is fully developed, providing a seamless experience.

The sentinel site access is an improved platform, providing the ability to swipe on and off the infrastructure. The upgrade will deter double-shifting and help manage fatigue.

Christmas working

A huge thank you to everyone who worked so hard over the Christmas holidays. Some of the testimonials from clients are on our website at vgcgroup.co.uk/about/testimonials/

Outperformance

Austen Harrison

Austen was commended by Laurence McKidd for carrying out the necessary checks, which avoided a possible serious derailment.

First aid app

St John Ambulance has created an app which provides useful first aid advice that can be used in an emergency. The app provides easy-to-follow advice on a range of first aid scenarios including CPR, diabetic emergencies, choking and allergic reaction. The St John Ambulance app is available for Android TM, Blackberry and iPhone.

Remember: this app provides basic knowledge of first aid and does not qualify you. A qualified first aider still needs to be on site in case anything happens.



Moving around your place of work

Target audience: all staff

Did you know that 30% of accidents are as a result of a slip, trip or fall? Almost all of these could be avoided if:

- We assess routes prior to and throughout our works.
- We keep our sites tidy.
- We remove unused plant, equipment and materials.
- We use authorised walkways.
- We report any un-safe practices, conditions and hazards.

Stop and assess at the start of your work and review as your work progresses. Stop work should anything change.

Close call reporting: thank you Amrik

Amrik Aulak has won the December close call draw - he noticed that the floor of the drying room at his site in Shenfield was muddy and potentially a slip hazard.

Remember, the more we know about close calls and near misses and good practice, the safer we can make things for everyone.

Each month, every report will go into a prize draw to win a VGC fleece or jacket.

You can report anonymously, but if you give your name, we'll put your call in the draw. The more reports, the more chances to win! Report close calls, near misses and good practice:

- Fill in a close call card
- Tell your supervisor
- Email **BeSafe@vgcgroup.co.uk**



Correct documentation

Before any work is undertaken it is vital to ensure that all the relevant documents are correct and maintained. These include:

- SSOW pack – ensure this checked, issued & briefed one shift in advance.
- Method statements and risk assessments – this will ensure that dangers and risks are assessed in advance. However these may change and need to be reviewed and recorded when they do.
- Permits – this will ensure that people are protected from high risk activities and these are controlled.

If you do not have the correct documentation stop work immediately.

World cancer day: 4 February 2016

Each year over 12.7 million people receive a cancer diagnosis and 7.6 million people die from the disease.

Did you know that 30-40% of cancers can be cured through early diagnosis and treatment? This is why it is so important that we do what we can to prevent cancer and ensure that we all live a healthier life.

STEL ironman/bar failure

During a non-VGC related blockade at London Bridge there was a failure of a STEL ironman tie / gauge bar. The weld holding fixing plate to the tie bar failed and in turn de-stabilised the ironman, with the potential for collapse of de-rail.

Early indication suggests that the weld has not fully taken. SRS have quarantined their stock until the cause of the failure has been established. At present this only affects the STEL Model IM1500.

Ensure that all equipment is checked before undertaking any work. And remember VGC Be Safe rule 4: stop work should anything change.



Spotting the symptoms early

It is important to know what is normal for you so that you can spot any changes. If you notice any of the symptoms below, and they last longer than four to six weeks, you should contact your doctor immediately:

- unexplained weight loss
- constant fatigue
- swollen legs
- loss of appetite or feeling full all the time
- pain in the pelvis or abdominal area
- a bloated belly
- constantly needing bathroom breaks
- persistent indigestion or nausea

It will help to lower your risk of cancer if you:

- Eat a healthy, balanced diet
- Maintain a healthy weight
- Stay physically active
- Drink less alcohol
- Stop smoking
- Protect your skin from sun damage
- Know your body

Get professional help

Remember, having one or more of these symptoms doesn't mean you have cancer. But if they last four to six weeks or longer, see your doctor.

If you have any concerns or questions regarding health issues please contact your VGC contract supervisor or HSQE department - 01895 671 800.

For more information about World Cancer Day, see <http://www.worldcancerday.org/>

VGC Be Safe rules

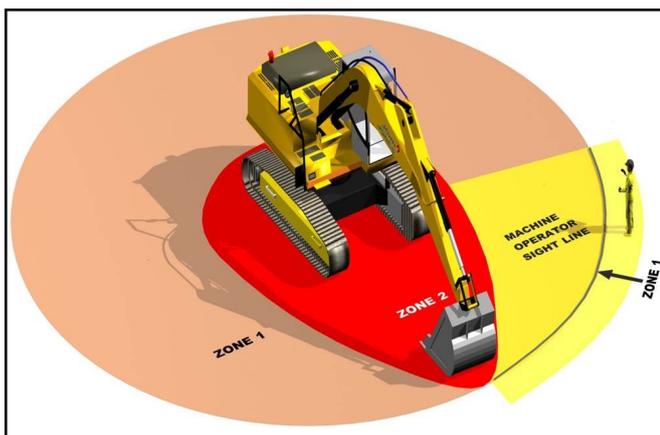


1. Be fit for work
2. Always receive a brief before starting work
3. Report all unsafe acts and conditions
4. Stop work should anything change

14ft wheeled excavator – fatal injury

A non-VGC related accident involving a 14ft wheeled excavator on the Third Don Crossing project in Aberdeen has resulted in a fatality.

The 14ft wheeled excavator had been refuelling from the static, banded “fuel cube” tank. The operator, having completed refuelling, slewed the cab 180 degrees to drive back to the workplace causing an operative to be trapped between the counterweight at the back of the machine and the fuel tank.



- Ensure you receive a briefing before you start work.
- Always ensure that there is a clear line of sight between you and the machine operator.
- Always isolate the machine during refuelling.
- Never wear loose clothing while operating machinery as these may become trapped or catch on equipment.
- Never enter the exclusion zone without authorisation and acknowledgement from the operator.

Always consider the following before driving, especially in winter:

- Is your journey absolutely essential?
- Have you carried out your vehicle checks?
- Have you checked your local weather forecast?
- Have you planned and checked the suitability of your journey route?
- Drive according to the conditions and exercise caution.

If your travel is affected by weather or traffic, notify your supervisor immediately to arrange other cover for your work.

M25 vehicle incident

During a non-VGC related incident a HGV had to pull over onto the hard shoulder having suffered a tyre blow out.

The driver then carried out checks to the blown tyre on the off side (the 'live' traffic side). Another HGV approached, and their mirror clipped the back of the parked HGV. The second driver immediately steered back towards their lane. The mirror from the traveling vehicle became disengaged and struck the driver, causing injury.

If the second driver hadn't steered back towards their lane this could have been a fatal accident.

If you find yourself in a similar situation:

- Never get out of your vehicle on the side next to the traffic.
- Once you have left the vehicle, move to a position of safety away from the vehicle. If there is a safety barrier in place stand on the non-traffic side at a safe distance.
- Call the necessary recovery personnel who will be able to assist, safely.
- Do not attempt to investigate the issue or carry out repairs by the road side.