

See it, share it

Thank you to Viorica Voicu on the Balfour Beatty Integrated Track Team LU project.



On supervisory duties, Viorica noticed that a track clip was not pushed home correctly. Viorica asked a colleague to sort out the problem and reported it to her section manager.

Value: "Expertise and ethics underpin our business".

Please share observations and good practice:



Text **07876 448 119**

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

VGC EU workers

We appreciate EU nationals who are part of our workforce. We hope you want to stay in the UK: please apply for settlement status.

www.vgcgroup.co.uk/eu

Concrete burns

An operative (non-VGC) recently received concrete burns during a concrete pour activity.

Although suitable controls were in place, the operative did not understand the risk and wore standard PPE.

When their PPE trousers got contaminated with wet concrete, the alkaline in the concrete soaked through and burned their skin.

Please do not be a statistic - be safe.



Competency cards

We all have competency cards to prove we can carry out our roles.

- It's a good idea to carry your competency card with you at work all the time.
- If you do not hold the correct competency for a task you are asked to do, you must refuse and report this to your line manager.

Overriding safety devices

It is against the law to ignore your employer's safe system of work. If you do, you can be prosecuted.

- Seatbelts in items of plant are safety devices installed to protect you.
- Recently, a mesh manufacturer was fined because they knew a safety device was routinely overridden during maintenance but took no action to stop it happening again.
- Also, a scaffolder was seen on a building site wearing a safety harness. But he had not clipped the safety harness on to a suitable anchor point. He was personally prosecuted and fined.

World mental health day 10 October 2019

- According to the World Health Organisation, more than 800,000 people die by suicide each year.
- In the UK, suicide is the biggest killer of men in the UK under 50, and male construction site workers are up to three times more likely to take their own lives than the average man.
- Charity Mates in Mind says one in six workers in the UK is experiencing depression, anxiety or stress - that's around 350,000 people.

Although awareness and understanding of mental health is improving, people still find it difficult to talk about mental health difficulties, especially in construction.

We believe that the mental health and wellbeing of our staff is key to our success and sustainability. Our managers attend awareness courses, to support people who come to them with issues.

If you have an issue or wish to discuss mental health, please contact

- Your line manager
- Construction worker helpline, Samaritans (freephone 116 123) or Mates in Mind on 020 3510 5018
- One of VGC's mental health first aiders:

Fiona 07464 919245 Kimberley 07810 052787 Daniel 07899 781502

Fairness, inclusion, respect; What is respect?

Respect is behaving towards others in ways that are appropriate and do not cause offence. It is about treating people the way that you would want them to treat you, and respecting everyone's differences.

Bullying or harassment can take different forms. Wherever it appears it will be unwanted and unpleasant behaviour.

If you need support please contact your labour manager or the HR team on 01895 671800 or fill in the form at

vgcgroup.co.uk/whistle



Construction Worker Helpline

Life doesn't always go to plan. The Construction Worker Helpline offers you free support and guidance in times of need.

- Need help with debt or money worries?
- Think some counselling would benefit you?
- Want some guidance about housing and social welfare?
- Struggle with mental or physical health issues?

Call us in confidence
Freephone 0808 801 0372
8am to 8pm – 7 days a week.

Helpines MEMBER
B&CE has been providing financial products to the construction industry since 1962. We're pleased to offer our new Construction Worker Helpline service, a non-constructural benefit, set up by B&CE's Charitable Trust. (The Trust reserves the right to withdraw the service at any time.)

B&CE
Charitable Trust

Climate change

- Burning petrol and diesel releases carbon dioxide and other pollutants into the atmosphere.
- That affects air quality and increases the effect on climate change.
- Don't leave an engine running! Please make sure you switch off plant, equipment and vehicles whenever you can to reduce the amount of carbon dioxide being released.



Safety helmets on Skanska sites

From now on, all operatives working at height on Skanska sites must wear safety helmets with chin straps.

You are working at height if you are working on structures such as bridges or decks, or loading/unloading from the back of a lorry, or working on scaffolding. You must also wear a chin strap helmet if you are working on a live carriageway.

Your safety helmet must conform to both EN397 and EN12492. Check the label inside if you are not sure.

Skanska rules for safety helmet colours stay the same.



Autumn clocks change

The clocks go back on Sunday 27 October at 02:00. Be aware that your body will take time to adjust. And take extra care on the roads; road casualty rates increase with the darker nights and poor weather.

Road traffic crashes increase by 3.9% in the fortnight after the autumn change.

Drivers:

When driving in the dark or in poor weather, leave more space between you and the vehicle in front, to give you more time to brake.

Check your vehicle before you drive off. Make sure tyres are in good condition, windows clean and the washer bottle is topped up.

Remember:

If you are wearing high-vis or driving a VGC vehicle, you are the public face of VGC. Please remember that your actions reflect on everyone in the company.

Contact details

Please ensure we have your current address, contact details and next of kin details.

If you would like to check the details we hold for you, please call head office on 01895 671800 to talk to the HR team.

Drivers: speeding and Chapter 8 compliance

- A recent report said that drivers are more likely to break the speed limit at certain times of day. Drivers are more likely to speed in the early hours of the morning, especially between 4am and 5am or on a weekend. Please be aware of your speed at all times, and especially at times when you may be tempted to break the speed limit. Your speed could result in a fine, or losing your licence, or at the worst, kill someone.
- If you're driving into a Highways England site, you must make sure your vehicle fully meets Chapter 8 requirements.