



Home Safe

The Southern Region's Weekly Safety Update

22 February 2017

When good planning doesn't help!

In the last four editions of *Home Safe* there have been reports of accidents that have happened whilst individuals were undertaking manual handling tasks. In a recent incident operatives were lowering trough lids back into place at Wimbledon when an individual trapped two of his fingers.

The operatives who were planned to be undertaking this task were wearing crush resistant gloves; however, the injured person who was assisting with the completion of this task, was not wearing gloves at the time of the incident.

We are injuring too many people when manual handling...

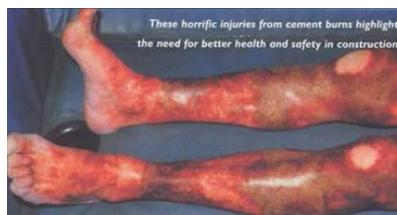
In recent weeks there has been three incidents involving manual handling that have occurred in the southern region.



Always use the equipment that is fit for its intended purpose

Did you know?

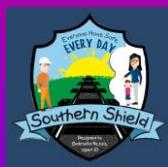
Did you know that wet concrete is highly alkaline in nature? A serious burn or ulcer can rapidly develop if it is trapped against the skin, or a minor rash could occur from exposure to the lime in fresh concrete. As Portland cement dries, it absorbs water from any source in order to harden; this means it will also suck the moisture from skin.



Prolonged contact with wet concrete can:

- Cause third degree burns
- Stop you from working
- Be excruciatingly painful
- Cause permanent scarring

The first few minutes after your skin comes into contact with concrete are the most important in decreasing the effect of being burnt. Once the alkaline comes into contact with your skin it starts to kill tissue. Only a slight redness may appear at first, but as time goes by, the burn will continue to worsen. These caustic burns result in skin that's blistered, dead or hardened, black or green. A Southern Shield [toolbox talk about working with wet concrete](#) is available on the Southern Shield website.



Click on the shield above to access our website

Manual handling

Did you know that hand and arm injuries account for 55 per cent of all injuries in the southern region?



Points damage

A set of points were damaged after a trailing movement was made with On Track Plant whilst the points were incorrectly set. Further information on this incident can be found [here](#).

Our Lifesaving Rules

Did you know you could download the latest [Lifesaving Rules poster](#) from the Southern Shield website?



Environmental incident

Whilst collecting an old oil-filled cable skip; approximately one litre of oil leaked from the skip when it was being lifted. A spill kit and granules were deployed immediately and the area checked to ensure that it was clean. A bunded skip was initially requested but this was not provided. An investigation is currently underway.

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

Further guidance is available in our suite of [environmental toolbox talks](#) on the Southern Shield website.

Is it hazardous?

Operatives working on the Wessex Capacity Alliance programme stopped work after they removed a troughing lid to gain access to cables and saw fibres protruding from the broken end of the lid. The team thought the fibres might have been asbestos based. Although a Health and Safety Manager determined that the fibres were Fibreglass Reinforced Concrete, the team made the right decision to stop the work and seek guidance.



Working at height safely



On the Reading 10 Car project electricians were seen working from a step ladder without an appropriate exclusion zone. Commuters were using the bench below whilst the works were taking place. The works were stopped and a safety conversation was held with the electricians to discuss working practices.

Remember...you need to take particular care when working in public areas.

Fall through access hatch

An operative was undertaking painting duties on the second lift of a scaffold and stood back onto a closed scaffold access hatch. The hatch appears to have moved or twisted as he stood on it. This caused his leg to drop through the gap causing injury. Further information on this incident can be found [here](#).



In other news...

A change in regulation

The Environment Agency's Regulatory Position Statement (RPS) 178, has been revised. This explains how to meet the legal requirements if you want to dispose of invasive non-native plant material, and the substrate in which it is rooted, without an environmental permit. The full RPS 178 can be found [here](#). If you require any further information regarding the changes please email:

shield@networkrail.co.uk.

Vibro-Hammer guard failure

During a recent sheet pile removal operation a vibro-hammer was hung from a crane and was being used to draw out 15 metres of sheet piles. Two sections of the motor guard fell to the ground. Which could have caused someone serious injury. Further details of the incident can be found [here](#).

Eye catching

A small piece of metal got into an operative's eye after he used his sleeve to wipe his brow. The accident only became apparent when the operative's eye became sore. He subsequently attended A&E.

Remember...when cleaning or wiping your face use a clean tissue or face towel.

If you would like a colleague to receive Home Safe, please contact
shield@networkrail.co.uk