Safety Hour Discussion Pack

September 2016

Ioannis Toutoungi - H, S & Culture Specialist
Buildings & Civils - Wessex Route
M: 07734648071 E: ioannis.toutoungi@networkrail.co.uk

everyone home safe every day

HSE statistics - 2016

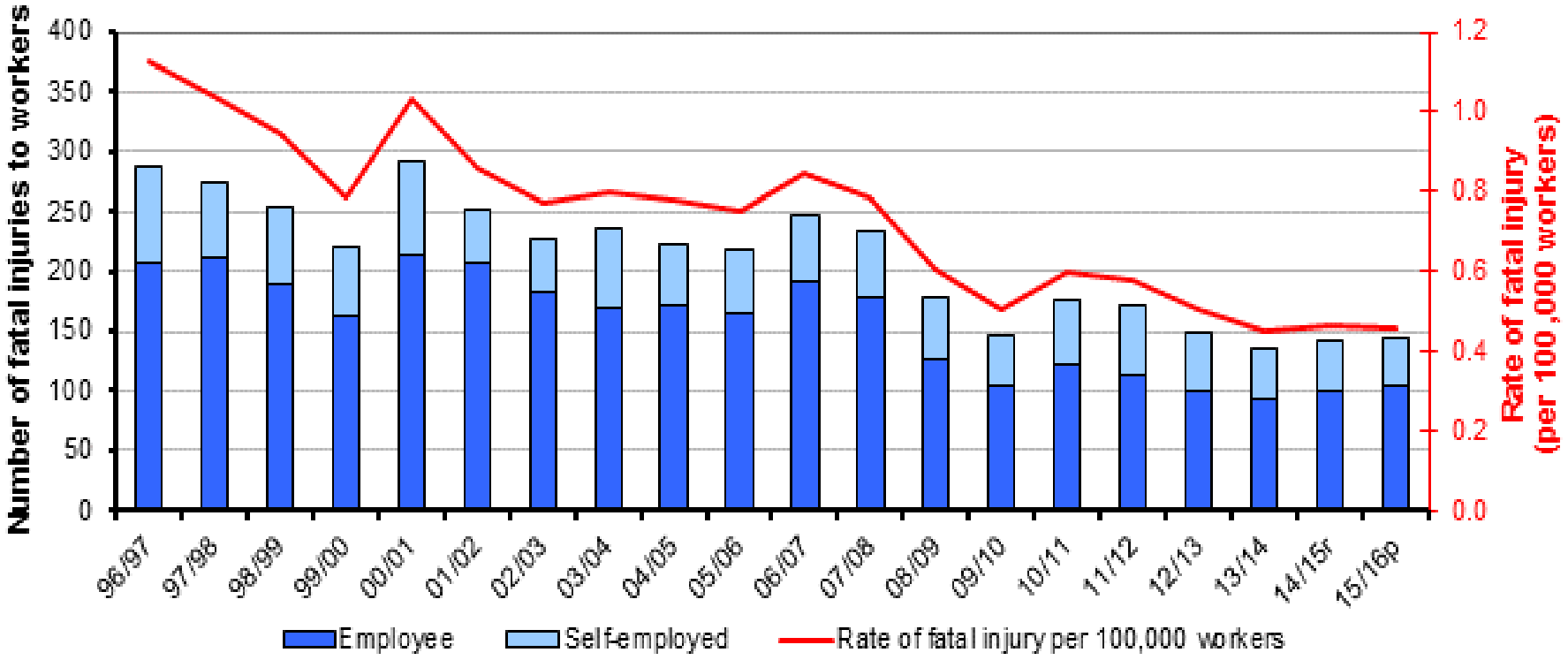
144 worker deaths in 2015/16 is 7% lower than the average for the past five years (155). The latest rate of fatal injury of 0.46 compares to the five-year average rate of 0.52.

