

## National walking month

The results of our recent health checks showed that over 40% of people tested had high blood pressure. The higher your blood pressure, the higher your risk of serious health problems in the future.



May is national walking month. Walking for 20 minutes every day can boost your mood and improve your sleep.

Walking can save you money on travel costs and is a better for your health than sitting in a vehicle. By changing your travel plans you could reduce pollution and make yourself healthier and happier.

### Why walking is good for your health:

1. Walking strengthens your heart
2. Walking lowers disease risk
3. Walking helps you lose weight
4. Walking prevents dementia
5. Walking boosts vitamin D
6. Walking gives you energy

Living Streets is challenging you to **#Try20** – walk for 20 minutes every day. For more information see [www.livingstreets.org.uk](http://www.livingstreets.org.uk)

Contact your VGC labour manager or the HSQE team if you have any occupational health questions - 01895 671 800.

## See it, share it

Well done to William Dalton - he spotted that access into Rivington's site compound meant there was no safety zone between traffic and operatives.



Work was stopped until cones were placed to maintain safe access without affecting the traffic flow.

If you see a hazard - or something great - share it!



Text **07876 448 119**

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

## Key influencers

During April 15 people attended day 1 of their three-day training to join our existing 34 key influencers.

Key influencers are valuable to VGC because they encourage safe behaviours on site. They also support our clients' behavioural programmes. Key influencers also represent VGC and their colleagues at meetings.

If you have any workplace safety concerns, tell someone. Use the **See it, share it** text or email, or talk to your key influencer, your labour manager, or HSQE.

If you are interested in becoming a key influencer, please speak to your labour manager.



## Manual handling

There have been some unfortunate injuries recently, which were caused by poor manual handling. Please remember your training when you lift and carry items - whether at home or at work.

If you have not had manual handling training, please contact your labour manager or the HSQE team.

## Safety of people at work on or near the line

Network Rail (NR) has revised the standard NR/L2/OHS/019 Safety of People at Work on or near the Line from 3 July 2017.

We have to tell everyone about the change, if their work has any interface with Network Rail.

The standard controls the risks to people from train movements: it says that on-track activities must be properly planned, and sets out protection and warning methods.

The movement of trains are not the only safety risks to people at work. All safety hazards to workers and to other people affected by our work must be controlled.

The standard has been updated to include the management of operational, site and task risks.

### What's new?

1. The person in charge (a new capability, not a competence) is the contractor's responsible engineer (CRE). The accountable person is the contractor's engineering manager (CEM).
2. The safe work pack (SWP) provides information on how work is to be carried out safely. It gives details on how to manage and control task, site and operational risks.

The new standard

- focuses on significant risks
- aims to improve the quality of the safe work packs by providing clear, concise, relevant information to the people who need it to maintain safety while working.

## Waste management

Anyone who produces waste as part of their activities must ensure it is correctly disposed of.

Last month, we were able to recycle 99.7% of our generated waste, up from 98.6% during February 2017.

Much of this is down to careful segregation on sites by our workforce - thank you!

### Waste transfer notes

The Environment Act 1990 states the waste transfer note must include

- an accurate description of the waste
- whether or not it is hazardous
- its destination.

Please continue to play your part in our achievements:

- Ensure all waste is correctly segregated and disposed of
- If you are authorised to complete waste transfer notes, please make sure they are accurate.

## Waste recycled:

### 12 month rolling

4989t (4925t divert)= **98.7%** recycled

### Monthly

422t (421t divert)= **99.7%** recycled

