

# Health, Safety and Environment Period Bulletin P6 2020/21

## Significant Events in the Period

Sun	Mon	Tue	Wed	Thu	Fri	Sat
23 Week 1	24	25	26	27	28	29
30 Week 2	31	01	02	03	04	05
06 Week 3	07	08	09	10	11	12
13 Week 4	14	15	16	17	18	19



We saw a reduction in the overall number of reported accidents and good news is that there were no LT accidents during the period. We need to continually strive to reduce the number of accidents so Everyone Can Go Home Safe Every Day.



**The period saw two accidents when our colleagues sustained minor finger lacerations. Another accident resulted in a strained and swollen wrist.**

**06/09/2020** a member of the S&T team was using a Cembre drill to drill holes for bond leads on IBJs at Eastleigh and some metal swarf spun with the drill and sliced his left index finger through a thin glove.

**Discussion Points: Suitability of gloves for the task**

**07/09/2020** a member of staff caught her finger in an emergency door at Bournemouth whilst taking her bicycle outside.

**Discussion Points: Situational awareness and suitability of the route/door**

**18/09/2020** a colleague strained his left wrist as a result of a new stiff strut that was fitted to an access gate at Havant Signal Box the previous day.

**Discussion Points: Do you know how to report any facility related issues/faults?**

## Incident involving HGV collecting plant at Liss Level Crossing

Liss Common Level Crossing with AHB



On the 14th September, a HGV working on behalf of Readypower Rail Services, was due to collect plant at Liss Common Level Crossing when it was struck by the up side automatic half barrier (AHB). The shift was scheduled to finish at 05:00hrs and the HGV was planned to arrive at 04:00hrs.

At approximately 03:55hrs, the HGV driver called the Meet and Greet number but did not get an answer. The driver spoke to the contractor managing the road closure and was granted access to load the plant.

At around 05:00 the level crossing warning started to sound and the AHB came down to allow the 2P12 0440 Portsmouth Harbour - London Waterloo to pass. One of the barriers could not come all the way down as the very front of the lorry had protruded beyond the white line on the road and was fouling the up line.

The HGV reversed clear of the crossing and the trains were able to pass under caution, there was no damage to the barrier. The incident is currently under investigation.

**Discussion Points:**

- **Planning:** All lineside deliveries and collections that involve vehicles shall be risk assessed in advance of the works. The assessment must be site, task and vehicle specific and consideration given to a site visit with the identified delivery company.
- **Drivers' Guidance:** Ensure that all required plans and permits are in place, before you start a job adjacent to railway lines. Drivers must monitor their activities to ensure they are no closer than 3 metres (10 feet) from the nearest railway line.

**Always assume a railway line is open unless you have been briefed otherwise.**



Always be sure the required plans and permits are in place, before you start a job or go on or near the line.

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## Driving

### **Speed limit is the maximum, not the target!**

When speeding you are breaking the law! Stick to the limits!

Don't put your life, other peoples lives or your job at risk. If you are caught speeding whilst driving a NWR vehicle, you could lose your job!

- ◆ You must not drive faster than the speed limit for the type of road and your type of vehicle.
- ◆ Most vans have a lower speed limit than cars.
- ◆ Local councils can set their own speed limits in certain areas, so watch out for the signs.

### Did you know?



- ◆ An increase in speed from 70mph to 80mph is a 14% increase in speed but results in a 31% kinetic energy increase and it is this kinetic energy that will be transferred into another object, be that a pedestrian or a car.
- ◆ Increasing kinetic energy also increases the stopping distance for a car travelling at 80mph to 120 metres (30 car lengths!!), a 25% increase on the 96 metre stopping distance at 70mph.
- ◆ It saves you only 6 seconds per mile travelling at 80mph versus 70mph.
- ◆ Fuel consumption increases by 20-25% when speed increases from 70mph to 80mph.

## Winter Preparedness

It may seem that Winter is a long way off but it is important to prepare for the adverse weather in advance.



- Do your teams have access to sufficient wet weather PPE?
- Are your vehicles winter ready?
- Are your depots winter ready?

For more information about Winter preparedness and what you can do to get ready please refer to - <https://safety.networkrail.co.uk/wp-content/uploads/2016/01/Winter-Safety-Brief.pdf>

## Working on Station Platforms



The worker on the left of the image is not classed as working on or near the line, whereas the worker on the right is classed as working on or near the line and would require the same protection as someone working on the track, be that by a possession, a line blockage or simply a lookout.

This is also true for our colleagues working on behalf of the stations.

