

Health, Safety and
Environment
Period Cascade
for P13. 2018/19



Content

Welcome to your Health, Safety and Environmental Cascade for Period 13 2018/19. Please discuss and share the items that are relevant to your teams and display any relevant Safety Bulletins or Lessons Learned on your notice boards.

Included in this cascade is also the **Front Line Focus Episode 84**

[Front Line Focus Episode 84 - March 2019.mp4](#)

- Significant Workforce Events
- Asbestos
- Range Finders
- Guidance for ALO Planning and Infrastructure Plant Manual Guidance NR/GN/RMVP/0200 Issue 1 (Speed of Movements)
- 019 “One+ Year On”
- Environmental Update
- Health and Wellbeing
- Wessex Access Points App

Significant Workforce Events



Wessex Safety Calendar

Workforce Incidents - Period 13, 2018-19



Sun	Mon	Tue	Wed	Thu	Fri	Sat
03	04	05	06	07	08	09
Week 1						
10	11	12	13	14	15	16
Week 2						
17	18	19	20	21	22	23
Week 3						
24	25	26	27	28	29	30
Week 4						
31						

Everyone Home Safe

No Lost Time Injury

Lost Time Injury

Near Miss / Line Block

Road Traffic Accident

NR
Staff

7

3

0

3

Contractor

1

2

0

2

Incident Details

Sun - 03

Road Traffic Collision

Oncoming vehicle swerved across the road into the lane where the contractor's vehicle was travelling (driver plus 3 passengers), hit the front of the vehicle, individuals had sore chests from impact of the seat belt. 2 contractors were off work following the colliding and 2 returned to work the following day

Sun - 10

Left Thumb Bruising

The IP was removing lamps from the back of the van when a strong gust of wind blew the door shut trapping his left thumb. The IP sustained a hairline fracture to his thumb but was able to return to work the following day and carry out his normal duties. Take 5 - extra care taken in adverse weather conditions

Wed - 13

Torn Ankle Ligaments

Whilst walking down the office steps, the IP twisted his ankle on the last step. The IP was holding hand rail and did not fall, hospital visited, confirmed torn the ligaments in the ankle. Take 5 - be aware of your underfoot conditions and pay particular attentions on steps, uneven surfaces, etc.

Fri - 15

Blood Contact from Member of Public

A member of staff assisted a suicidal male and came into contact with the individual's blood that was on his phone. The member of staff contacted 111, advised to attend hospital, shook up by incident but hospital confirmed no further issues.

Sun - 24

Twisted Ankle

Whilst unloading a welding kit the IP fell over whilst helping to carry a generator, twisting their ankle, no first aid required. The IP was off the following day resting his ankle. Take 5 - be aware of your underfoot conditions and apply correct manual technique

Mon - 25

Cut to Finger

After loading the tools onto the back of the van the IP shut his right index finger in the door resulting in a cut. First Aid given and medical advice was sought. The IP sustained a hairline fracture but was able to return to work on the following shift. Take 5 - situational awareness

Wed - 27

Right Foot Injury

The IP had his right foot crushed when a piece of a rail overturned. The rail was moved by a contract welder who did not inform anybody of his intention to move the rail. This resulted in broken second and third metatarsal.

ECRO recharged incorrect isolation

On 22 March an Appointed Person (AP) for an electrical isolation connected with a TFL Line Blockage at Gunnersbury (Item 167) contacted the Raynes Park ECRO and asked for a B1 isolation to be re-energised.

During the call the ECRO quoted all information on a B2 isolation document for a different and incorrect isolation (Item 157).

The AP agreed the details but clearly did not listen to the information quoted by the ECRO, which was totally wrong.

As the result a different worksite was re-energised, whilst staff were working within. Fortunately no one was injured.

Additionally, one of the short circuit straps placed to protect the worksite arc'd and blew off because it was not securely attached .

