

Lessons learnt

A VGC supervisor was injured when a 1.5 metre length of rail he was stacking with rail tongs slipped off the bearer and caught the top of his foot.



Luckily, he didn't break any bones, but it could have been very serious.

Why did this happen?

- ✓ The supervisor was trained and competent in this work and with the tool.
- ✓ When they'd got to the planned work area other operatives were doing another task. Quite rightly they stopped and raised the issue.

The foreman suggested that while they waited for safe access, they stack rail lengths onto bearers nearby. So they just got on with the job to help.

- ✗ However, this was not the task the team had been briefed on at the start of the shift, and the risk assessment did not allow for temporary stacking.

The rails on the bottom were too close to the edge of the bearers, and the weight of the ones above caused them to slip.

It's great to help your colleagues. But please remember the Be safe rules:

- **Stop if anything changes** - this was a change to the planned works.
- **Get a brief before you start work** - this activity had not been briefed.

Please avoid accidents at work: follow all four Be safe rules.

Do not be afraid to stop and raise any issue.

See it, share it

The winner this month is Josh Cormack of VGC Rail Projects for identifying two operatives who were not wearing gloves at Crossrail Anglia Officers Meadow. Josh spoke to them and the two operatives agreed they should be wearing gloves.



Josh closed this at the time.



Text **07876 448 119**

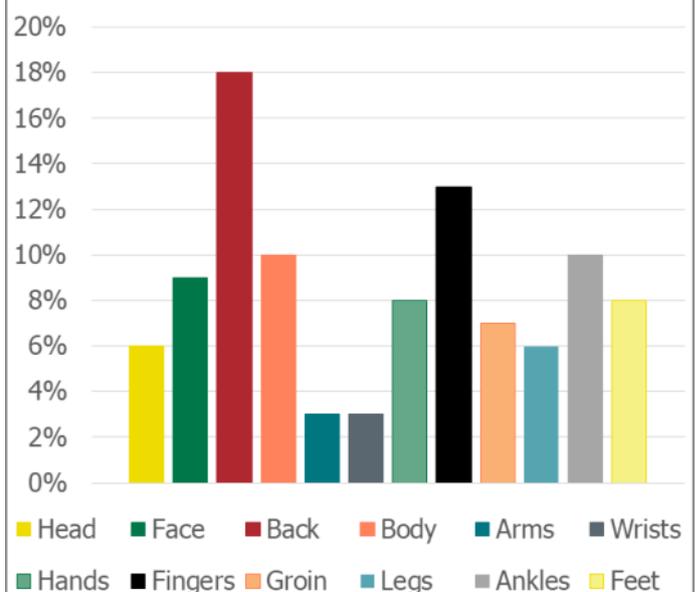
Email **besafe@vgcgroup.co.uk**

Injury trends

So far in 2017, our biggest area of injury is the back at 18% of all injuries, followed by fingers at 13%.

Both of these highlight manual handling as an issue. Please raise any manual handling issues to your supervisor **before** there is an accident.

Body injury trends for 2017



Safe access

As the weather gets colder, access and egress around your place of work can become an issue. If walkways are not well lit or are slippery underfoot, raise it as an observation. Ensure all task lighting is suitable. **Do not wait until there is an incident.**

Safety briefings

In the last month VGC clients have issued 27 safety briefings to us. These have been briefed to our operatives where relevant. They include:

Balfour Beatty - people, plant interface

Skanska - working at height

Costain - cutting and removing of earthing bonds

All operatives should have received a couple of briefings this month. If you have any queries please speak with your VGC labour manager.

UK Road Safety Week 20 – 26 November

This year the focus is on the dangers of speeding.

Research shows that drivers who speed are much more likely to crash.

If you are driving a loaded vehicle, **before you set off** make sure:

- your vehicle is suitable for carrying its load
- all loads are secure
- nothing is overhanging the vehicle edges

Waste Regulations 2011

Under the Waste Regulations 2011, operatives have two main duties

1. Segregate waste as per the site requirement
2. Do not remove any waste from site without an authorised person completing a waste transfer note.



Responsible for delivering safe work briefings?

Rail Network Rail has produced a short video which shows the key parts of a good briefing.

You can watch it on Safety Central at

safety.networkrail.co.uk/pdsw_swp-compressed/



Free health checks

The medical checks at the health day in Newcastle showed that:

- 70% of them had a BMI higher than the recommended level
- 54% were smokers
- 50% had high blood pressure.

Some operatives were advised to see their GP for more help.

If a health day is offered on your site please take the chance to get personal advice which can lead to early detection of any issues.

Use of client close call apps

Please be alert on site and report any close calls to your project **and** to VGC's HSQE team.

If you use a project site app, make sure your labour manager is copied in.

Grow a moustache for Movember



Each year, men grow moustaches during November to encourage conversations around physical and mental health, especially:

- prostate cancer
- testicular cancer
- men's suicide

Men are four times more likely to die by suicide than women; globally a man dies from suicide every minute.

Testicular cancer has a 95 per cent survival rate if it is caught early.

Before you take part in Movember **please check with your supervisor** that this will not affect your ability to perform your job if you wear face fit RPE (respiratory protective equipment).

movember.com