



## Infrastructure Projects Southern

# Home Safe

The Southern Region's Weekly Safety Update

03 May 2017

## New EAP in the southern region

The Southern Shield Health and Wellbeing working group is pleased to announce the introduction of a new Employee Assistance Programme (EAP) serving the entire IP Southern workforce. A [fact sheet](#) providing further information about the Programme can be downloaded from the Southern Shield website.

**Did you know...around half of us would not be happy to speak up at work if we had a mental health problem, according to a survey conducted by Comres for BBC Radio 5 live.**



## Changes to speeding penalties

From April 2017 the penalty you receive when you are caught speeding is now dependant on your weekly income. For instance if you are caught doing 31mph in a 30 mph zone you are liable to receive a penalty at 50% of your relevant weekly wage plus points on your licence. Click [here](#) for further information.



Always obey the speed limit and wear a seat belt.

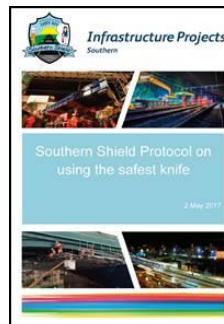


Never use a hand-held or hands-free phone, or programme any other mobile device, while driving.

**Remember...when driving for work or on Network Rail business you must follow our Lifesaving Rules.**

## Using the safest knife

Following a series of accidents with knives, Southern Shield has introduced a protocol on using the safest knife. The protocol states that before individuals use a hand knife a full risk assessment must be undertaken for any proposed use of a manually operated blade, whether it is a fixed blade, auto retraction knives and/or a Stanley knife. The protocol can be downloaded from the [Southern Shield website](#).



Click on the shield above to access our website

### Narrow escape

A shop worker narrowly escaped injury after a horizontal scaffold brace fell into the yard of a neighbouring business. The brace fell between a concrete upside wall and a double handrail narrowly missing the shop employee, who was putting rubbish into a skip at the time. An investigation is currently underway.

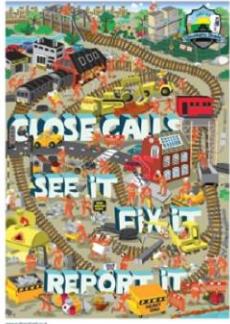
**Remember... when undertaking activities consider the risks where materials or plant could fall from height especially in public areas.**

### Hurt while manual handling

An operative twisted his back while removing lightweight metal trunking from a skip. The operative was sent home to rest. The team were re briefed on safe manual handling techniques.

# Home Safe

## Close Calls



Each period a review of the top five Close Calls by severity and frequency is undertaken. This is used to identify key issues and trends across the southern region.

Here is a rundown of some of the hazards you have reported.

In the last period multiple Close Calls were raised associated with dust generated by vehicle or plant movement on site. It was noted that a contributing factor to this is likely to be the warmer, drier weather.

### ***Think...would you call a Time Out Take Five if conditions on site became unbearable due to dust?***

Several Close Calls were raised under the working at height category. In one instance works were stopped on a site after it became congested near an area where multiple activities were being undertaken in close proximity to a load being lifted by a HIAB. The HIAB operator was also working on the back of the lorry with no edge protection.

In another instance a Close Call was raised after a rail trolley was placed on ETE cables during a line blockage. This could have damaged cables creating an electrocution hazard. The trolley was removed.

Raising a Close Call when you see something dangerous ensures that someone else doesn't get hurt. We have been able to show that when more Close Calls have been raised we have had less accidents.

### ***Remember...see it, fix it, report it! The more Close Calls you report the less likely it is that someone will get hurt.***

## Lessons from Poole

In last week's Home Safe we reported on an Operational Close Call at Poole Station after the visiting ODM noticed that the ES had shortened the mileage of the short circuit straps. Further details and [lessons learned](#) have now been published following this incident.

## Southern Shield website

The Southern Shield website is the go to place for literature and information in the southern region. Do you require a copy of the Charter or the PPE Guide? Maybe you are looking for a copy of the Track Access Protocol or require some health and wellbeing information? Whatever you are looking for the Southern Shield website holds the latest safety information, posters, and documents which you can download alongside safety videos for you to share with your team. Visit: [www.southernshield.co.uk](http://www.southernshield.co.uk).

Contact us: [shield@networkrail.co.uk](mailto:shield@networkrail.co.uk)

## ***The Shield May 2017***

The latest edition of The Shield is now available on the Southern Shield website.



## ***Seven Signs of a Tidy Site Poster***



## ***Don't Die of Embarrassment***

