



December 2018 ACS Rail Updates

Welcome to the December 2018 edition of ACS Rail updates. The following pages contain summaries of updates which may be relevant to you. Please brief and distribute this information to the relevant people as per your internal procedures.



Breaking News!

We are pleased to announce that Martyn Durrant, Director for Assurance and Compliance Services Bridgeway Consulting Ltd has been voted in as a chair of the RISQS Supplier Consultation group and as such this position also sits on the RISQS Board. This will give Martyn an opportunity to get your views across on the performance of the RISQS Scheme and also help to shape the future of the scheme and ensure our ACS clients are informed well in advance of changes to the scheme.

We have included on the last page of this newsletter our Bridgeway Calendar for 2019/20 which includes Network Rail Periods and Week Numbers. We hope that you may find this useful.

We would like to wish all our clients a safe Happy Christmas and a prosperous New Year.

The ACS Team

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BRIEFING REQUIREMENTS:

NOTE: Contractors are responsible for arranging and undertaking and recording their own Safety and Awareness Briefings in accordance with their own processes and procedures.



Changes to Network Rail Standards

Issue 110: 01st December 2018 – 1st March 2019

Making sure you are aware of the relevant standards

Every employee has a duty to comply with any mandatory Network Rail company standards and procedures relevant to their role. It is vital therefore that all employees are aware of which standards are relevant to their area of work, and where to find them. Network Rail Standards can be accessed via:

- For users internal to Network Rail: Network Rail Standards pages on Connect
- For users external to Network Rail: all enquiries should be directed to IHS Customer Care on 01344 328 300 or email customer.support@ihs.com

Other Information

Network Rail Standards Subscriptions

IHS Global Ltd
Phone: 01344 328000

Network Rail Standards Management

Publications Manager

Nicole Lockwood
Phone: 01908 782 481

Network Rail Standards Hard Copy Document Centre

IHS Retail
Phone: 01344 328039
Fax: 01344 328005 or email: emeastore@ihs.com

Railway Group Standards

Rail Safety & Standards Board Enquiry Desk
Phone: 020 3142 5400 Website www.rssb.co.uk

Network Rail Technical Drawings

National Records Group
Email: nrgcivils@networkrail.co.uk

You must make sure that the team and the activities for which you are responsible comply with the Network Rail company standards and procedures.

By doing this, you will be complying with the Network Rail Health & Safety Management System and relevant legislation.

The following pages contain summary extracts of the changes / new issue to the Network Rail Company Standards which may be relevant to you.

Standards Updates



New and Up-Issued Standards Issue 110 - 01 Dec 2018

References	Title	Replaces
NR/GN/CIV/208 Issue 1	Ground Investigation	New at Issue 110
NR/GN/RMVP/0200 Issue 1	Infrastructure Plant Manual Guidance	New at Issue 110
NR/L2/CIV/003 Issue 5	Engineering and Architectural Assurance of Building and Civil Engineering Works	NR/L2/CIV/003 Issue 4
NR/L2/ELP/21131 Issue 2	Warning and Other Signage for AC/DC Electrified Lines	RT/E/S/21131 Issue 1
NR/L2/INI/EDT/CP0091 Issue 4	Specification for Computer Aided Design	NR/L2/INI/EDT/CP0091 Issue 3
NR/L2/MTC/089 Issue 2	Arrangements for the Exchange of Asset Data and the Continuing Maintenance of Assets Undergoing Change	NR/L3/EBM/089 Issue 1 NR/L2/EBM/088 Issue 4 NR/L2/ADG/003 Issue 1 NR/L3/MTC/MG0208 Issue 1
NR/L2/RMVP/0200 Issue 10	Infrastructure Plant Manual	NR/L2/RMVP/0200 Issue 9 NR/L2/RMVP/0087 Issue 1
NR/L2/SIG/19820 Issue 2	Signalling Product Specifications	NR/L2/SIG/19820 Issue 1
NR/L3/CIV/151/F010 Issue 12	Index of Standard Designs and Details for Building and Civil Engineering Works	NR/L3/CIV/151/F010 Issue 11
NR/L3/ELP/27250 Issue 4	Conductor Rail Equipment Working Instructions	NR/L3/ELP/27424 Issue 1 NR/L3/ELP/27250 Issue 3
NR/L3/ELP/29987 Issue 5	Working on or About 25 kV A.C. Electrified Lines	NR/L3/ELP/29987 Issue 4
NR/L3/INI/P3M/131 Issue 2	Document Management Manual	NR/L3/INI/P3M/131 Issue 1
NR/L3/MTC/II0219 Issue 2	Intelligent Infrastructure Remote Condition Monitoring Manual	NR/L3/MTC/II0219 Issue 1
NR/L3/MTC/MG0194 Issue 4	Management of Third Party Complaints	NR/L3/MTC/MG0194 Issue 3
NR/L3/MTC/MG0213 Issue 12	Index of Standard Maintenance Forms	NR/L3/MTC/MG0213 Issue 11
NR/L3/MTC/MG0214 Issue 2	Critical Asset – Repeat Failure Escalation Process	NR/L3/MTC/MG0214 Issue 1
NR/L3/SCO/313 Issue 4	On-Track Machines (OTMs) Driver and Operations Standards Manual	NR/L3/SCO/313 Issue 3
NR/L3/SCO/314 Issue 1	Engineering Assurance for T&RS, OTM and OTP Projects	New at Issue 110
NR/L3/TRK/003 Issue 28	Index of Track Engineering Forms	NR/L3/TRK/003 Issue 27
NR/SIN/162 Issue 2	Inspection of Dorman Classic and CLS LITE LED Signals	NR/SIN/162 Issue 1

Withdrawn, Closed and Superseded Documents

References	Title	Replaced by/Status
NR/GN/ELP/27010 Issue 2	Guidance for Compatibility Between Electric Trains and Electrification Systems	GM/RT2111 & GM/RT2113
NR/L1/INI/EDT/CP0090 Issue 1	Policy for Engineering Design Technology (EDT)	Withdrawn
NR/L2/ADG/003 Issue 1	Asset Data Exchange Plan	NR/L2/MTC/089 Issue 2
NR/L2/CIV/003 Issue 4	Engineering Assurance of Building and Civil Engineering Works	NR/L2/CIV/003 Issue 5
NR/L2/EBM/088 Issue 4	Arrangements for Maintenance of New and Changed Assets (formerly NR/L2/AMG/088)	NR/L2/MTC/089 Issue 2
NR/L2/INI/EDT/CP0091 Issue 3	Specification for Computer Aided Design	NR/L2/INI/EDT/CP0091 Issue 4
NR/L2/OCS/050 Issue 1	Route Crime Risk Management	Withdrawn
NR/L2/RMVP/0087 Issue 1	Management of Portable and Transportable Plant	NR/L2/RMVP/0200 Issue 10
NR/L2/RMVP/0200 Issue 9	Infrastructure Plant Manual	NR/L2/RMVP/0200 Issue 10
NR/L2/SIG/19820 Issue 1	Signalling Product Specifications	NR/L2/SIG/19820 Issue 2
NR/L3/CIV/151/F010 Issue 11	Index of Standard Designs and Details for Building and Civil Engineering Works	NR/L3/CIV/151/F010 Issue 12
NR/L3/EBM/089 Issue 1	Asset Management Plan	NR/L2/MTC/089 Issue 2
NR/L3/ELP/27250 Issue 3	Conductor Rail Equipment Working Instructions	NR/L3/ELP/27250 Issue 4
NR/L3/ELP/27424 Issue 1	750V DC Conductor Rail Equipment Design Manual	NR/L2/ELP/27250 Issue 4
NR/L3/ELP/29987 Issue 4	Working on or About 25 kV A.C. Electrified Lines	NR/L3/ELP/29987 Issue 5
NR/L3/INI/CP0067 Issue 2	Formal Briefing Process Arrangements Within Investment Projects	Withdrawn
NR/L3/INI/P3M/131 Issue 1	Document Management Manual	NR/L3/INI/P3M/131 Issue 2
NR/L3/MTC/I10219 Issue 1	Intelligent Infrastructure Remote Condition Monitoring Manual	NR/L3/MTC/I10219 Issue 2
NR/L3/MTC/MG0194 Issue 3	Management of 3rd Party Complaints	NR/L3/MTC/MG0194 Issue 4
NR/L3/MTC/MG0208 Issue 1	Project Interface Management	NR/L2/MTC/089 Issue 2
NR/L3/MTC/MG0213 Issue 11	Index of Standard Maintenance Forms	NR/L3/MTC/MG0213 Issue 12
NR/L3/MTC/MG0214 Issue 1	Critical Asset – Repeat Failure Escalation Process	NR/L3/MTC/MG0214 Issue 2
NR/L3/SCO/313 Issue 3	On-Track Machines (OTMs) Driver and Operations Standards Manual	NR/L3/SCO/313 Issue 4
NR/L3/TRK/003 Issue 27	Index of Track Engineering Forms	NR/L3/TRK/003 Issue 28
NR/SIN/162 Issue 1	Inspection of Dorman Classic and CLS LITE LED Signals	NR/SIN/162 Issue 2
RT/E/S/21131 Issue 1	Warning and Other Signs for AC and DC Electrified Lines	NR/L2/ELP/21131 Issue 2

Emergency Changes (Also Known as Letters of Instruction)

To access any active Emergency Change you need to refer to its associated Network Rail Standard. The front page of the standard will provide details of the relevant change. When using the online service there will be an active link to each relevant change.

Emergency Changes published since the last report are highlighted in italic; historic changes (where text has been crossed out) will be removed next publication. Please note, some changes may stay current after the stated Expiry Date

Reference	Title	Issue	Date
NR/BS/LI/409	Standard/control document affected: NR/L2/OPS/251/1.1 (Issue 1), Unmanned Aircraft System (Drone/UAV) Operations - Managing the Operational Risks	1	18/09/2018
NR/BS/LI/408	Standard/control document affected: NR/L3/ELP/29987 [Working On or About 25 kV a.c Electrified Lines] SUPERSEDED BY NR/L3/ELP/29987 HISTORIC ON 01 JUNE 2019	1	16/07/2018
NR/BS/LI/407	Standard/control document affected: NR/L2/SIG/11704 (Issue 3), Signalling Requirements for the Application Design and Management of Points	1	04/06/2018
NR/BS/LI/406	Standard/control document affected: NR/L3/ELP/29987 (Issue 04), [Working on or about 25 kV A.C. Electrified Lines] SUPERSEDED BY NR/L3/ELP/29987 HISTORIC ON 01 JUNE 2019	1	20/04/2018
NR/BS/LI/405	Standard/control document affected: NR/L2/OPS/250 (Issue 6), [Network Rail National Emergency Plan]	1	09/03/2018
NR/BS/LI/404	Standard/control document affected: NR/L2/TRK/053 (Issue 7), Inspection and Repair Procedures to Reduce the Risk of Derailment at Switches.	1	20/03/2018
NR/BS/LI/401	Standard affected: NR/L3/ELP/29987 (Issue 4), Working on or About 25 kV A.C. Electrified Lines SUPERSEDED BY NR/L3/ELP/29987 HISTORIC ON 01 JUNE 2019	1	21/12/2017
NR/BS/LI/399	Standard affected: NR/L2/ELP/21087 (Issue 07) SUPERSEDED BY NR/L2/ELP/21087 Issue 8 HISTORIC ON 1 DECEMBER 2018	1	08/12/2017
NR/BS/LI/398	Standard Affected: NR/L3/MTC/MG0221 (Issue 4) Network Operations non-operations staff management self-assurance procedure SUPERSEDED BY NR/L3/MTC/MG0221 Issue 5 HISTORIC ON 1 DECEMBER 2018	1	23/08/2017
NR/BS/LI/397	Standard/control document affected: NR/SP/CTM/016 Issue 1, Competency & Training in Fixed Plant Engineering	1	20/04/2018
NR/BS/LI/393	Standard/control document affected: NR/L3/ELP/29987 (Issue 4). Working on or about 25 kV A.C. Electrified Lines SUPERSEDED BY NR/L3/ELP/29987 HISTORIC ON 01 JUNE 2019	1	19/06/2017
NR/BS/LI/391	Standard/control document affected: NR/L2/SIG/11201 Module B11 (Issue 4). Interlockings "Electronic Interlocking Guidelines" SUPERSEDED BY NR/L2/SIG/11201 ISSUE 11 HISTORIC ON 01 DECEMBER 2018	1	28/04/2017
NR/BS/LI/389	Standard affected: NR/L2/SIG/30009 (Issue 11), Signalling Principles Handbook	1	13/02/2017
NR/BS/LI/387	Standard/control document affected: NR/L3/ELP/21067 (Issue 5), Instructions for making out, issuing and cancelling high voltage Permits to Work. Sanctions for Test and Circuit State Certificates Expired — Historic on 31/08/2018	1	26/07/2017
NR/BS/LI/383	Standard affected: NR/L2/CTM/021 (Issue 4). Competence and Training	2	08/12/2016
NR/BS/LI/372	Standards affected: NR/L2/ELP/27401 (Issue 1), Configuration Management and change to protection and control systems	2	04/12/2017
NR/BS/LI/371	Standard affected: NR/L2/CIV/162 (Issue 2). Platform Extensions. Location of metal structures on Third Rail area Station Platforms	1	02/03/2016
NR/BS/LI/370	Standard affected: RT/E/S/21131 (Issue 1). Warning and other signs for a.c. and d.c. electrified lines SUPERSEDED BY NR/L2/ELP/21131 HISTORIC ON 1 June 2019	1	26/10/2016
NR/BS/LI/367	Standard affected: NR/L3/ELP/29987 (Issue 4). Working On or About 25kV A.C. Electrified Lines SUPERSEDED BY NR/L3/ELP/29987 HISTORIC ON 1 June 2019	1	07/01/2016
NR/BS/LI/366	Standard affected: NR/L2/ELP/27229 (Issue 2). Specification for remote control equipment for electrical distribution systems	2	04/12/2017
NR/BS/LI/365	Standard affected: NR/L3/TRK/4004 (Issue 2). Switch and Crossing Assemblies	2	16/06/2016
NR/BS/LI/349	Standards affected: NR/L2/CIV/003 Engineering Assurance of Building and Civil Engineering Works [Issue 4] SUPERSEDED BY NR/L2/CIV/003 HISTORIC ON 2 March 2019	1	02/02/2015
NR/BS/LI/348	Requirements for undertaking the roles of Lead Examiner and Examining Engineer for the examination of Tunnels.	1	23/02/2015
NR/BS/LI/347	Standard affected: NR/L2/CTM/028 (Issue 2). Competence and Training	1	16/01/2015
NR/BS/LI/342	Standard affected: NR/SP/ELP/21028 (Issue 3). Specification for ancillary wiring of electrical distribution equipment on A.C. and D.C. electrified lines	1	13/04/2016