This incident is under investigation but in the meantime note;

1. Safety Critical Communications require people to listen as well as speak; actively listen to what the other party is saying.
2. Apply all short circuit straps (SCS) properly as per training and instruction otherwise, in the event of an inadvertent re-energisation of a worksite, the SCSs will not remain in place and the conductor rail will become live.

Lack of attention can Kill

- You can challenge the 'lead' in SCC if the SCC is not clear.
- Confirm individuals involved in the SCC are the correct people.
- Ensure key details are repeated back.
- Question anything that was unclear.
- Use the phonetic alphabet.
- Keep SCC's professional, clear and concise, even if you know the person you are talking to.



Application of short circuiting straps only



- Only staff who are certificated as competent as Level A (Authorised/Nominated) or Level B (Competent/Authorised) Persons may carry out this activity.
- Rubber gloves or gauntlets shall be worn throughout the application process.
- Before use of the short-circuiting straps check for any damage or wear and that all bolted connections are secure.
- The underside of the rails where the short-circuiting straps are to be applied shall be cleaned by the wire brush.
- Each of the clamps can than be fitted, ensuring they are all properly tightened.



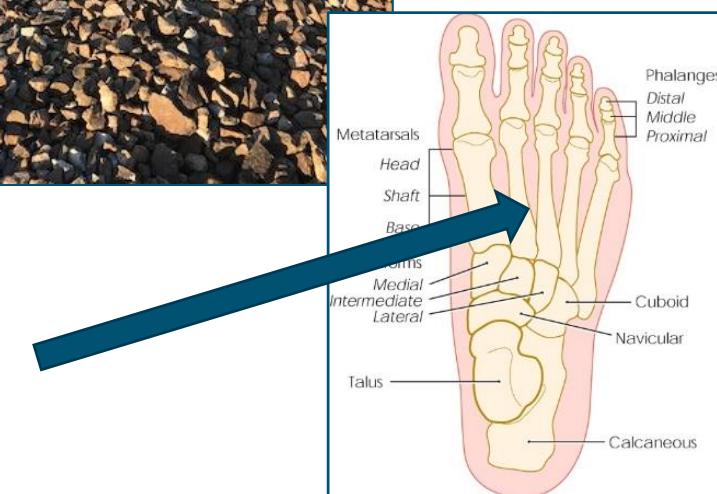
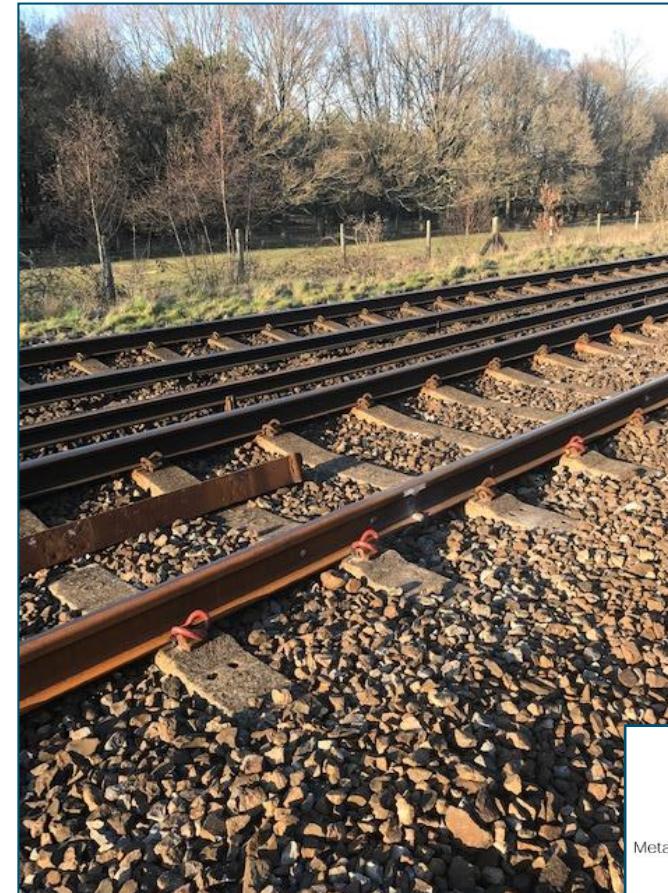
Broken Metatarsal Bones

A serious accident occurred at Woodfidiel LC on 27th March 2019 at 01:15 when a piece of rail trapped the IP's foot. The rail was moved by a member of the welding team from GPX without informing anybody of his intentions to move the rail.

