

Working on or near live rail

When on or near a line with DC conductor rails, whether Network Rail or London Underground (or any other guided transportation system):

- Always consider a conductor rail to be live.
- Don't cross a conductor rail unless absolutely necessary.
- Do not touch, or allow your clothing or anything you may be carrying to touch a conductor rail or its connections.
- If you have to cross a conductor rail, cross at a gap or where protective boarding is provided.



- Do not step on protective boarding or between a conductor rail and the adjacent running rail in one movement.
- Do not touch the collector shoes or their connections on ANY track units.
- Do not step into flood water which may be in contact with the conductor rail.
- You must be in possession of a PTS card with endorsement for DC electrified lines.
- When working with conductor rails, all tools must be insulated and regularly examined.
- Always look out for signals from your colleagues if working in a noisy environment and wearing ear plugs.

Hand arm vibration syndrome

Do you use any of the following tools?

1. Concrete breakers
2. Hammer drills
3. Hand held grinders
4. Power hammers and chisels
5. Scabblers

Make sure you:

- Wear the correct gloves
- Monitor the time you use them.
- Add up the time on each of the tools.
- Ensure there is a risk assessment in place.

Hand arm vibration syndrome is a painful condition and can be permanent. Ensure you wear the correct PPE and follow procedure.

See it, share it



This month's winner is Lee Cavill who upon discovering some sharps (used needles) at a gate access immediately had the area marked up.

He then notified the senior supervisor on the project who instigated the project protocol on clearing up the area. Lee also notified the parents of children playing nearby.

Please make sure you share observations and good practice:



Text [07876 448 119](tel:07876448119)

Email besafe@vgcgroup.co.uk

Fuel management and noise pollution

Plant and vehicles can be quite noisy, especially at night. Be considerate of your activities and switch off plant and vehicles when not in use. Do not leave running especially in residential areas.

By switching off you will:

1. Consume less fuel
2. Generate less environmental pollution
3. Generate less noise pollution

Do not leave your vehicles running, especially in hot or cold weather just so you can use the heater or air conditioner.

Key influencer engagement

Congratulations to our Key Influencers: Ben Daly, Brian Mcaleese, Damian Walsh, Emmanuel Adetayo, Joe Atherton, Matthew Barker and Victor Rosu for highlighting the risks and spotting good practice during in the month of August.

Wellbeing

Our mental health is just as important as our physical health. Self care isn't selfish.

Everyday actions to improve wellbeing:



Notice 3 good things each day



Volunteer your time, energy and skills



Look for the good in people



Use positive parenting techniques



Find your strengths and use them

VGC has a wellbeing ambassador in our HSQE team who is also a trained mental health first aider. It helps to talk and we have someone here to listen.



Contact HSQE on 01895 671870.

Safety critical communications

Network Rail has issued new guidance in making and receiving safety critical calls.

This will apply in whatever industry you are working and should be followed by all persons.

Always use the phonetic alphabet and mandatory phrases in all communications.

Good communication is key to safety. Poor communication puts lives at risk. An example is "Don't move forward" could be heard as "move forward" if the first word is lost. Use a term that could not be mistaken, such as "remain still" or ensure the instruction is repeated back to confirm understanding. This is especially important when giving instructions to plant operators.

On the railway, making a call

The caller is responsible for:

- giving or obtaining all the information required
- confirming that information is understood (this must be done by repeating the information back).

On the railway, answering a call

When answering a call, you must:

- identify yourself and your role to the caller
- tell the caller to state their message
- repeat the message back fully to the caller
- tell the caller the action you are going to take or provide the information they have requested
- tell the caller to repeat this action or information, so that you can be sure they have fully understood
- not take over the lead of the conversation

When you are sure that you both know what should be done or what information is needed, end the call

When working on civils sites

- Ensure the people receiving your message has understood fully what you have said.
- Ensure the message could not be misconstrued.

Work ready

Fatigue increases the likelihood of errors and adversely affects performance, especially in tasks requiring vigilance, monitoring, decision making, awareness, reaction time and memory.

- Remember the Be Safe rules and ensure that you are fit for work.
- Make sure you get enough sleep. A fatigued person will be less alert and less able to process information. They will take longer to react and make decisions, and will have less interest in working compared to a person who is not fatigued.
- Ensure you are able to take quality breaks during the working day. If you feel this is not possible speak with your line manager.

If you feel there may be an issue, do not be afraid to raise it. Speak to your line manager.

