

See it, share it



Well done to Denis Ahmed who identified a 25l plastic drum used to store oil had been placed next to the exhaust of a generator. The exhaust fumes had started to distort the plastic canister leading to a risk of fire. The oil had started to leak out of the drum. Denis immediately removed the drum and disposed of correctly before clearing the area using a spill kit.

Acid etching on glass

Some vandals are using acid to graffiti glass inside train windows. While it is wet, it can cause acid burns.

Often fresh acid graffiti will have a pungent smell and look wet. If you see this anywhere at work or on a train or tube window, notify the site supervisor or a station supervisor or guard.



Working safely near level crossing

There has been a number of incidents on the Network Rail infrastructure during 2019 with operatives working close to level crossings. In each case, construction work close to the automatic level crossing did not properly consider the risks as trains approached.

- Are contractors and delivery drivers fully aware of the risks, access and egress?
- Are traffic management plans in place for deliveries?
- Outside party works near level crossings should be notified to Network Rail Asset Protection teams.
- Where works are within 200m of a level crossing or when access over a level crossing is required, level crossing managers and local operations managers should be consulted to manage the risks.

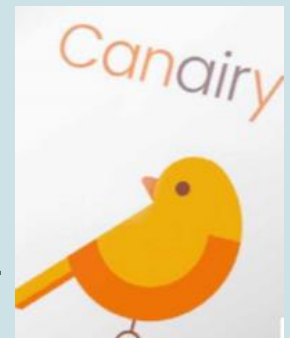
Dust

Dust comes from tasks such as ballast work and concrete cutting, and is worse in dry weather. If you are concerned about dust at your workplace please raise it as an observation. Control measures may involve a damping down the area. If you are asked to undertake a work activity that is causing dust you must stop and raise with the supervisor before continuing. Respiratory protective equipment (RPE) is a final control measure where the dust cannot be eliminated. It should not be used as the first control measure choice. Anyone who may be exposed to dust as a result of a work activity must be given RPE and be face-fit tested.

Time to breathe campaign

Britsafe have launched a new mobile app for outdoor workers. Canairy hopes to help employers and employees minimise the risk of polluted air to outdoor workers. It is currently limited to London. The app provides tips to help reduce exposure to air pollution including the following :

- Work on the inside of the pavement away from traffic where possible.
- If you have a fitted mask, please put it on.
- Check your surroundings. Extreme levels of pollution are found in narrow streets lined with tall buildings.



NRTS cables

NRTS cables provide telecommunication services to Highways England. This network connects emergency phones and other roadside devices to regional control centres.

Whenever working on Highways works ensure they are identified and keep clear of them. Where you suspect damage may have been caused you must escalate this immediately to your site supervisor.

Chains manufactured by Force quarantined - HSE alert 04

During a routine lifting operation a 13mm grade 8 chain with a safe load of 5.3 tonnes failed at a weld on one of the links, with a load of less than 2.5 tonnes.

TfL have advised that, with immediate effect, all chains manufactured by Force must be quarantined. Chains are stamped on every tenth link.



If you come across any of these chains, notify your VGC labour manager and arrange for the chains to be quarantined. Under no circumstances should they be out to use them.

Working with plant and tools

26% of all injuries sustained within the work place are due to contact with equipment, machinery and objects.

Recently an operative received a cut to their leg from a power tool. The cut required stitches. Contributory factors included poor house keeping in the immediate area, perceived pressure to get the task completed and inadequate planning.

For every task ensure that you have been briefed, understand the risks and hazards, and are trained and competent to use the tool and equipment.

Ensure the item of plant is the correct tool for the task, has been checked for defects the area is clear

	Helpful Tips:
1. OVEREXERTION <ul style="list-style-type: none"> Lifting or lowering Repetitive motions 33.54% OF INJURIES	<ul style="list-style-type: none"> Avoid bending, reaching and twisting when lifting Take frequent short breaks
2. CONTACT WITH OBJECTS AND EQUIPMENT <ul style="list-style-type: none"> Struck by or against object or equipment Caught in or compressed by equipment or objects Struck, caught or crushed in collapsing structure, equipment or material 26% OF INJURIES	<ul style="list-style-type: none"> Store heavy objects close to the floor Be aware of moving equipment/objects in your work area Wear the proper personal protective equipment
3. SLIPS, TRIPS AND FALLS <ul style="list-style-type: none"> Falls to a lower level Falls on the same level 25.8% OF INJURIES	<ul style="list-style-type: none"> Place the base of ladders on an even, solid surface Use good housekeeping practices

Summer driving

Long daylight hours and summer heat can mean high temperatures, increased stress levels and extra demand on your car.



If a vehicle is left in the sun, the interior can reach 50°C. Wear appropriate footwear, keep hydrated and check tyre pressure.



Dazzle from the sun causes lots of accidents. Ensure your windscreen is clean, replace worn wipers and keep a pair of sunglasses in your vehicle.



Driver fatigue is a major cause of collisions. Organise work and driving to avoid fatigue. Take at least one break every 2 hours.



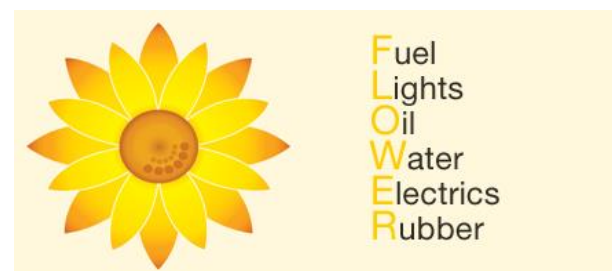
Always drive within the speed limit. Consider the weather and road conditions when estimating a safe speed.

Vehicle daily checks

If you drive a VGC vehicle, you must carry out daily PUWER checks, and ensure the vehicle is safe.

You must comply with the Road Traffic Act, the Highway Code and all other relevant legislation.

Use the FLOWER check:



Report any defects to your labour manager, the fleet administrator and Cole Hire immediately.

British Nutrition Foundation Healthy eating 10-14 June focuses on healthy eating and drinking and physical activity.

At the heart of BNF Healthy Eating Week are five health challenges:

- Have a healthy breakfast at the start of the day.
- Have 5 a day (fruit/veg)
- Drink plenty of water to increase hydration and help digestion.
- Get active - go for a walk, run or swim. Any activity will benefit your overall health.
- Make a change - Go beyond and join a gym or sports club. Eat fruit rather than crisps. The choice is yours.



Share life, give blood.

On 14 June there is an event for blood donation across the world.

This day is to encourage younger, nervous or unsure people to give blood to keep levels high.

If you are interested in becoming a donor visit RedCrossBlood.org or download the Red Cross Blood Donor App

**By donating blood,
you can save lives!**



Everyone should have access to safe blood transfusions, when and where they need them.

Lung health

Are you breathless or wheezing ? Do you have throat or nose irritation?

- If you have lung or heart problems, consider putting off strenuous activity until pollution levels are lower.
- Plan trips to avoid busy roads.
- Exercise more to increase lung capacity.
- Wear Respiratory protective equipment when carrying out dusty activities.

Symptoms of diabetes

- Feeling unusually thirsty
- Urinating more than usual, especially at night
- Feeling unusually tired
- Loss of muscle
- Cuts or wounds healing more slowly
- Blurred vision
- Unexplained weight-loss

Top tips

- Eat a healthy, balanced diet
- Don't drink more than 14 units of alcohol a week
- Don't smoke
- Take regular exercise
- Think about portion size
- Drink water (not sugary drinks)



Android: <http://bit.ly/CIHappAND>

iOS: <http://bit.ly/CIHappIOS>