



**Resourcing
Solutions**
engaging people

HSQE Briefing
June 2020



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!

This Months Safety Cascade

Monthly topic – Summer Weather

- Fires
- Keep Hydrated
- Sunscreen

Environmental Education

- Giant Hogweed
- Adders
- Oak Processionary Moth

Safe Behaviour: Precautions for the prevention of fire on the Infrastructure during hot weather.

For the attention of all Network Rail and Contractor staff who work on the Infrastructure.

Background:

During the hot weather there is an increased chance of accidental fire on a worksite; dry scrub, vegetation and rubbish can become dry and easily ignite. Fires can spread very quickly and be out of control within minutes with the potential to cause damage to property, injury to staff and passengers, and affect our ability to deliver the train timetable.



Action Required: All staff

1. Some activities are more likely to cause the initialising spark that could start a fire. If you are using abrasive wheels; rail cutters, grinders, welding equipment or engaged in any other activity where there is potential for the risk of fire, you must assess the risk and consider taking an H2O (Water) Fire Extinguisher to site with you, in addition to the type of fire extinguisher identified in the work activity risk assessment.
2. If there is a fire on site, you are only expected to try to put out a small fire without putting yourself and others at risk. You are not expected to fight a fire with the exception of an initial attempt at immediately extinguishing it. You must not put yourself or your colleagues at risk of injury.
3. In the event of a fire you must evacuate the area, inform ICC/IGC and dial 999 for the Fire Brigade.

Drink Water

If the summer comes back and warm weather returns then please ensure that you are taking in enough water each day, to keep yourself healthy. Do not become dehydrated.

Dehydration

It's important to keep your body's water content topped up, otherwise dehydration can develop. This is a lack of water in your body that occurs when you lose more water than usual, such as through vomiting or diarrhoea, or you don't drink enough, perhaps because you're ill. Other causes for dehydration include sweating a lot or drinking too much alcohol.

So, how can you tell if you're dehydrated or not? One of the best indicators is the number of times you pass urine and its colour – it should be pale yellow. If you don't need to go as often as usual, you only pass a small amount each time and it's dark in colour, it's likely that you're dehydrated.

Other signs include:

- having a headache
- feeling tired and weak
- confusion
- mood swings
- dry lips

Drinking Water

How dehydrated are you?

A quick way to test how well you're hydrated is to check the colour of your urine.



More information and guidance on healthy hydration can be found here;
<https://www.nutrition.org.uk/healthyliving/hydration/adults-teens.html>

HEALTHY HYDRATION

for adults and teenagers

We should drink about 6-8 glasses of fluid each day.
This can be from a variety of drinks

Water

Water is a good choice throughout the day because it hydrates you without providing extra calories or harming teeth.

Drink plenty

Tea, coffee and other hot drinks

Provide some nutrients (if milk or fortified plant-based alternatives are added) and some contain caffeine*. To limit calories, drink without sugar or sugary syrups and with lower fat milks.

Drink to suit (can contain caffeine; limit if pregnant*)

Milk

Is a useful source of nutrients including calcium, iodine, B vitamins and protein. Adults and older children should choose lower-fat varieties.

Have regularly, but choose lower fat

Sugar-free drinks

Provide fluid without extra calories. Drinks like squashes and fizzy drinks are acidic, which can harm teeth.

Drink in moderation

Fruit and vegetable juices and smoothies

Provide some vitamins and minerals. One small glass (150ml) counts as a maximum of one portion of your 5 A DAY. However, they also contain sugars and can be acidic, which can harm teeth so it's best to drink them with a meal.

Can have once a day

Sugary drinks

Provide fluid but contain calories from sugars, usually without other nutrients, and can be acidic. Sugars and acidity can both be harmful to teeth. Some of these drinks also contain caffeine*.

Limit

*If pregnant, limit caffeine to no more than 200mg per day. Visit NHS Choices page on caffeine in pregnancy for more information.

Sports drinks

Are generally only needed if training at high intensity for over an hour. Can be high in sugars.

Only if needed

Energy drinks

Can be high in sugars and may contain high levels of caffeine* and other stimulants. These drinks are not good choices for those under 18 years.

Limit

Note: alcoholic drinks don't count towards your fluid intake.

Sun exposure

In the direct sun, always try and wear sun screen, and ideally a long sleeve vest, especially during the hottest part of the day between 11:00 and 13:00.

Melanoma happens because cells in the skin called melanocytes, start to develop abnormally.

Exposure to ultraviolet (UV) rays from sunlight or artificial light sources is an important risk factor. It has been shown that sun exposure during childhood is particularly linked to development of melanoma and sunbed use is also linked to melanoma. However other factors can increase your risk of developing skin cancers, such as having:

- lots of moles or freckles
- pale or fair skin that burns easily
- blonde or red hair
- a relative who's had melanoma, or if you've previously had a melanoma.

Further information can be found here;

<https://www.bmihealthcare.co.uk/treatments/cancer-care/skin-cancer-melanoma>

Did you know?