Standards Updates

Reference	Title	Issue	Date
NR/BS/LI/340	Standards affected: NR/L3/TRK/4004 (Issue 2). Switch and crossing assemblies	1	07/01/2015
NR/BS/LI/331	Requirements for parapet heights on over bridge and footbridge structures spanning overhead line electrification equipment	2	07/08/2015
NR/BS/LI/328	Standard affected: NR/SP/ELP/21104 (ISSUE 2). Design and Installation of Electric Track Equipment for DC Electrified Lines	1	28/03/2014
NR/BS/LI/326	Standard affected: NR/L2/OHS/050 (Issue 4), Sentinel Scheme Rules	1	16/04/2014
NR/BS/LI/322	Standards affected: NR/L2/TRK/5100. Issue 2. Management of Fencing and Other Boundary Measures SUPERSEDED BY NR/L2/OTK/5100 HISTORIC ON 1 APRIL 2019	1	28/03/2014
NR/BS/LI/306	Standard affected: NR/L1/CIV/032: The Management of Structures [Issue 2]	2	26/09/2014
NR/BS/LI/305	Standards Affected: NR/L2/TRK/001 Issue 6. NR/L2/TRK/2102 Issue 6. NR/L2/TRK/3038 Issue 5. NR/L2/TRK/0032 Issue 5. NR/L2/TRK/0132 Issue 6. NR/L3/TRK/3510/A01 Issue 1. NR/L3/TRK/3510/B01 Issue 1. NR/L3/TRK/1015 Issue 2	2	31/01/2014
NR/BS/LI/292	NR/L3/TRK/1010 (Issue 2). Management of responses to extreme weather conditions at structures. earthworks and other key locations	1	18/07/2013
NR/BS/LI/283	Standard affected: NR/L3/TRK/4004 (Issue 2). Switch and Crossing Assemblies	2	14/09/2015
NR/BS/LI/282	Standard affected: NR/WI/ELP/3091 (Issue 2). DC Electrified Lines Working Instructions SUPERSEDED BY NR/L3/ELP/3091 ISSUE 4 HISTORIC ON 1 DECEMBER 2018	1	24/01/2013
NR/BS/LI/281	Standard affected: NR/SP/ELP/21060 (Issue 2). Issue of Safety Documentation for Work on 650/750 V dc Apparatus	1	24/01/2013
NR/BS/LI/256	Standard affected: NR/SP/ELP/27243 (Issue 1). Specification for Signalling Power Supplies	2	24/10/2016
NR/BS/LI/217	Standards affected: NR/SP/ELP/27224 [Issue: 2] Specification for the installation of cable routes forming part of the traction distribution system	4	25/01/2016
NR/BS/LI/193	Standards affected: NR/L3/CIV/006 Part 11A: Reporting and recording examinations of Structures in CARRS [Issue 2] SUPERSEDED BY NR/L3/CIV/006 – HISTORIC ON 1 APRIL 2020	2	03/09/2014
NR/BS/LI/185	Standard affected: NR/L2/TRK/5100 (Issue 2). Management of Fencing and Other Boundary Measures SUPERSEDED BY NR/L2/OTK/5100 HISTORIC ON 1 APRIL 2019	3	03/03/2017
NR/BS/LI/174	Standard affected: NR/WI/ELP/3091 (E 2). DC Electrified Lines Working Instructions SUPERSEDED BY NR/L3/ELP/3091 ISSUE 4 HISTORIC ON 1 DECEMBER 2018	1	19/04/2010
NR/BS/LI/163	Standard affected: RT/CE/S/130 (Issue 1). Flash-Welded Rails: Site Welded Strings	2	01/10/2010
NR/BS/LI/154	Standard affected: NR/L2/TRK/3011 (Issue 6) Use Of The Geismar THR542 Lightweight Stressing Equipment In Tandem.	1	18/01/2010
NR/BS/LI/146	Standard affected: NR/L2/TRK/5100 (Issue 2). Management of Fencing and Other Boundary Measures SUPERSEDED BY NR/L2/OTK/5100 HISTORIC ON 1 APRIL 2019	1	31/10/2009
NR/BS/LI/119	Standard affected: NR/WI/ELP/3091 (Issue E2). DC Electrified Lines Working Instructions SUPERSEDED BY NR/L3/ELP/3091 ISSUE 4 HISTORIC ON 1 DECEMBER 2018	1	12/12/2008
NR/BS/LI/118	DC Electrified Line Working Instruction - standard affected NR/WI/ELP/3091 SUPERSEDED BY NR/L3/ELP/3091 ISSUE 4 HISTORIC ON 1 DECEMBER 2018	3	21/04/2011
NR/BS/LI/106	Electric Points Heating - standard affected NR/L2/ELP/40045	2	01/09/2011
NR/BS/LI/101	Standard affected: RT/CE/S/077 Storage. Installation & Testing of TSR & ESR AWS	1	08/09/2008
NR/BS/LI/097	Standard affected NR/WI/ELP/27052 Work Instructions for DC electrified lines in the Northern city line	1	04/06/2008
NR/BS/LI/095	Standard affected NR/WI/ELP/3091. DC electrified lines and working instructions SUPERSEDED BY NR/L3/ELP/3091 ISSUE 4 HISTORIC ON 1 DECEMBER 2018	1	04/06/2008
NR/BS/LI/091	Use of CEMBRE Rail Web Connection Systems on DC Conductor Rail - standard affected NR/GN/ELP/27020	1	27/05/2008
NR/BS/LI/090	Standard affected: NR/WI/ELP/3091. DC electrified lines working instructions. Issue E2 SUPERSEDED BY NR/L3/ELP/3091 ISSUE 4 HISTORIC ON 1 DECEMBER 2018	4	14/02/2014
NR/BS/LI/084	Project D686: Western Territory 650 V Cable Renewals	1	18/04/2008
NR/BS/LI/083	Rail Defect Classification Codes and Summary of Changes to NR/SP/TRK/057 SUPERSEDED BY NR/L2/TRK/001 ISSUE 12 – HISTORIC ON 1 DECEMBER 2018	1	15/05/2008
NR/BS/LI/074	DC Certificates of Isolation associated with circuit breaker - Affected Standard NR/WI/ELP/3091- SUPERSEDED BY NR/L3/ELP/3091 ISSUE 4 HISTORIC ON 1 DECEMBER 2018	1	25/10/2007
NR/BS/LI/072	STL Auxiliary Transformer Failures at Traction Substations or Switching Stations	4	19/10/2007
NR/BS/LI/061	Dangerous Incident Notification: 11kV indoor switchgear type YSF6 manufactured by Yorkshire Switchgear	1	23/11/2006
NR/BS/LI/060	Standard affected: NR/SP/ELP/21032. Traction electrical distribution sites with compromised earthing due to theft of cables	1	23/11/2006

Reference	Title	Issue	Date
NR/BS/LI/056	Permal Bushings: Access Restrictions	1	11/09/2006
NR/BS/LI/054	Maintenance and Operation of WS Switchgear HISTORIC ON 1 SEPTEMBER 2018	1	04/08/2006
NR/BS/LI/047 - E&P	Bimold Connections on Rectifier Transformers at DC Traction Substations	1	05/05/2006
NR/BS/LI/040	650 V D.C. Traction Power Cables - Support Systems - affected standard NR/SP/ELP/27224	1	20/12/2005
NR/BS/LI/037	Letter of Instruction re Neutral Section trippings at Hayes Withdrawn - Historic on 01/09/2018	1	10/11/2005
NR/BS/LI/034	Programme to replace components in d.c. circuit breakers comprising asbestos-containing materials- affected standard NR/L3/ELP/00110 Withdrawn - Historic on 01/09/2018	1	31/10/2005
NR/BS/LI/032	Labelling of Track Isolating Switches (T.I.S)	1	17/10/2005
NR/BS/LI/028	Segregation of D.C. Track Feed Cables	1	22/08/2005
NR/BS/LI/025	Paralleling of EDFE Supply Points New Cross - Croydon. Wimbledon. Northfleet: Restrictions	3	07/01/2008
NR/BS/LI/014	Substation Entry Restrictions for Locations Containing ASEA Minimum Oil 25 kV Switchgear Withdrawn - Historic on 01/09/2018	6	17/10/2006

RSSB - Standards and the rail industry

Access all current (and many withdrawn) Railway Group Standards, Rail Industry Approved Codes of Practice (RACOPs), Guidance Notes (GNs) and Rail Industry Standards (RISs).

<http://www.rssb.co.uk/railway-group-standards>

Useful links:

- [Catalogues](#)
- [Document structure and type categories](#)
- [Railway Group Standards Help Manual](#)
- [Rule Book module matrix](#)

Railway Group Standards (RGSs)

Mandatory requirements for the GB mainline railway system are defined in Railway Group Standards (RGSs). They facilitate the management and operation of the mainline railway as a shared system. RGSs set out technical requirements applicable to vehicles or the infrastructure, or processes applicable to transport operators.

<http://www.rssb.co.uk/railway-group-standards>

Rule Book (GE/RT8000)

The Rule Book (GE/RT8000) and other National Operations Publications are documents that contain direct instructions for railway staff.

The Rule Book is held in printed copy by over 100,000 people, and as such is probably the best known and most widely distributed in the entire RSSB catalogue. Even greater numbers of people are known to use it as a reference and information document both from the United Kingdom and abroad using the online version.

You can still order hard copies of individual standards and Rule Book modules or handbooks from Willsons External link (Tel: 01636 702334) or download them from the Railway Group Standards section of this site.

[GERT8000-RBBL Iss 32](#)

Rule Book Briefing Leaflet

GE/RM8000 Master Module Manual

RSSB has produced this manual to provide end-users with access to the content of GE/RT8000 (The Rule Book) that is relevant to all roles as defined in the Rule Book Matrix published by RSSB.