The IP was immediately taken to the nearest A&E where it was confirmed his 2nd and 3rd metatarsals were broken. The estimated recovery time is 2 months.

This accident is still under investigation. Whilst the details are being confirmed, please discuss with your teams:

- The importance of remaining vigilant at all times and the importance of warning others in your work site when moving rails
- Any team manual handling should be properly co-ordinated and the person in charge should control all the movements



- There is a mandatory **Asbestos Training module on Oracle for all employees**... have you done yours?
- Some roles have been identified for additional training, ask your WHSEA if you are not sure.
- A suite of **Asbestos Guidance notes** have also been created to assist anyone who may disturb asbestos containing materials (ACM's) when working on our infrastructure. The guides must not be used in place of an asbestos survey. The link to the guidance notes is below, please note that these are grouped for ease of reference: [Asbestos Guidance Notes](#)
- To ensure the compliance with the Control of Asbestos Regulations 2012 (CAR 2012) Network Rail has got the **Asbestos Risk Management System (ARMS)**.
- It is important to remember that as long as **asbestos is in good condition and is not disturbed or damaged there is a negligible risk**. However, if it is disturbed or damaged, it can become a danger to health.



Range Finders

Rangefinders are by no means a 'new' tool, they have been available to our teams for a considerable time.

A rangefinder gives you the opportunity to 'check' the sighting distance available when setting up the SSOW rather than just accepting a best guess or placing a Lookout where he/she has always been.

Use of one can give additional confirmation that sufficient sighting distance is available for the group to reach the position of safety with the minimum of 10 seconds to spare before a train reaches the groups location.

Any additional measure to check the validity / suitability of sighting distance must be considered to be a good option and the use of a rangefinder to 'check' sighting distance does this.

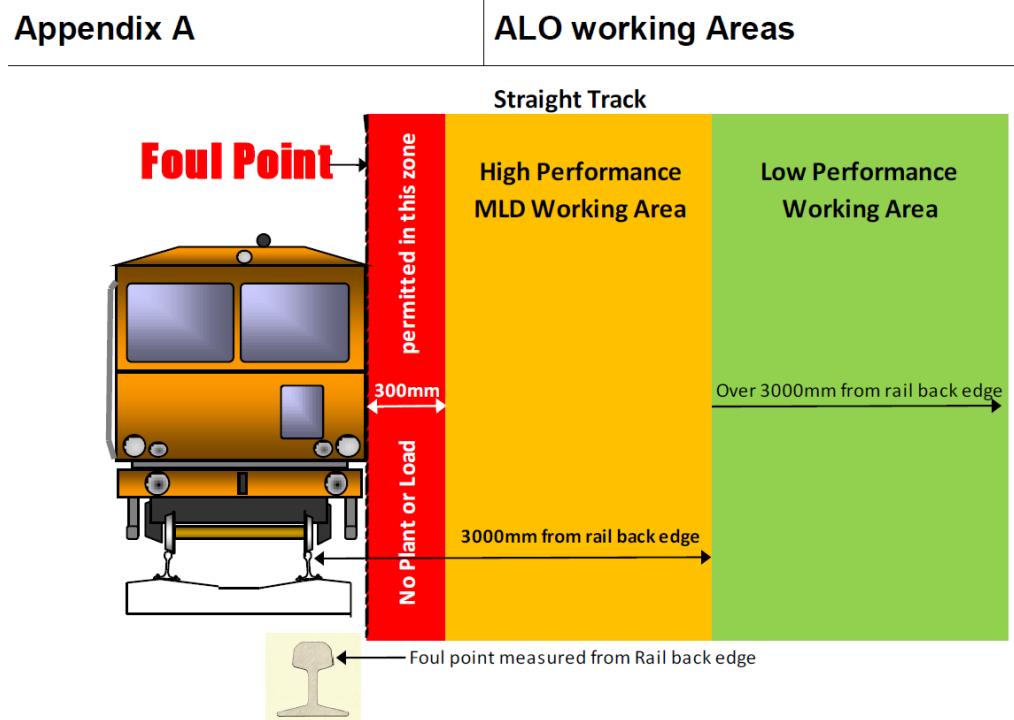
The rangefinder can be used in conjunction with the methods of establishing sighting distance currently in use.



