

Accident frequency rate (AFR)

We had three accidents and one incident in February. The 12 month AFR stands at 0.16.
VGC Group's 2016 AFR target is 0.10

Event learning

Working with plant and equipment

Last month our close calls, inspections and accidents showed that this is high risk.

Most of the issues highlighted were a result of changes to planned work. So:

- **Remember the Be Safe rules**
- Always **stop** if anything changes, to consider any additional controls you might need.

Action: Consider the risks associated with your task. If these **change: stop**, and have it reassessed.

Incident - IP was on a ladder supporting the lifting of bridge using a crane when someone shouted, causing him to lose his balance and fall from ladder.

[Labour Solutions — BMW Whitechapel](#)

Action: Consider ground conditions

Accident - IP stepped down from a side kerb when they twisted their left knee.

[Labour Solutions — ATC Systemwide Project](#)

Action: Ensure you are adequately trained to perform your assigned tasks.

Accident - IP was fixing two carriages after they had jack-knifed, when he caught his finger on the connector piece.

[Labour Solutions — ATC Systemwide Project](#)

Action: Assess underfoot conditions. Always ensure footwear is maintained.

Accident - IP tripped down one step and landed on his ankle. IP has torn the ligaments in his leg and ankle.

[Labour Solutions — Costain Anglia](#)

Action: Ensure materials are stacked securely.

Accident - As IP was moving slabs a slab fell over onto his foot, and trapped his hand between it and another slab.

[Construction—CVU Upper Clapton Street](#)

Action: Maintain exclusion zones, and ensure that you consider other activities as part of your planning.

Accident - Non VGC mowp came into contact with VGC hired ballast box, due to mowp brake defect.

[Rail Projects — Costain Anglia](#)

Action: Use mechanical aids where available. Ensure communication is clear before lifting.

Accident - While IP was moving rails they injured their lower back.

[Labour Solutions — Track Partnership](#)

See it, share it



Prize draw winner: Nial Casey

He highlighted, risks associated with lifting; stopped work and ensured the risks were assessed and controlled before continuing.

Text **07876 448 119**

Working around Iron-men

Following several issues, recently please ensure that you consider the following before using any equipment on site:

- Make sure you're trained.
- Check equipment before use—do not use it if there are any defects.
- Is the load secure?
- Check the braking mechanisms, to ensure your and your colleagues' safety.
- Keep those who are not part of the task outside the exclusion zone.
- Ensure the communication lines are clear.



Be careful of the sun

When you are working in the sun:

- Avoid or cut down exposure to direct sunlight when radiation levels are high (particularly around mid-day).
- Seek shade during your regular scheduled breaks.
- Cover-up and wear long-sleeved clothing and approved headwear. If there are any exposed areas, use sunscreen (SPF factor 25+).
- Keep an eye on your colleagues for signs of heat stress.
- Avoid dehydration and heat stress by drinking enough liquid. This is because by sweating the body loses vital water that needs to be replaced. Drink small amounts frequently before, during and after work.
- Remember that thirst is a sign that the body is already dehydrated.

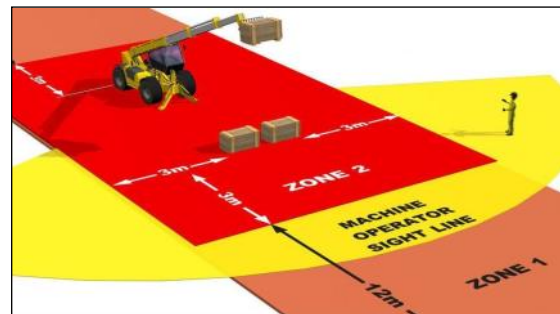


Safe working: telehandlers

An accident occurred when an operative was struck in the chest with terrain while it was being loaded using a telehandler.

Working around telehandlers is dangerous. You must comply with the safety guidance below:

- Zone 1 - Always signal the plant operator and receive a positive response before you enter Zone 1
- Zone 2 - Keep out at all times.
- Before you approach plant you must make eye contact with the operator and wait until signalled.
- Plant and vehicle marshals must wear the correct colour PPE and identification.
- Plant operators are to ensure that safety levers are activated, machines are switched off and buckets (or attachments) are grounded before people approach.



PPE suitability

If your PPE is damaged, or wrong for the task, it will not give you the protection you need.

Recently a (non-VGC) operative was spotted using a stihl saw with a mask - but it was a paper mask: not fit for purpose.

If you have to wear gloves for a task - make sure they are the right gloves and will protect your hands.

If you are not sure which PPE you need, ask your supervisor.