[GERM8000-master-module Iss 6](#) Master Module Manual



Controlled Document List 01 Dec 2018

Ref. / Title	Issue No	Issue Date
RAIL MANAGEMENT SYSTEM		
Rail Management System		

Ref. / Title	Issue No	Issue Date
GROUP STANDARDS		
Modular Rulebook GE/RT8000/ (See separate page for listed modules and issue dates)	-----	-----
GERM8000-master-module Master Module Manual	6	09/2018
GERM8000 Track Workers Manual	5	09/2018
GERM8000 Possession Workers Manual	3	09/2017
GLRT1210 AC Energy Subsystem and Interfaces to Rolling Stock Subsystem	1	12/2014
GLRT1212 DC Conductor Rail Energy Subsystem and Interfaces to Rolling Stock Subsystem	1	09/2015
GOGN3655 Guidance on Medical Fitness for Railway Safety Critical Workers	2	06/2014
PTS Handbook RT 3170	09	06/2013
RIS-1530-PLT Rail Industry Standard for Technical Requirements for On-Track Plant and their Associated Equipment and Trolleys	6	12/2015
RIS-2750-RST Supplier Assurance	1	12/2017
RIS-3118-TOM Incident Response Planning & Management	1	12/2016
RIS-3119-TOM Accident and Incident Investigation	2	09/2018
RIS-3119-TOM Accident and Incident Investigation	2.1	12/2018
RIS-3279-TOM High Visibility Clothing	1	12/2016
RIS-3350-TOM Communication of Urgent Operating Advice	1	12/2016
RIS-3701-TOM Rail Industry Standard for a Confidential Reporting System for Rail Staff	1	06/2010
RIS-8046-TOM Spoken Safety Communications	1	12/2016
RIS-8047-TOM Reporting of Safety Related Information	2	03/2018
RIS-8070-TOM Testing Railway Safety Critical Workers for Drugs and Alcohol	1	12/2016

Ref. / Title	Issue No	Issue Date
LONDON UNDERGROUND (LU) STANDARDS		
LUL G1163 Stations DLO - Failure Reporting Analysis & Corrective Action System (FRACAS)	A2	11/2015
LUL G1164 Making a Referral to the Drug and Alcohol Advisory and Treatment Service	A2	04/2014
LUL G1234 Incident recording, investigation and reporting	A4	04/2017
LUL G1241 ALCOHOL AND DRUGS AT WORK GUIDELINES AND INFORMATION FOR MANAGERS	6	07/2009
LUL G1242 Alcohol and Drugs at Work – Managers For Cause and Post Incident Check List	A3	02/2014
LUL G1249 Environmental Incident Categories	A5	07/2018
LUL G557 Electronic Incident Reporting Form (eIRF)	A5	03/2014
LUL LF29 Incident investigation & reporting or recording What you need to remember	01	n/a
LUL R0350 Guidance and advice for the use of personal protective equipment	A1	01/2014
LUL R0403 Personal Protective Equipment (PPE) catalogue	1.1	01/2014
LUL S1251 Alcohol and Work; includes Written Notice 12/24/2014, 6/16/2015	A2	11/2011
LUL S1257 Drugs and Work; Includes Written Notice 01317: 12/24/2014	A2	11/2011
LUL S1552 Contract QUENSH Conditions	A18	11/2016
LUL S1601 Management Arrangements to Assure Medical Fitness	A5	01/2012



Ref. / Title	Issue No	Issue Date
LONDON UNDERGROUND (LU) STANDARDS		
LUL TE-HBS-0017 Managing competence and training	A1 Cat 3	02/1995

Ref. / Title	Issue No	Issue Date
NETWORK RAIL STANDARDS		
NR/CAT/STP/001 CATALOGUE OF NETWORK RAIL STANDARDS	110	12/2018
NR/L2/AMG/1030 Working Safely in the Vicinity of Buried Services	1	12/2008
NR/GN/CIV/208 Ground Investigation	1	12/2018
NR/L2/CIV/003 Engineering and Architectural Assurance of Building and Civil Engineering Works	5	12/2018
NR/L2/CIV/003 Engineering Assurance of Building & Civil Engineering Works	4	06/2012
NR/L2/CIV/035 Structural Assessments replaces RT/CE/S/035 Issue 2 (NR/SP/CIV/035)	1	12/2017
NR/L2/CIV/086 Management of Earthworks	8	09/2018
NR/L2/CIV/295 Scour Assessment of Bridges, Culverts and Retaining Walls	2	09/2018
NR/L3/CIV/006 Handbook for the Examination of Structures	8	06/2017
NR/L3/CIV/185 Management of Reports of Safety Related Geotechnical Incidents	1	09/2017
NR/L3/CIV/190 Developing Extreme Weather Plans	1	12/2017
NR/GN/CPR/401 Guidance on Contractual Health and Safety Requirements	1	12/2008
NR/L2/CPR/201 Supplier Qualification	2	12/2011
NR/L2/CPR/302 Supplier Qualification - Core Requirements (For PCL / POL Holders)	2	09/2011
NR/L2/CSG/STP001 Standards and Controls Management Manual	7	03/2018
NR/CS/CTM/001 Competence Management	1	12/2006
NR/GN/CTM/401 Mentoring & Learning Support	1	03/2010
NR/L2/CTM/017 Competence and Training in Civil Engineering	1	06/2006
NR/L2/CTM/021 Competence & Training in Track Safety	4	12/2010
NR/L2/CTM/201 Competence Management	2	03/2012
NR/L2/CTM/202 Quality Assurance in Training & Assessment	2	12/2011
NR/L2/CTM/207 Competence & Training in Planning	2	06/2012
NR/L2/CTM/209 Competence & Training in Safe System of Work Planner	1	12/2010
NR/L2/CTM/220 Competence & Training in Portable, Transportable & Mobile Plant Operation	1	06/2012
NR/L2/CTM/223 Competence & Training in Managing Site Safety	1	06/2011
NR/L2/EBM/088 Arrangements for Maintenance of New and Changed Assets-REPLACED BY NR/L2/MTC/089	4	06/2009
NR/L2/ELP/21087 Risk Based Maintenance for Overhead Line Assets	8	09/2018
NR/L2/ELP/21088 General maintenance parameters for 25 kV overhead line electrification equipment	3	12/2015
NR/L2/ELP/27009 Overhead Line Equipment Campaign Changes	3	03/2017
NR/L2/ELP/27307 Management of M&EE Safety Related Event Reports	4	12/2017
NR/L2/ELP/27402 Specification for protection and control devices for electrical systems	1	12/2009

Controlled Documents



Ref. / Title	Issue No	Issue Date
NETWORK RAIL STANDARDS		
NR/L2/ELP/27715 Overhead Contact System Design Specification	3	09/2018
NR/L3/ELP/27051 Working Instructions for d.c. Electrified Lines in the Liverpool Area	5	12/2017
NR/L3/ELP/27115 Arrangements for Isolation of the Conductor Rail for Pre-Planned Possessions of the Line	4	09/2018
NR/L3/ELP/27140 Application of Short Circuits for Conductor Rail Isolations	3	09/2018
NR/L3/ELP/27237 Overhead Line Work Instructions	16	09/2018
NR/L3/ELP/3091 DC Electrified Lines Working Instructions	4	09/2018
NR/SP/ELP/29987 Working on or About 25 KV AC Electrified Lines	4	09/2018
NR/SP/ELP/29987 Working on or About 25 KV AC Electrified Lines	5	12/2018
NR/L2/ENV/115 Environment and Social Management System Requirements	1	03/2018
NR/L2/INF/02203 Controlled Publications - Issue & Receipt	2	12/2011
NR/L3/INF/02204 Controlled Publications - Process & Accountabilities	3	12/2011
NR/L3/INF/02226 Corporate Records Retention Schedule	3	12/2017
NR/GN/INI/001 Guidance on the Management of Door to Door Work & Travel Time	1	12/2008
NR/L2/INI/CP0070 Principal Contractor Licensing Scheme	5	06/2017
NR/L2/INI/P3M/101 Business Process - Governance of Railway Investment Projects (GRIP) - for Projects	5	09/2017
NR/L2/INI/P3M/104 Network Rail Requirements (formerly NR/L1/INI/CP0095)	2	09/2017
NR/L3/INI/CP0028 Contract Requirements - Quality	3	06/2012
NR/L3/INI/CP0036 Provision of Welfare Facilities	4	08/2008
NR/L3/INI/CP0064 Delivering Work Within Possessions	5	06/2017
NR/L2/INV/002 Accident and Incident Reporting and Investigation	13	12/2011
NR/L3/INV/3001 Reporting and Investigation Manual	5	06/2016
NR/L2/MTC/089 Arrangements for the Exchange of Asset Data and the Continuing Maintenance of Assets Undergoing Change	2	12/2018
NR/L3/MTC/EN0100 Waste Management	3	06/2012
NR/L3/MTC/EN0101 Management of Discharges to Sewers & Controlled Waters	3	06/2012
NR/L3/MTC/EN0225 Environ Management System for Infrastructure Maintenance	1	06/2012
NR/L3/MTC/EP0152 Working on or Adjacent to Conductor Rail	5	12/2011
NR/L3/MTC/RCS0216 Risk Control Manual	13	09/2018
NR/L3/MTC/RCS0216/OLE02 Risk Control Manual: Working on Red Bonds/Impedance Bonds	2	03/2012
NR/L3/MTC/SE0115 Confined Spaces Working & Entry Procedure	2	06/2008
NR/L3/MTC/SE0117 Planned Assurance Inspections and Site Surveillance	4	09/2018
NR/CS/OHS/002 Policy on Working Safely	1	02/2007
NR/L1/OHS/051 Drugs and Alcohol	6	12/2015
NR/L1/OHS/052 Traumatic Incident Management	1	06/2016
NR/L1/OHS/053 Assessing Risk of Stress in the Workplace	1	06/2016
NR/L2/OHS/00110 First Aid at Work	6	09/2017
NR/L2/OHS/00112 Worksafe Procedure	2	12/2009
NR/L2/OHS/00120 Testing for Drugs and Alcohol	5	12/2015

Controlled Documents



Ref. / Title	Issue No	Issue Date
NETWORK RAIL STANDARDS		
NR/L2/OHS/00124 Competence Specific Medical Fitness Requirements and Occupational Health Provider Requirements for Medical Assessments	3	12/2016
NR/L2/OHS/003 Fatigue Risk Management Compliance Date: 29 October 2022 - Formerly NR/L2/ERG/003	6	06/2018
NR/L2/OHS/0044 Planning and Managing Construction Work replaces NR/L3/INI/CP0044 Work Package Planning	5	12/2016
NR/L2/OHS/0047 Application of the construction (Design and Management) Regulations to Network Rail Construction Projects	6	06/2015
NR/L2/OHS/005 High Street Environment & Conditions for Work outside Network Rail Managed Infrastructure	7	09/2010
NR/L2/OHS/019 Safety of People working on or near the Line	9	03/2017
NR/L2/OHS/020 Track Visitor Permits	5	08/2008
NR/L2/OHS/021 Personal Protective Equipment and Work Wear	3	06/2009
NR/L2/OHS/022 Working Safely at Height	1	09/2010
NR/L2/OHS/050 Sentinel Scheme Rules	4	03/2011
NR/L2/OHS/157 Health surveillance for silica and asbestos and the management of diagnosed occupational respiratory conditions	1	03/2017
NR/L3/OHS/0046 The Reporting, Investigation and Recording of Safety and Sustainable Development Events and Close Calls within Infrastructure Projects	3	06/2018
NR/L3/OHS/019-IP Planning and Delivering Safe Work – Implementation Principles for Infrastructure Projects	1	06/2018
NR/L3/OHS/133 Planning and Delivering Safe Work Using Proscient in the East Midlands	1	06/2017
NR/L3/OPS/084 Line Clear Arrangements Following Engineering Works in Axle Counter Areas – Line Clear Verification Process (formerly NR/L3/OCS/084)	4	09/2018
NR/L2/OTK/5201 Lineside Vegetation Management Manual replaces NR/L2/TRK/5201 Management of Lineside Vegetation	1	03/2018
NR/GN/RMVP/0200 Infrastructure Plant Manual Guidance	1	12/2018
NR/L2/RMVP/0200 Infrastructure Plant Manual (formerly known as NR/PLANT/0200)	9	06/2017
NR/L2/RMVP/0200 Infrastructure Plant Manual	10	12/2018
NR/L3/RMVP/0201 Calibration Work Instruction Manual Replaces NR/L3/MTC/ME0201 This standard provides the index and version control of Calibration Work Instructions for the internal calibration and comparison checking of Inspection, Measuring and Test Equipment (IMTE).	2	09/2011
NR/L2/RSE/070 Engineering Verification	2	12/2011
NR/L2/RSE/100 Network Rail Acceptance Panel processes	4	12/2017
NR/L1/RSK/001 Network Rail Risk Policy	2	03/2018
NR/L3/SCO/313 On-Track Machines (OTMs) Driver and Operations Standards Manual	3	06/2018
NR/L3/SCO/313 On-Track Machines (OTMs) Driver and Operations Standards Manual	4	12/2018
NR/L3/SCO/314 Engineering Assurance for T&RS, OTM and OTP Projects	1	12/2018
NR/SIN/113 Special Inspection of Bonding at Bridges, Tunnels & other Overline Structures	2	11/2017
NR/L3/SIG/10064 General Instructions to Staff Working on S&T Equipment	7	09/2018
NR/L2/SIG/11201 Signalling Design Handbook	11	06/2018
NR/L3/SIG/11231 Signal Maintenance Testing Handbook	12	09/2018



Ref. / Title	Issue No	Issue Date
NETWORK RAIL STANDARDS		
NR/L2/SIG/14201 Signalling Risk Assessment Handbook	3	09/2018
NR/L2/SIG/30009 Signalling Principles Handbook	15	09/2018
NR/L3/SIG/MG0110 Imposition & Removal of Temporary Speed Restrictions	3	06/2012
NR/L2/SIGELP/50000 Safe working and maintenance on or near Signalling Power Distribution Equipment above 175 volts	3	03/2017
NR/L3/SIGELP/50001 Signalling Power Distribution Equipment above 175 Volts	3	03/2017
NR/L3/SIGELP/50002 Safe Working Practices When Working on or Near Signalling Power Distribution Equipment Above 175 Volts	1	12/2016
NR/L3/SIGELP/50003 Safe Working Practices When Working on or Near Signalling Equipment	1	03/2018
NR/L2/TEL/30067 The Transmission of Safety Related Information	2	12/2011
NR/L2/TEL/30156 Functional Requirements for Safety Related Communications Equipment for On Track Plant Working	1	12/2011
NR/GN/TRK/7001 Index of Track Work Information Sheets (TWI)	15	09/2018
NR/L2/TRK/001 Inspection and Maintenance of Permanent Way	12	09/2018
NR/L3/TRK/003 Index of Track Engineering Forms	27	09/2018
NR/L3/TRK/003 Index of Track Engineering Forms	28	12/2018
NR/L3/TRK/3530 Track Lubricants	1	06/2012