http://www.hse.gov.uk/statistics/fatals.htm

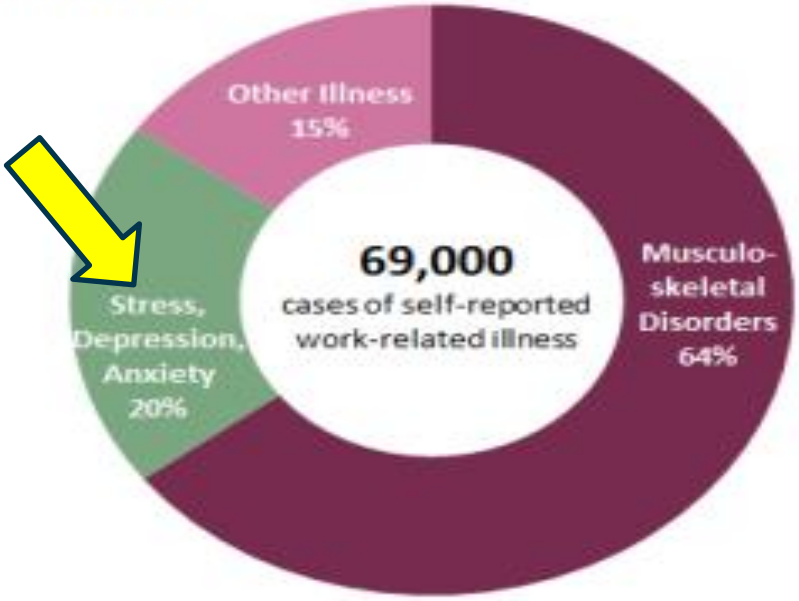
http://www.hse.gov.uk/statistics/fatals.htm

NetworkRail

Figure 1: Number and rate of fatal injury to workers[1], 1996/97 – 2015/16p



…3% of workers suffer from an illness they believe to be work-related…



…and 3% of workers sustain a work-related injury…

There were 35 workers fatally injured in the Construction sector 2014/15

….leading to

Read more on: http://www.iosh.co.uk/News/IOSH-webinar-highlights-issue-of-mental-health-in-construction.aspx

Home Discussion forums Con

iosh the heart of health and safety

Listen or translate search

About us | Membership | Books and resources | Training | News

Home > News > IOSH webinar highlights issue of mental health in construction

IOSH webinar highlights issue of mental health in construction

15 July 2016

The mental health of UK construction workers was brought to the fore during an online seminar hosted by IOSH.

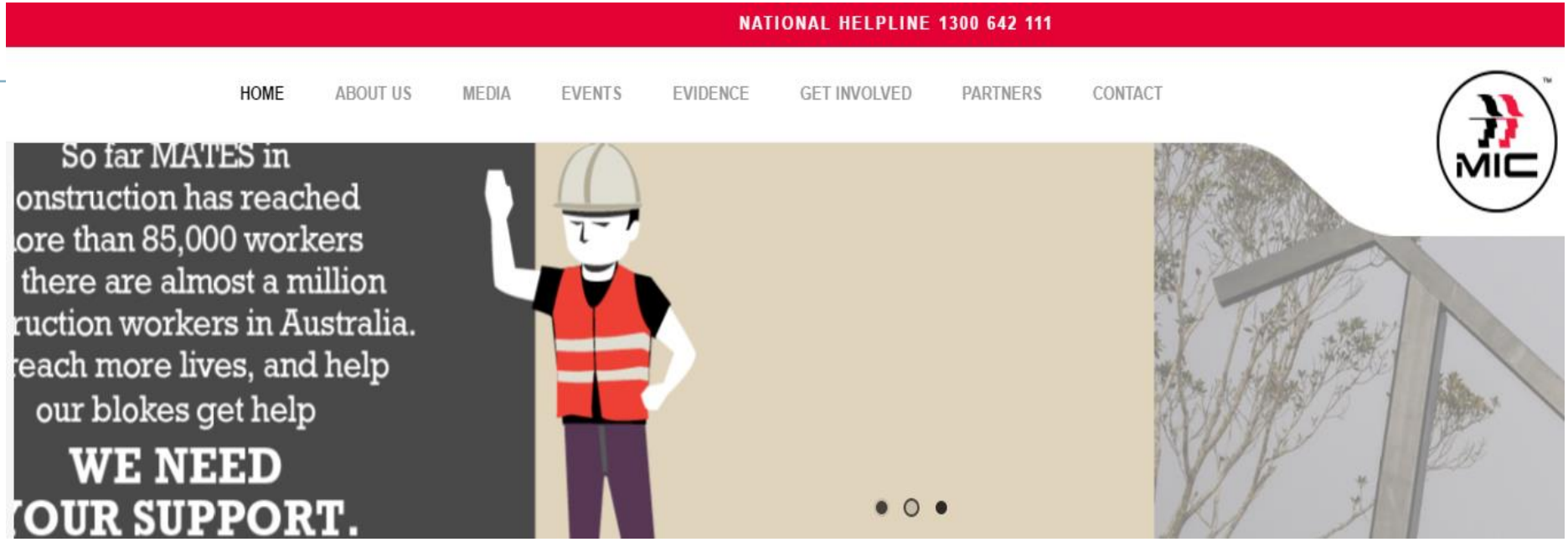
More than 160 people took part in to a webinar organised by the IOSH Construction Group, where they heard about of the efforts being made to raise awareness of the issue.