Any Line Open COP0032 Guidance for ALO Planning

Where plant can foreseeably foul an open line, then the Guidance in COP0032 must be followed and controls put in place.

Link to RSSB:[COP0032.pdf](#)



If you or your team Plan, Operate or Control OTP, you need to consider ALO.

If you require a briefing or more information, contact:
Keith Penn, RPSE

<mailto:keith.penn@networkrail.co.uk>

There must always be a documented risk assessment in place if there is an open line when plant is operated on Network Rail managed infrastructure

2. Guidance for ALO planning

2.1 Plant that cannot foreseeably foul

2.1.1 A documented risk assessment should be completed which shows that the Plant at its maximum reach / gauge (including load and attachments) with an additional separation distance cannot physically reach the fouling point of an open line, even in the event of human error but not taking into account deliberate acts.

Note All that is needed for site is evidence (risk assessment) that you have assessed the distance from the fouling point of the open line and a method to ensure this does not reduce.

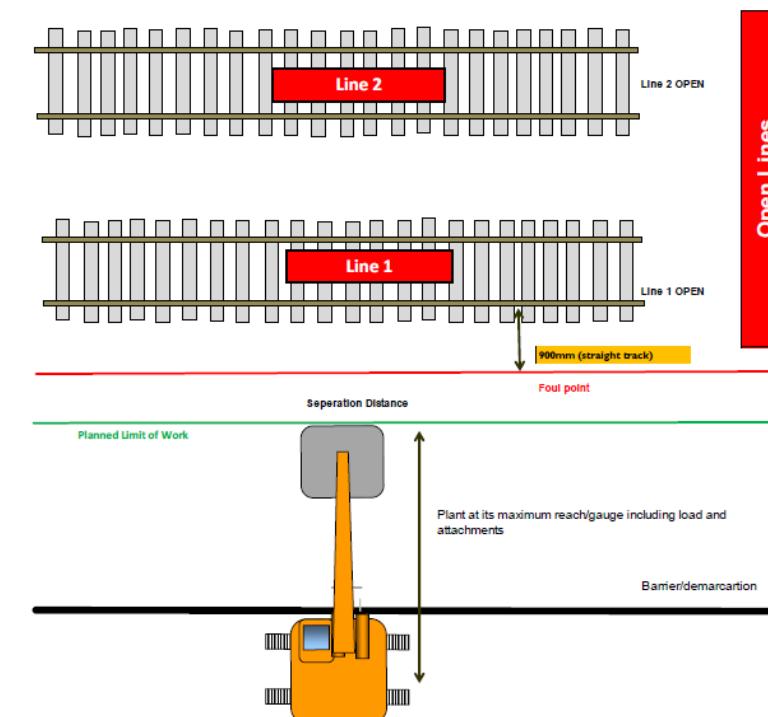


Fig 1 Diagrammatic view of plant working that cannot foul

Handbook 15 States:

