

See it, share it

Congratulations to key influencer Opeyemi Osiyemi on our Integrated Track Team (ITT) job who identified some uninsulated tools had been brought onto the project. He raised this immediately to the supervisor, who dealt with the issue.



Death of two railway workers

On Wednesday 3 July, two workers were hit by a passenger train and sadly died at the scene from their injuries. A third worker was treated for shock. Our thoughts are with their families and others affected by this tragedy.

While awaiting the findings from the incident, we are reviewing work package plans and task briefings.

Please play your part: if things change on site, or the environment doesn't match the task briefing, please speak up.

If you have any questions about your work, please do not start work until you are sure it is safe.

Drug and alcohol testing

Some projects are reporting an increase in detecting opiates during a D&A test.

A D&A test does not aim to enforce the law. It is to make sure that no-one on site is under the influence of anything that can change the way they see events around them, which puts them and others at risk.

This can include substances that are either illegal, prescribed by a doctor (eg codeine), over the counter medication (eg Night Nurse) or foods containing poppy seeds.

So please discuss any medication with your doctor or pharmacist. And avoid foods that contain poppy seeds such as some breads.

Dust

This summer, the HSE is running a campaign focusing on dust, especially silica dust.

Silica dust can be generated during mixing, cutting or sweeping of concrete or cement. Silica dust enters the lungs where it can create scarring which increases the risk of cancer.

To prevent exposure, relevant tools must be fitted with on-tool extraction or wet suppression systems and the operator must wear respiratory protection equipment with an assumed protection factor of 20. They must be face fit tested on the model of mask being used.

FFP3 or P3 dust masks should only be used for tasks of up to one hour. For tasks expected to last longer than 1 hour, you must use a powered system of respiratory protection.

If you are not sure about your dust mask, or believe dust is being generated that could have an adverse effect on people on site, please raise this with your line manager.



Staying safe near water

This summer there have already been fatalities, from people playing or swimming in rivers, lakes and reservoirs. Often, cold water shock causes people to get into difficulties.

Remember that children will see any body of water on site as inviting.

If relevant to your site, make sure all bodies of water are secure from unauthorised access, signs indicate danger and where necessary, suitable rescue equipment is available.

Train makes contact with site material

Network Rail has issued a safety alert following an incident on the West Coast Mainline at the end of May.

The driver of a train reported that objects had been placed on the main line that were subsequently identified as drainage pipes. The train struck the pipes, sustaining minor damage and causing damage to track fixings, axle counters and an overhead line structure.



The pipes had been left on the lineside by contractors doing drainage work in the area during available possessions. The pipes had not been secured against vandals. An investigation will explore whether they were moved by vandals or by the physical effects of passing trains.

Sites must have security to prevent unauthorised access. All lineside materials must be secured in accordance with the relevant NR standard.

If you come across lineside materials that you feel are at risk of interference, please tell your manager.

Enforcement of red X above motorway lanes

Smart motorways and some other major routes have traffic management systems that include variable speed limits on lanes and lane closures. These lane closures are marked by a red X on the overhead gantries.

Cameras on overhead gantries can be used to issue penalties to any driver who ignores the lane closures.

Summer working

Please take care when you are working in the sun and at high temperatures.

- Drink plenty of cool water
- Get enough sleep
- Eat a balanced diet
- Take regular breaks in the shade
- Look out for each other

Symptoms of heat exhaustion or heat stroke

- Hot dry or cold clammy skin
- Rapid weak or strong pulse
- Headache / dizziness / nausea
- Vomiting
- Fainting
- Cramps
- Sunburn or heat rash

If someone is unwell

- Stop the activity
- Get the person into the shade
- Remove excess clothing
- Spray or sponge water on them
- If possible, get them to sip cool water
- If unconscious, place them in recovery position

Seek medical attention as soon as possible.

Transition from Proscient in the East Midlands

From Friday 19 July standard NR/L3/OHS/133 (Planning and Delivering Safe Work Using Proscient in the East Midlands) will be withdrawn. Proscient will no longer be permitted for issuing permits. This will bring the East Midlands into line with the rest of Network Rail.

Staff carrying out safety critical duties for Siemens will be issued with a safe work pack via the OnTrac / ePIC platform. Training will be arranged and if you have any questions, please speak with your line manager.