

June 2020 ACS Rail Updates

Welcome to the **June 2020** 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.

NR/L2/SCO/302 ISSUE 1 Supplier Qualification – Core Requirements

Please note the above standard has been amended to allow other organisations to provide Supplier Approval services as a result of the court case between Network Rail and Achilles.

I would draw your attention to the following Clause:

6.4.2.2 The Supplier Assurance Provider shall confirm that where a supplier uses external consultancy to support their activities, the supplier is able to demonstrate their ability to meet the requirements of this standard without the consultant present.

I will be speaking to you individually to understand how we adapt to this requirement moving forward.

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 116: 06th June 2020 – 04th September 2020

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 & Controls Publications Manager

Neil Whitaker
Phone: 01908 782564

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 116 - 06 June 2020

References	Title	Replaces
NR/CAT/STP001 Issue 116	Catalogue of Network Rail Standards	NR/CAT/STP001 Issue 115
NR/GN/OHS/00155 Issue 1*	Short-term Changes in the Creation and Application of Safe Work Packs and Briefing Arrangements COVID-19 Contingency Plan (Guidance for Regions on NR/L2/OHS/019)	New at Issue 116
NR/L2/CSG/STP001 Issue 8	Standards and Controls Management	NR/L2/CSG/STP001 Issue 7
NR/L2/ELP/21085 Issue 4	Earthing and Bonding on A.C. Electrified Railways	NR/SP/ELP/21085 Issue 3 NR/GN/ELP/00004 Issue 2
NR/L2/ELP/21087 Issue 9	Specification of Maintenance Frequency and Defect Prioritisation of Overhead Line Electrification Equipment	NR/L2/ELP/21087 Issue 8
NR/L2/ELP/27551 Issue 1	TPCMS Change Management Process	New at Issue 116
NR/L2/SCO/302 Issue 1	Supplier Qualification Requirements	New at Issue 116
NR/L2/TRK/052 Issue 4	Rail, Baseplate and Under-Sleeper/Bearer Pads	RT/CE/S/052 Issue 3
NR/L3/ELP/27237 Issue 19	Overhead Line Work Instructions	NR/L3/ELP/27237 Issue 18
NR/L3/MTC/CP009 Issue 3*	COVID-19 Contingency Plan: Safe Working Practices	NR/L2/MTC/CP009 Issue 2
NR/L3/MTC/RCS0216 Issue 17	Risk Control Manual	NR/L3/MTC/RCS0216 Issue 16
NR/L3/OPS/045 Issue 10	National Operating Procedures Index	NR/L3/OPS/045 Issue 9
NR/L3/INI/CP0074/F0030 Issue 29	PAN (Project Advice Note) Register	NR/L3/INI/CP0074/F0030 Issue 28
NR/OPS/DEV/009 Issue 2*	Network Rail: Good Practice Guide for Working at Operational Locations (Signal Boxes, Electrical Control Rooms, Controls) During COVID 19	New at Issue 116

* New or up-issued documents in response to COVID-19

Standards Updates



Withdrawn, Closed and Superseded Documents

References	Title	Replaced by/Status
NR/CAT/STP001 Issue 115	Catalogue of Network Rail Standards	NR/CAT/STP001 Issue 116
NR/GN/ELP/00004 Issue 2	A.C. Electrified Lines Earthing & Bonding	NR/L2/ELP/21085 Issue 4
NR/L2/CSG/STP001 Issue 7	Standards and Controls Management Manual	NR/L2/CSG/STP001 Issue 8
NR/L2/ELP/21087 Issue 8	Specification of Maintenance Frequency and Defect Prioritisation of Overhead Line Electrification Equipment	NR/L2/ELP/21087 Issue 9
NR/L3/ELP/27237 Issue 18	Overhead Line Work Instructions	NR/L3/ELP/27237 Issue 19
NR/L3/MTC/RCS0216 Issue 16	Risk Control Manual	NR/L3/MTC/RCS0216 Issue 17
NR/L3/OPS/045 Issue 9	National Operating Procedures Index	NR/L3/OPS/045 Issue 10
NR/SIN/155 Issue 2	Warning Signs for AC and DC. Switching Stations	Withdrawn
NR/SP/ELP/21085 Issue 3	Specification for the Design of Earthing and Bonding Systems for 25 kV a.c. Electrified Lines	NR/L2/ELP/21085 Issue 4
RT/CE/S/052 Issue 3	Rail & Baseplate Pads	NR/L2/TRK/052 Issue 4

Emergency Changes (Previously 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.

