



Infrastructure Projects Southern Home Safe

The Southern Region's Weekly Safety Update

18 October 2017

Do you feel safe to ask?



One of the biggest barriers to speaking up on safety is fear of the reaction you may get from others. No one wants to be made to look stupid or shouted at and told to mind their own business or viewed as a troublemaker. To help break down these barriers we have been asking people to wear a **FEEL SAFE TO ASK** sticker on their helmets. Wearing the badge is completely voluntary and means you are always:

1. Approachable and open at all times to someone raising and discussing a safety matter with you
2. Willing to actively listen
3. Polite and respectful at all times and respond accordingly
4. Thank anyone who comes to have a chat with you

If you don't have a sticker for your helmet contact your local safety team or email: Shield@networkrail.co.uk

Beware of damaged cables

A team from Siemens were cleaning out an existing troughing route and discovered damage to one of the two existing feeder cables. The fault had not been detected as only one cable was damaged and there was no loss of traction supply. As they were competent, the team undertook the repair after getting approval to do so.

Well done to the Siemens team who prevented a potential operational incident on the Brighton Mainline as well as the possibility of someone getting injured lifting the lid and coming into contact with the damaged cable.



New full-time nurse employed by Southern Shield

The Southern Shield Safety Leadership Team has agreed to fund a full-time nurse to offer everyone who works within the IP Southern region the opportunity for a Know Your Numbers health assessment. The assessments measure BMI, cholesterol, blood pressure and blood sugar. The assessment also includes a short general health questionnaire.

Our nurse started by visiting a BAM site on 25th September and has since visited various sites and offices across the southern region. The nurse will visit any of our sites or offices and can cover all shifts.

If you would like to book the nurse to visit your site or office, please contact Juliette Cannock our Southern Shield Health & Wellbeing Lead:

Juliette.cannock@networkrail.co.uk

Charing Cross – a correction from last week

While removing a steel mesh grating, contact was made with a track chair screw and steel platform supports causing a small arc. No injuries were sustained.

Initial indications are that the discharge was due to track circuits remaining live; however, the investigation process has yet to be concluded.

Contact us: shield@networkrail.co.uk or go to www.southernshield.co.uk

Home Safe

Three Road Traffic Accidents in our region

Did you know... driving is the most dangerous work activity that most people do. In 2016, 529 people were killed in the UK driving, riding or otherwise using the road for work purposes. The majority of these tragedies could have been prevented. Three recent road traffic accidents (RTAs) in the southern region could have had more serious consequences.

RTA 1 – travelling back from a shift late at night to his digs, the driver of a van misjudged a bend on an unlit road and hit a curb. The van rolled causing loose tools to fly around in the back compartment of the van. The driver was uninjured but the van was written off. Although the driver was part of a team that were working 24/7, the team was split into three shifts of nine hours each and he had not worked the previous few shifts. As such, he had been working well within his hours and had had sufficient rest time.

RTA 2 – A welfare van was involved in an accident with a flatbed lorry on the M20 near Lenham. It is believed the driver of the van fell asleep at the wheel and impacted the side of the lorry in lane one. No injuries were reported and the incident is under investigation.



RTA 3 – During a dark and misty early morning drive the driver did not see an abandoned wheel in the middle of the road until it was too late to avoid it. He managed to pull into an adjacent layby but the car was too badly damaged to drive away. The driver was uninjured.

All of these incidents are under investigation, but do you know...

...when vehicle accidents are most likely to happen?

- On long journeys on monotonous roads, such as motorways
- Between 2am and 6am
- Between 2pm and 4pm (especially after eating, or taking even one alcoholic drink)
- After having less sleep than normal
- After drinking alcohol
- If taking medicines that cause drowsiness
- After long working hours or on journeys home after long shifts, especially night shifts

You can find [a toolbox talk on driver fatigue](#) in the Southern Shield website library in the Toolbox Talks (June 2017) booklet.

Did these Close Calls prevent an accident?

1. Working with Electricity

A COSS attempted to sign into worksite without a live line tester and was refused. The COSS left and returned with a live line tester but without the proving unit. The COSS left and returned with a proving unit but this had a defective battery and he was refused entry again.

The COSS wrongly believed that he did not need to check the conductor rail as there was isolation in place.



Never assume equipment is isolated – always test before touch.

2. Exclusion Zones

A site operative removed an exclusion zone fence and walked behind a 360° excavator without the permission of the banksman. Work was stopped, a safety conversation held and everyone was re-briefed.

In a second incident, operatives were seen to be standing too close to a working excavator when they had no need to be there. Works were stopped.



Never enter the agreed exclusion zone, unless directed to by the person in charge.

3. Working at Height

In two separate incidents, an operative climbed onto the back of a lorry without edge protection.

A fitter also climbed onto a hybrid solar generator without any fall protection. In both cases, work was stopped and the individuals were re-briefed.



Always use a safety harness when working at height, unless other protection is in place.