

Accident frequency rate (AFR) period 09

We have had five accidents and three incidents in the past month. The 12 month AFR stands at 0.19.

Event learning

Action: The gloves and lifting techniques for all manual handling activities are being reviewed.

Accident – IP was picking up a base plates when a piece of sharp metal ripped the glove and caused loss of skin to left hand index finger.

[Labour Solutions – Track Partnership](#)

Action: A brief was issued regarding operations of jacks and wedges within new scope of work.

Accident – While winding the slewing jack, IP's fingers were struck by hammer used by the other operative, sustaining an open fracture to the middle finger and closed fracture to the ring finger on the left hand.

[Labour Solutions – Track Partnership](#)

Action: Action / reminder to always follow the SSOW and lift plan.

Incident - During a lift some brick forks caught the top of the shaft. This made the folks tilt and bricks to fall through the safety net and towards the bottom of the shaft. The slinger at the bottom of the shaft had to exit the area quickly to avoid being struck.

[Labour Solutions - BMW](#)

Action: Always ensure batteries are charged. If warning beeps sound, stop and replace batteries at the earliest opportunity.

Incident - Whilst the crane driver was lowering a load the signaller's radio went dead. Hand signal communication was established, however the load came into contact with some scaffolding on site.

[Labour Solutions - BB Woolwich](#)

Actions: Review SSOW and always assess environment for change and report to supervisor.

Incident - While two operatives were managing a lift, which was of a steel truss using a mobile crane, their load moved in an uncontrolled manner and come into contact with glazing in canteen school.

[Labour Solutions - BMW](#)

Outperformance

Rock Osayomwanbor

Commended for stopping people walking into an unsafe environment and for good practice on site.

Bill Braden

Commended for spotting a fire on the railway and reporting it.

Ian Green

Successfully completed a rail delivery despite complications on the night.

Alex Dalton

Commended for dealing with procurement requirements on his own whilst Wayne Pleasant was on annual leave.

VGC Rail project team at Costain Anglia

Commended for their housekeeping and tidiness on site.

Laura Perry

Ciara commended Laura for dealing with RDT issues, industrial relations and organising maternity cover.

Fiona Dowling

Commended for coming in to cover the annual leave even though she is on maternity leave.

Outperformance continued

Austen Harrison Snr, Austen Harrison Jnr, Drew Harrison and Michael Oates

During issues with a rail drop they were commended by Ben Biollo as follows: 'I should point out that your staff on the ground were excellent and we couldn't have asked any more of them.'

Liam Morris

"Liam advised me of the safe routes and told me to take extra care around the cutting operation. He filled me with confidence that things were being controlled well in this high risk area."

Liam also won a safety award for his observation reporting.

Davy Walsh and Andrew Donnelly

Commended for helping a woman who was having an asthma attack. They carried out first aid, set up a traffic management system and stayed until the ambulance arrived.

Great crested newt

We have recently had a few sightings of the great crested newt on some of our rail sites. This very rare animal and its eggs are protected by the law against capturing, killing and selling. Their breeding and resting places are also protected against disturbance and destruction.

Newts favour large ponds and woodland but may take refuge in rubble piles and ballast.

Identification

Adults grow up to 15 cm in length. Skin is black or dark brown and has a rough, 'warty' appearance. Underside is bright orange with irregular black blotches. Males have a crest along their backs. Males have a white flash on the tail and females a yellow/orange one.

If you spot one of these animals, stop work immediately and inform your supervisor.

Hand-arm vibration – HAVS



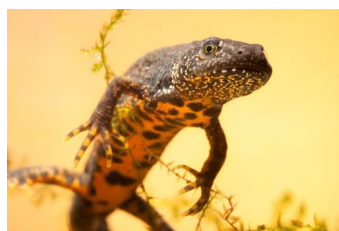
Hand-arm vibration syndrome (HAVS) is caused by the vibrations transmitted into the hands and arms when using hand held powered work equipment.

Hand-arm vibration affects the nerves, blood vessels, muscles and joints of the hand, wrist and arms. This condition can cause vibration white finger, which can cause severe pain in the affected fingers.

What can you do?

- Always use the right tool for the job.
- Check tools before use to ensure that they are being properly maintained and repaired.
- Reduce exposure by taking frequent breaks, during which time you should massage and exercise your fingers.
- Encourage good circulation by keeping hand and body warm and dry.

Any operative who suspects any problems with their hands should report this to their VGC supervisor or HSQE department - 01895 671 890.



