



# Infrastructure Projects Southern Home Safe

The Southern Region's Weekly Safety Update

01 November 2017

## More road traffic accidents in our region



In a recent edition of *Home Safe* we reported that three road traffic accidents took place in the southern region within the space of a few weeks. This week, we report on another three. In one incident a worker left a site at around 06:00, whilst driving home the vehicle they was driving collided with the central reservation. The vehicle was damaged but luckily no injuries were sustained. This incident is currently under investigation.

### Things to consider...

- ✓ Could fatigue have been a factor?
- ✓ Which Lifesaving Rules could be relevant to this type of incident?
- ✓ How do we manage fatigue?
- ✓ What checks do you undertake on your vehicle before you start your journey?



In another incident two of our contractors were involved in a road traffic accident on the north bound M1. Neither party was hurt, but there was minor damage to one of the vehicles. In a third incident, an operative was involved in a road traffic accident whilst driving to site. The operative's van was hit by a bus which was travelling in the opposite direction causing damage to the off side rear panel and bumper. The operative was not injured and went on to work his shift.



## And remember...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.

## DC electrical hazard awareness

The Southern Shield DC Electrical Working Group has produced a [DC Electrical Hazard Awareness briefing](#) which you can now access through the Southern Shield website. Network Rail were consulted on the development of this briefing and are looking at incorporating some of the key messages into an enhanced version of DC Conductor Rail training as part of PTS in the southern region.



## Too close for comfort

An operative was injured whilst drilling holes into a steel frame. During the activity the drill became disconnected and hit the operative in the face just under his safety glasses causing a laceration to his cheek. He was given first aid on site, and was able to continue working.

***If you would like a colleague to receive Home Safe, please contact:***

***[shield@networkrail.co.uk](mailto:shield@networkrail.co.uk)***

Contact us: [shield@networkrail.co.uk](mailto:shield@networkrail.co.uk) or go to [www.southernshield.co.uk](http://www.southernshield.co.uk)

# Home Safe

## A new way to remember



Remembering rules can be challenging for anyone. But one works manager at BAM Nuttall has thought of a new way to help colleagues remember all of our Lifesaving Rules by creating a new game. The game involves separating the wording from the logos and then matching the respective

words to each of the Lifesaving Rules logos. The game has proven so popular that the team will now be getting a set of bespoke game cards made and sharing this as best practice across their sites.

## Best practice at Slade Green



At Slade Green the Costain site team have identified a way to solve a problem with falls from height. They were working near to an inspection pit and use of temporary fencing was not viable. So the team came up with a novel solution to use inflatable air bags to fill the void in the pit while the works were being undertaken, the air bags could also be left in place at the end of each shift.

## Do you have your Feel Safe to Ask sticker?



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

## Wrong place, wrong time



A strapping irregularity occurred when a short circuiting bar was placed where the rail was still live. The incident is currently under review, however the initial investigation has found that there was a late change to the mileage (agreed between the ES and PICOP) and that live line testing was not carried out. Luckily, no one was

injured during this incident. The Southern Shield [DC Isolation Strapping guide](#) tells you all the steps you should follow when undertaking strapping duties.

**Remember...Never assume equipment is isolated – always test before touch.**

## In other news...

### Southern Shield Charter update

The Southern Shield Charter has been updated to include a new item. The new entry which **prohibits anyone from using their hands to hold open a bag that is being filled by mechanical means** has been added as item 4.18. This has been included following Close Call trends which showed that this was happening.

A copy of the updated Southern Shield Charter can be found on the [library page of the Southern Shield website](#).



### The Shield October 2017

The October 2017 edition of The Shield is now available on the Southern Shield website. This edition features details on how workers at Northumberland Park are preparing for the winter months; yoga at Slade Green and an image of trackside works at Waterloo in the 80s compared to now – plus many other stories. If you would like to receive copies of The Shield on your site email: [shield@networkrail.co.uk](mailto:shield@networkrail.co.uk).



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