

## See it, share it



Well done to John Daly's team on the M6 J2-4 Balfour Beatty Vinci Project. One of our operatives identified a drain cover was missing. He covered it with a small steel plate and raised the issue with the foreman.

The person who entered the observation unfortunately did not put their name on the card. John is trying to identify them so they can collect their reward.



Please remember to send us good practice and observations.

Text [07876 448 119](tel:07876448119)

Email [besafe@vgcgroup.co.uk](mailto:besafe@vgcgroup.co.uk)

## Wellbeing and mental health

We want you to be well and feel supported.

If you need to talk to someone in confidence, don't feel alone. There is always someone who can give advice.

- Our wellbeing champion, Fiona Dowling is a trained mental health first aider: 07464 919245
- The Construction Worker Helpline (run by B&CE Charitable Trust) offers support regarding financial worries, housing or social welfare. Freephone 0808 801 0372 8am - 8pm, 7 days a week
- Or you can contact Samaritans on freephone 116 123.

Look out for your colleagues and ensure they are not isolated.

Please see noticeboards for information about COSHH and dermatitis

Make sure you wear gloves at all times on site: there are harmful substances in unexpected places which can cause skin problems.

## Foreign objects on the track

A safety alert has been issued following two separate incidents on Network Rail.

In both incidents, a homemade track circuit clip was put on the running rails in a deliberate attempt to trip the signals, and cause disruption to services.

There may be further attempts to disrupt railway operations. Transport for London infrastructure has also been identified as a potential future target.

Please be vigilant.

1. Maintain good housekeeping around all rail infrastructure
2. Ensure all gates remain closed and secure, the perimeter fencing is maintained. Report any damage immediately.
3. Secure all tools and plant. Only keep the minimum materials trackside that you need.
4. If you see people you think are unauthorised, challenge them.
5. Report any incident of trespass or vandalism to your supervisor so it can be escalated to the British Transport Police.

## Thank you for good practice

Mark Mullan's team detected a very faint signal when scanning their work area. There was nothing on the service drawings and the signal was unclear. They hand dug the area anyway - and discovered an uncharted service.

Thanks to their care, the service was undamaged. They notified the client who has updated the service drawings.

On another of our projects, a member of the public attempted to enter the construction site. When they were refused entry, they became aggressive. Manager Donal McCarthy successfully calmed them down - because he remained courteous and polite they eventually just walked away.

## Safety alert following an incident

Please remove your lanyard when you leave work.

Several people have been hurt by their lanyards during car accidents. For example, a Highways England member of staff was wearing their HE lanyard and passed when they were involved in a minor car accident.

The force of the airbag caused the lanyard and pass to be pushed into their chest, causing their lung to collapse.

If they hadn't been wearing their lanyard and pass at the time, they might have walked away relatively unscathed.

This has happened to other people.

- Please remove your lanyard and staff pass when leaving work, for both safety and security reasons.
- Especially please remember to remove your lanyard if you are in the front of a vehicle.

## Manual handling

Manual handling injuries are one of our biggest risks.

### Use the correct gloves to reduce the risk of hand injuries.

Be aware that the wrong type of glove can sometimes give a false sense of protection.

### Control the risks from manual handling.

Can you use a tool instead eg a sack barrow?

If you can't reasonably avoid manual handling, reduce the risk, for example by getting someone to help you, and by lifting properly.

If you are worried about manual handling on your site, tell your labour manager or HSQE. Alternatively use our confidential whistleblowing online form at

[vgcgroup.co.uk/whistle](http://vgcgroup.co.uk/whistle)

## Nail puncture injury (non VGC)

Don't put yourself at risk. A client has told us about an operative who stepped on a rusty nail and ended up in A&E because it went through his boot.

You must wear the correct boots.

VGC issues safety boots that conform to **EN ISO 20345:2011 S3** – ankle, sole and toe protection.

Check your boot tongue: if it doesn't say S3, don't wear the boots on site.



## London Underground safety alert

Please keep sites safe and tidy

An incident (non VGC) occurred recently on the Victoria line, where a 110v power lead was left across the track after an engineering hours shift.

The lead was struck by the first passenger train, damaging the windscreen. This disrupted the service.

- At the end of each shift, you must ensure all plant, equipment and materials are removed from site, or left in a safe and secure condition.

## Annual leave

Remember, for every hour you work, you earn holiday pay.

If you work different hours each week, your holiday pay is based on your average pay.



Site staff should book holiday online at [vgcgroup.co.uk/holiday](http://vgcgroup.co.uk/holiday)

Office staff: please use the holiday form on the intranet.