Giant hogweed sap contains toxic chemicals which react with light when in contact with human skin, causing blistering within 48hrs



How is it identified?

- The stem starts growing in March/April and is green, but develops dark red/purple spots or blotches during summer. It is hollow, furrowed or ribbed and has sparse spiky hairs
- Leaves are dark green, have deeply cut lobes with ragged edges, can be one metre across and form in a rosette
- Flowers are white, umbrella like and up to 500 millimetres across and appear from June in the fourth year

Why does it matter?

- **Environmental harm:** the plant endangers the survival of native plants and this may lead to excessive erosion of soil as the giant hogweed dies back in winter. It can also cause significant harm to grazing animals
- **Prosecution:** it is illegal to plant or otherwise encourage the growth of giant hogweed. This includes moving surrounding soil that may contain either seeds or plant material unless as part of an eradication process
- **Health Hazard:** the plant contains large amounts of poisonous sap that, on contact with the skin and in the presence of sunlight, causes severe irritation, swelling and painful water blisters. This reaction can occur up to 24 hours after exposure to sunlight. Contact with eyes can cause temporary blindness

Do

- ✓ Immediately stop all work near to any plant you suspect may be giant hogweed
- ✓ If you come into contact with the sap, cover the affected area to prevent a reaction with sunlight. Wash with soap and water and seek medical advice

Do not

- ✗ Enter an identified area of giant hogweed during treatment
- ✗ Excavate or move soil that may contain seeds or other plant material
- ✗ Stockpile material suspected to containing giant hogweed within 10 metres of watercourses, gullies or drains.
- ✗ Move plant through Giant Hogweed

**This and other
toolbox talks can be
downloaded from:**

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Did you know?

- Adders are the only venomous snake native to Great Britain. They are extremely widespread and can be found on some of our construction sites
- They are unlikely to bite unless they are alarmed or disturbed; bites can be painful but are rarely fatal
- Adders are protected by law from being killed or injured



What is the danger?

Only 10 cases of human death from an adder bite have been recorded in the last 100 years. However, although an adder's venom poses little danger to a healthy adult human, the bite is very painful and requires urgent medical attention.

Bites appear to happen when adders are surprised and they don't have time to retreat.

How do I recognise an adder?

- A stocky snake, the adder is easily identified by the dark zigzag line passing along the back bordered by rows of spots
- The adder is typically active during the day when it hunts, mainly for small mammals
- The adder hibernates in winter, typically from September/October to March

What are the symptoms of a bite?

- Pain, redness and swelling in the area of the bite
- Nausea and vomiting
- Dizziness and fainting

Seek urgent medical attention

Do

- ✓ If you see an adder, stop work and report it to a supervisor
- ✓ The adder should be left to move of its own accord
- ✓ Any harm or injury that does occur to an adders must be reported
- ✓ In the event of being bitten by an adder, seek immediate professional medical help

Do not

- × Injure or harm the snake in any way – this is illegal
- × Handle adders – if this is necessary leave it to trained professionals

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Ecology – Oak Processionary Moth

What?

- Caterpillars of the Oak Processionary Moth (OPM) are a pest which can be a hazard to the health of people.
- The greatest risk period is May to July, but nests should always be avoided.
- They have been recorded in the following IMDM areas;
 - ♦ Clapham
 - ♦ Croydon
 - ♦ Euston
 - ♦ London Bridge
 - ♦ Orpington
 - ♦ Reading
 - ♦ Saltley
 - ♦ Tottenham
 - ♦ Wessex Inner
 - ♦ Bedford

Why?

- Their tiny hairs can be blown about by the wind and cause itchy skin rashes, eye and throat irritations and, occasionally, breathing difficulties.



DO

- ✓ Keep away from caterpillars
- ✓ Report any suspected sightings
- ✓ Use EcoReporter app and send to opm@forestry.gsi.gov.uk
- ✓ Call NHS111 or seek medical advice for serious allergic reactions

DON'T

- ✗ Start work on a suspected tree until you have written authorisation from the Forestry Commission
- ✗ Process or remove arisings from site without written authorisation from the Forestry Commission

- **Safety Central**

Network Rail share updates of recent incidents, accidents and best practice advice online. Please get into the habit of checking this website for the latest news;

<https://safety.networkrail.co.uk/tools-resources/safety-bulletins/>

- **Southern Shield**

Southern Shield is a collaborative safety forum that consists of Network Rail Southern Capital Delivery and its principal contractors.

On their website they have useful articles and explain the rules of the Southern Shield charter, which are mandatory on some southern sites.

<https://www.southernshield.co.uk/>

**“Think Safe,
Act Safe and
Be Safe”**



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RSL - 24 Hr On Call

07786 265531

Use this RSL on-call number if you need to contact someone from the company urgently, for example to report an accident or incident, if you are being pressured to do something that you are not comfortable with, if you are being asked to exceed the working hours rules etc...

Store this number in your phone in case of an emergency.



Report hotline:
0800 4 101 101

Report textline:
07507 285 887

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www.ciras.org.uk