Arrive at your destination safely.

Before you set off

- Be fit to drive. Do not start a long trip if you are already tired.
- If any medication you are taking makes you drowsy, don't drive.
- Programme any mobile devices before you leave, and turn your phone off so you aren't tempted to answer it.
- Make sure your vehicle is roadworthy.
- Allow time for unexpected delays, peak traffic hours and poor weather. Follow guidance from the Met Office, and if you are delayed, inform your supervisor as soon as it is safe to do so.

During a journey

- Always wear your seat belt.
- Obey the speed limit, and slow down if conditions are poor.
- Take regular breaks.
- Stay hydrated and eat sensibly throughout the journey.
- Keep the vehicle well ventilated and at a comfortable temperature.

132Kv cable strike

A recent (non-VGC) incident involving a cable strike resulted in damage to the cable and tripping of the cable circuit.

The following factors contributed to the accident:

- The permit to break ground process was not followed.
- The CAT operative was unsure about the use of the CAT.
- The Genny was not used with the CAT.

Before you start work, always review the activities you will undertake to make sure they are safe and avoid cable strikes.

Adequate training for tasks

To ensure health and safety on site it is important to:

- Ensure you are trained for the task you are carrying out.
- Always check your competencies are in date.

Operating plant, equipment or undertaking tasks you are not trained for can put you and your colleagues at risk. This could also result in prosecution in the event of an incident.

If in doubt stop and confirm with your supervisor.

Hard hats

Is your hard hat fit for purpose?

Head protection should:

- Be in good condition. If it's damaged, get a new hard hat.
- Fit the person wearing it and be worn properly
- Not stop you wearing hearing protectors as well (when needed)
- Be in date (no older than three years from manufacturing. This date can be found on the underside of the peak)

There are different ways of checking the manufacture date:



In this photo CE 07 represents the year 2007. The four segments above and below represent the year split into four periods. The two dots show that the helmet was manufactured in the second quarter ie between May and August.



In this photo the arrow pointing to 9 represents the month of September and the 04 represents the 2004 manufacturing date.

Stoptober 2015



'**Stoptober**, it's like October but without the cigarettes.'

Quitting isn't easy, but when you see the drastic improvements to your life and health. Stop for 28 days and you're **five times** more likely to stay smoke free. Last Stoptober over 160,000 people stopped smoking for 28 days. **Join them!**

How will my health benefit?

- You will reduce your risk of developing illness, disability or death caused by cancer, heart or lung disease.
- You will reduce risk of circulatory problems.
- You will protect the health of those around you by not exposing them to secondhand smoke.
- You will reduce the chances of your children suffering from bronchitis, pneumonia, asthma and meningitis.
- Increase fertility levels and your chance of a healthy pregnancy and baby.

How will my lifestyle improve?

- You will save money - as much as several hundred pounds a month, if you're a heavy smoker.
- The appearance of your skin and teeth will improve.

Get professional help

For help quitting you can call *Quitline* free on 0800 00 22 00. Your GP or practice nurse can also offer advice on products to help with quitting. If you have any concerns or questions regarding health issues please contact your VGC supervisor or HSQE department - 01895 671 800.

Exclusion zones

A recent (non-VGC) accident involved a trackman entering a pre-planned agreed exclusion zone at the time a piece of old rail was being moved into the 6ft wide way between two lines. The rail passed over a thermic weld causing the rail to move uncontrollably. The trackman was struck by the rail, causing a compound fracture to his lower right leg.



Never enter the agreed exclusion zone, unless directed to by the person in charge

Annual leave

Please ensure that you take your full annual leave entitlement in the current holiday year.

- VGC will not authorise payment in lieu of untaken holidays.
- VGC will not allow annual leave to be carried over into the following year.
- You will lose any unused holiday days and holiday pay!

You need to fill in an annual leave request form (available from your contract supervisor, recruitment consultant or on the VGC website - <http://vgcgroup.co.uk/about/resources/forms/>) and give two weeks' notice of your intention to take annual leave. Give your completed form to your VGC supervisor / recruitment consultant for approval.

You may take a maximum of two weeks leave at any one time. Do not book and pay for holidays until your request for leave has been approved. VGC will endeavour to approve requests for annual leave, however the operational needs of the business will need to be taken into consideration.

Remember to set aside a number of days leave every year to cover the Christmas construction industry shutdown period. This will be notified by individual projects.