

See it, share it

Be safe rule No 4.

Stop work if anything changes

Please make sure you share observations and good practice:

Text [07876 448 119](tel:07876448119)

Email besafe@vgcgroup.co.uk



In September Jonathan Odumanye one of our PWT's (Protecting Workers on Site), was commended by our client for stopping work when he believed the environment had changed. There was a possibility that some of the conductor rails had become live during a possession. Jonathan tested the rail and could not confirm traction was off. He therefore made a decision to remove his team from the work area ensuring the team were aware there was a possibility of a live rail. The client's Construction manager stated Jonathan faultlessly followed the rule book in providing protection for the workforce. He also immediately notified Track Access Control of the issue.

Waste management and recycling

Here are the do's and don't of waste management and recycling.

Do

- Ensure you have been briefed on how you are required to dispose of waste on each job
- Segregate and label different types of waste for ease and off-site disposal with the relevant waste classification code
- If you are authorised to complete waste transfer notes, please make sure they are accurate.



Don't

- Dispose of waste illegally or fly tip
- Mix hazardous waste with controlled waste
- Leave your waste materials on site
- Allow an unlicensed contractor to uplift waste
- Burn waste
- Store waste next to or adjacent to water course

Please continue to play your part in our achievements and ensure all waste is correctly segregated and disposed of. Remember that a tidy site gives us and the company a good image.

M6 northbound fatality

An incident occurred on the M6 Northbound in September which sadly resulted in a fatality to a construction worker. Our thoughts are with the family and colleagues.

Whilst we do not have the full facts from an investigation it would appear this operative was driving colleagues to work in a minibus, the vehicle had a tyre related problem. The vehicle pulled onto the hard shoulder and the operative got out to inspect the tyre. Unfortunately, at this point they were struck causing fatal injuries.

This incident reinforces that if you are driving on the motorway and your vehicle develops a problem please remember:

1. Pull over as far as you can on to the hard shoulder.
2. Turn its wheels on to prevent your vehicle rolling back onto the carriageway.
3. Apply the handbrake and hazard lights.
4. Exit your vehicle via the passenger door and get behind the safety fence.
5. Never attempt to resolve the issue yourself unless given specific permission by a Traffic Officer.

If you see anything unsafe, please don't walk by. Report it to your line manager, to CIRAS, email besafe@vgcgroup.co.uk, or use the anonymous website form at vgcgroup.co.uk/whistle

Annual leave

Please make sure you take all your holiday within the leave year (January – December).

To book annual leave please fill in the online form at

www.vgcgroup.co.uk/holiday

and submit it to your labour manager.

Please give at least two weeks' notice.

We will try to approve requests for annual leave. However that isn't always possible: we have to consider overall operating requirements.

Do not book and pay for holidays until your request for leave has been approved.

Remember:

- VGC will not authorise payment in lieu of untaken holidays
- You cannot carry annual leave over into the next year: you will lose it.

Plant and people

Following an incident in September where an RRV collided whilst reversing at speed with the rear of a Kubota personnel trolley, Network Rail have issued a safety alert emphasising the following:

For all staff working within rail worksites where plant movements are expected they must be briefed that:

- All plant movements within worksites must be undertaken at 5mph or less.
- Where visibility may be an problem, the Machine Controller must be on the ground supervising the move and the exclusion zone.
- All staff must be clear about how plant movements are to be physically separated so as to prevent the possibility of a collision.

HSE health focused inspections

The HSE have started a campaign to look at how seriously health is being treated on site. In addition the HSE have started a focus on how work sites protect their personnel from the effects and diseases caused by dust inhalation.

Please always

- Ensure that you wear your Personal Protective Equipment (PPE)/ Respiratory Protective Equipment (RPE).
- Follow guidelines when manual handling.
- Be fit for work.

Working at height

Working at height usually requires the use of ladders or other access equipment.

Consider what has to be done. Make sure your task brief includes how the tools will be moved to the working level

Consider how the work site is to be accessed. Check if you need scaffolding.

Consider the working environment. Is the ground stable and level for a ladder/access tower to stand on?

The ladder must be secured to prevent slipping outward or sideways. This can be achieved by:

- Lashing at, or near, the top, using a spreader bar
- Having non-slip feet on the ladder
- Placing sandbags against the base of the ladder or having a second person boot the ladder
- Ensure the ladder is long enough to reach the worksite without over-reaching

Where possible wear a safety harness that is properly secured to an anchor. Ensure that harness is anchored as high as possible above the worksite; this will limit your falling distance.

Minor injury to a slinger

An operative working on a Crossrail project received a minor hand injury last week.

While unloading pipes from a train by use of an RRV, the Injured Party's (IP) finger was momentarily nipped between the pipe and hand rail of the train.

A first aider attended the incident, cleaned and dressed the wound. The IP was taken to the local hospital for diagnosis and treatment.

The hospital re-dressed the wound, applied a splint and referred the IP to a hand specialist



hospital for further assessment.

The IP returned to work on their next scheduled shift however their finger

remains bandaged.

Please be careful with your hands even if you are wearing gloves. Never place your hands where



there is a risk of entrapment.

The lifting operation can always be stopped and reviewed for that task.

Please ensure all injuries are reported to your line manager to follow the Accident, Incident procedure.

Getting to and from work

We may think the risk to our safety only comes from work. How many of us consider our actions whilst getting to and from work?

Last week whilst travelling home from work one of our operatives was injured by a car when crossing a road.

The operative appears not to have waited for the crossing lights to have turned green and was caught by a car. Luckily, the operatives injuries were minor, a few scratches and grazes to their arm, hand and face however this could easily have resulted in a much more serious injury.

- Please do not attempt to cross a road unless it is clearly safe to do so, as in this case, trying to save a few seconds actually cost more time
- Use designated crossing points whenever possible and wait for the signals to indicate it is safe to cross

Pay attention when crossing roads, do not be distracted by phones or other personal devices.

Contact details

Please ensure your current address, contact details and next of kin details are correct and kept up to date.



If you are not sure of the details we hold please contact Head Office on 01895 671800 and ask for the Human Resources department.