

Asbestos Exposure

Exposure to asbestos fibres causes mesothelioma, lung cancer and asbestosis, all of which can be fatal. Worst of all, it's not instant and you won't see it coming, these diseases may not develop for ten to fifty years.



- Asbestos kills around 5000 workers each year, this is more than the number of people killed on the road
- Around 20 tradespeople die each week as a result of past exposure
- Asbestos can be present today in any building built or refurbished before the year 2000

Purpose of this guide

Who is this for?

This guide has been created to assist anyone who may disturb Asbestos Containing Materials (ACMs) when working on our infrastructure. It will also assist responsible managers and those who control site safety and access, by showing where ACMs are likely to be.

Cable routes internal have been identified as potentially **Medium** risk

Safety, Technical and Engineering (STE) has completed an assessment of all our assets and identified cable routes internal as potentially medium risk. Lots of information was used to complete the assessment, including; previous survey information, location, asbestos type, accessibility etc.

This guide highlights the most significant risks, but there may be others

This guide provides a list of locations where we believe ACMs might exist, but there may be others. You should always assume that an asset will contain asbestos unless it has been inspected/surveyed and recorded on Network Rail's Asbestos Risk Management System (ARMS <https://arms.networkrail.co.uk>).

This guide must not be used in place of an asbestos survey.

Asset Information

Cables are present through Network Rails' managed infrastructure and can be of varying ages. Cable routes can contain a varying of asbestos containing materials (ACMs), product types including cement, woven textiles, bitumen wrap, paper, rope and felt.

Typically, some of the asbestos locations to cable routes (internal) are:

- Insulation
- Wrap
- Sleeves
- Trays
- Troughing
- Braided cables

Cables may also interact with asbestos materials present within buildings where they run through

- Fire break panels
- Within contaminated areas
- Through cable sleeves
- Thermal paper
- Electrical cloth
- Electric wiring insulation
- Cement siding
- Textured paints
- Decorative plaster
- Electrical panel
- Partitions
- Electrical ducts
- Wallboards

Cables routes are typically located in rooms up to 100 m2 that can be occupied on a daily basis. The accessibility of the ACMs may be occasionally likely to be disturbed. Maintenance activities may allow for a minor disturbance of ACMs present (e.g. possibility of contact when gaining access)

If any suspected asbestos elements could be disturbed or are damaged it should be reported to the duty holder (NR/TOC/FOC/DFO or other) who will determine what works action is required.

Maintenance

There are various types of maintenance tasks that are undertaken that may interact with the ACMs in cable routes. The tasks could include removing/repairing/replacing damaged cables, splicing electrical cable, repairing or installing asbestos insulation around wires or junction boxes, and working around transformers, generators, and other electrical equipment.

Cable routes are only disturbed when inspecting/maintaining cables.

Asbestos Guide

Cable Routes Internal

Maintenance continued

Example Photos



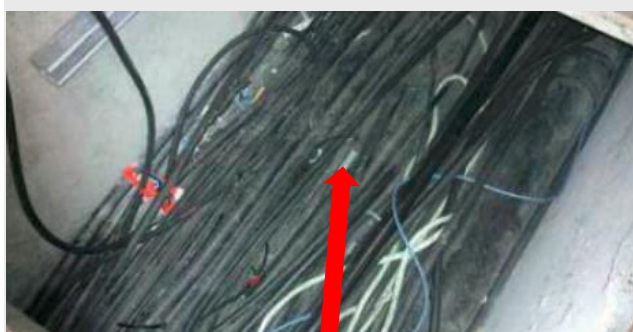
Insulating board with non-asbestos sprayed coating



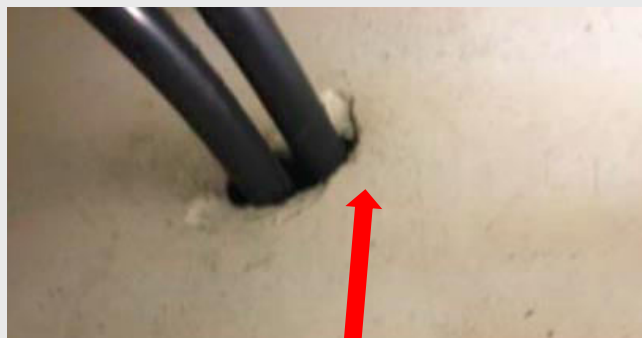
Debris within ducts



Debris within cable trays



Debris within ducts



Cables through insulating board

Asbestos Guide

Cable Routes Internal

Maintenance continued

Example Photos



Cable troughing



Cable sleeves



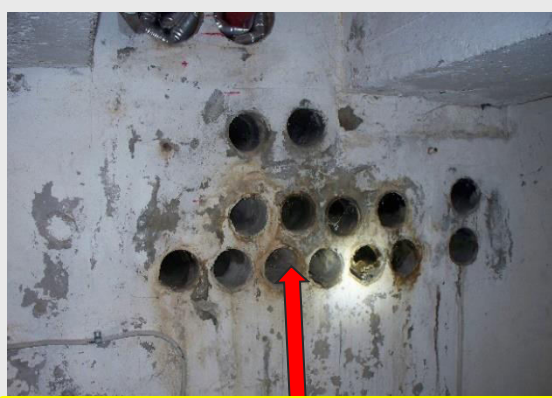
Packing to cable hangers



Cable sleeve



Cable run with dust/debris



Cable sleeves

Work with Asbestos

There are three types of work with asbestos:

1. Non-Licensed Works - Work with asbestos that does not require a licence from the HSE. Further information on non-licensed works can be found at <http://www.hse.gov.uk/asbestos/licensing/non-licensed-work.htm>

2. Notifiable Non-Licensed Works (NNLW) - Work with asbestos that does not require a licence from the HSE but is required to be notified to the appropriate enforcing authority (HSE/ORR). Further information on NNLW can be found at <http://www.hse.gov.uk/asbestos/licensing/notifiable-non-licensed-work.htm>

3. Licensed works - Work with asbestos that requires the contractor to hold a license from the HSE and usually requires notification to the appropriate enforcing authority (HSE) 14 days prior to the work starting. Further information on licensed works can be found at <http://www.hse.gov.uk/asbestos/licensing/licensed-contractor.htm>

There are some tasks Network Rail Operatives undertake which bring them into contact with asbestos. Most maintenance tasks deemed as work with asbestos will not be licensed works. With the correct level of information, instruction and training, and if the works are deemed as **Non-Licensed Works** or **Notifiable Non-Licensed Works (NNLW)**, Network Rail Operatives can undertake these tasks. Network Rail Operatives must never undertake **Licensed Works** – a Licensed Asbestos Removal Contractor (LARC) must be used.

There is a guide on the HSE website to assist in deciding if the work requires a Licensed Asbestos Removal Contractor <http://www.hse.gov.uk/asbestos/managing/flashtools/isitlicenced.htm>
If the work falls under notifiable non-licensed work the notification form can be found at <https://extranet.hse.gov.uk/lfservlet/external/asbnnlw1>

Work with Asbestos continued

Some examples of maintenance work which **does not usually require a licence from the HSE** are listed below:

- Maintenance work on asbestos cement products or other materials containing asbestos (such as paints, bitumen, resins, rubber, etc.) where the fibres are bound in a matrix which prevents most of them being released.
- Small, short duration maintenance tasks where the control limits will not be exceeded
- Encapsulation and sealing-in work on ACMs that are in good condition
- Maintenance work involving asbestos gaskets and asbestos rope seals
- Removal of affected cable or installation of a new cable(s) that may disturb the asbestos covering.
- dusting, cleaning, wiping or any other activity which could release asbestos fibres into the atmosphere.

Some examples of maintenance work which **requires a license from the HSE** are listed below:

- Maintenance works that require the removal or disturbance of pipe lagging
- Work on asbestos insulating board, where the risk assessment indicates that it will not be of short duration.

If there is asbestos dust/debris present works may need to be completed by a Licensed Asbestos Removal Contractor.

All non-licensed and notifiable non-licensed work with asbestos requires:

- Risk Assessment <http://www.hse.gov.uk/asbestos/risk-assessments.htm>
- Appropriate Controls <http://www.hse.gov.uk/asbestos/essentials/index.htm>
- Information, Instruction & Training <http://www.hse.gov.uk/asbestos/training.htm>
 - Asbestos awareness training (NR training catalogue course code S&SD/OH&S/AM RME)
 - Task-specific information, instruction & training (Cat B Training industry standard, delivered by NR approved framework asbestos contractor)

In summary - for all work with asbestos, staff will require adequate PPE (including a face fit test), training, appropriate equipment and medical surveillance (for>NNLW). Records must be kept in relation to works completed including exposure and health records. Arrangements need to be made for the disposal of asbestos waste including storage location, waste carriers license and waste consignment notices. Without all of the above in place, staff must not start work on asbestos.

If in doubt, do not start work.

Asbestos Guide

Cable Routes Internal



Further Information

| Document Reference | Document Title |
|-----------------------|--------------------------------------------------------------------------------------------------------------------|
| NR/L2/CIV/168 | Asbestos Management |
| NR/L2/OHS/157 | Health surveillance for silica and asbestos and the management of diagnosed occupational respiratory conditions. |
| Number Route Specific | Operational Route Asbestos Management Plan (ORAMP) / Property Asbestos Management Plan (PAMP) |
| Number Site Specific | Site Specific Asbestos Management Plan (SSAMP) |
| SI No.632 | Control of Asbestos Regulations 2012 |
| L143 | Managing and Working with Asbestos. Control of Asbestos Regulations |
| HSG210 | Asbestos Essentials (including task sheets for Equipment and method sheets EM1-EM10 and work with asbestos A1-A37) |
| HSG 264 | Asbestos: The Survey Guide |
| HSG 248 | The Analysts Guide |
| HSG247 | The Licensed Contractors' Guide |
| GE/RT8047 | Reporting of Safety Related Information |
| INDG453 | The Reporting of Injuries, Diseases and Dangerous Occurrences Regulations |
| NR/L2/INV/002 | Accident and Incident Reporting and Investigation |
| NR/L2/OHS/00103 | Specialist Risk Assessment - COSHH |
| NR/L2/OHS/00112 | Worksafe Procedure |
| NR/L2/OHS/00124 | Competence specific medical fitness requirements and supplier requirements for medical assessments |
| NR/L2/OHS/0047 | Application of the Common Safety Method for Risk Evaluation and Assessment |
| NR/L2/RSE/100/02 | Application of the Common Safety Method for Risk Evaluation and Assessment |
| NR/L3/INV/3001 | Reporting and Investigation Manual |
| NR/L3/INV/3001/RIM101 | Reporting of accidents, incidents and occupational ill health |
| NR/L3/INV/3001/RIM113 | Statutory reporting of accidents, incidents and occupational ill health |
| NR/SP/OHS/00102 | Work Activity Risk Assessment |
| NR2072P | Preliminary report investigation form |