



Safety Briefing

January 2016

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**



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Two rules that were focused on in January were:

- **Never start work without the correct plans and permits.** The purpose of plans and permits are to ensure that all aspects of the work have been considered and that safety precautions have been put in place. You must know and follow the precautions.
- **Always ensure you have received and understood a pre-work briefing.** A pre-work briefing will tell you about significant hazards, rules and precautions. It will also give you important information, like what to do in an emergency.

Safety Rule for February:

- **Always check that equipment and tools are fit for purpose.** Equipment and tooling that is not right for the job or damaged can cause accidents. Ensure the equipment has not been tampered with or has been modified inappropriately. Only use equipment that you are competent to use. This includes protective equipment like harnesses and gas monitors.

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Eye Protection

- Making the workplace safe includes providing instructions, procedures, training and supervision to encourage people to work safely and responsibly. Even where engineering controls and safe systems of work have been applied, some hazards might remain. These include injuries to eyes from flying particles or splashes of corrosive liquids.
- Personal Protective Equipment (PPE) shall only be used as a last resort. In some cases, the hazard of eye injury remains and eye protection must be worn. It is important that the correct eye protection is worn.
- The eye protection tends to be in the form of safety glasses. The safety glasses must be UVEX and comply with EN166 and ANSI Z87.1. **If you do not have eye protection or they do not meet this standard, please report it to the Compliance Team.**
- Ensure the safety glasses are compatible with other types of PPE, such as headwear, ear protection and masks to name a few. The eye wear must fit correctly and not be damaged or scratched, which may hinder your vision.

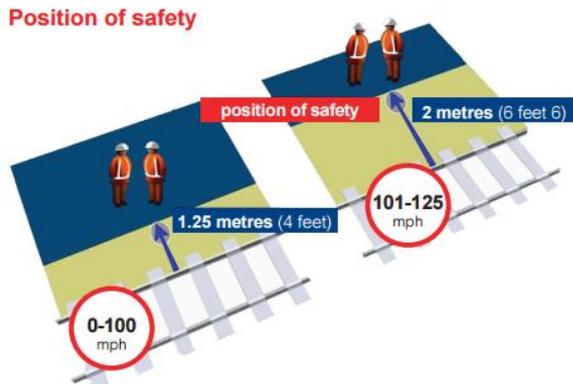


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Learner Support and Recertification

- Following an initial Personal Track Safety (PTS) course, all workers shall have a green square denoted on Sentinel. This will be visible to a Controller of Site Safety (COSS) when they scan the QC code on a Sentinel Competency Card. If you have a green square, you will be on Leaver Support and must wear a blue hard hat.
- During Learner Support, the worker shall be asked important competency based questions. We have noticed some patterns from the tests. One of the questions is: **How far from an open, running line is the position of safety when trains run at a speed over 101mph? The answer is 2 metres.**



Lightweight tools and equipment must be left at least 2 metres (6 feet 6 inches) from the line, irrespective of the speed limit.

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Fatigue:

- Being awake for around 17 hours has been found to produce **impairment on a range of tasks** equivalent to that associated with a blood alcohol concentration above the drink driving limit for most of Europe. There is mounting evidence that working long weekly hours over long periods increases the **risk of accidents and incidents**. Additionally, the incidence of **health problems** such as sleep, gastrointestinal and cardiovascular disorders has been estimated to be greater in shift workers than day workers.

Morale reasons to manage fatigue

- We don't want people to injure themselves or die from fatigue related events
- We want everyone to go 'home safe everyday'
- Improves Health & Safety Culture of our workforce
- Reduction in long term effects on health due to occupational causes
- What about the wider ranging effects (i.e. families, work colleagues)?

Rules to comply with

- Not work more than 12 hours (door to door) per shift. Some clients.
- A minimum of 12 hours rest, at a place of rest, between each shift.
- Not work more than 72 hours in any 7 day period.
- Not work more than 13 shifts in any 14 day period.



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Drugs and Alcohol:

- **Network Rail have published two new standards:** NR/L1/RSK/001NR Drugs and Alcohol Policy is new, compliance 5/12/15 and NR/L2/OHS/00120 Testing for Drugs and Alcohol, up-issued, compliance 5/12/15. The following are withdrawn as a result: NR/L2/OHS/00118 Random testing for Drugs and Alcohol and NR/L2/OHS/00119 'For Cause' testing for Drugs and Alcohol. **There is no change to our existing responsibilities or expected behaviours regarding drugs and alcohol when working in the railway environment.**

Housekeeping and Polite Reminders:

- **Always report accidents, incidents and close calls.** Reporting accidents are important, it will often trigger an investigation. The purpose of the investigation is to understand the causes of the accident and in turn learn how to prevent the accident from happening again. Some accidents must be reported to the Enforcing Authorities.
- The PTS competence is valid for two years, following which a recertification course must be attended and passed. A pre-requisite for the PTS recertification is to have a completed Work Experience Book, in which 4 entries of work experience within the last 6 months must be recorded. **Please ensure the Work Experience Book is maintained. If you do not have one, please report this to the Compliance Team.**



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