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/445	Standard/control document affected: NR/L3/ELP/27241 (Issue 4), Fixed Plant Work Instructions	1	27/03/2020
NR/BS/LI/444	Standard/control document affected: NR/L2/ELP/27238 (Issue 7), Maintenance Specification for Fixed Plant Equipment	1	27/03/2020
NR/BS/LI/443	Standard/control document affected: NR/L2/ELP/21088 (Issue 3), General Maintenance Parameters for Overhead Line Electrification Equipment	1	25/03/2020
NR/BS/LI/442	Standard/control document affected: NR/L2/TRK/1054 (Issue 5), Inspection of cast, welded and fabricated crossings in the track	1	25/03/2020
NR/BS/LI/441	Standard/control document affected: NR/L2/TRK/053 (Issue 9), Inspection and Repair to Control the Risk of Derailment at Switches	1	25/03/2020
NR/BS/LI/440	Standard/control document affected: NR/L2/TRK/001 (Issue 15), Inspection and Maintenance of Permanent Way	1	25/03/2020
NR/BS/LI/432	Standard/control document affected: NR/L3/SIG/10661 (Issue 18/19), Signalling Maintenance Task Intervals	1	23/03/2020
NR/BS/LI/427	Standard affected: NR/L2/ELP/27229 (Issue 2), Specification for remote control equipment for electrical distribution systems Superseded by NR/L2/ELP/27551 Issue 1. To be withdrawn on 6 June 2020	4	13/11/2019
NR/BS/LI/426	Standard/control document affected: NR/L1/CIV/032 (Issue 2), The Management of Structures	1	26/07/2019
NR/BS/LI/425	Standard/control document affected: NR/L2/ELP/27325 Train Borne Monitoring of Traction Power Contact Systems	1	10/05/2019
NR/BS/LI/424	Standard/control document affected: NR/SP/SIG/19812 (Issue 1), Cross Track Cable Management	1	18/04/2019
NR/BS/LI/423	Standard/control documents affected: NR/L2/TRK/001/mod07 [Issue: 8] Management of rail defects Expired 10 March 2020	4	11/03/2019
NR/BS/LI/422	Standard/control documents affected: NR/L3/TRK/055/U15 (Issue 1), [Ultrasonic testing of rail using the Sperry roller search unit rail testing system including identification & sizing of 37o suspects reported by the UTU] Expired 10 March 2020	4	11/03/2019
NR/BS/LI/420	Standard/control document affected: NR/SP/ELP/21060 (Issue 2), Issue of Safety Documentation for Work on 650/750 V de Apparatus Expired 29 April 2020	4	29/04/2019
NR/BS/LI/419	Standard/control document affected: NR/L3/ELP/29987 [Working On or About 25 kV a.c. Electrified Lines] (Issue 5) – SUPERSEDES ISSUE 1	2	13/02/2020
NR/BS/LI/416	Standard/control document affected: NR/L2/CTM/018 Issue 2, Competency & Training in Traction Power Distribution Expired 5 February 2020	1	05/02/2019
NR/BS/LI/413	Standard/control document affected: NR/L2/OHS/022 Issue 1, Working Safely at Height. To be withdrawn on 6 June 2020.	1	04/01/2019
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 – HISTORIC ON 29 NOVEMBER 2019	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/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/348	Requirements for undertaking the roles of Lead Examiner and Examining Engineer for the examination of Tunnels. Standards affected: NR/L3/CIV/006 Part 4A Issue 1, NR/L3/CIV/006 Part 4B Issue 1 and NR/L3/CIV/006 Part 1D Issue 1. SUPERSEDED BY NR/L3/CIV/006 ISSUE 9 – HISTORIC ON 1 APRIL 2021	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
NR/BS/LI/331	Requirements for parapet heights on over bridge and footbridge structures spanning overhead line electrification equipment	2	07/08/2015

Standards Updates



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/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/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/163	Standard affected: RT/CE/S/130 (Issue 1). Flash-Welded Rails: Site Welded Strings	2	01/10/2010
NR/BS/LI/154	Use Of The Geismar THR542 Lightweight Stressing Equipment In Tandem. Standard affected: NR/L2/TRK/3011 (Issue 6)	1	18/01/2010
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

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.