Guest speaker Martin Coyd OBE, immediate-past Chair of the Build UK Health Group and a member of the Health in Construction Leadership Group, spoke of plans to establish a new UK-wide scheme to promote greater mental health awareness and support for construction workers.

The Mates in Construction (MIC) suicide prevention initiative has been operating in Australia since 2008, and it is hoped it could start being implemented across the UK later this year.

Estimates have shown that workers in construction are six times more likely to commit suicide than die from a fall from height.

"There is this tough-guy image which is very prevalent in the construction industry," Martin said.



‘Mates in Construction’

Construction workers are six times more likely to die by suicide than through a workplace accident and young workers are of particularly high risk. This is a tragic loss for our industry and must be addressed.

What is MIC? http://matesinconstruction.org.au/

Mates in Construction (MIC) is an example of a multifaceted workplace suicide prevention strategy developed in Australia. MIC was established in 2008 by the Building Employees Redundancy Trust to prevent suicide in the CI (Gullestrup, Lequertier, & Martin, 2011). MIC is a multimodal prevention and early intervention program, consistent with the national "living is for everyone" suicide prevention strategy (Department of Health and Ageing, 2007) and with Mrazek and Haggerty's spectrum of prevention and intervention (1994).

MIC has three main components: general awareness training (GAT); connector training; and applied suicide intervention skills training (ASIST) (Gullestrup et al.,

JULY 2016

SUICIDE PREVENTION

On the South West Trains network we have recently experienced a number of fatalities and are seeing an ever-growing number of suicidal people appearing in the railway environment.

This brief has been designed to act as a reminder of how you can provide assistance and help to those who are vulnerable on our network. There are a few key points which will provide you with guidance on options available to you and how you could help undertake a life-saving intervention.

WHAT SHOULD YOU LOOK OUT FOR?

There is no definitive list of behaviours that a suicidal person will display, but the following behaviours may be shown by a person in need;

- Not boarding any trains and waiting on a platform for an extended period of time, which is unusual for the station and train service
- Standing alone or isolated
- Looking distant or withdrawn
- Out of the ordinary appearance
- Waiting at the extreme ends of platforms

WHAT CAN YOU DO TO HELP

- Be extra vigilant for those who may be distressed or upset in the railway environment
- Look out for anyone acting suspiciously on the platform or loitering in strange places
- Make yourself aware of how you can help any individuals in need

WHAT SHOULD YOU DO IF YOU FIND SOMEONE WHO IS VULNERABLE

- If you feel comfortable and it is safe to do so, go up to the person, or ask a colleague or manager to, and speak to them directly. Encourage them to talk and listen to them, you can also offer to talk to them in a safer environment. The chances are you will help them by giving them an opportunity to talk about their thoughts and feelings.
- Contact the BTP on the suicide prevention hotline on 0300 123 9101
- You can refer the individual to the Samaritans on 116 123
- **Remember** - If it is an emergency situation call **999**

TRAINING OPPORTUNITIES

- **Managing Suicidal Contacts Course**

The Managing Suicidal Contacts course is available for all front line staff to attend. Here the course provides the tools and knowledge you need to help distinguish a vulnerable person and work out how best to help them in the railway environment. Contact the Training department for more information and to book onto one of these courses.

- **Learning tool**

If you would like more information on how you can help these individuals you can access the National Suicide Prevention Steering Group Learning Tool at www.nspsglearningtool.co.uk. The website provides you with a variety of videos with advice on how you can provide assistance to vulnerable p-eople. Just create a log-on using your railway email address. **Viewers are advised that the 'Suicide Prevention and Support on the Railway: Learning Tool' contains discussions about suicidal incidents and events on the railway. It does not contain any footage of such incidents.*

FURTHER INFORMATION

If you have seen or experienced something distressing, are worried or concerned or have been affected by the issues raised in the films, please speak to your line manager, Occupational Health, or support organisation like the Samaritans on 116 123 or Right Management on 0800 1116387.

Additionally, if you would like any more information or have any questions you can contact Jessica Buckpitt, Security and Route Crime Project Manager: jbuckpitt@swtrains.co.uk or call 07468 707 935.

validium
INCREASING WORKFORCE VALUE

Mental Health Awareness Week

2016

Your Validium service is available 24/7 and provides counselling support which can be helpful when managing common mental health issues like stress and anxiety or when dealing with difficult situations.

