

Home Safe

The Southern Region's Weekly Safety Update 16 March

Everyone Home Safe Every Day

Protect yourself, wear PPE

During the erection of scaffolding at Effingham Junction, a scaffolder carrying a tube scraped his arm on a concrete fencepost, grazing the skin on his left forearm.



Lessons Learnt.

Tasks should be risk assessed to determine whether long sleeves are required for the type of work being carried out.

An operative was observed removing plasterboard off cuts and ceiling tiles from a wheelie bin into a skip, without a dust mask. The individual was challenged and instructed to stop the task until he had suitable respiratory protection.

Remember.

Respiratory dust can cause long term damage and ill health. Always wear a mask when working in dusty environments.

Why compromise your health or safety by not wearing suitable PPE?

E-cigarette explodes

E-cigarettes are becoming increasingly popular; however, they can be dangerous if they are not brought from a reliable manufacturer. One of our colleagues suffered a significant injury recently when an e-cigarette exploded in his trouser pocket, causing significant burns to his legs.



Click on the shield above to access our website

Live line testers - update

Last week we reported that there have been two recent incidents where a COSS has arrived to work within a possession without a Live Line Tester.

The incident at Redhill has been investigated and the following learning identified;

- The Agency that supplied the COSS does not give all of their COSS's a Live Line Tester, preferring to issue the COSS with a tester when they know the COSS will need one.
- The COSS's equipment was not checked by the Principal Contractors Site Representative, nor by the Engineering Supervisor.



Hypodermic needles

Following a recent incident where a member of the works delivery team came into contact with a discarded hypodermic needle, a toolbox talk has been produced on the action you should take.

You can find the toolbox talk on the [Southern Shield website](#).

Fallen panel could have been fatal



During Thameslink works at London Bridge, a vehicle access gate detached from the gate post and fell to the ground. The gate is four metres wide by three metres high and weighs approximately 400kg.

Earlier in the project, there had been a requirement to widen the gate and it had undergone a change to the original design. The team had also been having difficulty opening and closing the gate, but this hadn't been reported.

Fortunately, there were no injuries; however, there was a high potential of significant injury to people working in and passing through the area.



Lessons Learnt.

- Modifications should not be made without consulting the temporary works teams.
- Inspection regimes for temporary structures should be in place and documented.
- Access routes should be wide enough for the purposes of its use.

Feeling unwell around fumes

An operative arrived on site to complete ground investigation works at Hackney Wick and mentioned to his supervisor that he felt unwell. During the morning's work, the operative was working in close proximity to the percussion rig and loading sample casings as the works were ongoing. After a short time, he walked away from the work area for some air and vomited on site. The area was immediately cleared and the site was cordoned off.

Lessons learnt.

The potential for exposure to fumes and vapour should be considered prior to commencing ground investigation works, and contingencies such as appropriate first aid training should be put in place.

Toolbox Talk

Hypodermic Needles

Breaker-Bar Safety!

An operator was using a breaker bar to remove a metal plate from a wall. The plate fell and hit the floor, causing the operator to fall and hit his head on the floor. The operator was taken to hospital with a head injury.

The operator was wearing a hard hat and safety harness. He was wearing a high-visibility vest and was wearing a respirator mask.

What are dangers and what can I do?

Breaker bars are used for removing metal plates from walls. They are generally made of carbon steel and can be very sharp. They can cause serious injuries if they hit people or objects.

What can I do?

When using a breaker bar, always wear a hard hat and safety harness. Use a respirator mask if you are working in an area with dust or fumes. Use a high-visibility vest to make sure you are seen. If you feel unwell, stop work and seek medical attention.

What should I do if I am injured by a breaker bar?

- Stop work, gently remove the metal plate from the wall.
- Call for help and seek medical attention under working water or breathing water protective clothing.
- Keep the area clean and dry.
- Wear a respirator mask if dust or fumes are present.
- Use a high-visibility vest to make sure you are seen.
- Wear a hard hat and safety harness if you are working in an area with dust or fumes.

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RRV Derailment

During emergency bank slip works in Northumberland, a RRV with piling rig attachment derailed and fell over onto its side, landing in the up cess.

The machine operator, although shaken, escaped injury and the incident is now subject to investigation.



You can find the full bulletin and discussion points on the [Southern Shield Website](#).

Security Awareness

A signal response team were attending a fault at Saltwood Junction. They stopped at a red traffic light when their transit van became surrounded by a large group of suspected illegal immigrants (around 10 males), who tried to force their way into the vehicle.

The team remained calm and locked the doors, before calling the police.

Lessons Learnt.

- Avoid parking in high risk areas.
- Do not leave vehicles unlocked when not in attendance with vehicle.
- Report any observations that involve trespass or loitering.

Wrong equipment causes cut to face

An operative working at Dean and Dean Hill suffered a cut to his right cheek when using a bar to move rail for stressing. The operative lost his footing, causing him to hit himself in the face with the bar. The bar was not the appropriate tool for the task. *Click on the image to view the full bulletin.*



Think.

How can you encourage your team not to become complacent?

Do you have the correct tools on site for the tasks being undertaken?



Always use the equipment that is fit for its intended purpose



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