Rule Book Briefing Leaflet

[GERT8000-RBBL Iss 33](#)

Issued: 07/09/2019

In Force: 07/12/2019

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 7.pdf](#)

Issued: 07/09/2019

In Force: 07/12/2019



Controlled Document List 06 June 2020

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

Ref. / Title	Issue No	Issue Date
GROUP STANDARDS - http://www.rssb.co.uk/railway-group-standards		
Modular Rulebook GE/RT8000/ (See separate page for listed modules and issue dates)	-----	-----
GERM8000-master-module Master Module Manual	7	09/2019
GERM8000 Track Workers Manual	6	09/2019
GERM8000 Possession Workers Manual	4	09/2019
GLRT1210 AC Energy Subsystem and Interfaces to Rolling Stock Subsystem	2	12/2019
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
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	2	12/2019
RIS-3119-TOM Accident and Incident Investigation	2.2	03/2019
RIS-3279-TOM High Visibility Clothing	2	09/2019
RIS-3701-TOM Confidential Reporting System for Rail Staff	2.1	12/2019
RIS-8046-TOM Spoken Safety Critical Communications	2	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 G1242 Alcohol and Drugs at Work – Managers For Cause and Post Incident Check List	A4	04/2020
LUL G1249 Environmental Incident Categories	A5	07/2018
LUL G2020 Wuhan novel coronavirus	A1	01/2020
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 S1548 Safety Critical Work	A6	02/2020
LUL S1538 Assurance	A16	04/2020
LUL S1552 Contract QUENSH Conditions Incorporating written notice: 10/05/2017, 02/05/2019	A18	11/2016

Controlled Documents



Ref. / Title	Issue No	Issue Date
LONDON UNDERGROUND (LU) STANDARDS		
LUL S1601 Management Arrangements to Assure Medical Fitness	A5	01/2012
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	116	06/2020
PTS Handbook RT 3170	09	06/2013
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/035 Management of Structures	2	06/2019
NR/L2/CIV/086 Management of Earthworks	9	03/2019
NR/L2/CIV/250 Landlord's Consent	1	03/2020
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	9	09/2019
NR/L3/CIV/040 Work Instruction for the use of Protective Coating Systems	2	06/2019
NR/L3/CIV/170 Assessment of Tunnels	1	03/2019
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/L2/CSG/STP001 Standards and Controls Management Manual	8	06/2020
NR/CS/CTM/001 Competence Management	1	12/2006
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	3	12/2019
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/ELP/21085 Earthing and Bonding on A.C. Electrified Railways	4	06/2020
NR/L2/ELP/21087 Risk Based Maintenance for Overhead Line Assets	8	09/2018
NR/L2/ELP/21087 Risk Based Maintenance for Overhead Line Assets	9	06/2020
NR/L2/ELP/21088 General maintenance parameters for 25 kV overhead line electrification equipment	3	12/2015

Controlled Documents



Ref. / Title	Issue No	Issue Date
NETWORK RAIL STANDARDS		
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
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	6	09/2019
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	4	03/2019
NR/L3/ELP/27237 Overhead Line Work Instructions	18	03/2020
NR/L3/ELP/27237 Overhead Line Work Instructions	19	06/2020
NR/L3/ELP/3091 DC Electrified Lines Working Instructions	5	09/2019
NR/SP/ELP/29987 Working on or About 25 KV AC Electrified Lines	5	12/2018
NR/L2/ENV/120 Waste Management	1	12/2019
NR/L2/ENV/121 Managing Environmental and Social Impact of Noise and Vibration	1	12/2019
NR/L2/ENV/123 Prevention of Pollution to Land and Water	1	12/2019
NR/L2/ENV/015 Environment and Social Minimum Requirements for Projects – Design and Construction	8	03/2019
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/CP009 COVID-19 Contingency Plan: Safe Working Practices	3	05/2020
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/MG0173 Monitoring of Spoken Safety Communications	3	06/2019
NR/L3/MTC/MG0210 Management of Maintenance Work within a Worksite to Prevent a Possession Overrun	3	06/2019
NR/L3/MTC/MG0213 Index of Standard Maintenance Forms	15	03/2020