Ref. / Title	Reference
OTHER STANDARDS & GUIDANCE	
BS EN ISO 14001:2015	2015
BS EN ISO 9001:2015	2015
BS EN ISO 45001:2018	2018
BS OHSAS 18001:2007	2007
Investigating Accidents and Incidents – HS(G)245	ISBN 9780717628278
Management of Health and Safety at Work Regulations 1999 Approved Code of Practice and guidance	ISBN 9780717624881
Managing health and safety in construction Construction (Design and Management) Regulations 2015. Guidance on Regulations	ISBN 9780717666263
Successful Health and Safety Management – HS(G)65	ISBN 9780717612765

Ref. / Title	Reference
LEGISLATION	
Bribery Act 2010	2010 c. 23
Control of Asbestos at Work Regulations 2002	2002 No. 2675
Control of Pollution (Amendment) Act 1989	1989 c. 14
Control of Pollution Act 1974	1974 c. 40
Corporate Manslaughter and Corporate Homicide Act 2007	2007 c. 19
Data Protection Act 2018	2018 c. 12
Environmental Protection Act 1990	1990 c. 43
Health & Safety at Work etc. Act 1974	1974 c. 37
Modern Slavery Act 2015	2015 c. 30
Pollution Prevention and Control Act 1999	1999 c. 24
The Confined Spaces Regulations 1997	1997 No. 1713
The Construction (Design and Management) Regulations 2015	2015 No. 51
The Control of Asbestos at Work (Amendment) Regulations 1992	1992 No. 3068
The Control of Asbestos at Work (Amendment) Regulations 1998	1998 No. 3235
The Control of Asbestos at Work Regulations 1987	1987 No. 2115
The Control of Asbestos in the Air Regulations 1990	1990 No. 556
The Control of Asbestos Regulations 2006	2006 No. 2739
The Control of Asbestos Regulations 2012	2012 No. 632
The Control of Lead at Work Regulations 1980	1980 No. 1248
The Control of Lead at Work Regulations 1998	1998 No. 543
The Control of Lead at Work Regulations 2002	2002 No. 2676
The Control of Noise at Work Regulations 2005	2005 No. 1643
The Control of Substances Hazardous to Health (Amendment) Regulations 2004	2004 No. 3386
The Control of Substances Hazardous to Health Regulations 2002	2002 No. 2677
The Environmental Noise, Site Waste Management Plans and Spreadable Fats etc. (Revocations and Amendments) Regulations 2013	2013 No. 2854
The Fire Precautions (Workplace) Regulations 1997	1997 No. 1840
The Hazardous Waste (England and Wales) (Amendment) Regulations 2009	2009 No. 507

Controlled Documents



Ref. / Title	Reference
LEGISLATION	
The Hazardous Waste (England and Wales) Regulations 2005	2005 No. 894
The Health and Safety (Consultation with Employees) Regulations 1996	1996 No. 1513
The Health and Safety (Display Screen Equipment) Regulations 1992	1992 No. 2792
The Health and Safety (First-Aid) Regulations 1981	1981 No. 917
The Lifting Operations and Lifting Equipment Regulations 1998	1998 No. 2307
The Manual Handling Operations Regulations 1992	1992 No. 2793
The Personal Protective Equipment (EC Directive) Regulations 1992	1992 No. 3139
The Personal Protective Equipment at Work Regulations 1992	1992 No. 2966
The Personal Protective Equipment Regulations 2002	2002 No. 1144
The Provision and Use of Work Equipment Regulations 1992	1992 No. 2932
The Provision and Use of Work Equipment Regulations 1998	1998 No. 2306
The Railways and Other Guided Transport Systems (Safety) Regulations 2006	2006 No. 599
The Regulatory Reform (Fire Safety) Order 2005	2005 No. 1541
The Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 2013	2013 No. 1471
The Safety Representatives and Safety Committees Regulations 1977	1977 No. 500
The Site Waste Management Plans Regulations 2008	2008 No. 314
The Waste Management (England and Wales) Regulations 2006	2006 No. 937
The Workplace (Health, Safety and Welfare) Regulations 1992	1992 No. 3004
Transport and Works Act 1992	1992 c. 42
Water Resources Act 1991	1991 c. 57
Wildlife and Countryside (Amendment) Act 1991	1991 c. 39
Wildlife and Countryside Act 1981	1981 c. 69

Modular Rulebook GE/RT8000

PTS Only

In most cases only PTS handbook is required, unless one of the following applies:

1. Index, amendment module and Module *G1* to be issued to the following;

Supervisors and managers who issue publications
Staff who operate signal post replacement switches
Staff who place protection for Line Blockage or T3
Staff who secure points
Those who use tents on or near the line

2. Index and amendment module to be issued to the following;

Lookouts
People who take charge of cranes and equipment which could foul an open line
People who take charge of work on or near points
People who carry out patrolling/inspecting duties

Other competencies (IWA, COSS, PC, ES, MC, CC)

Name & Issue	Issue Date	Title	Synopsis
GERT8000-RBBL Iss 32	Sep 2018	Rule Book Briefing Leaflet	This Leaflet contains details of changes being introduced in December 2018.
GERT8000-Gloss Iss 4	Sep 2017	Glossary of Railway Terminology	You will need this glossary if you are issued with GERT8000. Information on changes to this issue can be found in the Rule Book Briefing Leaflet (GERT8000-RBBL Iss 29)
GERT8000-Gloss Iss 5	Sep 2018	Glossary of Railway Terminology	The Glossary has been updated to reflect changes in terminology within TW5 which removes 'entering service' and replaces it with 'starting a journey'.
GERT8000-AC Iss 5	Sep 2018	AC electrified lines	You will need this module if you carry out the duties of a train driver, guard, shunter, designated person (DP), signaller, crossing keeper or person in charge of sidings in AC electrified areas.
GERT8000-DC Iss 4	Sep 2015	DC electrified lines	You will need this module if you carry out the duties of a train driver, guard, shunter, designated person (DP), signaller, crossing keeper and person in charge of sidings in DC electrified areas. This document has been updated as part of the December 2015 Rule Book Programme.
GERT8000-G1 Iss 6	Sep 2015	General safety responsibilities and personal track safety for non-track workers	You will need this module if you carry out the duties of a train driver, guard, shunter, designated person (DP) and a signaller or crossing keeper in General safety responsibilities and personal track safety for non-track workers. This document has been updated as part of the December 2015 Rule Book Programme.
GERT8000-HB1 Iss 4	Sep 2015	General duties and track safety for track workers	This handbook is for those personnel who need to go on the operational railway to carry out their duties, with the exception of a train driver, guard, shunter, signaller, crossing keeper or designated person (DP). This handbook has been updated as part of the December 2015 Rule Book Programme.
GERT8000-HB10 Iss 4	Sep 2015	Duties of the COSS or SWL and person in charge when using a hand trolley	You will need this handbook if you are the COSS or SWL and person in charge when using a hand trolley. This document has been updated as part of the December 2015 Rule Book Programme.
GERT8000-HB11 Iss 6	Sep 2017	Duties of the person in charge of a possession (PICOP)	You will need this handbook if you carry out the duties of the PICOP. This document has been updated as part of the December 2015 Rule Book Programme.
GERT8000-HB12 Iss 6	Sep 2017	Duties of the engineering supervisor (ES) or safe work leader (SWL) in a possession	You will need this handbook if you carry out the duties of the ES or SWL in a possession. This document has been updated as part of the December 2015 Rule Book Programme.

Controlled Documents



Name & Issue	Issue Date	Title	Synopsis
GERT8000-HB13 Iss 2	Sep 2014	Duties of the person in charge of the siding possession (PICOS)	You will need this handbook if you carry out the duties of a PICOS. Information on changes to this issue can be found in the Rule Book Briefing Leaflet (GERT8000-RBBL Iss 27)
GERT8000-HB14 Iss 2	Mar 2014	Duties of the person in charge of loading and unloading rail vehicles during engineering work	You will need this handbook if you carry out the duties of the person in charge of loading and unloading rail vehicles during engineering work.
GERT8000-HB15 Iss 5	Sep 2017	Duties of the machine controller (MC) and on-track plant operator	You will need this handbook if you carry out the duties of the machine controller (MC) and on-track plant operator. This document has been updated as part of the December 2015 Rule Book Programme.
GERT8000-HB16 Iss 4	Sep 2018	AC electrified lines	This handbook is for those personnel who need to go on the operational railway in an AC electrified area to carry out their duties.
GERT8000-HB17 Iss 3	Sep 2015	DC electrified lines	This handbook is for those personnel who need to go on the operational railway in a DC electrified area to carry out their duties. This document has been updated as part of the December 2015 Rule Book Programme.
GERT8000-HB18 Iss 4	Sep 2015	Duties of a Level Crossing Attendant	You will need this handbook if you carry out the duties of a level crossing attendant. This document has been updated as part of the December 2015 Rule Book Programme.
GERT8000-HB19 Iss 3	Sep 2015	Work on signalling equipment - duties of the signalling technician	You will need this handbook if you carry out the duties of a signalling technician. This document has been updated as part of the December 2015 Rule Book Programme
GERT8000-HB2 Iss 2	Sep 2015	Instructions for track workers who use emergency protection equipment	This handbook is for those personnel who need to go on the operational railway to carry out their duties and have been trained to carry out emergency protection. It does not apply to: train drivers, guards, shunters, signallers, crossing keepers and those who act as a designated person (DP). This document has been updated as part of the December 2015 Rule Book Programme.
GERT8000-HB20 Iss 2	Sep 2015	General duties of a safe work leader (SWL) working outside a possession	You will need this handbook if you have the general duties of a safe work leader working outside a possession. This document has been updated as part of the December 2015 Rule Book Programme.
GERT8000-HB21 Iss 4	Sep 2018	Safe work leader (SWL) blocking a line	You will need this handbook if you are a safe work leader (SWL) blocking a line.
GERT8000-HB3 Iss 3	Sep 2014	Duties of the lookout and site warden	This handbook is for those personnel who have duties of the lookout and site warden. Information on changes to this issue can be found in the Rule Book Briefing Leaflet (GERT8000-RBBL Iss 27).
GERT8000-HB4 Iss 2	Sep 2014	Duties of a points operator and route-setting agent - moving and securing points by hand	This handbook is for those personnel who has duties of a points operator and route-setting agent - moving and securing points by hand. Information on changes to this issue can be found in the Rule Book Briefing Leaflet (GERT8000-RBBL Iss 27).
GERT8000-HB5 Iss 2	Sep 2011	Handsignalling duties	This handbook is for those who carry out handsignalling duties.
GERT8000-HB6 Iss 5	Sep 2015	General duties of an individual working alone	This handbook is for those personnel with general duties of an individual working alone (IWA). This handbook has been updated as part of the December 2015 Rule Book Programme.
GERT8000-HB7 Iss 5	Sep 2015	General duties of a controller of site safety (COSS)	This handbook is for those personnel who have the general duties of a controller of site safety (COSS). This document has been updated as part of the December 2015 Rule Book Programme.
GERT8000-HB8 Iss 7	Sep 2017	IWA, COSS or PC blocking a line	You will need this handbook if you carry out the duties of a IWA, COSS or PC blocking a line.
GERT8000-HB9 Iss 6	Sep 2017	IWA or COSS setting up safe systems of work within possessions	You will need this handbook if you carry out the duties of an IWA or COSS setting up safe systems of work within possessions. This document has been updated as part of the December 2015 Rule Book Programme.
GERT8000-OTM Iss 8	Sep 2017	Working of on-track machines (OTM)	You will need this module if you carry out the duties of a driver of an on-track machine, operator of an on-track machine or signaller. This document has been updated as part of the December 2015 Rule Book Programme.
GERT8000-T10 Iss 4	Sep 2014	Duties of a designated person (DP) and people working on rail vehicles	You will need this module if you carry out the duties of a designated person and people working on a rail vehicle. Information on changes to this issue can be found in the Rule Book Briefing Leaflet (GERT8000-RBBL Iss 27).
GERT8000-T3 Iss 8	Sep 2017	Possession of a running line for engineering work	You will need this module if you carry out the duties of a driver or signaller. Information on changes to the issue can be found in the Rule Book Briefing Leaflet (GERT8000-RBBL Iss 29)

Network Rail Safety Central – Information Section

Code of Conduct

The Code of Conduct establishes some minimum standards that Network Rail expects in their supply chain. It has been developed by Network Rail's National Supply Chain, Industry bodies, and the Unions. It will be reviewed and updated by members of these same groups bi-annually. Please email queries to codeofconduct@networkrail.co.uk

[Code of Business Ethics](#) (web page)

- [Conflicts-of-Interest-and-Outside-Activities-Policy-Refreshed](#) PDF / 1 Jun 2018
- [Speak-Out-Policy-2018](#) PDF / 30 Apr 2018
- [Anti-bribery-Policy-2018-Updated-iEthics-Links](#) PDF / 30 Apr 2018
- [Anti-Slavery and Human Trafficking Policy May 2017](#) PDF / 30 Oct 2017
- [Code of Conduct Oct 2017](#) PDF / 30 Oct 2017
- [Gifts and Hospitality Policy](#) PDF / 23 Mar 2017
- [Code of Business Ethics](#) PDF / 17 Feb 2017
- [Operational Briefing Video](#) ZIP / 15 Jul 2016

[Modern Slavery](#) (web page)

- [Speak-Out-Policy-2018](#) PDF / 30 Apr 2018
- [Stronger-Together-Poster](#) PDF / 6 Apr 2018
- [Stronger-Together-Worker-Induction-Template](#) PPT / 6 Apr 2018
- [Toolbox talk – Modern slavery](#) PDF / 3 Apr 2018
- [Discussion Pack – Modern Slavery](#) PDF / 3 Apr 2018
- [Anti-Slavery and Human Trafficking Policy May 2017](#) PDF / 30 Oct 2017

Safety Bulletins as of 5th December 2018

In this section you'll find copies of the Network Rail safety bulletins regularly sent out to staff working on the Network Rail infrastructure. These cover a range of different safety issues and are often issued in response to a specific incident.

