

MATCHTECH 



GATTACA GROUP'S RAIL RECRUITMENT SPECIALISTS

Safety Briefing

October 2023

WORKING TOGETHER TO PROVIDE THE BEST RAIL TALENT IN THE UK



Monthly topics

Fatigue Survey

RSSB are conducting a Fatigue / Sleep survey



- The R.S.S.B. (Rail Safety and Standards Board) is the independent safety, standards and research body for Great Britain's rail network. They work across Britain's evolving railway to improve safety, efficiency, and sustainability.

Quick link to the survey is here.

[Take part in the survey now](#)

Select "Matchtech" as your employer from the company drop down list on question 3.

RSSB Industry Fatigue Survey;

Help us better understand the risks of fatigue in the rail industry.

The RSSB has launched its Rail Industry Fatigue and Alertness Survey 2023 to help us understand the risks of fatigue in the rail industry and contribute to a more proactive approach to managing fatigue and alertness within your organisation in future.

What is the Rail Industry Fatigue and Alertness Survey?

Five years on from the original Rail Industry Fatigue and Alertness Survey, the RSSB are looking to build on their understanding of fatigue and alertness by conducting another industry-wide survey.

The aim of the survey is twofold, firstly to better understand the risks of fatigue in the rail industry and contribute to a more proactive approach to managing it, and secondly to compare and contrast with the previous survey to understand the direction of travel, what initiatives are working and where more needs to be done.

The Survey will close on 8th November 2023.

Fatigue Survey

What will it cover?



Have your say
on fatigue
and alertness
management
where you work



The rail industry is undertaking its biggest ever survey to find out how we are dealing with fatigue and alertness. RSSB is asking all rail industry workers to fill in an anonymous survey to share your experiences with us. It will highlight what we are doing right and what we could do better, to reduce fatigue and optimise alertness at work.

Survey goes live from 25 September to 8 November 2023

For further information on the fatigue survey, please contact: anna.vereker@rssb.co.uk or your RSSB engagement manager. Your organisation can choose a completion window that suits its needs, within the 8-week live period of the survey.



Confidential Incident Reporting and Analysis System

Download the APP today;

Android users can use the Google Play store link;

<https://play.google.com/store/apps/details?id=com.cirasapp&pli=1>

Apple phone users can use the App store;

<https://apps.apple.com/gb/app/ciras/id1670581772?platform=iphone>



Safety briefing links

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 is mandatory on some southern sites.

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

Railway Rule book

- Add this website address to your browser favourites to ensure that you always have access to the

[Network Rail Rulebook modules](#)

Previous monthly rail briefings.

- TBC



Work-safe Procedure

This is for anyone to use, it works as follows:

If you believe the Safety Arrangements to be inadequate:

Stop Work and talk to the Team Leader or person in charge; they should:

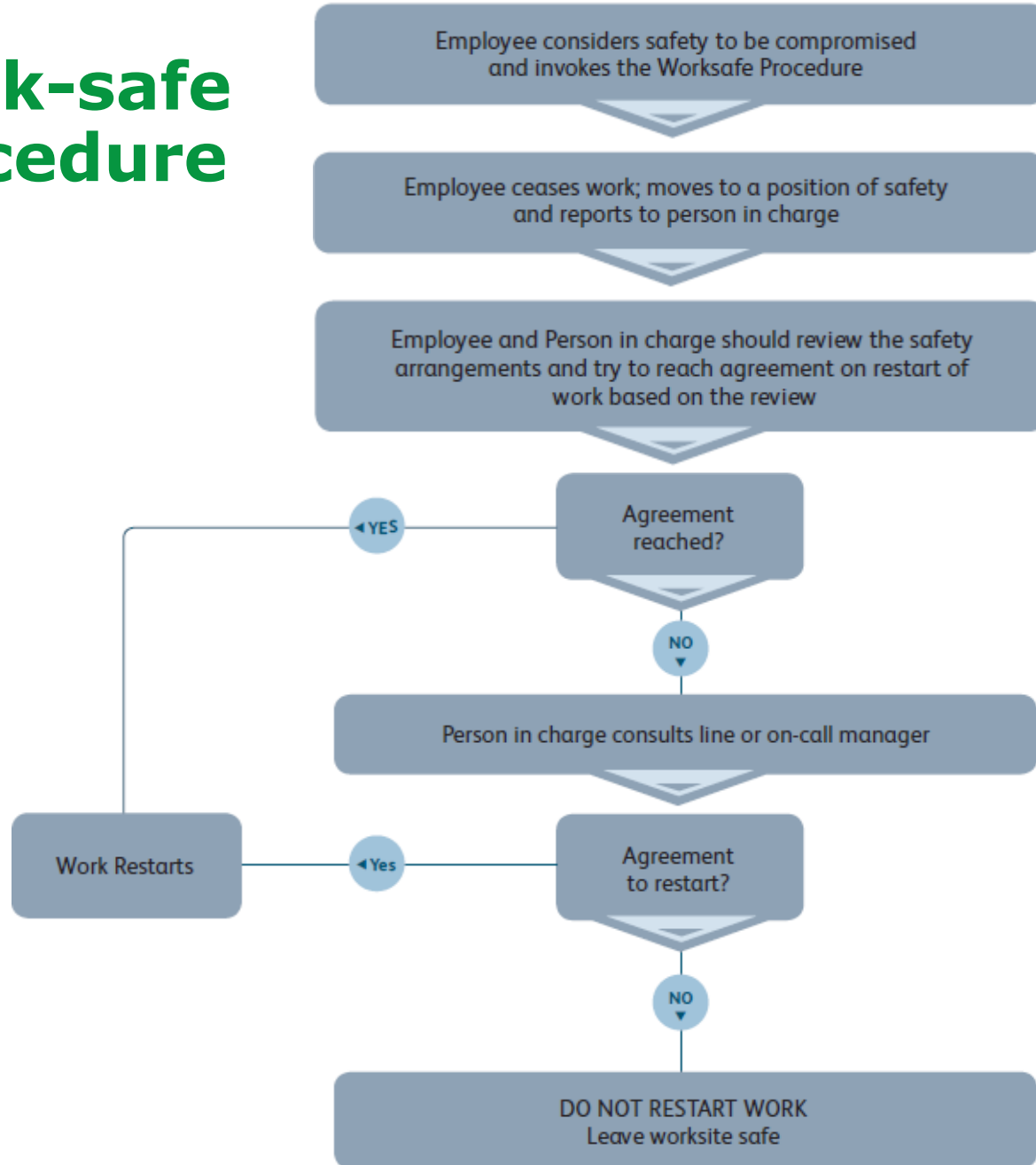
- o Review the arrangements
- o Change them if necessary and re-brief