Controlled Documents



Ref. / Title	Issue No	Issue Date
NETWORK RAIL STANDARDS		
NR/L3/MTC/RCS0216 Risk Control Manual	16	03/2020
NR/L3/MTC/RCS0216 Risk Control Manual	17	06/2020
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/GN/OHS/00155 Short-term Changes in the Creation and Application of Safe Work Packs and Briefing Arrangements COVID-19 Contingency Plan (Guidance for Regions on NR/L2/OHS/019)	1	06/2020
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
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	9	12/2019
NR/L2/OHS/0044 Planning and Managing Construction Work replaces NR/L3/INI/CP0044 Work Package Planning	5	12/2016
NR/L2/OHS/0047 Managing Health and Safety in Construction (Application of the Construction (Design and Management) Regulations to Network Rail)	7	06/2019
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	2	03/2020
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/OPS/DEV/009 Network Rail: Good Practice Guide for Working at Operational Locations (Signal Boxes, Electrical Control Rooms, Controls) During COVID 19	2	06/2020
NR/L2/OPS/033 Recording Spoken Safety Critical Communications between Possession Management and Engineering Trains / On-Track Plant Drivers when Working in Possessions and Worksites.	3	06/2019
NR/L2/OPS/291 Railway Crime Risk Management	1	12/2019
NR/L3/OPS/084 Line Clear Arrangements Following Engineering Works in Axle Counter Areas – Line Clear Verification Process	5	03/2020
NR/L3/OPS/251 Unmanned Aircraft System (Drone/UAS) Operations	3	09/2019
NR/GN/OTK/5000 Issue 1 Index of Off-Track Drawings	1	06/2019
NR/L2/OTK/5201 Lineside Vegetation Management Manual	4	03/2020
NR/GN/RMVP/0200 Infrastructure Plant Manual Guidance	1	12/2018

Controlled Documents



Ref. / Title	Issue No	Issue Date
NETWORK RAIL STANDARDS		
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	5	06/2019
NR/L1/RSK/001 Network Rail Risk Policy	3	09/2019
NR/L2/SCO/302 Supplier Qualification Requirements	1	06/2020
NR/L3/SCO/313 On-Track Machines (OTMs) Driver and Operations Standards Manual	7	09/2019
NR/L3/SCO/314 Engineering Assurance for T&RS, OTM and OTP Projects	1	12/2018
NR/SIN/185 Identification and Inspection of Plain-Lined S&C	1	06/2019
NR/L2/SIG/11201 Signalling Design Handbook	11	06/2018
NR/L2/SIG/14201 Signalling Risk Assessment Handbook	4	03/2019
NR/L2/SIG/30009 Signalling Principles Handbook	18	12/2019
NR/L2/SIG/30014 Signalling Works Testing Handbook	16	03/2020
NR/L3/SIG/10064 General Instructions to Staff Working on S&T Equipment	8	06/2019
NR/L3/SIG/10661 Signal Maintenance Task Intervals	19	03/2020
NR/L3/SIG/10663 Signal Maintenance Specifications	11	03/2020
NR/L3/SIG/11231 Signal Maintenance Testing Handbook	14	03/2020
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)	16	09/2019
NR/L1/TRK/100 Management of Track Assets	1	03/2020
NR/L2/TRK/001 Inspection and Maintenance of Permanent Way	15	03/2020
NR/L3/TRK/003 Index of Track Engineering Forms	33	03/2020
NR/L3/TRK/3530 Track Lubricants	1	06/2012
NR/L3/TRK/7006 Creation and Application of Initial ESR Design	1	03/2019

Controlled Documents



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
Sentinel Scheme Rules https://info.railsentinel.co.uk/about/rules/	V3 11 June 2018 Compliance Date 9 Jul 2018

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

Controlled Documents



Ref. / Title	Reference
LEGISLATION	
The Fire Precautions (Workplace) Regulations 1997	1997 No. 1840
The Hazardous Waste (England and Wales) (Amendment) Regulations 2009	2009 No. 507
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 Waste Management (England and Wales) Regulations 2006	2006 No. 937
The Work in Compressed Air Regulations 1996	1996 No. 1656
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

Controlled Documents



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 33	Sep 2019	Rule Book Briefing Leaflet	This Leaflet contains details of changes being published in September 2019 and in-force December 2019.
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-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-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).