This new booklet includes information about how counselling can help and covers a range of topics and issues that are linked to the theme of mental health along with some practical self-care strategies. Other resources about relationships and mental health can be found in the Mental Health Awareness Week 2016 folder on vClub, and you can also access a suite of audio podcasts online that support mental wellbeing with guided relaxation exercises, deep breathing and mindfulness.

Mental Health Awareness Week is a campaign organised by the Mental Health Foundation. For over 60 years, the MH Foundation has worked to promote **'Good Mental Health for All'** by challenging inequality around mental health, influencing policy-makers and undertaking research and practical studies into mental health issues in the UK.

Mental health issues can affect people at all stages in life, from children to the elderly and with 1 in 4 people experiencing poor mental health, the issue impacts individuals and families across the UK so it is appropriate that the theme for the 2016 campaign is **'Relationships'**.

Industry news

A construction manager jailed for gross negligence manslaughter after a fatal fall from height on a site he controlled tried to blame the incident on the victim.

Ur-Rehman was hired on a casual basis to fit doors and windows at the site on 24 and 25 January 2015. On the first day, while working on a first floor flat roof, Ur-Rehman fell 3 m through an open skylight, sustaining severe head injuries. He died four days later.

HSE found an array of safety failings, including a lack of guarding round ceiling openings on the first and second floor. Patel had also failed to provide scaffolding in the area where the windows were to be fitted.

Faruk Patel told police that workers could take care of themselves and were aware of the dangers, adding that 40 year-old Ur-Rehman was responsible for his own death.

On 26 January 2015, two days after the fatal incident, the HSE issued Patel with a prohibition notice halting all work at height, but on subsequent visits inspectors found that work had continued.

When police visited the site the notice had again been breached. Patel was arrested and charged with manslaughter by gross negligence.

He was sentenced to eight months in prison for the offences, to run concurrently with the two-and-half- year manslaughter term. Was found guilty of manslaughter and jailed for 30 months.

Industry news

Supervision oversight led to fall death - Lack of management intervention allowed a 32-year-old to fall 5.5m through a roof light at a Yorkshire display fabricator

Whiteghyll Plastics employee Richard Perry and a colleague was covering roof lights with blackout vinyl to reduce the heat in the Bradford factory on June 2014. He fell through a fragile roof light into the fabrication department.

An investigation by the Health and Safety Executive (HSE) found the firm had opportunities to stop the pair from carrying out the job but neglected to supervise the work.

The company, which makes retail display materials, pleaded guilty to breaching Section 2(1) of the Health and Safety at Work Act (HSW Act) and was fined £120,000 and ordered to pay £37,655 in costs.

Industry news

Pedestrian killed by a generator falling from the back of a moving lorry-August 2016

The pedestrian killed when a generator fell from the back of a lorry and crushed her was walking with her husband outside the village church in Etchingham, East Sussex.
Her husband, said to be a former Army chef and works as an operations manager for a London catering firm, was taken to hospital suffering with severe concussion.

Is your load secure?

Memories of a tragic accident came flooding back for one Senior Construction Manager after reading about the recent death of a member of the public as a result of a generator falling off of a lorry.

12 years ago he lost a close friend who was traveling on the M62 when a sheet of ply that was being carried on the back of a flatbed transit van, came adrift and went straight into her windscreen.

everyone home safe every day

As a result the Wessex Construction Managers will be highlighting the risks of unsecure loads by emphasising the importance of tying down and securing tools, plant and materials whilst transporting them from the yard to site.

Industry news

http://www.ioshmagazine.com/article/balfour-beatty-sets-aside-ps25m-osh-penalties

Infrastructure group Balfour Beatty has set aside up to £25m for safety and health fines in light of the new sentencing guidelines.

The sentencing guidelines have elevated penalties for OSH regulatory breaches and corporate manslaughter offences.

In January, before the guidelines' introduction, Balfour Beatty Civil Engineering was fined £1m for the death of a worker who was struck in the head by a crane.

In May Balfour Beatty Utility Solutions, was fined £2.6m after an unshored trench collapsed on a worker, fatally crushing him.

The half-year accounts showed that pre-tax losses from non-underlying items were £28m.

Balfour Beatty, which had a previous goal of achieving zero harm to its workers by 2012, said it remains committed to the target.

