

To view this email online, [follow this link](#).

If you want to send Home Safe to a colleague just select the 'forward' button at the bottom of this page.

NetworkRail

Infrastructure Projects

Southern

Home Safe

The Southern Region's Weekly Safety Update 23 March

Everyone Home Safe Every Day

What is the most dangerous work activity?

Driving is the most dangerous work activity that most people do. It is estimated that around **150 people are killed or seriously injured every week in crashes** involving someone who was driving, riding or otherwise using the road for work purposes. The majority of these tragedies could be prevented.

A gang of operatives was returning home from a night shift at Margate, when the flatbed van they were travelling in lost control on a roundabout, colliding with the safety barrier. Fortunately, all of the operatives were wearing seat belts and only one person had to go to hospital as a precaution.

Reports suggest the van skidded on some oil/diesel on the roundabout and as the vehicle was not carrying a load, it spun more easily. Initial indications also suggest that fatigue was not a factor; however, the men had just completed a night shift and it is not known how much rest they had on the day leading up to the shift.



Remember the Lifesaving Rule.

- Always obey the speed limit and wear a seatbelt.
- You can find a ['Driver Fatigue' Toolbox Talk](#) on the Southern Shield website.

Could you prevent the next needle injury?



Click on the shield above to access our website

What could it cost you?

Last month, we reported that an operative working at Tovil Embankment was walking back to the van when he slipped and fractured his ankle.

The incident resulted in six weeks off work and lost productivity for his company.

The operative himself described the incident as *'nothing more than a minor slip that 99 times out of 100 he would have got up and walked away from without any injury'*.

When was the last time you reviewed your walking routes to mitigate against these all too common slips, trips and falls?

Services strike

Whilst undertaking a geotechnical investigation for a sink hole, an excavator stuck



Last week, we issued a toolbox talk on the dangers of hypodermic needles. This week, an operative at South Bermondsey was pricked by a discarded needle that was underneath a metal plate he was picking up. The operative attended hospital as a precaution.

Lessons learnt...

Have you discussed the dangers of hypodermic needles on your sites?

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

The danger of becoming complacent about safety

Since the beginning of February, Crossrail have experienced an increase in the number of safety incidents, including seven lost time injuries, five reportable RIDDORs and nine high potential near misses.



Some of the most serious incidents include an operative becoming trapped between a tele handler and flat-bed truck, resulting in multiple fractures. Another operative was drilling into concrete with a masonry drill when his glove got caught in the rotating drill bit, which resulted in the amputation of the tip of his finger. An RMD Soldier also hit an operative, causing a break to his right wrist and the tip of the third finger.

While our Lost Time Injury Frequency Rate (LTIFR) in the Southern Region has continued to improve, these incidents highlight the importance of never becoming complacent about safety.

Click on the image to view the full bulletin from Crossrail.

Electric shock from third rail

A fitter was assisting in the coupling of trailers during a possession when he came into contact with a live conductor rail. The fitter bent down to relief the pressure on one of the trailers and as he did so he came into contact with the live conductor rail, receiving an electric shock. The live conductor rail was outside the worksite but within the possession limits.

The fitter did not suffer any lasting effects but the incident had the potential to be much more serious. The incident is currently under investigation.

a water hydrant that had not been identified on utilities drawings. The excavator was clearing vegetation at the time.

The damage to the hydrant resulted in the flooding of the adjacent public highway which had to be closed until the damage was repaired.

The incident is under investigation.



Conductor Rail Shields

One of our contractors recently hired some conductor rail shields and was sent black shields (shown below). These have been withdrawn from general use; however, there is a TNC in place for very specific tasks until 30 April 2016.



You can find a copy of the [safety bulletin here](#).

Trapped hand

A Works Delivery Track team were loading scrap points machines and timbers onto a lorry at London Bridge. The method involved using chains around the machines and a bar to ensure the machines were in the correct position.

Immediate Lessons...

- The amount of plant and the space required must be considered as part of the planning of the works.
- Any persons working around live conductor rail must have the relevant competencies (PTS DC).
- Any persons undertaking tasks must have received the relevant briefing and be aware of the worksite limits.

Are you wearing the correct eye protection?

Recently, it has been observed that site operatives have been undertaking activities where task specific eye protection is required; however, the operatives have only been wearing safety glasses suitable for general protection.

It is essential that the correct glasses are selected for the specific task being undertaken. The glasses must have the required impact resistance for the task and the risk assessment should determine if a face shield, goggles or glasses are appropriate.



Remember the Lifesaving Rule...

Always use the equipment that is fit for its intended purpose.

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

Whilst using the bar, the machine moved, trapping the operative's finger between the two machines. Fortunately, the operative was wearing gloves at the time of the incident, which prevented more serious injuries.



Remember.

- Cut 5 gloves are mandated in the Southern Region.
- Always take into consideration how materials are stacked before attempting to move them.

[Click here for full bulletin.](#)

Contact us shield@networkrail.co.uk or visit, www.southernshield.co.uk

**Forward
this email**

Forward