



# HSQE Briefing

## June 2017



# Think Safe, Act Safe and Be Safe



## Our Safety Vision:

- Our vision of “preventing harm to all” is at the centre of our Safety Strategy and is synonymous with our commitment to resourcing and working safely.
- We believe that our vision can be achieved if we all develop a safe mind-set, plan our tasks correctly and actively seek ways to prevent incidents. We also believe that behaving in a safe way will also lead to zero accidents. We have devised a set of rules that underpins our vision and are consistent with our mantra. **Think safe, act safe and be safe!**



**Resourcing  
Safely**



Think Safe, Act Safe and Be Safe



**In this edition:**

- Changes to Network Rail Standards
- Safe Work Pack (In addition to SSOW Pack)
- Person in Charge role
- Working in the Sun

**Action required:**

After reading this briefing, you are required to respond, please click **“I have read and understood”** or email [lmillard@resourcing-solutions.com](mailto:lmillard@resourcing-solutions.com) with acknowledgement and any questions/suggestions

# Think Safe, Act Safe and Be Safe



## Safe Work Pack:

**Overview:** Network Rail have introduced a change to their Standards

**NR/L2/OHS/019** has been updated to issue number 9 and there are important changes for everyone working on or near the line.

All Resourcing Solutions Safety Critical staff will be individually briefed on the changes to this standard, and you must make yourself familiar with these changes to how we all work on the infrastructure.

Network rail guidance and briefings can be viewed here:

<https://safety.networkrail.co.uk/safety/planning-and-delivering-safe-work/revise-019-standard/019-briefing-materials/>

# Think Safe, Act Safe and Be Safe



## Safe Work Pack:

**Overview:** The Safe Work Pack (SWP) provides information on how work is to be carried out safely and gives details on how to manage and control task, site and operational risks.

The SWP will contain references to;

- The 'safe system of work', e.g. Safeguarded / lookouts
- Permits required to work safely, e.g. work at height, permit to dig, isolation permits
- Suitability of the task brief
- Suitability and availability of welfare arrangements
- **The SWP is briefed to all worker in addition to the Safe system of work pack.**

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## Person in Charge (P.I.C.)

### Overview:

- The Person in Charge is a new capability, not a competency
- The Person in Charge will be appointed by the Responsible Manager on their ability to manage the work activity planned and have an understanding of the risks
- The person in charge will make sure that all risk controls have been implemented
- A COSS / SWL is still needed to ensure that the workforce are protected from the passage of trains, and that the infrastructure is not affected by the work.

**Key Message:** There is no training course to be appointed as a Person in Charge.

The Responsible manager will appoint the P.I.C. to oversee the whole work task, and ensure that size hazards are understood and risk assessments are in place to cover all aspects of the work, in addition to the COSS duties of protecting the infrastructure and workers from trains.

# Think Safe, Act Safe and Be Safe



## What is your responsibility?

**COSS / SWL duties:** Establish a safe system of work, liaise with the Signaller or Engineering Supervisor if trains need to be stopped and ensure all workers sign onto the RT9909 (Coss brief)

**Person in Charge duties:** Brief all workers on the Safe work pack, and establish that the workforce are competent to do the assigned work, permits have been arranged, Risk assessments are thorough, and SSOW pack is briefed and understood.

The Person In Charge **MUST** hold a COSS competency and can also act as the COSS if the S.W.P. plans for this event.

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## Working outside in the sun

**Overview:** Working outside in the summer months

### **What is the problem?**

- Too much sunlight is harmful to your skin. A tan is a sign that the skin has been damaged. The damage is caused by ultraviolet (UV) rays in sunlight.

### **Who is at risk?**

- If work keeps you outdoors for a long time your skin could be exposed to more sun than is healthy for you. Outdoor workers that could be at risk include farm or construction workers, market gardeners, outdoor activity workers and some public service workers.

### **What are the harmful effects?**

- In the short term, even mild reddening of the skin from sun exposure is a sign of damage. Sunburn can blister the skin and make it peel.
- Longer term problems can arise. Too much sun speeds up ageing of the skin, making it leathery, mottled and wrinkled. The most serious effect is an increased chance of developing skin cancer.

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## Working outside in the sun:

### What can you do to protect yourself?

- Keep your top on.
- Wear a hat with a brim or a flap that covers the ears and the back of the neck.
- Stay in the shade whenever possible, during your breaks and especially at lunch time.
- Use a high factor sunscreen of at least SPF15 on any exposed skin.
- Drink plenty of water to avoid dehydration.
- Check your skin regularly for any unusual moles or spots. See a doctor promptly if you find anything that is changing in shape, size or colour, itching or bleeding.

# “Think Safe, Act Safe and Be Safe”



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