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

You can refine your search by:

Bulletin type

- Archive - Lessons Learnt
- Archive - Safety Bulletins
- Safety Advice
- Safety Alert
- Safety Bulletin
- Shared Learning

There will also be an archive of past bulletins, so you can download any that you missed, or want to read again. **Please download them for the FULL TEXT OF THE BULLETINS.**

Safety Bulletins

- [Safety Bulletin NRB 18_17 – RRV passing onto Level Crossing](#) December 3, 2018
- [Safety Bulletin NRB 18_16 – Workforce Fatality](#) November 9, 2018
- [Safety-Bulletin-NRB-18_15-On-Track-Plant-overturned-during-tandem-lift-Updated](#) November 1, 2018
- [Safety Bulletin NRB 18_14 – Potentially hazardous signal gantry access ladder](#) September 6, 2018

Safety Advice

- [Safety Advice NRA 18_17 – Pre-use checks and loading of hand trolleys](#) November 5, 2018
- [Safety Advice NRA 18_16 – Long portable earths for 25kV OLE isolations](#) September 25, 2018

Other documents

- [Safety Alert NRX 18_01 – Serious staff injury following collision in worksite](#) September 24, 2018

Lessons Learnt / Shared Learning

Network Rail are now producing 'Lessons Learnt' publications following events which have led to Formal investigations or local investigations where significant points of learning have resulted. Network Rail believes that these lessons will be of value for all involved in the industry and not just safety professionals, they are ultimately designed to aid prevention of events of a similar nature happening again elsewhere.

[Shared Learning](#)

Health & Wellbeing

[Health and wellbeing](#) (web page)

Risk Management

[Think RISK](#) (web page)

Think RISK is a campaign to help to stop you and your colleagues getting injured at work. Quite simply, it is a series of prompts for you to think through when you're doing your job and help identify and manage safety risks more effectively.

- [Think RISK Launch Film](#) MP4 / 26 May 2018
- [Think-RISK-safety-hour-discussion-pack.](#) PPTX / 25 May 2018
- [Think RISK Safety Hour supporting document](#) PDF / 25 May 2018
- [Think RISK Feedback Form](#) DOCX / 25 May 2018
- [Think RISK- Lisbeth Fromling](#) MP4 / 24 May 2018
- [Think RISK Discussion with Chester DU](#) MP4 / 24 May 2018
- [Think RISK Poster Set 1](#) PDF / 22 May 2018
- [Think RISK Poster Set 2](#) PDF / 22 May 2018

Safety Films

<http://safety.networkrail.co.uk/Alerts-and-Campaign/Safety-Films>

In this section you will find all the safety films which are also listed in the relevant subject areas with supporting materials. Please note some of these films contain strong language and scenes which viewers might find upsetting. As such we recommend that these films are only viewed by people over the age of 16.

Have you got a good idea for a film? If you have, write into safety.central@networkrail.co.uk to let us know.

Resource Library

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

The Resource Library holds a wealth of information.

Track Safety Alliance

A few videos of interest at the Track Safety Alliance website:

<http://www.tracksafetyalliance.co.uk/videos/65/>

- [Waste Management](#)
- [Japanese knotweed](#)
- [Near miss one too many](#)
- [Prep4Safety V2](#)
- [Prep4Winter](#)
- [Track Safety Matters - Introduction To TSA](#)
- [Track Safety Matters - The Ballast Dust Story](#)
- [Track Safety Matters - Close Calls](#)
- [Track Safety Matters - Safety And Innovation](#)
- [Fatigue Management](#)
- [TSA - Prep4Safety](#)
- [Working at Height](#)
- [Great Crested Newts](#)



SCO 24:7 (Supply Chain – Operations) Telephone

SCO 24:7 (formally the NSC247 and NDS24:7): call 01908 723500 or 085 65500 (internal)

SCO 24:7 operates 24 hours a day, 365 days of the year from the Quadrant in Milton Keynes. Our remit is to manage the real-time delivery of SCO products & services to our customers. This includes engineering haulage, materials, on track machines, infrastructure monitoring, seasonal treatment, HSEA reporting, site access services and lone worker monitoring.

Emergency

If there's a safety threat to you or to others such as:

- Animals, objects or people on or near the track
- Damage or fault at a level crossing
- A vehicle has hit a bridge
- A broken fence or open gate allowing access to the track

Please call Network Rail Emergency 24-hour helpline immediately: **03457 11 41 41**

To report a crime

Please contact the British Transport Police: **0800 40 50 40**, **999** or **Text 61016**



Useful Links

The following pages contain other useful links and safety information from various sources which may be relevant to you.

Item	Details
<p>Health and Safety Executive http://www.hse.gov.uk – Website</p>	<p>Government agency responsible for regulating risks to health and safety arising from work. HSE publications can be downloaded free in Adobe PDF format.</p>
<p>CIRAS Online http://www.ciras.org.uk – free access</p>	<p>The Confidential Incident Reporting and Analysis System Freephone number 0800 4 101 101.</p>
<p>Network Rail http://www.networkrail.co.uk – Website</p>	<p>Owner and operator of Britain's railway infrastructure.</p>
<p>Network Rail Standards http://www.ihserc.com/ – subscription required</p> <p>Network Rail Standards Subscriptions IHS Global Ltd Phone: 01344 328000</p> <p>Network Rail Standards Management Publications Manager Nicole Lockwood Phone: 01908 782 481</p> <p>Network Rail Standards Hard Copy Document Centre IHS Retail Phone: 01344 328039 Fax: 01344 328005 or email: emeastore@ihs.com</p> <p>Network Rail Technical Drawings National Records Group Email: nrgcivils@networkrail.co.uk</p>	<p>All current Network Rail standards are available via the IHS website.</p> <p>How do I become an annual subscriber to an IHS product? IHS business packages are available to purchase on an Annual Subscription basis by either Core Selection Criteria or individual/additional supplements.</p> <p>Upon receiving the above information, we will be in contact to confirm your exact requirements along with pricing details. Before issuing a Password for Internet Access or forwarding CD ROMs we will require an official Purchase Order No. from your Company.</p>
<p>Network Rail Safety Central http://safety.networkrail.co.uk – free access</p>	<p>The site is your one-stop shop of safety information, advice, resources and useful contacts, designed to promote consistency and best practice across the whole rail industry. The information is divided under the following sections:</p> <ul style="list-style-type: none"> • Alerts & Campaign Material • Communication & Health • Commitment & Rules • Safety Groups • On Site Solutions • Toolbox
<p>RSSB Close Call System www.closecallsystem.co.uk – Register for access</p>	<p>At the request of Network Rail and its contractors, RSSB has developed a new internet-based system that will allow the industry to centrally record and analyse 'Close Call incidents'. This is known as the Close Call System.</p>
<p>Rail Safety and Standards Board http://www.rssb.co.uk – free access</p>	<p>RSSB builds industry-wide consensus and facilitates the resolution of difficult cross-industry issues. They provide knowledge, analysis, a substantial level of technical expertise, powerful information and risk management tools.</p>
<p>RSSB Websites & Online Services http://www.rssb.co.uk/rssb-websites-and-services</p>	<p>RSSB Websites & Online Services</p> <p>This is a very useful page that provides links to various other websites. These websites are fully or partially hosted by RSSB and other external organisations within the rail industry to you with useful resources and tools.</p>



Item	Details
<p>Railway Group Standards http://www.rssb.co.uk/rgs – free access</p> <p>Rail Safety & Standards Board Enquiry Desk Phone: 020 3142 5400 Website www.rssb.co.uk</p>	<p>Purchasing Railway Group Standards A copy of the order form can be found in the forms section of the RGS Catalogue or from the RGSONLINE website stated above. You will need the following details in order to complete the form:</p> <ul style="list-style-type: none"> • Railway Group Standards code and title • Quantity • Price • Purchaser's full name, business, address and telephone number • Credit card details, cheque or purchase order number <p>Then fax or post it to Willsons Printers Limited at the address below.</p> <p>Please ensure that you include your credit card details, purchase order or a cheque made payable to Willsons Printers. Payments can also be made by BACS - please contact Willsons for company bank details. Orders received will be dispatched within five working days.</p> <p>Purchasing National Operations Publications National Operations Publications are Railway Group Standards which set out mandatory requirements for direct application in the workplace. These include:</p> <ul style="list-style-type: none"> • Modular Rule Book (GERT8000) • Working Manual for Rail Staff: Handling and Carriage of Dangerous Goods (GORM3053) • Working Manual for Rail Staff: Freight Train Operators (GORM3056) • Rule Book Forms <p>Details of these documents can be found in the sections 'Document Titles and Descriptions' for Traffic Operation and Management.</p> <p>As these documents are subject to frequent change, amendments which do not justify the reissue of the module or section of the working manual are published in GERT8001, Changes to National Operations Publications.</p> <p>Willsons Printers Limited supplies the modules and handbooks which make up the Modular Rule Book, Working Manual and Rule Book forms.</p> <p>You can order these documents by contacting Denise Atkinson at Willsons Printers Limited at the address below:</p> <p>Willsons Printers Limited Highlander House Cross Street, Newark Nottinghamshire, NG24 1PP Tel: 01636702334 Fax: 01636701396 http://www.willsonshop.com</p>
<p>M&EE Networking Group Codes of Practice http://www.rssb.co.uk/rgs</p> <p>Refine results by selecting Lead Committee</p>	<p>The M&EE Networking Group is a non profit making group dedicated to the sharing of professional engineering and railway operations information and to provide a focus to the rail industry relating to operational and technical safety of plant. The group is a meeting of the professional heads of mechanical and electrical engineering and operations from infrastructure contractors, Network Rail, RSSB, the Rail Plant Association, London Underground and elected representatives from other infrastructure renewal companies, plant owners, and manufacturers/suppliers of plant and technical services.</p> <p>The M&EE Networking Group produces Codes of Practice and other documents as good practice for all members of the industry.</p>
<p>Rail Sentinel https://www.railsentinel.co.uk/ – registered companies only</p>	<p>Sentinel Scheme Rules The latest copy of the scheme rules can be found here: Sentinel Scheme Rules (bottom of website)</p>
<p>Office of Rail and Road http://orr.gov.uk/ – free access</p>	<p>Independent safety and economic regulator for Britain's railways, and monitor of performance and efficiency for England's Strategic Road Network.</p>
<p>Rail Accident Investigation Branch http://www.raib.gov.uk/ – free access</p>	<p>Independent railway accident investigation organisation for the UK. It investigates railway accidents and incidents on the UK's railways to improve safety, not to establish blame.</p>

Other Safety Information



Other Bulletins

Planning and Delivering Safe Work

Standard 019 – Safety of people at work on or near the line is now live.

<https://safety.networkrail.co.uk/safety/planning-and-delivering-safe-work/>

- [SSoWP Guidance](#)
- [PDSW Communications](#)
- [Standard 019 issue 9 Support](#)
- [Standard 019 Briefing Materials](#)
- [Standard 019 Further Guidance](#)
- [019 Infrastructure Projects Guidance](#)

Latest updates:

- [Standard 019 PDSW One year on](#) PPTX / 30 Oct 2018
 - [PDSW One Year On Question Set](#) PPTX / 30 Oct 2018
 - [Latest 019 FAQs – August 2017](#) PDF / 20 Oct 2017
 - [Revised Standard 019 Animation](#) MP4 / 17 Feb 2017
-



Safety Bulletin

A serious incident has taken place



Workforce fatality

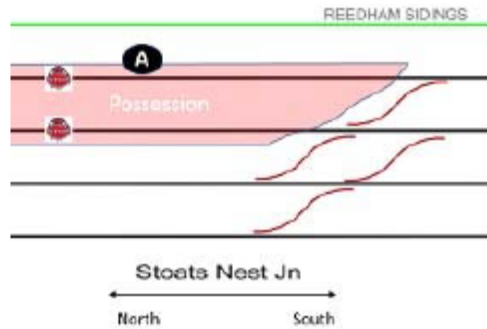
Issued to: All Network Rail line managers, safety professionals and RISQS registered contractors

Ref: NRB 18/16

Date of issue: 09/11/2018

Location: Stoats Nest Junction, SE Route

Contact: [Simon Morgan](#), Director, Health, Safety, Quality and Sustainability



Overview

In the early hours of Tuesday 6th November, a member of the Southeast Route's possession delivery team was fatally struck by a train at Stoats Nest Junction, between Purley and Coulsdon. The colleague was carrying out Possessions Support duties.

