

See it, share it



Well done to Mark Mullan and his team from VGC Projects who detected an underground service at a shallow depth. After checking the GDPR survey, he ensured a CAT and genny survey was carried out even though they were not expecting to find anything. The CAT and genny scan detected a faint signal even though no service was shown on the drawings, with this in mind, he ensured hand digging only proceeded and an uncharted service was uncovered.

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Manual handling

Manual handling injuries are one of our biggest risks.

Use the correct gloves to reduce 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. Keep your hands free from pinch points and clear of moving tools or equipment.

Forward tipping dumper and ride on rollers

Several of our clients including Costain and BBV have implemented new guidance on these plant vehicles.

BBV now prohibits the use of all ride on rollers with a drum width of less than 1.2m unless a specific risk assessment has been issued and approved by the construction manager.

Ensure you are familiar with Costain requirements for the project you are working on.

Material fall from height

An incident occurred on a client site recently where surplus material was being moved, with a scissor lift MWEF. During this procedure a piece of ply board slipped from the operatives grasp and landed within the drop zone.

- When moving material ensure an adequate drop zone is in place at all times keep loads small enough to handle correctly
- Always ensure this activity is risk assessed and is included as part of your task briefing
- Never attempt to use a machine for a purpose it is not designed to do so.

Buried services

If you are breaking any ground, buried services should be considered to be present. Make sure you have a permit to dig.

Any services you find should be considered as live until proven otherwise.

Recently we have identified by trial holes, services as detailed on drawings, only then to proceed with the dig and find uncharted ones next to these.

Remember just because you find the services you've been advised about, consider that it is possible you will find others close by.

Always use your CAT scan throughout the dig and in all modes, to safely identify all services.

Never use mechanical equipment within 500mm of any known or suspected services. Remember, always follow the controls within your permit, where either gas or HV electric is suspected, this increases to 1000mm.

Site security

There has been an increase in risk of theft from site and in order to de-risk always ensure that tools and equipment issued are kept secure.

Remember whilst operating such equipment including total stations, lasers etc, do not leave them unattended. Work with your colleagues to ensure the risk of theft is minimised.

Insulated tools and permit to dig

Siemens have issued a safety bulletin on using insulated hand tools for ground penetration activities.

Electrical safety is an important safety concern.

Any work, including surveys, carried out in the vicinity of buried services, needs to be carried out safely to prevent harm to individuals, and prevent unintentional damage to safety critical infrastructure.

All works carried out on Siemens Rail Automation worksites that involve ground penetration activities by hand and require a permit to dig shall must be carried out using fully insulated hand tools.

Only tools certified to BS 8020:2011 are authorised for use on Siemens Rail Automation worksites. Please ensure that all are compliant with this request.

If you have any questions please do not hesitate to raise with your labour manager.

Safety alert - needle stick injury

Network Rail have issued a safety alert following a serious incident where a needle stick was deliberately stuck to the back of a padlock. A NR colleague received a puncture wound.



If you are scratched by a discarded needle, allow the wound to bleed, ideally holding it under running water. Seek medical advice as soon as possible.

- Always report and arrange for removal of the needles by a competent person.
- Do you regularly check padlocks for sharps before opening?
- Do you wear suitable gloves at all times including when using padlocks?
- Make sure you are aware of this type of risk and infection controls under NR/GN/OHS/00150)

Noise

Noise-induced hearing loss is the most common occupational health hazard there is.

- Don't keep machinery running unnecessarily
- Ensure you don't expose your workmates to your noise
- If possible, shield noise process. Work behind a wall or some other sound-absorbing material.

Ramadan has just started

Most Muslims fast between sunrise and sunset during Ramadan to help teach self-discipline, self-restraint and generosity. Please support colleagues who may be fasting.



The NHS gives a variety of tips for staying healthy during Ramadan. It suggests eating complex carbohydrates such as wheat, oats, lentils and basmati rice that release energy slowly during the two meals each day. Avoid deep-fried, sugary and fatty foods.

Mental health awareness week

13-19 May

Good mental health is just as important as physical health.

Many of you work away from home and families which can be hard.

State of Mind Sport recently delivered presentations on mental health fitness across three Thames Tideway sites taking the total number to over 500 operatives.

"A person is likely to say "I am fine" on average 14 times a day in response to "how are you?" It's become a pleasantry however underneath people actually may not be ok. Asking twice explores how we can break that "pleasantry" barrier to show real care, concern and value towards another.

Look out for yourself and your colleagues and strike up that conversation.