



# Home Safe

The Southern Region's Weekly Safety Update

31 May 2017

## Operational Close Call at Mitre Bridge

 An Operational Close Call was raised after it was discovered that the Engineering Supervisor (ES) didn't have the relevant competencies to carry out his work. The ES had just taken over the shift at the Mitre Bridge Site. It was identified by the outgoing ES that he did not have Level A on his Sentinel competencies, which would allow him to cover working with the DC third rail on the worksite. As a result of this another ES with the correct competencies was sourced to take over the shift. The incident is under investigation.

**Remember...never undertake any job unless you have been trained and assessed as competent.**

## Close Call at Hackney Wick

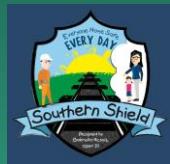
A Close Call was raised after a casing, being screwed into the head of the rig, detached and fell four and a half metres. Piling works were being completed on the site. Casings, a rig and concrete hoses were being removed. The casing measured six metres, which was made up of four one and a half metre casings screwed together. The work group had planned to disconnect the four casings, one at a time, using the pile rig to clamp and unscrew them. The fourth and bottom casing was removed by clamping the bottom and rotating the head of the rig. This casing was moved out of the way to start the removal of the third casing. As the head of the rig was dropped the top casing detached and fell dropping the remaining four and a half metres. No one was hurt in this incident because there was an exclusion zone in place. The incident is currently under investigation.



**Remember...never enter the agreed exclusion zone unless directed to by the person in charge.**

## Lessons learned from New Cross

You may remember in March *Home Safe* reported that works were stopped at New Cross after a Project Engineer spotted a team working in a trench with no support, on three occasions. A [Shared Learning document](#) has been released following on from the investigation into this incident. It details the underlying causes, action taken and key messages.



Click on the shield above to access our website

### Near Miss at Norwood

A Near Miss was recorded at Norwood after a Protection Controller (PC) stood down works on site and moved the work group to a position of safety. The PC omitted to inform the second team of a train approaching the line blockage and that the line blockage had been withdrawn. Further information about this incident can be found [here](#).

### Ramadan 2017

This year Ramadan began on Saturday 27 May and is scheduled to end on Saturday 24 June. Ramadan corresponds with the ninth month of the Islamic calendar during which Muslims fast. Fasting involves not only abstinence from eating or drinking during the daylight hours, but also a high control level of one's thoughts, attitudes and behaviours.

Fasting starts with a meal before dawn (Suhur) and breaks with a meal at sunset (Iftaar). This year Ramadan falls during the longest days of the year and it is important to understand how it will affect people around us so we can support each other in the work place. You can find more information about Ramadan on the [Southern Shield website](#).

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## Health and Wellbeing group message



The Southern Shield Health and Wellbeing group focused on good mental health in May and asked the question - **Are you thriving or just surviving?** Sometimes we all need someone to talk to so we can do better than just going through the motions.

The Southern Shield Employee Assistance Programme (EAP) is now available to anyone who works in the IP Southern region. This includes our tier two and three supply chain, specialist plant operators and agency staff. It is a free, confidential counselling and information service available to you 24 hours a day, 7 days a week, 365 days a year.

For further information about the Southern Shield EAP please contact: [shield@networkrail.co.uk](mailto:shield@networkrail.co.uk). Keep an eye out for posters and information sessions at your site or office.

## Good review for Reading 10 Car

The Reading 10 Car project has received a positive construction review notice from a Construction Manager. They received this for their work at Egham after they removed piles of dumped rubbish.

Network Rail's principal contractor Osborne and their suppliers made a huge effort to tidy up the site leaving it looking much better than how they found it. Well done!



*Before and after*

### ***Remember...the seven signs of a tidy site.***

## Costain front line training day

A partnership between two Costain projects delivered safety training to 80 frontline supervisors, engineers and advisory staff. The Kent Multi-Function Framework who work within IP Southern and Crossrail Anglia combined resources and experience to develop a training package to enhance the briefing skills of key staff members who deliver safety critical briefings and inductions to site staff on a daily basis.

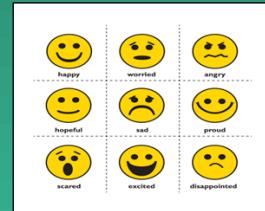
The candidates were unaware of the true agenda as they were instructed to attend the venue to undertake community work. As the nature of the day became apparent, candidates were encouraged to give feedback on the workshop session. The candidates were also encouraged to analyse video clips of poor communication, good practice and feedback to the rest of the group. Further training was provided on how to enhance their communication skills which involved a set task on how to deliver an effective briefing.



## Did you know?

### **Top tips for good mental health**

Talk about your feelings - did you know that talking about your feelings can help you stay in good mental health and deal with times when you feel troubled?



### **Health and wellbeing online**

Did you know that there is a health and wellbeing page on the Southern Shield website? The page has various toolbox talks, fact sheets, links and information about safety, health and wellness. Visit: [www.southernshield.co.uk](http://www.southernshield.co.uk) and click on the health and wellbeing tab.

### **Southern Shield Charter**

Did you know that the latest version of the [Southern Shield Charter](#) and related documents are on the library page of the Southern Shield website? Related documents include the:

- [Live Conductor Rail Protocol](#)
- [DC Isolation Protocol](#)
- [DC Isolation Strapping Guide](#)
- [Track Access Protocol](#)
- [Southern Shield Protocol on using the safest knife.](#)

Click on the links above, or visit: [www.southernshield.co.uk](http://www.southernshield.co.uk) or Google Southern Shield.

*If you would like a colleague to receive Home Safe, please contact:*  
***[shield@networkrail.co.uk](mailto:shield@networkrail.co.uk)***