**DO YOU PROTECT YOURSELF ON A PLATFORM?**

## I.R.I.S Training and Investigation Feedback

Martin Marshall and the WHSEA's trained over 150 users on the Wessex Route and we thank you for your engagement.

To help us understand the effectiveness of the training, the value of IRIS as a tool for investigations and what further improvements could be made, please provide some feedback on the following link.

### IRIS Investigation Feedback

It will take no longer than 10 minutes and will help shape things going forward locally and Nationally, so please get involved.

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## The Perfect Journey

The Joint Performance Improvement Centre (JPIC) team launched a new campaign, hosting a collection of animations and booklets for teams across South Western Railway and Network Rail. **The Joint Performance Improvement Centre (JPIC) combines a collaborative team within SWR and the NWR Wessex Route. The vision of the team is of a high performing railway, delivered together.**

The last video (link <https://web.microsoftstream.com/video/ca17aaf3-6971-4446-af53-8bb94e8112b1?channelId=edff97c4-5a4d-4744-a8c9-68342a5d362c>) in the series, is about 'The Perfect Journey'. It shows how MOMs, maintenance, control, drivers, guards, stations and others all work together to produce an excellent customer experience. It outlines how through working together, you can help to create the perfect journey for our customers every day and how every second counts in making it a reality.

The animations are there to both entertain and remind colleagues of the positive role they have in giving a great passenger experience and will be used in team meetings to help with discussions and for inductions. Make sure you have a look here. <https://networkrail.sharepoint.com/sites/myconnect/wessex/Pages/Joint-Performance-Improvement-Centre.aspx>



## Medical Exemption from Wearing Face Coverings and Identification System at Stations

A coloured lanyard system is in place at our Stations so that anyone who is medically exempt from wearing a face covering can easily be identified.

If a member of NWR staff is medically exempt from wearing a face covering, he/she will be wearing a Sunflower lanyard.

Members of SWR medically exempt from wearing face coverings whilst at the station will be wearing blue and yellow lanyards but other TOCs are also using the Sunflower Lanyard system.

Please be aware that some staff aren't required to wear face coverings and these lanyards will make it easier for anyone who passes through the station to see that.

If a member of staff is wearing a yellow lanyard, they were shielding prior to being allowed back at work.

You can find more information on how to get the sunflower lanyards on this link:

<https://networkrail.sharepoint.com/sites/myconnect/news/Pages/HR/News/Sunflower-scheme-for-teams.aspx>



## Free Flu Vaccination



- To request a voucher, complete this form: <http://bit.ly/Fluvoucher>
- Once you receive the email with the voucher details, use the link provided within the email to book your flu jab at a Boots as soon as possible.

**There has been a high demand for the vaccine recently but Optima confirmed that there is no issues with the availability of flu vaccine when ordered through the voucher scheme within Network Rail.**

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## Environment



### Environment Incidents & Close Calls

An environmental Close call is a situation that could cause environmental damage, impact or nuisance

#### Environmental Close Calls



Confirmed identification of protected species or invasive plants without causing disturbance



Poor waste storage and segregation



Spills contained in a bund or lack of bund or drip tray

An environmental incident is an event that has caused environmental damage, impact or nuisance

#### Environmental Incident Examples



Legal Breach- e.g. protected species disturbed and/ or harmed



Fly-tipping



Uncontained spill

For environmental learning points from the Morlais Junction derailment and fire click [here](#)

## Health and Wellbeing



SilverCloud

Silvercloud offers a range of online programmes, tools, resources and exercises specifically designed to help you manage and overcome common mental wellbeing challenges.

Four evidence based programmes are available to Network Rail employees:



Space from Stress



Space for Resilience



Space for Sleep



Space from COVID-19

Sign up at: <https://vhg.silvercloudhealth.com/signup/>

Access Code: VitaNWR

10<sup>th</sup> October 2020  
WORLD MENTAL HEALTH DAY

Do you know where to find?



Is a charity supporting those who work in the public transport industry in Great Britain when they are in need, hardship or distress. For just £1 a week we offer a wide range of financial, health and welfare benefits to the member, their partner and dependent children. You may want to contribute to help support the charity.

Tel: 0300 333 2000

Email: [help@tbf.org.uk](mailto:help@tbf.org.uk)

 **validium**  
IMPROVING MENTAL HEALTH

If you are struggling to make loan and credit card payments, contact Validium's Debt Team for support and guidance on.

**0800 3 58 48 58**

Outside UK: +44 141 271 7179

For online support join vClub at [validium.com](http://validium.com)

Username: NetworkRail

Password: onlinesupport