

## See it, share it



Well done to Mark Mullan of VGC Projects who noticed that pedestrians were ignoring the temporary crossing points and choosing to walk along the edge of the carriageway and then hop over metal railings back onto the footway. He advised the client to reinstate the pedestrian walkway (created as a diversion for these works) into the carriageway.

Please remember to send us good practice and observations.

Text [07876 448 119](tel:07876448119)

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

## Manual handling

When possible try to avoid manual handling activities by the use of mechanical aids.

Before attempting to carry out any manual handling, ensure that you have the appropriate training and correct PPE.

Consider the content, size and shape of load together with the distance that the load will need to be moved and path of travel.

When lifting remember to adopt a good posture, bend knees and keep the back straight.

Ensure the risk assessment covers manual handling and if you have any concerns stop and raise to your line manager

## Daylight saving - time change

Please all be aware that on Sunday 31 March the clocks will go forward by one hour at 01:00. Remember:

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



People 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.

## Network rail - safety alert

### Person struck by falling over head wire (non VGC)

During planned renewal of an OLE wire run, it was discovered that the planned method could not be applied. Site management decided to manually de-wire. As the work progressed, some of the supporting temporary materials failed which resulted in the contact wire dropping to the ground striking the injured person on the head and shoulders.



The injured person was wearing his hard hat, which took most of the impact, however he had pains to his back and forearm and was taken to the local hospital by ambulance for a check-up.

What assurances do you have when making late changes to planned tasks that all risks have been assessed and controls are implemented, briefed and understood as required ?

Are the method and processes checked to ensure they are still applicable as the work progresses?

## Environment - bird nesting season

Bird nesting season is from 1 March until 31 July. If you encounter a bird's nest during your work, **stop** and report it to your line manager immediately.

Disturbing a nesting bird could result in a fine of up to £5,000.



## Personal protective equipment

VGC always provide you with the PPE for the project you are working on.

Please ensure that your PPE is in a good state of repair and in a clean and tidy condition.

Please ensure your boots are S3. You can usually find safety marking inside the tongue of the boot. VGC only provide mid sole and ankle protection boots. (Check that steel is not exposed on toe cap and that sole is not damaged).

Special activities will require further PPE to be worn as and when required. Should you have any questions please contact your line manager.

## Network rail - safety alert

### Brush cutters fitted with metal blade - (non VGC)

There have been a number of incidents where operatives using metal blade brush cutters have hit metal objects hidden from view in the undergrowth. This has resulted in injuries.

Safety advice was issued which prescribed some additional PPE for use when brush cutting. This update replaces the earlier NRA 16/10. PPE requirements now include ballistic clothing instead of forestry clothing.



## Competencies and qualifications

- Do not attempt to carry out any work unless you have been trained to do so.
- Ensure you are competent and authorised to use any plant or machinery.
- Remember you must hold the correct competency card.

## London only: ultra low emission zone (ULEZ)

To improve air quality an Ultra Low Emission Zone (ULEZ) will be in place in central London from 8 April 2019. Most vehicles including cars and vans will need to meet new, tighter exhaust emission standards (ULEZ standards) or pay a daily charge. The new ULEZ will replace the T-charge from 8 April 2019. It will operate 24 hours, seven days a week every day of the year within the same area as the current congestion charge zone (CCZ).

The ULEZ daily charge from. It will be:

- £12.50 for most vehicles up to and including 3.5 tonnes
- £100 for heavier vehicles including lorries over 3.5 tonnes

If you travel in around central London and use a company vehicle, please check with your labour manager how this will affect you.

## Wellbeing calendar

Our themes for March are as follows:

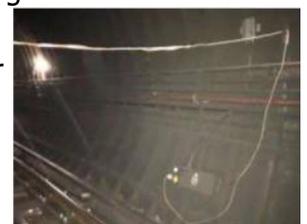
1. Manual handling
2. Eyes

## London underground - safety alert

### Keeping our sites safe and tidy - (non VGC)

An incident occurred recently on the Victoria line, where a 110v power lead was left in situ across the track after an engineering

hours shift. The lead was struck by the first passenger train, damaging the windscreen which caused a delay and therefore disruption to the service and our customers. The train was then withdrawn from service.



- At the end of each shift, you must ensure all plant, equipment and materials are removed from site, or left in a safe and secure condition.

## Welding fumes

Following new evidence, the HSE will be having a more rigorous enforcement regarding welding and welding fumes.

The HSE has re classed welding fumes as a health risk.

Most VGC activities will not involve welding and welding fumes however you should be aware of this if you are in the vicinity of welding activities on site.

### What action needs to be taken?

If you have a concern regarding welding activities on your site, please raise with your line manager immediately.

## Eye protection

Always wear or use the eye protection provided by your employer in accordance with the regulations. It is your legal obligation to do so.

Always ensure that you have and use the correct eye protector for the intended work activity, for example when using breakers, use eye protection that is to the correct impact resistance as per your risk assessment.

Always ensure you take good care of any protective equipment issued to you. Ensure that you report and replace any damaged, lost or unserviceable protective equipment immediately.

Remember that eye protectors are replaceable; your eyes are not !



## Observations

Please ensure any observations you hand in to your project are also sent to VGC HSQE department.

We are happy to accept to accept a photograph of your observation card.

## Accident incident reporting

You must advise your VGC labour manager immediately if you are involved in an accident or incident at work. Phone, text or email them straight away, even if you believe there has been no injury or damage.

This is in addition to any project specific requirements.

Do not rely on someone else to do this.

Remember: if an incident is not reported then a similar event may happen again somewhere else. So please take ownership and make sure you report it.

### What should you report?

1. Any accident, whatever the injury, even if it appears minor at the time.
2. Any incident, irrespective of the damage or loss.
3. Any near hit, even if there was no injury or damage.

As always, if you are unsure please discuss this with your labour manager, or call the HSQE department on 01895 671800.

## Cable management

Always ensure that any cables you are using whether in an office environment or site based are not causing a trip hazard.

In addition ensure that no cable is likely to become damaged by articles either catching, rubbing or trapping them.

This includes ensuring floor sockets covers are correctly utilised and the cable is not trapped.

It is important to ensure cables are regularly checked for damage and they are made available for regular PAT certification as per the office requirement.

On a recent PAT examination the cable shown above had been caught in a floor socket which was immediately replaced.