Guidance at level crossings

It has been reported a person authorised to work on the railway adjacent to a level crossing gave advice to a member of the public regarding how and when to use a level crossing. The information they gave was not applicable to this design of level crossing.

While this person was trying to be helpful, this could have led to an incident. This level crossing is not designed for vehicles to use during normal railway operating hours. At this particular level crossing the signaller controls access by the public. A similar event occurred at another level crossing previously. Unless specifically authorised and competent to provide information allow members of the public to follow the advice given adjacent.



Is your mask protecting you?



Why don't you wear a mask?



Not wearing a mask can make you ill or kill you.



Keep your mask fitted until you leave the work area or are sure the air is clear.

Always wear your mask, even for quick jobs.



You should be fit tested for different types. Change filters regularly.

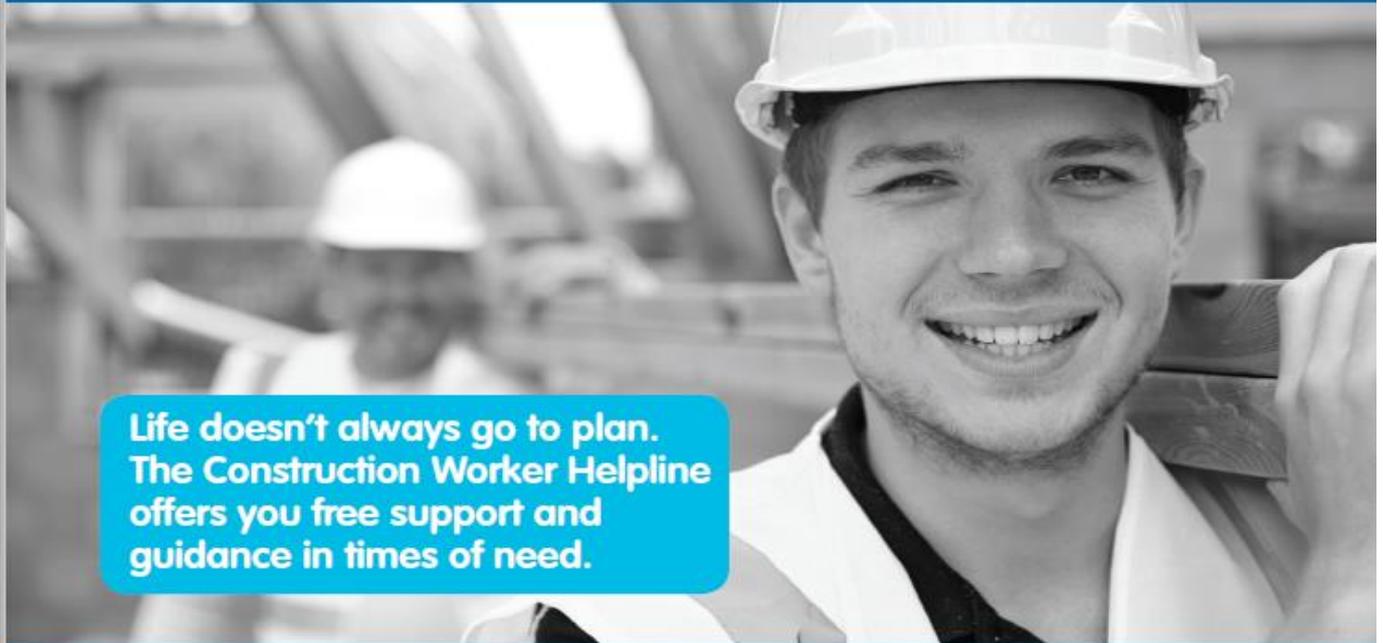


Check it! Before you put it on. Then do a fit check—for a proper fit each time.

If you are working with any form of dust ensure you are provided with a dust mask and you have been face fit tested.

If you have any doubts, contact your line manager and request face fit testing.

Construction Worker Helpline



Life doesn't always go to plan. The Construction Worker Helpline offers you free support and guidance in times of need.

- Need help with debt or money worries?
- Think some counselling would benefit you?
- Want some guidance about housing and social welfare?
- Struggle with mental or physical health issues?

Call us in confidence

Freephone  0808 801 0372

8am to 8pm – 7 days a week.



B&CE has been providing financial products to the construction industry since 1942. We're pleased to offer our new Construction Worker Helpline service, a non-contractual benefit, set up by B&CE's Charitable Trust. (The Trust reserves the right to withdraw the service at any time.)



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