

## Healthy eating week

Try to eat at least five portions of fruit and veg per day, to

- cut your risk of stroke and cancer
- help keep your heart healthy.

(Remember, potatoes don't count, and fruit juice and smoothies can only count as one.)

There's lots of advice on the NHS website [www.nhs.uk/5aday](http://www.nhs.uk/5aday)



## Summer working

### Look after yourself, and keep an eye open for others

- Stay out of the heat where possible
- Keep hydrated
- Look out for others
- Wear sunscreen



If you have any questions please contact your VGC labour manager or HSQE department on 01895 671 800.

## Be Safe rules

1. Be fit for work.
2. Get a brief before you start work.
3. Report anything unsafe.
4. Stop work if anything changes

## See it, share it

This month's winner is Mark Mullan. He discovered that a delivery driver drove a dumper off a low loader without wearing a hard hat. He suspended the operation until the driver had the correct PPE.

Text **07876 448 119**

Email **safe@vgcgroup.co.uk**



We ask everyone to share good practice and close calls. During charity week, we're offering an additional reward.

The best 'See it, share it' observation submitted up to the end of June will win a bottle of prosecco.

And we'll donate £1 to Samaritans for each of the winner's reports all month!

## 14 June was world blood donor day

The day thanked blood donors for their life-saving gifts of blood. If you are a donor: thank you.

If you're interested in finding out how you can donate, go to the NHS Blood and Transplant website [www.blood.co.uk](http://www.blood.co.uk)



## Network Rail's revised standard 019 aims to make the working environment safer

There are three key changes:

1. A person in charge accountable for safely delivering the job. (Evidence shows you're more likely to be hurt if you don't know who's responsible for safety.)
2. The person in charge will work together with the planner to produce a safe work pack.
3. The safe work pack will include welfare arrangements and task and site risk assessments, so the person in charge can manage risks effectively.



If you have any questions, ask your labour manager or call the HSQE team.

## Staff survey

A big thank you to the 200 people who have filled in the anonymous staff survey - you've donated £100 to Samaritans so far.

If you haven't, please do take part - it will help us to improve fairness, equality and diversity across VGC.

If everyone completes the survey, Samaritans could get over £600!

Your labour manager can give you a hard copy, or please go to:

[www.surveymonkey.co.uk/r/vgc-diversity](http://www.surveymonkey.co.uk/r/vgc-diversity)



## Plant and equipment

Working with plant and equipment can be very dangerous.

Please remember to keep a safe distance from machinery, and stay outside any agreed exclusion zone.

If you need to speak to the driver, do not approach the machine until you have made eye contact and the driver has made the machine safe – eg placed an excavator bucket on the ground and activated the dead man level.

- ◆ Always approach a machine from the area shown in yellow on the right.
- ◆ Never enter the crush zone (shown in red).

