



Infrastructure Projects Southern Home Safe

The Southern Region's Weekly Safety Update

Under the influence



Never work or drive while under the influence of drugs or alcohol.

A worker made a dash for the fire exits at Spectre House after he was suspected of providing a urine sample that didn't belong to him during a site induction. The testers

suspected that the sample was provided by a third party. All of the workers were asked to provide a further sample and were taken to the canteen whilst they were retested. The tester then realised that one of the workers was missing; it is believed he left via the fire exit. The worker's sponsor was advised of the incident and his competencies have been removed from his Sentinel card. The incident is currently under investigation.

Secure sites

Most schools are breaking up for the summer holidays this week so now would be a good time to review your [site security](#).

- All access points on to site should be locked and secure at the end of the working day
- There should be no gaps beneath gates or fences that individuals can crawl through
- All fences should be secured in accordance with the manufacturer's instructions
- Any signs of trespass, such as damaged fencing or well-worn paths should be reported and areas made secure
- Any open excavations should be fenced off
- All keys should be removed and plant and equipment left secure
- All flammable materials, potentially hazardous substances and gases should be removed or made secure
- If possible, any access to height should be removed or blocked.

Twisted ankle at Eden Park

A team member working in the Eden Park area twisted his left ankle whilst assisting with the removal of straps in a possession. He stepped over the conductor rail and running rail from the 6 foot into the 4 foot and stumbled on loose ballast. He felt a sharp pain in his ankle but did not fall to the ground.

Lesson learned...always remain aware of your surroundings paying particular attention to underfoot conditions.

Click on the shield below to access the Southern Shield website.



HSQE newsletter

The June 2017 edition of the Health, Safety, Quality, Environment newsletter is now available. It discusses a range of incidents including the Greenfell Tower disaster and outcomes from incident investigations. Click [here](#) to read the newsletter.

Product recall

A product recall notice has been issued for Nevada Safety Spectacles Product Codes: BBNS, BBNSS2Y, BBNSS2GY, BBNSDB. Further information about the recall can be found [here](#).

Words of wisdom

Whilst visiting the works at Blackwater River, a Network Rail health and safety manager had a discussion about the level of noise being emitted by a suction excavation lorry. Subsequent monitoring identified that the limits were below the acceptable levels, except for within one meters of the engine.

Remember... risk assessments should be carried out for every task to determine whether additional or task specific PPE is required. This includes hearing protection.

Manual Handling...the facts



Did you know that the ORR have issued Prohibition Notices in the past which prohibited single individual employees or contractors manually lifting or carrying ten or more units of troughing weighing 40kg or more in a 12 hour period anywhere on Network Rail Infrastructure?

A further Prohibition Notice prohibits two employees or contractors manually lifting or carrying ten or more units of troughing weighing 70kg or more in a 12 hour period anywhere on Network Rail Infrastructure.

Continuing with these activities would be a criminal offence.

A further Improvement Notice also requires Network Rail to undertake a suitable and sufficient assessment of the risk to employees, and contractors working under our control, from manually handling troughing weighing 25kg and more. That assessment will need to identify the measures necessary to control the risks identified.

What does this mean?

- If you are about to manually handle concrete troughing products then you must have an approved, site-specific risk assessment. If you haven't then stop, request that a risk assessment is undertaken by a competent individual and implement any resulting actions before continuing work.
- All staff and contractors who specify, manage, plan, authorise and carry out manual handling activities relating to the delivery, installation, renewal or disposal of troughing materials must comply in full with the guidance of the HSE manual handling MAC assessment tool or a suitable equivalent.
- If your work involves any equivalent risk with other loads that you move manually, apply the same controls, derived from risk assessment.

Working with our neighbours at Lewes



Volunteer gardeners at Lewes station got a surprise when the adapted vintage luggage trolley they use was refurbished by the BAM Nuttall site team. Over the years due to weathering and constant watering the trolley had become so dilapidated that volunteers

Mary and Jane were going to scrap it. When the BAM site team heard the news they and their sub-contractors decided to refurbish the trolley to say thank you to the station staff for their tolerance and help during the station refurbishment. Fourtees Engineering carried out the steelwork repairs, Bridgecoat Protective Coatings shot blasted and decorated the trolley to match the station colours and BAM carried out the timberwork. Mary and Jane were over the moon, and thanked the team for this lovely surprise.

Suicide prevention

July is suicide awareness month. Did you know that every year, in the UK 6000 people commit suicide? Suicide is often a taboo subject surrounded by a number of myths. We thought we would share some of these myths with you:

Myths

- You have to be mentally ill to think about suicide
- People who talk about suicide aren't serious and won't go through with it
- Once a person has made a serious suicide attempt, that person is unlikely to make another
- If a person is serious about killing themselves then there is nothing you can do
- Talking about suicide is a bad idea as it may give someone the idea to try it
- Most suicides happen in the winter months
- People who threaten suicide are just attention seeking and shouldn't be taken seriously
- People who are suicidal want to die.

The Health and Wellbeing Group have created a [suicide prevention fact sheet](#) which dispels the myths surrounding suicide and provides guidance about the potential warning signs. If you need advice please call the Southern Shield Employee Assistance Programme (EAP). This is a free, confidential and anonymous support service provided by your organisation.

You can contact the EAP on a 24 hour Freephone number: 0800 358 4569

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