NR news

Serious leg injury whilst lifting precast units

Issued to: **All Network Rail line managers, safety professionals and RISQS registered contractors**

Ref: NRB 16/15

Date of issue: 19/08/2016

Location: Maerdy Bridge near Newport, Wales

Contact: Ian Shaw, Head of Safety & Sustainable Development

Overview

On the morning of Monday 15 August, a slinger/signaller was working with a 48 tonne excavator to relocate L-shaped precast bridge parapet sections in a compound at Maerdy Bridge near Newport, Wales

As the slinger/signaller stood on a ladder and removed the upper lifting chains from a unit it toppled toward him.

He escaped by climbing over the falling unit but his right leg was struck above the ankle causing multiple fractures.

The slinger/signaller was assessed by paramedics and evacuated by air ambulance to Swansea where they had a number of operations on their leg.

An investigation has been launched to understand the exact causes and recommend actions.

Bad practice

(Not NR related-Clapham South Station-August 2016)

Members of the public were passing under an operational jib removing soil.

No exclusion zone in place and no traffic management to guide members of the public to a safe path. In the picture on the left, a parent and child are about to walk under the jib.

The operator made no attempt to stop or take any action to make the area safe.

Driving and texting

Driving and texting video.mp4

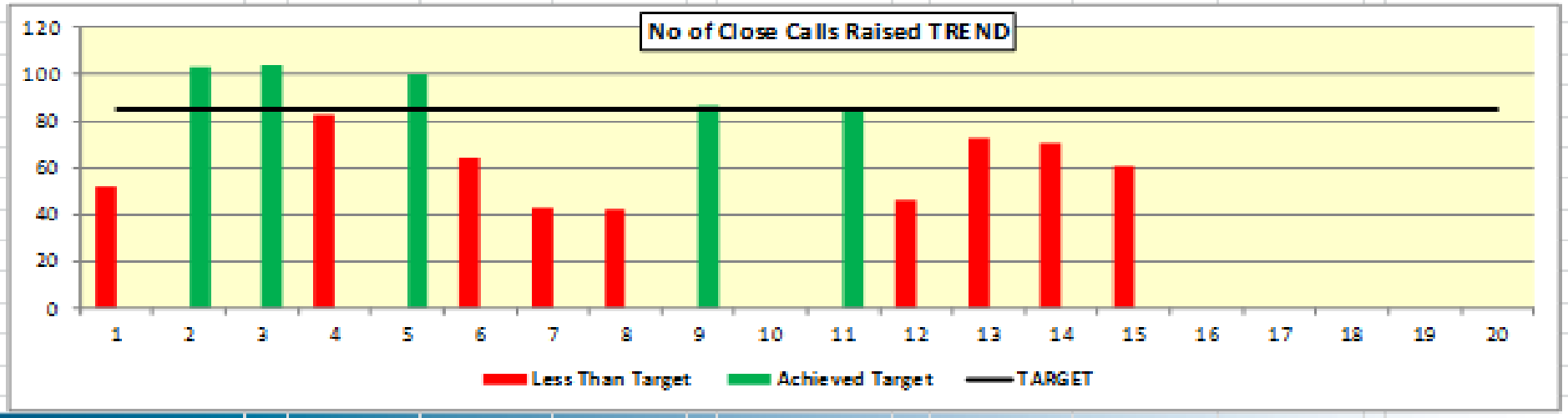
Close Calls left open

B&C – August 2016

B&C OPEN CLOSE CALL – July 2016

NetworkRail

Wessex Department	No of Close Calls Raised for action			% Of Close Calls Closed in <90 days	Everything > 28 days			Not yet reached >28days
	Last 7 days	Last 28 days	YTD		CC Open >28 days	CC Open >60 days	CC Open >90 days	CC OPEN
Alliance	4	20	55	69%	7	5	3	13
SWT	0	0	1	0%	6	6	6	0
Clapham DU	11	53	238	71%	97	83	64	35
Eastleigh DU	30	116	523	72%	147	92	67	58
Woking DU	12	42	163	84%	47	38	33	11
Infastructure Mgmt	0	2	5	60%	13	13	13	2
Works Delivery	0	4	15	47%	47	44	42	2
Engineering (B&C)	1	3	34	50%	29	20	13	1
Engineering	0	0	18	6%	64	56	47	0
Operations	3	10	41	54%	46	43	39	9
Planning Team	0	1	6	67%	1	0	0	1
Safety Team	0	5	49	96%	1	1	0	1
WESSEX	61	256	1148	61%	505	401	327	133
TARGETS	85	340	1263	80%	286	143	0	-



