

Home Safe

The Southern Region's Weekly Safety Update 24 February

Everyone Home Safe Every Day

Overhead shock scare

A Close Call was reported at Deanary Farm following a near miss with an excavator working under an overhead line. This comes just over a year after the incident at Basingstoke where two operatives received electric shocks while installing lamp columns underneath 11KV overhead lines. One of the operatives suffered serious burns and injuries.



You can find the safety bulletin from the [Basingstoke incident here](#). You may want to use this as a basis for a tool box talk and a reminder on what you need to consider when planning works around overhead lines, and the potential serious consequences of not having a robust plan in place.

Think.

How would you prevent this happening on your site?

Theft, injury or loss of life - is your site secure?

At the Birchington-on-Sea site, it was noticed that a section of the boundary fence had been compromised and the site compound broken into. This follows a number of other thefts across the Southern Region in recent months.

In addition to the value of tools and machinery, if a site is not secure it also poses a risk to the public. Last year, a seven year old boy was found dead after accessing a construction site through a hole in the fence. More recently, an operative was stabbed in the leg by a trespasser whilst loading a van at a depot in Romford. A tool box



Southern Shield website launches



The [Southern Shield website](#) launched this week and features the latest news, safety updates, and details of the Southern Shield Working Groups.

You can find downloadable copies of The Southern Shield Charter, Southern Shield Toolbox Talks and the Lifesaving Rules 1,2,3,4 poster, as well as back issues of The Shield and Home Safe Monthly on the [Southern Shield Library](#).

Visit the website at:
southernshield.co.uk

Venomous spider found in location case

A team working from Croydon Maintenance Delivery Unit came across an infestation of spiders in a location case. One of the spiders was identified as being part of the 'False Widow' family which are venomous.

talk has been produced on site security and can be found on the [Southern Shield website](#).

Remember.

- Be aware of signs of trespass and vandalism such as broken gates, graffiti and fly tipping. If you suspect trespassers, contact the British Transport Police.
- Report and repair any areas of the site that are not secure

Be careful where you are walking



During works at Englemere Level Crossing, an operative stepped on a plastic turning chamber that was covered in leaves. His foot went through the cover causing bruising to the foot and he was taken to hospital for X-rays.

Remember.

Always be aware of underfoot conditions and remember that some hazards may be covered by leaves, debris or rubbish.

Manual handling injuries

Whilst connecting a ram to the extended arm of a stressing kit, a member of Orpington P/Way team strained a tendon in his left elbow. He finished his shift before attending hospital as a precaution, and was off work for a day. [You can find the full bulletin attached here](#).

On the same day, another member of the team pulled a muscle in his back whilst loading a tamper onto the back of a flat bed van. He was also off work for a day.

[You can find the full bulletin attached here](#).



Lessons learnt.

Always identify the risks when working with or moving equipment and use the correct manual handling technique.

Back to basics

HVMS were carrying out cable management sleeper installation works with an RRV at Winnersh. A Construction Manager arrived on site and observed that the majority of site operatives were not wearing their safety glasses.

The team were stood down and re-briefed by the Construction Manager about the importance of safety glasses. The wearing of safety glasses is mandatory under both the [Southern Shield](#)

If you come across a false widow spider, report the infestation. An environmental incident form will need to be completed so that the appropriate arrangements can be made.

You can find the [full bulletin attached here](#).



Health reminder

Following two incidents in the Southern region where operatives were taken ill on site with suspected heart attacks, we would like to remind everyone that there are legal requirements on employers to consider arrangements for all foreseeable emergency situations. These are reiterated in CDM for the Principal Contractor to address.

Points to consider:

- First Aid arrangements including the provision of a defibrillator.
- Means of summoning the emergency services and arrangements to meet them.
- Arrangements for getting emergency services to a casualty on or near the line.
- If this is not possible, the arrangements for recovering a casualty from on or near the line to the emergency services.
- Arrangements for contacting next of kin.

[Charter](#) and [Network Rail Life Saving Rules](#).

Lessons learnt...

Although individuals must take responsibility for wearing the correct PPE, the appropriate PPE for the task and risk profile must always be available for our teams.

We are currently carrying out demonstrations and trials of safety glasses across the Southern Region to raise awareness of the types of protection available.



If you have a site that you would like us to visit, please contact shield@networkrail.co.uk.

If you would like a colleague to receive Home Safe, select the forward button at the bottom of this page.

In the past four years there have been five suspected or confirmed heart attacks on work sites within IP South East alone; fortunately in all cases so far, the casualty has been able to self-evacuate or has been close to an access point. However, some of our works are carried out in remote or rail locked sites.

Think.

Have you considered your emergency evacuation arrangements?

Contact us shield@networkrail.co.uk

[Forward this email](#)

[Forward](#)