The colleague arrived at the agreed access point as briefed (point A on the diagram), where he parked his vehicle. Signal protection was granted and he was given authority to access the track and place Possession Limit Boards and detonators. These were placed in the correct position.

After confirming that the Possession Limit Boards and detonators were in place, our colleague walked approximately 400m south, past the access/egress point and the possession protection onto an open line.

At 00:27hrs, a passenger train made a planned movement from the Down Fast on to the Down Slow where the tragic incident occurred.

Discussion Points

While we are investigating the incident please discuss the following with your team:

- Are there situations where you need to go outside of your planned possession limits? If so, what do you need to do to keep yourself safe?
- Do you ever find yourself using anything other than the safest walking route available? What can you do to prevent this happening in the future?
- Is there anything that prevents you from always looking at the approaching train when acknowledging a warning and ensuring that you are in a position of safety?

Copies of Safety Bulletins are available on [Safety Central](#)

Part of our group of Safety Bulletins





Wessex Route
Safety Alert Circular.



IMDM OUTER

Title: Scrap Rail in contact with 750 Traction cable
Scrap Rail discovered to be live

Incident

On the 19th of July at approx 10:13 hours, on the WPH1 at 49 m 00Ch a principle patroller from Havant Track found a damaged 750v traction cable, which was caused by a scrap piece of rail that had pressed up against it removing the insulation.

The scrap rail in contact with 750 Traction cable was discovered to be live, this could have caused electrocution or a fire if it had contacted a fuel source

The scrap rail had crept in the warm weather and had eroded away the insulation of a 750DC Traction cable.

Whilst a plan was being developed to remove the fault the P-Way staff remained on site to ensure no other individuals or parties came into contact with the rail.

By 16:04 CRE confirmed that a temporary repair has been completed by their staff and Havant P-way

The following morning there was confirmation via a shift report that the rails had been removed and the cable was fully rectified.

Rail creep is the effects of heat on metal, where in hot weather it expands and in cold weather it contracts.

With CWR in the 4ft not being held down by anything it has a tendency to creep especially in areas of gradients or heavy traffic because the vibration from passing trains can also have an effect. The rail had not been sat on saddles. Sections of rail have been known to move up to 2ft over a period of days/ weeks.

Issue Date: 24/07/2018
Displayed on Notice Boards for 12 weeks from issue.
Contact: Ian Gibb. WHSEA Outer DU.



Actions

Level 1 investigation being conducted

Re-brief track inspection staff that where we have long sections of CWR in the 4ft or on the ballast shoulder we must spray the rail ends to be able to monitor how much the rails are creeping during the summer months.

More detail and actions may follow once the investigation has been completed.

Autumn 2018

NetworkRail

Suspecting Modern Slavery – a social performance case study

The situation

An operative working on one of our project sites was asked to replace their hard hat. He did not follow the safety instruction due to a lack of understanding, thought to be due to language a barrier. Further investigation showed that the operative did not appear on the site induction record and their CSCS (Construction Skills Certification Scheme) card was thought to not be valid. **What would you do?**

Given the fragmented procurement processes of the construction and infrastructure industries, and the heavy reliance on outsourced labour we must be vigilant in identifying modern slavery risks. **Would you see the individual identified above as the wrong-doer, or a possible victim of modern slavery?** Every employee has a role to play in spotting signs and reporting problems.



The individual above was walked off-site and the problem went away, but was this the right course of action?

Lessons learned

An investigation was carried out which unfortunately did not consider the possibility of a modern slavery situation. But let's remember... Those at heightened risk are migrant workers, sometimes with limited English language skills. They may not understand their rights, which results in them settling for what they think is normal or 'better than nothing' circumstances. Victims of modern slavery can be controlled by individuals or by gangs who threaten them with violence, debt, sexual assault or who withhold documents such as passports and ID. They may also control victim's bank accounts.

Issues to be aware of to help identify modern slavery on site are below. Consider which of these could have applied to this situation if more had been done to investigate the modern slavery risk.

- Workers who don't have written contracts of employment
- Workers who have had to pay fees to obtain work
- Workers who aren't able to prove they are legally entitled to work in the UK
- Workers showing signs of physical abuse and/or appear malnourished or unkempt
- Workers who seem to have few personal possessions or often wear the same clothes
- Workers who appear frightened or reluctant to talk to others
- Workers who are dropped off or collected for work by the same person regularly, either very early or very late at night
- A large number of people working for you listed as living at the same address may indicate high shared occupancy – often a factor for those being exploited
- Agencies charging suspiciously low rates against standard industry pricing

Everyone is key to identifying modern slavery, and it's important that everyone knows what to look out for. If you suspect that someone is a victim of a modern slavery then your first action should be to inform the police or the Modern Slavery Helpline who can provide advice on how to proceed.

Who to contact for more information

See the information and contacts on Safety Central > <https://safety.networkrail.co.uk/safety/code-of-business-ethics/modern-slavery/>. Call the Network Rail Speak Out line on > 0808 143 0100 and the Modern Slavery Helpline on > 08000 121 700.



ALT307 – Access Pass on Lanyard

14/11/2018

HSQES ALERT

For the attention of:

All personnel

Summary

An incident occurred outside of VolkerRail recently which is relevant to our personnel to take note.

A member of Highways England staff was involved in a minor car accident. The staff member was wearing their Highways lanyard and pass and upon impact of the accident, the car airbag was deployed. The force of the airbag caused the lanyard and pass to be pushed into her chest, causing her lung to collapse and requiring hospital treatment.



Had the person, not been wearing their lanyard and pass at the time, they would have most likely walked away relatively unscathed.

This is not the first report of its kind.

Actions / Key Messages

- It is advised that staff remove their lanyards and staff passes when leaving the office for both safety and security reasons.
- More notably, please remember to remove your lanyard whilst driving.
- Where possible, use breakaway lanyards that will unclip themselves if caught or stuck.



Attitude Risks are not always obvious so adopt a positive attitude to safety in identifying potential sources of harm.

Influence Bring this alert to the attention of colleagues, friends and family that may wear lanyards / passes.

Management We will continue to monitor other industries to identify new and previously unrealised risks to our employees / sub-contractors and bring these to the attention of all where relevant.



Reference: SA – 0129.00

Safety Alert



Battery Explosion – High Potential Near Miss

On the 5th July 2018 at 4am a main battery located under the driver's seat of a Ford Transit Welfare van exploded.

No persons were injured, although one operative was working within the Welfare Vehicle at the time. On closer inspection, no damage was found to either the wiring or external components that are connected to the battery. The battery fitted was an original and genuine Ford fitted battery. The vehicle is now with Ford who are investigating the incident further, and we will communicate any further update as soon as it's received.



Remember:

- Do not tamper with batteries.
- If you notice any strange smells in the cab report it.
- If in any doubt contact Carnell Plant and Transport Dept.

In case of incident, ensure that you:

- Do not touch battery or battery acid.
- Move to a place of safety and report.

'Be SAFE' - 'Let's All Go Home Safely'

Follow safety procedures at all times

L Gill (Plant and Transport Director) July 2018



SAFETY LESSONS LEARNT BULLETIN



Medium Pressure Gas Main - Pressure Point Strike

Issued: 08/11/2018

Clearing surface vegetation with a mechanical excavator damaged a gas main underground

Information sharing:

Recently while clearing overgrown rough vegetation with a mechanical digger in preparation to expose a burst main in a farmers field in Nuneaton, we damaged an 8" medium pressure gas main.

On the plans provided, the gas main, a valve on it and a cross connection were visible. However, there was also a pressure point (sometimes also known in the gas industry as a vent or stand pipe) either side of the valve. These pressure points were not shown on the plans and there were no visible markers above ground.

Pressure points are used to purge air and take pressure readings. In this case, they were housed inside their own valve chamber with concrete sections and a 6" lid.

A trial hole had been dug to expose the line of the main, but this unfortunately didn't reveal the location of the pressure points that were buried below the surface. The pressure point (not including its chamber housing) was 600mm high from the top of the main. It also protruded to the side of the main.

The top of the pressure point pipework or cover was caught by the excavator bucket at the surface where it was obscured by vegetation and spoil from previous activities (not STWs).

Key messaging:

Understand and follow our formal SSOW for working near underground services.

- Make sure you understand the detail on the utility plans. If unsure, ask, but remember plans are just a guide and cannot be relied upon.
- Where you have exposed a main or service always use a Genny in addition to a CAT to provide confirmation of its direction and depth.
- Re-scan every 100mm even when hand digging.
- The use of a metal detector can help to identify any hidden covers or projections rising to the surface.
- Expect apparatus / projections rising to the surface near valves and cross connections to other mains.
- Never use a mechanical excavator for any purpose, including the clearing of vegetation, above an identified main or service.
- Never use a mechanical excavator within 500mm sideways clearance of an identified main or service as there may be sideways projections attached to the main.
- Never assume that a representative from another Utility can provide expert advice relating to Health and Safety. It is your responsibility to make sure it is safe.
- Ensure digging area is clear of excessive surface water before scanning and attempting a repair.



Key contact: Ian Martin

Email: ian.martin@severntrent.co.uk

Tel: 07703 718307

WONDERFUL ON TAP





SAFETY LESSONS LEARNT ALERT



Gas Monitor Recalibration Required

Issued: October 2018

UK Workplace Exposure Limits (WELs) have recently been changed for certain substances, to align with the 4th European Issue of the Indicative Occupational Exposure Limit Values (IOELVs).

Information sharing:

The European Directive [2017/164/EU](#) has been released and has to be transposed by all European Union (EU) Member States by 21 August 2018.

- *Whilst the United Kingdom remains part of the EU, the HSE has stated that until exit negotiations are concluded then the UK will remain as a full member and all the rights and obligation of membership will remain in force.*

The directive requires members to either adopt the IOELVs or amend national exposure levels for 31 hazardous substances and the two substances that we need to review, are Carbon Monoxide (CO) and Sulphur Dioxide (SO₂).

- CO - The long term WEL (8hr) will reduce from 30ppm to 20ppm & short term WEL (15mins) will reduce from 200ppm to 100ppm
- SO₂ – The current levels/settings in our monitors will remain the same, as there were no published levels in the HSE EH40 Workplace Exposure Levels Document prior to 2018.
- In addition Crowcon are to adjust the 'Failing Oxygen (O₂) Alarm' to 19.5% over the previous setting of 19% ([see technical note](#)).

To this effect the STW fleet of gas monitors will have their set points for the instantaneous and time weighted average (TWA) alarms adjusted to accommodate the above changes during their next routine service

Key messaging:

- Managers responsible for staff who use gas monitors, must brief them on this bulletin and the changes to the TWA's.
- Managers of and/or users of gas monitors should ensure that the person responsible for having their gas monitors recalibrated, is aware of these changes.
- Gas Alarm Systems Ltd ('our framework supplier') are aware of these changes and will adjust the monitors at their next routine service (undertaken six monthly), a **YELLOW** sticker ('as below') will be attached to the monitor to identify this has been done.
- Users of gas monitors, should check calibration stickers on their gas monitors and ensure the monitors are due a service/visit from Gas Alarm Systems Ltd in the next six months.
- Gas Monitors not displaying a 'new recalibration sticker' after March 2019 must not be used and removed from service.

IMPORTANT NOTE:

- Only gas monitors supplied and serviced by Gas Alarm Systems Ltd, are **PERMITTED** for use by STW Staff.



Key contact: Confined Space & Breathing Apparatus Community of Practice

Communicate via: [CS & BA COP](#)

WONDERFUL ON TAP



Crush injury from a scaffold pole

SafetyAlert

November 2018

Overview

During works to re-configure scaffolding arrangements, an operative was removing a scaffold tube which then moved and trapped two of their fingers. As a result of the injury, the tip of the ring finger on their left hand had to be surgically amputated and a metal rod inserted into the middle finger.

At the time the scaffolder was adjusting the tube and in undoing the coupler, the right-hand end of the tube dropped causing the opposite end of the tube to move upwards, trapping their fingers between the tube and the structure above.



Advice & Guidance

The investigation identified that an overall set of RAMS had been created for the task, but when the addition of a hop up was identified, the RAMS were not further reviewed for additional control measures.

It was also highlighted that the floor of the working area had significant debris from Hydro Demolition works, which may have contributed to the incident.

Actions

- Brief scaffolding and site teams on the details of this incident & lessons learnt.
- Ensure the scaffolders are instructed to review their structures, and consider how tubes may move when clips are released.
- Consider reviewing scaffolding already on site which use girder clamps and so could create a pinch point.
- Ensure the working area is clear of debris or underfoot hazards.
- If the task being completed is likely to change, a review of the new working method should be completed to reassess the risks and ensure sufficient controls are in place and understood.
- Ensure that when one element of work has been completed, there is a clear process of hand over before another phase of operation begins. In this case, the Hydro Demolition works to the scaffolder team.

For further information please contact the National Health and Safety Team via nh&st@highwaysengland.co.uk

HEi061



Prep4Winter Health



Did you know?