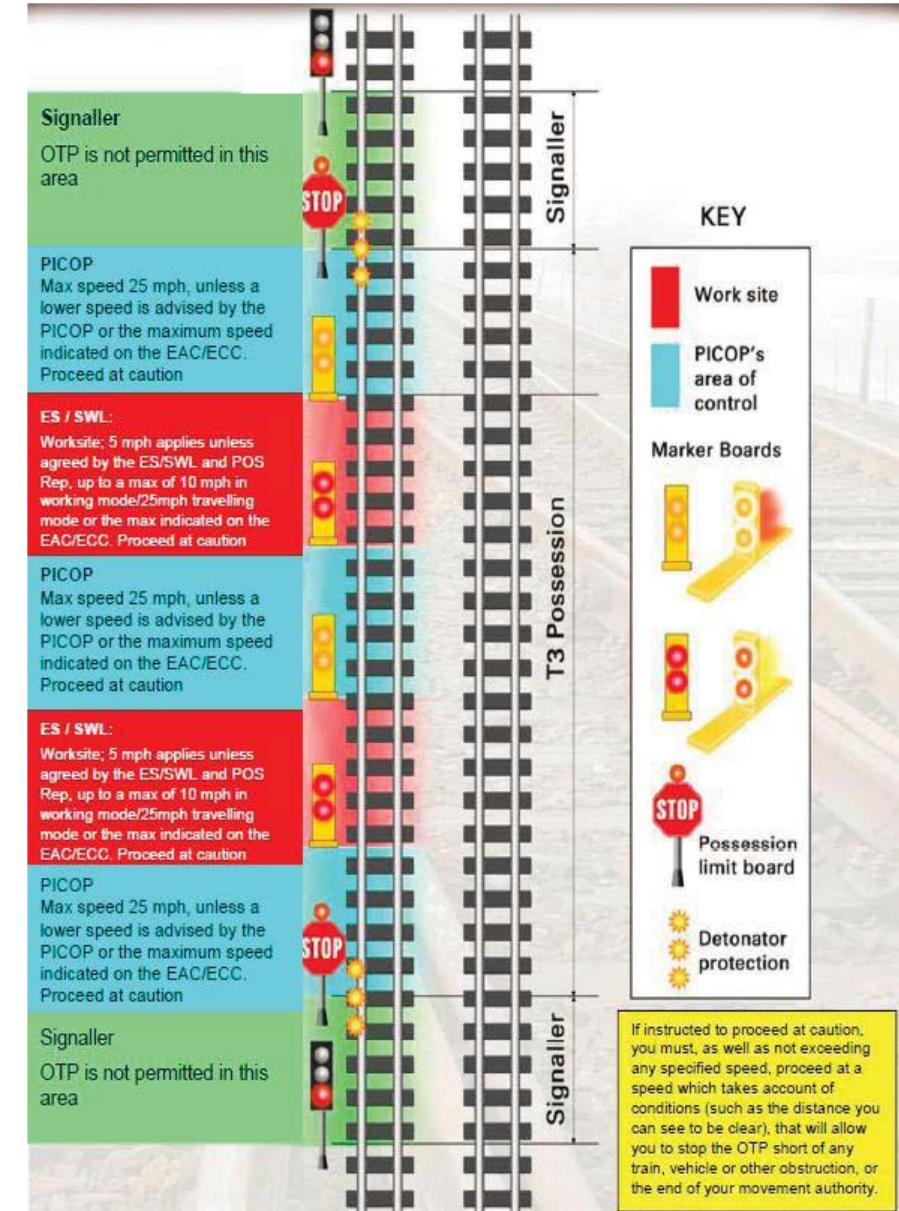
7.4 Speed of movements

The following movements are restricted to a maximum of 5 mph (10 km/h):

- over points
- anywhere within sidings
- controlled from the ground
- where speed has not been given by the ES or PICOP.

Other movements may be authorised by the ES or PICOP at a speed up to 25 mph (40 km/h).

OTP Movements authority and associated speeds within an engineering possession.



It has been more than a Year since the introduction of the Revised Standard 019.
So what have these changes meant for you and what do we still need to do?