Increase from 50% to 65% on B&C close calls NOT closed on time

Wessex Department	No of Close Calls Raised for action			KPI - % Of Close Calls Closed in <90 days			All CC's	CC's raised since 1st April 2016		Not yet reached >28days
	Last 7 days	Last 28 days	YTD	YTD Closed	YTD Closed <90days	%	CC Open >28 days	CC Open >60 days	CC Open >90 days	CC OPEN
Alliance	2	17	76	22	64	84%	11	6	1	4
SWT	0	1	2	0	0	0%	6	1	1	1
Clapham DU	20	58	357	130	240	67%	124	28	14	35
Eastleigh DU	30	138	762	223	586	77%	152	57	20	55
Woking DU	24	90	317	74	254	80%	60	13	6	25
Infrastructure Mgmt	1	52	61	2	59	97%	1	0	0	1
Works Delivery	1	3	19	3	12	63%	40	6	2	1
Engineering (B&C)	0	6	48	20	31	65%	11	4	1	0
Engineering	0	0	24	0	1	0%	65	18	11	0
Operations	1	10	61	16	39	64%	34	6	2	2
Planning Team	0	1	7	3	5	71%	1	1	0	1
Safety Team	0	0	18	7	16	89%	1	0	0	0
WESSEX	79	376	1752	500	1307	75%	506	140	58	125
TARGETS	85	340	1773	80%			286	0	0	-

H&S PGI

Templecombe *(D&B, 26.7.16)*

Item No.	Comment & Action Required
1	**Positive**: Supervisor gave a good and detailed brief covering the works and all associated hazards. Meticulous in his delivery making the presentation professional.
2	**Positive**: Site arrangements with storage area well planned and well arranged with attention to detail suggesting that the supervisor and tem thought through in detail the process and acted accordingly.
3	**Positive**: Good interactive 'Safety Hour' discussion took place on site with the three operatives covering points on IOSH's safety campaign on silica dust.
4	**Positive**: good quality no-steam goggles on site
5	**Improvement**: Operative's safety boots required changing as the right side support zipper had failed. Operative suggested that this happened on the day of the inspection.
6	**Improvement**: Operative's trousers had visible burn marks from cutting.
7	**Improvement**: Education on UV exposure required.
8	**Non-compliant**: One operative was not face fit tested and had a beard thus allowing silica dust to enter the mask and potentially his lungs.

H&S PGI

Aldershot *(D&B, 22.8.16)*

Photo 1: Risk assessment on manual handling the heavy, 70kg stiffeners handwritten on site

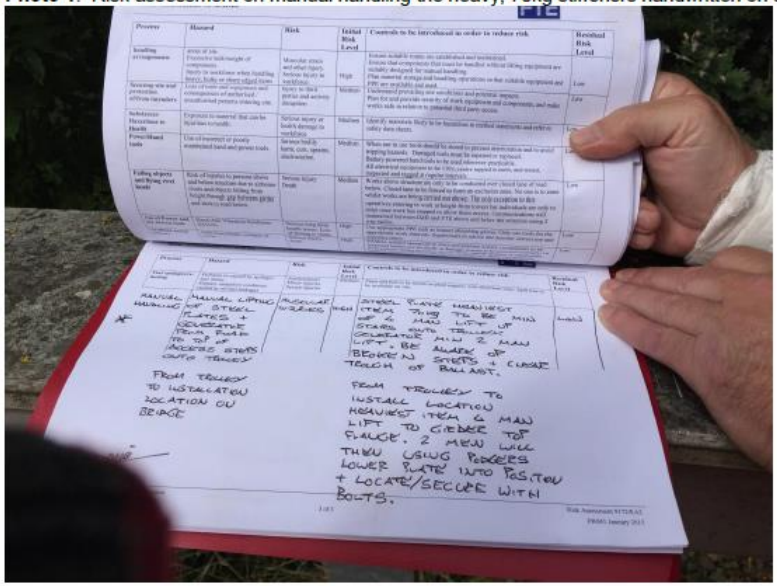


Photo 3: the missing steps were raised as a close call and briefed by the COSS

Photo 4: Exclusion zones maintained under the bridge

Photo 2: noise monitoring (non calibrated tool) of approximately 97db recorded-ear defenders worn

everyone
home safe
every day

Ioannis Toutoungi - H, S & Culture Specialist
Buildings & Civils - Wessex Route
M: 07734648071 E: ioannis.toutoungi@networkrail.co.uk