

Accident frequency rate (AFR) period 02

We had three accidents and one incident in February. The 12 month AFR stands at 0.20.
VGC Group's 2016 AFR target is 0.10

Event learning

Action: Make sure you have enough space to work in, and always wear the right PPE for your task.

Accident - IP was breaking out when the tool slipped, causing his hand to hit the edge of the excavation.

Labour Solutions — Ferrovial Heathrow

Action: use mechanical aids where possible and always stack materials securely.

Accident - IP was moving 30kgs shuttering brackets when one fell on his right hand. IP sustained a broken finger and broken wrist.

Labour Solutions — Costain Bond Street

Action: Always ensure that vehicle marshal / banksman is in attendance during vehicle movements.

Accident - IP was standing behind a lorry unloading material with the crawler crane. As IP was banking the crane a vehicle reversed into him. IP felt pain in his right leg.

Labour Solutions — BBMV Whitechapel

Action: Always ensure you maintain 500m when using mechanical aids. Make sure that a suitable permit is in place.

Incident - During excavation of a kerb a mechanical breaker was being used and came into contact with a telecoms cable.

Construction — CVU

Do you use heavy duty plant?

When you use heavy duty plant, you must make sure that:

- you are competent to use the equipment
- the risks associated with the task have been considered and are detailed in your SSOW.
- A daily check has been conducted before you use the equipment.
- The plant has had an in-date service.

If there are any defects or problems, report these to your supervisor. Do not use the plant.

Daylight saving - time change

Please all be aware that on Easter Sunday, 27 March, the clocks will go forward by one hour at 01:00. This is particularly important for anyone working over the Easter weekend. Keep in mind:

- Working hours - do not exceed your allowed hours.
- Rest periods - ensure you have the required break between shifts.

It has been suggested that you are more likely to have a workplace accident in the week after the clocks change to summer time, so please be particularly aware of safety.



For the outperformance reports, please see our Facebook and Twitter streams and the staff enews. Thank you to everyone who outperforms.

Working on or around points

Recently there have been a number of non-VGC hand injuries when working on or around points.

- Review the risks associated with your tasks before you start work.
- Do not walk on any point boards or equipment.
- If you are not directly involved you must stand clear of the points.
- Points must be scotched when working around them.
- Keep lines of communication open.

Remember - points can move at anytime and be operated remotely. This includes during engineering hours.

See it, share it

Thank you and congratulations to Mike Beattie on EGIP who won the monthly 'See it, share it' prize draw.

He reported a damaged RRAP (road rail access point) which has been escalated for rectification.



Remember to send us good practice, close calls, near misses and ways to improve

- Text **07876 448 119**
- Email **BeSafe@vgcgroup.co.uk**

Highways England medicals

From 4 April 2016 Highways England requires all operatives working adjacent to live traffic to have had a SCW (safety critical worker) medical.

Your supervisors are aware of this and will contact you if necessary.

Eat 5 a day for better health

The 5-a-day campaign is based on advice from the World Health Organisation. It recommends eating a minimum of 400g of fruit and vegetables a day - this will lower the risk of serious health problems, such as heart disease, stroke, type 2 diabetes and obesity.

Fruit and vegetables are also usually low in fat and calories. That's why eating them can help you maintain a healthy weight and keep your heart healthy.

For more information visit <http://www.nhs.uk/livewell/5aday>

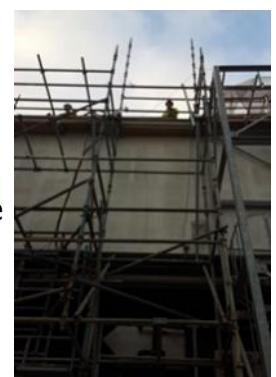


Scaffolding falling from height

In a recent (non-VGC) incident a team was taking down scaffolding when a pole slipped through an operative's hands. The pole fell from height and landed on a parked car below.

At the time of the incident the team was working outside the set exclusion zone.

Remember - only work in the areas set out in your SSOW, and detailed in your brief. VGC Be Safe rule no 4. Stop work should anything change.



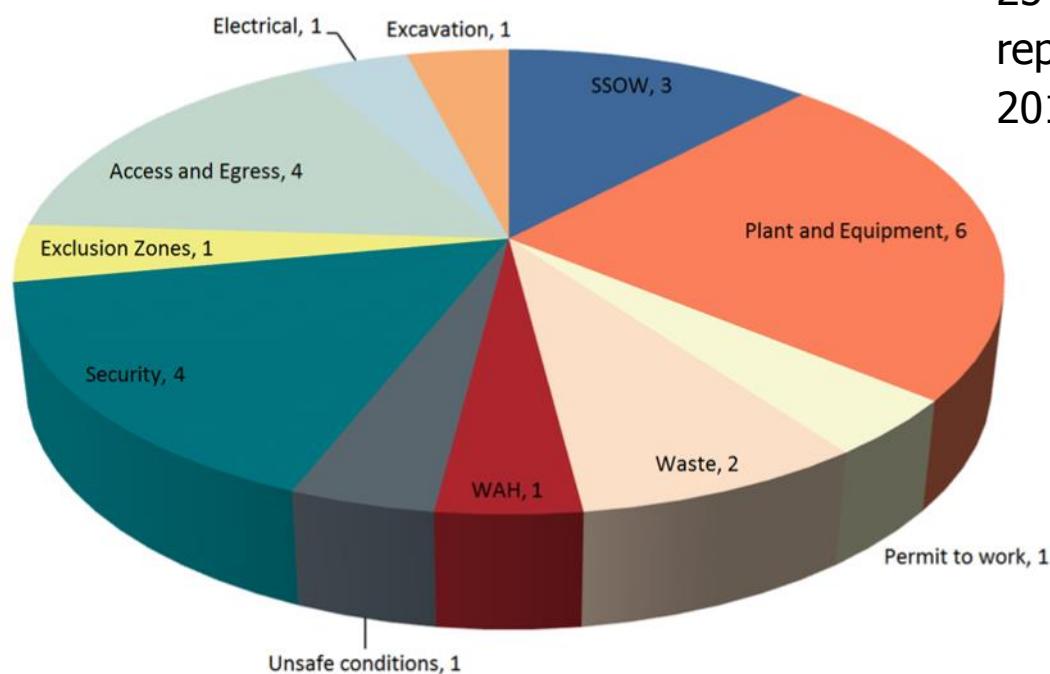
Correct documentation

Before you start any work you must ensure that all the relevant documents are correct and maintained. These include:

- SSOW pack – ensure this checked, issued and briefed one shift in advance.
- Method statements and risk assessments – this make sure 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 control and protect people from high risk activities.

If you do not have the correct documentation do not start the activity.

25 close calls were reported in February 2016



2016 close calls