- Remind our people of the key changes and the purpose of the core roles of RM, Planner and PIC
- Continue to drive compliance to the 019
- Help our people to understand the benefits
- Review off the end to end planning process which was put in place for the 019 implementation
- Challenge the method of working during the planning stages to drive the use of Protection rather than Warning as the preferred method

A full presentation to be shared with your staff can be found on the link below:
[Standard-019-PDSW-One-year-on Wessex Route.pptx](#)

We will also be creating “ The best practice” Guide that will be shared in due course.



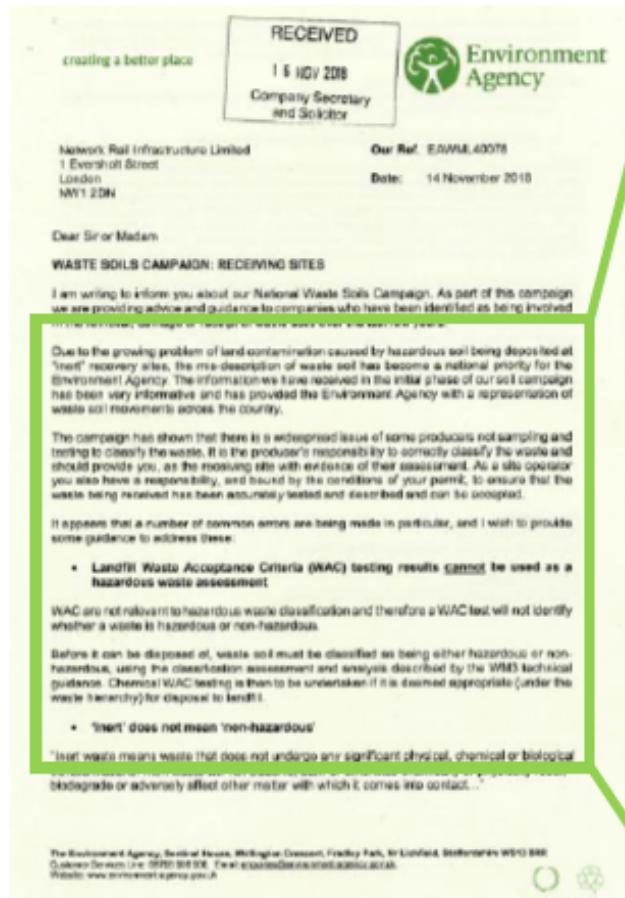
Safety Bulletins, Alerts, Advice

- [Safety-Advice-NRA19-04-Rotameg-Rail-Lifter.pdf](#)
- [Shared-Learning-NRL19-03-Lifesaving-Rule-Test-before-Touch-rev-2.pdf](#)
- [Shared-Learning-NRL19-04-RIDDOR-Dangerous-Occurrence-Signalling-wrong-side-failure.pdf](#)
- [Shared-Learning-NRL19-05-Managing-the-risk-from-welding-fumes.pdf](#)
- [Wessex Route Cable Theft Bulletin - Update 20/03/19.pdf](#)
- [ESW Irregularity - Ops Alert NR_L3_OPS_050_F3.27A.pdf](#)
- [NR-L3-OPS 050 Carlton CCTV Operations Alert March 2019.pdf](#)
- [RIDDOR accident Broken metatarsals at Woodfidley LC \(Beaulieu Road\) 27 03 2019.pdf](#)

Waste Classification



Mis-description of waste soils has become a growing problem for the Environment Agency. The letter below provides guidance and also acts as a reminder that ALL waste streams must be correctly segregated and correctly classified by the producer.



'Due to the growing problem of land contamination caused by hazardous soil being deposited at 'inert' recovery sites, the mis-description of waste soil has become a national priority for the Environment Agency.

There is a widespread issue of some producers not sampling and testing to classify waste.

- **Landfill Waste Acceptance Criteria (WAC) testing cannot be used as a hazardous waste assessment**

WAC are not relevant to hazardous waste classification and therefore a WAC test will not identify whether a waste is hazardous or non-hazardous.