You may burn more calories when cold as your body works to keep your body warm

Add Calories in the cold

Eat slow release foods such as oats, pasta, wholegrain bread and potato before your shift and high energy healthy snacks such as nuts, beans and seeds for regularly through your shift.



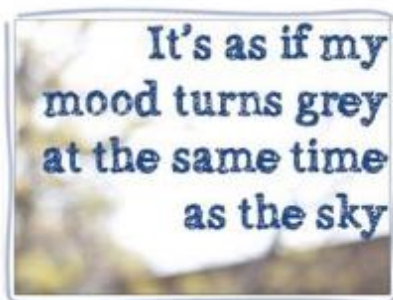
Increased HAVS Risk

Low hand or body temperature increases the risk of finger blanching because of the reduced blood circulation. Wear dry warm gloves and try to minimise the time using vibrating tools in cold.

Get yours Flu Jab!

Consider booking yourself in for you Flu Jab. Check with your Employer or your GP to see if you are eligible for a free Flu Jab.

Medicines: Remember to inform your line manager if taking any medication such as Cold & Flu Tablets.



Seasonal Affective Disorder

This time of year a lot of people suffer from SAD. If you are affective there are support service to offer advice and guidance such as Mind and your occupational health advisor.

Looking out for each other this winter



Prep4Winter Driving



Did you know?

Most accidents occur on journeys home after long shifts



Safety tips

Driving safely in winter can be as simple as sticking with the basics:

- Drive and brake to suit the weather conditions.
- Allow time to demist your windscreen and clear all vehicle windows to ensure you have full visibility
- Allow enough distance between you and other road users.
- Consider are you competent to drive the vehicle
- Can the driving be shared to reduce fatigue
- Plan your route before you start out and make people aware
- Check traffic information before setting out
- Plan regular breaks

Vehicle Checks

Make sure your vehicle is ready for winter by carrying out these simple checks:

- Tyre pressure (refer to the vehicle manual).
- Tread depth.
- Wipers (make sure that they effectively clear the screen).
- Wiper fluids (top up with 50% water and 50% anti-freeze screen wash).
- Lights (check they are all working and clean).
- Keep de-icer, an ice scraper and warm hi-vis clothing in your vehicle



Looking out for each other this winter



Prep4Winter Clothing

Winter Clothing Tips

Thermal Gloves and socks are a must in extreme working conditions

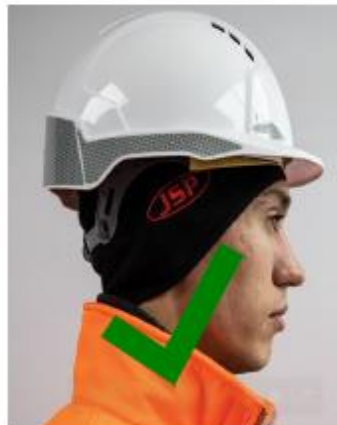
Worksites and walkways get even more difficult to navigate in winter as cold temperatures cause snow and ice.

Make sure that you have boots that are well insulated with reinforced protection and with good levels of tread

Wear extra layers especially in the more remote areas

Did you know?

Hoodies are **not allowed** on site if you want to stay warm make sure you order the approved Thermal Helmet Liners or industry balaclavas



Safety tips

- Make sure you have PPE suitable for the weather conditions
- Layer up! That way you can add or remove layers as needed
- Make sure you have PPE suitable for the weather conditions
- Keep your PPE clean and always ensure the reflective strips are visible
- Hoodies are not allowed on site if you want to stay warm make sure you order the approved industry balaclavas
- Take regular breaks to get warm and hydrate

Looking out for each other this winter



ciras

CONFIDENTIAL REPORTING FOR SAFETY



Here are some of the reporting themes we take:



Work environment



Fatigue



Equipment



Safety practices



Rules & procedures



Welfare facilities



Shift design



Training & competence

Report hotline:
0800 4 101 101

Report textline:
07507 285 887

Freepost: **CIRAS**
www.ciras.org.uk



10

Small plant: why maintenance is such a critical factor

Small plant plays a pivotal role in the maintenance and upgrading of infrastructure on the rail network, and a few simple steps can ensure that safety and productivity remains on the right tracks.



© Hilti.



Colin Burnikell, Hilti Strategic Key Account Manager - Rail

When you buy a car, you know that the purchase price is just the start of an ongoing sequence of regular payments for the privilege of ownership including tax, fuel, maintenance and repair.

These are all to keep the vehicle safe and operational for years to come.

Many other purchases, no matter what the initial cost, also commit the owner to ongoing financial expenditure – and tools are no exception.

The rail industry is known to invest in good equipment to ensure worker safety and maximise productivity against tight timescales.

That said, there are areas that can still be improved if businesses want to avoid work hitting the buffers.

Repair or replace

Power tool lifetimes vary from one to five years depending on the type of tool, frequency of use and the application.

Out in the field, tools tend to either be replaced when they break down, or they remain as part of the inventory and keep getting repaired because they are believed to still do the job intended.

“ The rail industry is known to invest in good equipment to ensure worker safety... ”

But is this really the most cost-and capital-effective way to manage a fleet of power tools?

Replacing tools every time they break down is a false economy – driven by selection of cheaper tools that don’t last – and the fact that reactive

repairs and spare parts, when charged separately, are costly and time consuming to manage.

So, when it comes to discussing the issues associated with tool productivity and the costs of keeping a tool fleet at peak performance, one word stands out above many others – maintenance.

A day in the life of a tool

Tool operators know that when they collect their tools first thing in the morning – or the evening for those working nights – that a number of immediate checks can help ensure a full shift’s work.

Here are six tips:

1. Check the chuck is free of dust and greased. A small amount of grease can be applied if necessary.
2. Check vents are clear and free of debris.
3. Check that grip points are clean and in good condition.
4. Check that the trigger mechanism and lock – if applicable – works correctly.

Frontline Matters



© Hilti.

5. If it's a corded tool, check the length and condition of the cable and plug.
6. If it's a cordless tool, check the correct battery is being used, the connection points are clean and undamaged and the battery is fully charged and fitted correctly.

At the end of the day, the tool should be visually inspected again, wiped down and cleaned to ensure it is ready for use next time.

Any issues should be reported immediately so the tool can be sent off for service or repair, knowing that a replacement can be sourced to minimise downtime.

On the right tracks

There are of course many other areas of small plant ownership that have to be considered – health and safety, battery technology and fleet optimisation to name but a few – but maintenance goes a long way to start down a safer and more profitable path.

We strongly believe addressing this issue will help to make the sector more profitable – making it a more sustainable business, securing and creating more jobs and generally improving the rail industry.



The Dos and Don'ts of Maintenance

The Health & Safety Executive (HSE) dedicates an entire section to machinery, plant and equipment and is very clear on what is and what isn't acceptable for maintenance*:

Do...

- ensure maintenance is carried out by a competent person (someone who has the necessary skills, knowledge and experience to carry out the work safely)
- maintain plant and equipment regularly – use the manufacturer's maintenance instructions as a guide, particularly if there are safety-critical features
- have a procedure that allows workers to report damaged or faulty equipment
- provide the proper tools for the maintenance person
- schedule maintenance to minimise the risk to other workers and the maintenance person wherever possible

Don't...

- ignore maintenance
- ignore reports of damaged or unsafe equipment
- use faulty or damaged equipment

* <http://www.hse.gov.uk/toolbox/machinery/plant.htm>

Other Safety Information

Safety 3-4-3 and Fleet 3-4-3

Issue 60 Winter 2018



TARGET



Our Golden Site Rules are part of our Safety Behaviour Charter which sets out the safe behaviours expected of all Bridgeway Delivery Personnel, Supervisors, Managers and Directors.

Our Golden Site Rules

I will always:

1. Be fit for work
2. Understand and adhere to the Safe System of Work
3. Stop work if I feel unsafe
4. Report all Close Calls and Near Misses

Golden Site Rules

I will always:

1. Be fit for work
2. Understand and adhere to the Safe System of Work
3. Stop work if I feel unsafe
4. Report all Close Calls and Near Misses

(3E)S - Exceeding Expectations
Everywhere Safely

1 Fit for Work - Winter Health

Winter needn't be the unhealthiest time of year, especially if you are working outside and it gets very cold. Here are some tips to make sure you stay fit for work.

- **Ensure you have adequate rest** prior to your next shift. A good sleep helps boost your immunity and restore energy as well as improve concentration, focus and creativeness
- **Sunlight and regular exercise** is good for fighting winter tiredness as well as improve your mental wellbeing
- **Eat the right foods.** Make sure you eat your five a day! Fruit and vegetables contain

vitamins and minerals that really do help to fight and combat illness

- **Have a hearty breakfast.** If you start your day hungry, your body is low on energy and you will get tired quicker
- **Wrap up warm, inside and out.** Wear several thin layers of clothing rather than just one thick one because the air trapped between the layers helps to insulate your body

During the Christmas holidays enjoy socialising sensibly - get adequate rest and don't take alcohol at least 12 hours before your next shift.

If you have any health concerns, inform your Supervisor / Manager.



OUR IMMUNE SYSTEM HELPS US FIGHT OFF GERMS AND INFECTIONS. TAKE CARE OF IT.

2 Working in Different Environments

We work and operate in many different environments i.e. railway, highways, waterways and within cities as well as the countryside.

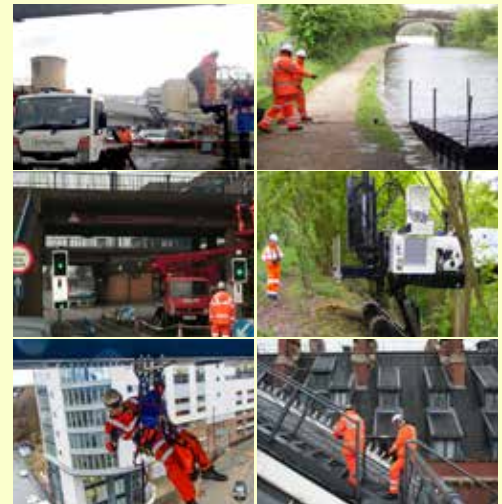
Many of these environments are governed by separate authorities that have different procedures and requirements that must be followed. These may include:

- Competency and skills cards e.g. Sentinel, CSCS, Safety Passport
- Specific PPE requirements
- Safety inductions
- Working and rest time limits

- Safety, emergency and reporting procedures
- Welfare facilities and arrangements
- Access and parking arrangements
- Permits or permissions from 3rd party owners
- Pedestrian access, safety and security

We expect our staff and subcontractors to behave and act responsibly in accordance with our Safety Behaviour Charter and Golden Site Rules. Every staff member is expected to follow our procedures and requirements, as well as the clients' whenever they are stipulated.

These requirements should be briefed to you within your task and safety briefings by your COSS or Supervisor.



ALWAYS CHECK PROCEDURES AND REQUIREMENTS OF THE JOB

3 Slips, Trips and Falls at Site Access Points

Slip, trip and fall hazards and risks on the railway infrastructure increases during the winter months especially during hours of darkness at access points. Some of the hazards are:

- No handrail
- Broken steps
- Overgrown vegetation / Decaying leaves
- Soil erosion
- Icy conditions
- Fly tipping

Minimise your risk of injury by ensuring:

- Your laces are done up on your ankle support safety footwear
- Your PPE jacket is fastened so it doesn't catch
- Your head lamp is working
- You don't carry too much at one time
- You plan your walking route
- You hold the handrail when using steps
- You don't take shortcuts



TAKE 5 AND ALPHA SCAN YOUR SITE ACCESS POINTS FOR SLIPPING/TRIPPING HAZARDS

Reducing Our Carbon Footprint

Our carbon footprint refers to the net amount of greenhouse gases generated by us or things we consume. Greenhouse gases like carbon dioxide (CO₂), methane and ozone contribute to pollution, ozone depletion, global warming and climate change. Climate impacts are being felt all around the world, e.g. wild fires, droughts, flash floods, hurricanes, rising seas and land erosion.

40% of UK emissions come from households. The total greenhouse gases (as CO₂ equivalent) emitted in the UK is on average over 10 tonnes per person per year.

It is not just a duty for businesses to reduce their carbon footprint but all of us individually as well. If each of us can reduce 1 tonne per person, that is a reduction of around 66 million tonnes. Here are some of the things you could do to reduce your carbon footprint:

Improving your driving style will reduce fuel consumption and carbon emissions. Travelling 100 miles at 60 mph will get you there only 15 minutes later compared to going at 70 mph. It will also give you about 10% fuel savings and get you further with about 4 mpg extra. Avoid the rush hour if possible or car share. Alternatively, use public transportation, cycle, run or walk.

The energy we use in our homes makes up more than a quarter of the carbon dioxide emissions in the UK. Consider lowering the thermostat by 1 or 2 degrees and wear extra layers. Change your lighting to LEDs. Install insulation in your loft, cavity or solid walls and draught proof your home. Fix low flow fittings or aerators to taps and showers. Consider installing solar panels or heat transfer systems. Switch off your TV and appliances when not in use. Air dry your washing instead of using the tumble dryer.