If you are still unhappy **DO NOT RESTART**; escalate to the next level by contacting one of the following:

Your Line Manager, Your Safety Rep, Any member of the management team, The DU Safety Advisor, Network Rail Control, RSL/MT on-call **07786 265531**

- **Do not start work until you are satisfied** that the safety arrangements are appropriate to the activity

Work-safe Procedure



Changes to your shift times and increased fatigue risk

It is important that you notify your consultant as soon as possible if there is a change to your rostered work pattern while working on the Network Rail Infrastructure.

As part of our commitment to you and our obligations to monitor and manage your fatigue, we must always have an accurate understanding of where and when you are working.

In addition, you also have a legal obligation to ensure that you are safe to work, the Health and Safety at Work Act 1974. This states that **“Workers have a duty to take care of their own health and safety and that of others who may be affected by their acts or omissions at work”**

Do not start work until you are satisfied that the safety arrangements are appropriate to the activity

- Never, ever drive while feeling tired
- If you are starting to feel fatigue while onsite then instigate the work safe procedure.



Contact the Rail team

24 hour on call - 07786 265531

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

Store this number in your phone in case of an emergency

This number is **not to be used** to query timesheets or to enquire about vacancies, it is an emergency contact number.

- If you would like to suggest a topic for future safety briefings, or need to talk to someone in confidence then email the Rail HSQE manager Joe Christopherson; jchristopherson@matchtech.com

Your Feedback is always welcomed, email us at RSL/MT

safety@resourcing-solutions.com

Safety sQuaRed

See it, Scan it, Share it



MATCHTECH 

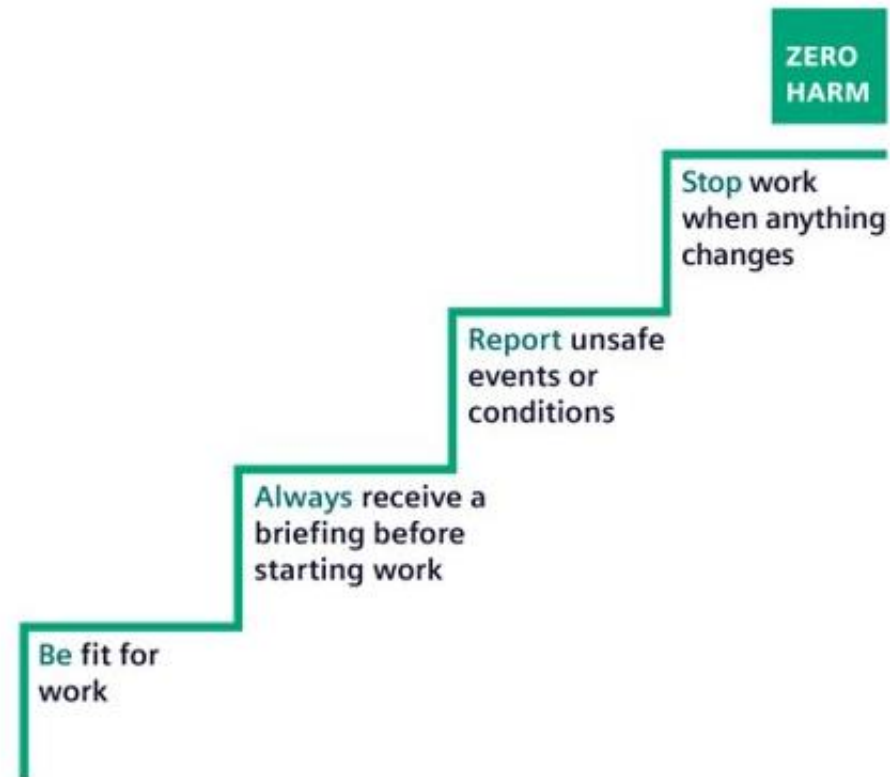


<https://www.gattacaplc.com/report-near-misses>

4 Steps to Zero Harm

Our Priority: Your safety and wellbeing is our absolute priority. We believe that Zero Harm is achievable each and every day by following the four steps and through our behaviours.

Our expectation of everyone, whether an employee / an agency worker or a contractor, is that you will know and live by the 4 Steps.



Our Lifesaving Rules



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



Never use a hand-held or hands-free phone, or programme any other mobile device, while driving.



Always use equipment that is fit for its intended purpose.



Always test before applying earths or straps.



Never undertake any job unless you have been trained and assessed as competent.



Never assume equipment is isolated – always test before touch.



Never work or drive while under the influence of drugs or alcohol.



Always use a safety harness when working at height, unless other protection is in place.



Always obey the speed limit and wear a seat belt.



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



Report hotline:
0800 4 101 101

Report textline:
07507 285 887

Freepost: CIRAS
www.ciras.org.uk