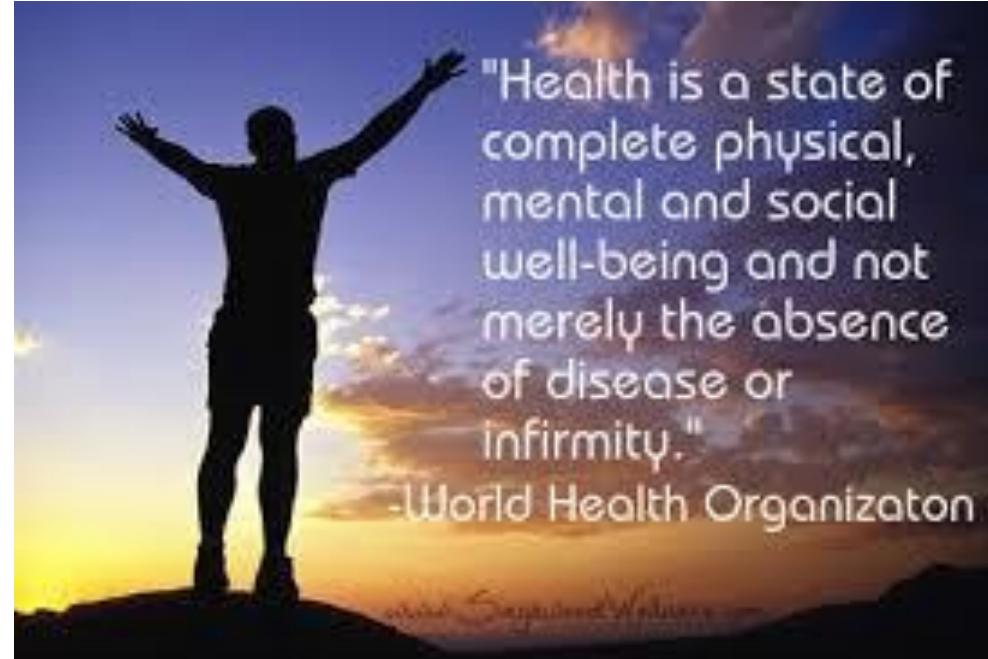
Before it can be disposed of, waste soil must be classified as being either hazardous or non-hazardous, using the classification assessment and analysis described by the WM3 technical guidance. Chemical WAC testing is then to be undertaken if it is deemed appropriate (under the waste hierarchy) for waste disposal to landfill

- ***Inert does not mean 'non-hazardous'***

Inert waste means waste that does not undergo any significant physical, chemical or biological transformations'.



Health



OH Provider

OH Assist – Name Change to Optima Health

On Tuesday 5th March 2019, OH Assist changed its name and began trading as Optima Health. The Occupational Health contract with Network Rail is unchanged and the services provided will remain the same.



Time to be active




ACTION CALENDAR: ACTIVE APRIL 2019




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Commit to doing something active every day this month	2 Have an outdoor meeting, instead of sitting down inside	3 Listen to your body and be grateful for what it can do	4 Go up and down the stairs whenever possible today	5 Enjoy moving to your favourite music. Really go for it	6 Go exploring around your local area and notice new things	7 Get outside and plant a tree, flowers or some seeds
8 Get natural light early in the day. Turn off lights in the evening	9 Do a body-scan meditation and really notice how your body feels	10 Join an activity club or class that you'll actually enjoy	11 Eat only healthy & natural food and drink lots of water	12 Choose to walk or cycle instead of going by car or bus	13 Turn your housework or chores into a good form of exercise	14 Have a day free from TV or screens and get moving instead
15 Sign up for an activity challenge as a goal to work towards	16 Make sleep a priority and go to bed in good time	17 Choose to park further away and enjoy some extra exercise	18 Do stretch and breathe exercises at 3 different times	19 Take an extra break in your day and go for a 15 min walk outside	20 Relax your body & mind with Yoga, Tai Chi or Meditation	21 Make time to run, swim, dance, stretch or cycle today
22 Arrange to get together with a friend to walk and talk	23 Actively 'eat a rainbow' of multi-coloured vegetables today	24 Spend less time sitting down today - get up and move more!	25 Get out into nature. Feed the birds or go wildlife-spotting	26 Recharge yourself. Avoid tech for 2 hours before bedtime	27 Do something active and fun like air guitar or a silly walk :)	28 Go out and do an errand for a loved one or neighbour
29 Spend as much time as possible outdoors today	30 Make time for doing your favourite sport or activity	  	"Movement is a medicine for changing our physical, emotional and mental states" ~ Carol Welch			