Eat less meat and more vegetables, nuts and beans. The livestock industry is responsible for 14.5% of global emissions. You don't need to eat meat every day to have a balanced diet. Look for seasonal produce. If it's from the UK try to buy locally or straight from the farm. Why not try your hand at growing your own?

Reduce, reuse or recycle. Never burn trash, as this contributes directly to air pollution. Compost food and garden items. Recycle waste whenever possible. Reuse grocery bags when shopping. Reuse cardboard boxes to store items instead of buying new plastic ones. Use rechargeable batteries. Buy downloadable/streaming music or videos instead of CDs and DVDs. Bring your own reusable bottle to store water instead of buying bottled water.

If you have diabetes, you have a much greater risk of developing coronary heart disease than people who don't have diabetes. You are also far more likely to have a heart attack, and if you do have one, your chances of survival are lower.



- Diabetes can damage the heart in several ways.
- High glucose levels in the blood affect the walls of the arteries, making them more likely to develop atheroma, which can lead to a heart attack or a stroke
 - Diabetes can increase the risk of having high blood pressure
 - People with type 2 diabetes often have higher levels of triglyceride (a fatty substance in the blood) and lower levels of HDL cholesterol (the 'protective' type of cholesterol). This can increase the risk of atheroma developing
 - Diabetes can actually increase the damage

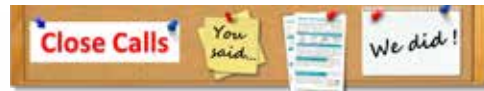
done by some of the risk factors for coronary heart disease – including smoking, high blood pressure and high blood cholesterol

- Diabetes can affect the heart muscle, making it less able to pump efficiently

The following will help protect you from coronary heart disease.

- Keep physically active
- If you smoke, stop
- Eat a healthy, balanced diet. This will also help reduce your blood cholesterol levels
- Be a healthy weight and body shape
- Keep your blood glucose level to your agreed target
- High blood pressure is very common in people with diabetes and it's essential to control it, to protect your heart and reduce your risk of complications. If you have diabetes, your goal is for your blood pressure to be 130/80mmHg or below

<https://www.bhf.org.uk/informationsupport/risk-factors/diabetes>



Metal fencing at access gave way whilst holding logs and fell onto car. Could have caused serious injury if this had happened at another time at Evesham Signal Box
Nigel Goodman

Reported to Network Rail Close Call Reporting • Reference: NRB289690. Closed by NWR. NG advised.

Himalayan Balsam present on Saddleworth Viaduct
James Woollard

Reported to Network Rail Close Call Reporting Reference: NRB296544. Email from NR that Balsam has been cleared.

The top steps to the access have been covered by soil and to get to the steps there is a small slope which is loose underfoot. There is no handrail available and when the weather gets worse and the slope gets wet I can imagine it will become even more hazardous at Banklands Bridge
Mike Kehoe

Reported to Network Rail Close Call Reporting • Reference: NRB285382. Close by NWR and MK advised.

TM lights left in carriageway which could have been missed by other drivers
Monika Daroch

Reported to LMJV

Upon routine inspections a pair of cut level 5 gloves were found with a tear in the finger joint
Alex Allcorn

Replacement gloves issued

Faulty plug socket in kitchen behind microwave
Neil Clemence

Electrician arranged by BSS and attended

Issue re Keying Signal without them being tested before touch due to sticker on cabinet
Matt Kirkham

Reported to Network Rail. PICOP came to key signal. Testers being provided by Bridgeway from TLP. Staff briefed at East Midlands Town Hall Briefing on 25/10/2018

Close Calls of the Month

September 2018
Jamie Bust
Site Investigation



"Red Bond sprayed instead of using red cable. Paint has worn off and is hard to notice. If the Red bond had become detached from the feeder line, it would become fully energised.

Staff not realising it was a red bond could be electrocuted."

October 2018
George Rigby
Site Investigation



"A machine working off track kept going within 9 feet of the OLE whilst I was on a walk out"

November 2018
Chris Kingsbury
Wales & Marches



"Week 30 Item no 272 PSS pack track diagrams has got the protection marked the wrong side of signals PT264# on the Down Swansea Line, PT464 on the Carriage Wash Line. The protection should be marked on the approach to the signals but are marked up beyond the signals"

Safety First (NOT!!!) No danger here?



Safe Use of Hand Trolleys

To ensure safe and correct use of hand-controlled trolleys and other manually propelled equipment mounted on rail wheels or runners:

- You should firstly have undergone a manual handling course as there is the potential for musculoskeletal injuries (back injury, sprained ankle etc). It is important that you use the correct manual handling techniques when lifting or carrying the trolley and any equipment that you will be loading on it
- During planning, always take into account the numbers and experience of staff required to load and push the trolley
- Conduct pre-use checks to ensure the trolley is in good working order.
- Each Hand Trolley must have the following labels clearly displayed:
 - Unique identification
 - Maximum uniformly distributed load (UDL) where applicable
 - Date of next maintenance brake test
 - Owners name and contact details

- If the Trolley fails the pre-use or in-use check it MUST NOT be used and must be withdrawn from service immediately and clearly labelled 'DO NOT USE' - it must then be placed in quarantine
- Risk assess conditions that will affect the safe handling, loading and use of the trolley, i.e. uneven ballast, switches, crossings, oil, frost/ice.
- Check that the track gradient does not exceed 1:50 – unless you have been specially authorised
- Consider the track cant to ensure the stability of the load
- Check with the COSS that the line is protected, including any required AC / DC isolations before placing the trolley on the track
- Ensure that the trolley is correctly loaded within the trolley load limits and that the load does not foul any other line
- A red flag or red light is displayed on the trolley - the flag or light must be visible in both directions

NEVER:

- Sit or ride on the hand trolley
- Use a hand trolley if you don't think its safe to do so
- Use hand trolleys on a gradient steeper than 1:50 – unless you have been specially authorised
- Use a trolley on track with a Cant higher than 150mm
- Interfere with the braking system
- Push at more than walking pace



Checking on Elderly and Vulnerable Neighbours

This winter, check up on older neighbours and relatives, and those with heart or respiratory (breathing) problems, to make sure they:

- Are safe and well
- Are warm enough, especially at night
- Have stocks of food and medication so they don't need to go out during very cold weather

If you're worried about a relative or elderly neighbour, contact your local council or call the Age UK helpline on 0800 678 1174 (8am to 7pm every day).

If you're concerned that the person may be suffering from hypothermia, contact NHS 111.



Ladders

Falls from heights are one of the leading causes of serious work-related injuries and deaths. On 22nd October 2018, a Railway colleague used a telescopic ladder placed against a cabin to carry out works at the Taunton Depot. However, a rung on the ladder was not locked in place and the ladder collapsed whilst in use causing them to fall from just below two metres, landing heavily on their back and suffering bruising.



Following the fatality of another Railway colleague in Scotland recently, it is essential that the use of ladders for work at height is a last resort when no other reasonable means are available.

When used, they should only be for short duration in low risk tasks by competent staff. Pre-checks of the ladder and surrounding area should take into consideration ladder stability, drop and impalement risks.

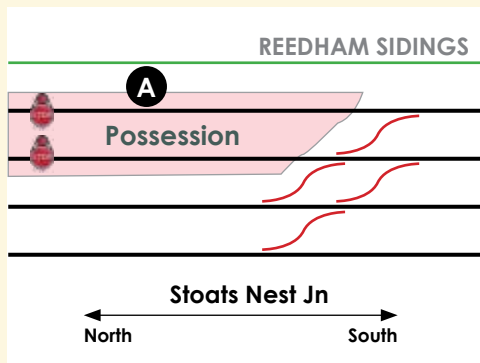
Workforce Fatality - Stoats Nest Junction, South Eastern Route

In the early hours of Tuesday 6th November, a member of the Southeast Route's possession delivery team was fatally struck by a train at Stoats Nest Junction, between Purley and Coulsdon. The colleague was carrying out Possessions Support duties.

The colleague arrived at the agreed access point as briefed (point A on the diagram), where he parked his vehicle. Signal protection was granted and he was given authority to access the track and place Possession Limit Boards and detonators. These were placed in the correct position.

After confirming that the Possession Limit Boards and detonators were in place, our colleague walked approximately 400m south, past the access/egress point and the possession protection onto an open line.

At 00:27hrs, a passenger train made a planned movement from the Down Fast on to the Down Slow where the tragic incident occurred.



Discussion Points

While the incident is being investigated, please discuss the following with your teams:

- Are there situations where you need to go outside of your planned possession limits? If so, what do you need to do to keep yourself safe?
- Do you ever find yourself using anything other than the safest walking route available? What can you do to prevent this happening in the future?

- Is there anything that prevents you from always looking at the approaching train when acknowledging a warning and ensuring that you are in a position of safety?

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

If it's right to use a ladder, use the right ladder and get trained to use it safely

Carry out a risk assessment before deciding to use a ladder (other equipment may be more appropriate)

Ladders are suitable for low-risk AND short duration tasks (under 30mins)

Always read the user instructions and the safety labels on the ladder

(3E)S - Exceeding Expectations
Everywhere **Safely**

TARGET



everyone
home safe
every day



The Driving Lifesaving Rules

More accidents happen to people while driving to and from work than while on the job or at home. The Driving Lifesaving Rules are applicable for everyone - not just those who work on the railway infrastructure:

- **Never work or drive while under the influence of drugs or alcohol.**
- **Never use a hand-held or hands-free phone, or programme any other mobile device, while driving.**
- **Always obey the speed limit and wear a seat belt.**

Be safe always - your unsafe driving behaviours could be life changing for others, not just yourself.
We want everyone to go home safe every day.

1 Winter Driving

When driving in winter, plan journeys carefully - check weather and traffic bulletins regularly for accidents, lowered speed limits or even temporary road or bridge closures. Allow extra time for your journeys and be prepared for unexpected delays.

Keep your distance and adopt a less aggressive driving style. Gentle manoeuvres are the key to safe driving in winter, letting you have more control of your vehicle in wet, windy or icy conditions.

- If you start to skid, take your foot off the accelerator and turn the steering wheel into the direction of the skid
- Do not brake suddenly. Stopping distances are 10 times longer in ice and snow

Black Ice

A loss of road noise from your tyres are an indication of black ice which is not always visible and is most commonly found on roads that run around bodies of water (such as lake and rivers), in tunnels, on bridges or overpasses and in shady or rural areas where the road surface freezes more quickly.

Driving in High Winds

Sudden gusts can catch you out no matter how experienced a driver you are. It's important to keep your speed down. Expect gusts particularly on open stretches of road, when passing bridges or gaps in hedges or when overtaking high-sided vehicles.



2 Pledge to Do Six Simple Things to Save Lives

Making our roads safer is just good thinking, so show your commitment to road safety and saving lives by making and sharing Brake's Pledge.

http://www.brake.org.uk/index.php?option=com_content&view=article&layout=edit&id=129

Brake believes that good road safety is made up of the following core strands, and a safe driver will adopt each one as part of his or her daily driving routine.

Slow: Trying to make up time when running late could be the difference between a safe journey and one that ends in a fatality. Breaking the speed limit or travelling too fast for the conditions is a contributory factor in more than one in four (27%) fatal crashes in the UK.

Sober: That one drink a driver has before getting behind the wheel could affect their ability to make a split-second decision, a decision that might prevent them from killing either themselves or another road user.

Secure: Despite their huge impact on road safety, seat belts are still seen as an inconvenience by

a minority of drivers, yet using a three-point belt reduces the chance of dying in a crash by 50%. 21% of car occupants killed in crashes were not wearing a seat belt.

Silent: That phone call a driver thinks simply cannot wait could cost them or another road user their life. Drivers who perform a complex secondary task at the wheel, like using a mobile, are three times more likely to crash than non-distracted drivers.

Sharp: Booking in for a regular eye test should be at the top of any driver's to-do list, as a skipped test may cost someone their life. Road crashes caused by poor driver vision are estimated to cause 2,900 casualties and cost £33 million in the UK per year.

Sustainable: By minimising the amount we drive, or not driving at all, and walking, cycling or using public transport instead we are removing the potential for many crashes to happen in the first place and doing the best we can for the environment and our individual health. Air pollution is a major killer: there are an estimated 29,000 deaths from particulate matter pollution in the UK, 5,000 of which are attributable to road transport.



I'm making the #brakepledge




3 Know and Stay Within the Speed Limit

Many vehicle drivers unintentionally exceed the speed limit, often without realising it. Drivers are responsible for the speeds at which they choose to drive. Here are ROSPA's top 10 tips of things you can do to stay within the speed limit:

- Check your speedometer regularly, especially when leaving high speed roads
- Know the limits - look for signs, especially at junctions
- Assume lamp posts mean 30 mph, until signs say

- otherwise, but remember it could be 20 mph
- Remember, speed limits are a maximum, not a target
- 20's plenty when kids are about - and may even be too fast
- Try no higher than 3rd gear in a 30 mph limit
- Recognise what makes you speed - keeping up with traffic, overtaking or being tailgated
- Concentrate - distracted drivers speed
- Slow down when entering villages
- Give yourself time - there's no need to speed and you won't get there quicker



* If articulated or towing, the maximum speed is 60 mph

Other Safety Information

Bridgeway Calendar 2019/20



