



Kent, Sussex and Wessex Safety Conversation

2 March 2020

Brixton investigation published

A colleague received electrical burns to both hands when they fell and a tool they were using came into contact with the conductor rail. Work was being carried out in the Brixton station area last November which included lifting and packing using hand tampers (Robels) along with general track maintenance. A line blockage was in place but the conductor rail remained live. Conductor rail shields were not used. The track quality team divided into two groups, with one group changing screws and the other carrying out the lifting and packing using two Robels around a set of points. The controller of site safety was moving between the two groups. The track quality team leader was tamping around a point motor adjacent to two conductor rail ramp ends while the track quality technician was tamping the other end of the point motor, in a gapped area with no conductor rail.



The team leader lost his balance while holding the Robel, falling towards the conductor and running rail which led to the technician also falling and the Robel in his hand coming into contact with the conductor and the running rail. There was a loud bang and a bright flash. The 750V current entered the equipment handle and caused burns to both of the technician's hands. He was treated in hospital.

Discussion/learning points

- When planning work, do you consider the length of tools being used and what would happen if they were dropped or you fell? The conductor rail standard (NR/L3/MTC/EP01520) states that where work is being carried out more than 300mm from the conductor rail, shields still may be required if it is possible the work could come within 300mm
- Do you carry conductor rail shields and bring them to site? The team involved had shields in their van but didn't use them at the worksite
- Do you consider if site lighting is adequate? Inadequate site lighting was a factor in this incident. Review compliance with NR/L3/MTC/RCS0216/SP16 - use of site lights and provision of lighting to teams working at night
- Are you aware of when a protection controller is needed? If work is taking place on two sites then a protection controller arrangement should be used
- Remember to always Take Five - before, during and after a task

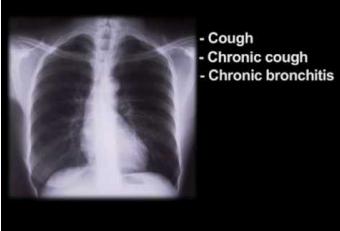
Welding fumes - know the risk



Manganese which is present in mild steel welding fumes, can cause neurological effects similar to Parkinson's disease and new evidence suggests that uncontrolled exposure to all welding fumes, including those from mild steel, can cause lung cancer. Following the reclassification of mild steel welding fumes in February 2019, an enhanced duty in the Control of Substances Hazardous to Health regulations was brought in, to reduce exposure to as low as is reasonably practicable.

Discussion points

- Do you ensure that exposure to any welding fume is adequately controlled using engineering controls such as local exhaust ventilation to remove fumes at source?
- Do you ensure suitable controls are in place for all welding activities, irrelevant of duration? This includes welding outside.
- Where engineering controls are not possible, do you always use suitable respiratory protective equipment?
- Do you consider other works taking place in the vicinity of the welding activities and the need for additional controls for these?
- Do you ensure a suitable exclusion zone is set up and anyone entering it is wearing suitable respiratory protective equipment?





Ovarian Cancer Awareness month

International Women's Day is 8 March making March a fitting month for Ovarian cancer awareness. Ovarian cancer usually affects women who have been through menopause but can sometimes affect younger women. The symptoms of ovarian cancer are not always easy to recognise because they're similar to those of more common conditions such as irritable bowel syndrome.

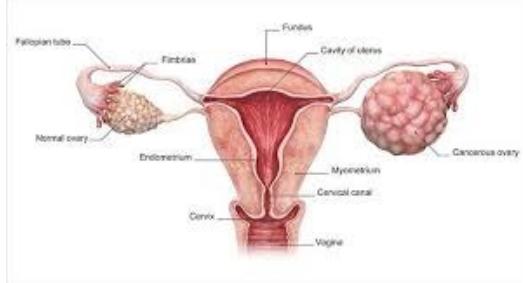
Common symptoms

- Feeling constantly bloated
- Feeling full quickly and/or loss of appetite
- Pelvic or abdominal pain
- Needing to urinate more urgently or more often than usual

Occasionally there may be other symptoms such as

- Changes in bowel habit
- Extreme fatigue
- Unexplained weight loss

If you regularly experience one or more of these symptoms, which are out of the ordinary for you, it is important you visit your GP. It's unlikely to be cancer but it's important to get it checked out.



For further support or information

www.targetovariancancer.org.uk
www.samaritans.org
www.macmillan.org.uk

Fatigue Management



The Fatigue Risk Management standard was published in December and applies to anyone working on our infrastructure, including office and non office based staff, rostered and non rostered. All business areas need to be compliant to this standard by **October 2022**. For more information visit the [Fatigue Reduction website](#).

To help understand the standard and learn more about fatigue, some Webex briefings have been set up:

16 March 15:00 - 16:00
18 March 14:00 - 15:00
24 March 09:30 - 10:30

Contact [Charlotte Holmes](#) to register.

Coronavirus update

Coronavirus, also referred to COVID-19 continues to spread, with Northern Italy now having a large number of reported cases.

Colleagues who have returned from China and other specified areas* in the last 14 days or had close contact with anyone who has, should work from home for the duration of 14 days from date of return/last close contact with returning traveller or diagnosed individual. They should inform their line manager as soon as possible and begin monitoring their health.

Should you begin to suffer symptoms, contact NHS 111 and inform your line manager.

* Hong Kong, Macao, Cambodia, Iran, northern Italy, Japan, Laos, Malaysia, Myanmar, Singapore, South Korea, Taiwan, Thailand, Vietnam



The central source of information is the [MyConnect news article](#), which is updated as the situation develops.

There is also a [Healthy Hour pack](#) which provides more information and advice.

General tips to minimise the risk of spreading germs:

- Wash your hands often with soap and water for at least 20 seconds
- Avoid touching eyes, nose and mouth with unwashed hands
- Avoid close contact with people who are unwell
- Cover your cough or sneeze with a tissue and throw it in the bin as soon as possible
- Clean and disinfect frequently touched objects
- Stay at home if you are unwell

Have you signed up for a safety workshop?