ACTION FOR HAPPINESS

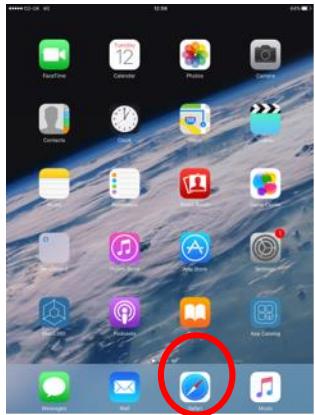




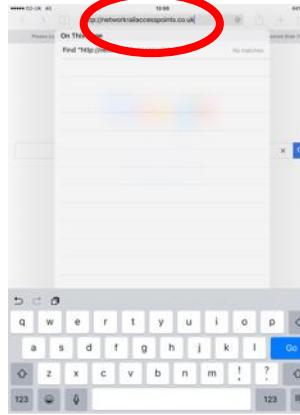

www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

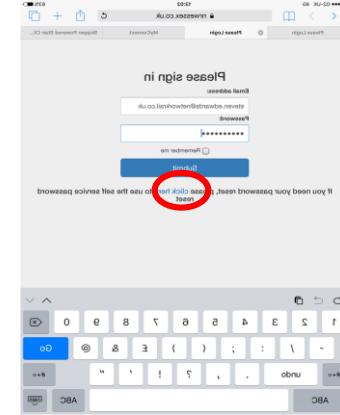
Wessex Access Point App



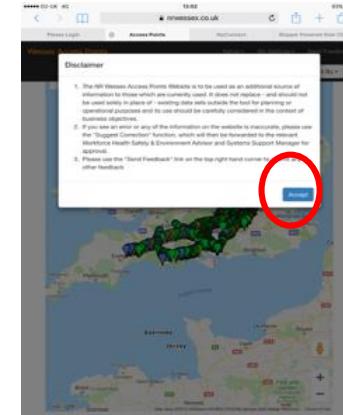
To install the Wessex Access Point app, click on the Safari icon on your I-pad



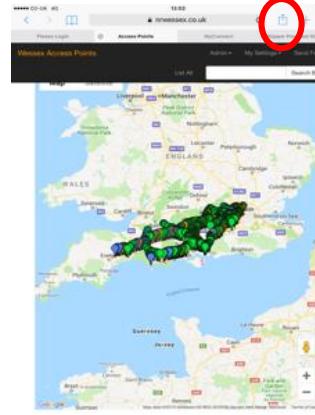
Enter <http://networkrailaccesspoints.co.uk/> into your browser.



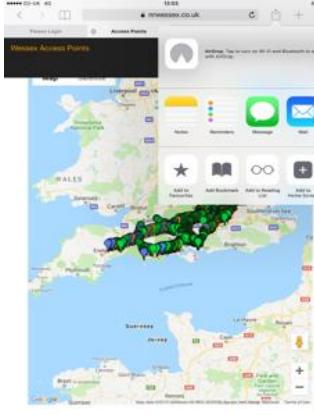
Sign in using your Network Rail email address and your Wessex apps password. If you don't have a password, reset it by clicking on the 'click here' icon and creating and submitting your own password. This is for Wessex apps and the access point app only and does not replace your normal log-in details.



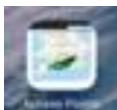
If you are happy with the disclaimer, click accept.



The access point app, in all its glory, will be open. Click on the circled icon and it will open the next image.



Here you can add it to your home screen.



The access point app is now available to you at the touch of an icon!

Thank you and keep safe