Controlled Documents



Name & Issue	Issue Date	Title	Synopsis
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 6	Sep 2019	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).
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 7	Sep 2019	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.
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 7	Sep 2019	Duties of the person in charge of a possession (PICOP)	You will need this handbook if you carry out the duties of the PICOP.
GERT8000-HB12 Iss 7	Sep 2019	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.
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-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-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)
[Modern Slavery](#) (web page)

Network Rail Safety Bulletins

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/>

The following link contains a list of Network Rail Safety Bulletins : [Safety Bulletin List June 05](#)

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 NRB20-06 – Overhead line equipment in station struck by a mobile elevated scissor lift](#) May 1, 2020
- [Safety Bulletin NRB20-05 – Making safe engineering train movements in possessions](#) April 23, 2020

Safety Advice

- [Safety Advice NRA20-06 – Wooden poles on the railway infrastructure](#) June 5, 2020
- [Safety Advice NRA20-05 – Live Line Indicator](#) May 14, 2020
- [Safety Advice NRA20-04- Maintaining safety focus during the COVID-19 pandemic](#) May 14, 2020
- [Safety-Advice-NRA20-03-Social-distancing](#) May 18, 2020
- [Safety Advice NRA20-02 – Safe isolations](#) March 23, 2020

Other documents

- None

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)

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.

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**



Coronavirus (COVID -19)

You will find many resources on this page: <https://safety.networkrail.co.uk/coronavirus-covid-19/>

Network Rail is working very closely with government, industry partners and health bodies to have the latest advice and messages available. In order to have the latest updates with this fast-changing situation we will be linking into.

[Network Rail' corporate website for industry information](#)

[COVID Guidance for BAME colleagues](#)

If you're feeling unwell, please follow public health advice immediately. More information is available on the [NHS website](#).

Please Note: Covid-19 mitigation Network Rail is continually reviewing our controls. As a result, we can confirm that the use of TVP's will not be subject to any additional restrictions beyond those required under the Network Rail TVP Standard NR/L2/OHS/020 and Sentinel Scheme Rules. However, it should be reminded that the use of TVP's should only be issued within accordance to the TVP standard.

01 May 2020 this short film on social distancing on work sites was produced. All information correct at time of publication [Watch Here](#)

Attachments

- [Information and Advice for Managers and BAME Colleagues During COVID-19 – Final 12052020](#) PDF / 27 May 2020
- [Masks and Face Shields in Stations \(Subs\)](#) MP4 / 19 May 2020
- [Safety-Advice-NRA20-03-Social-distancing](#) PDF / 18 May 2020
- [COVID-19 Masks & Face Shield Visors \(Subs\)](#) MP4 / 29 Apr 2020
- [COVID-19-working on site _print_ 3-04-2020_Final](#) PDF / 6 Apr 2020
- [COVID-19-working-at-operating-locations _print_ 3-4-2020_Final](#) PDF / 6 Apr 2020
- [COVID-19-working-at-operating-locations_3-4-2020_Final](#) PDF / 6 Apr 2020
- [COVID-19-working on site_3-4-2020_Final](#) PDF / 6 Apr 2020
- [NWR Vita Health Virtual Physiotherapy-1080p-b9ddde8a-c350-4610-ab60-5cc6c2ad0431](#) MP4 / 2 Apr 2020
- [Good practice guide for site working during Covid 19 V1](#) PDF / 31 Mar 2020
- [Guidelines on Social Distancing for Key workers Covid 19](#) PDF / 31 Mar 2020
- [Guidelines for working from home – social distancing and shielding the vulnerable Covid 19](#) PDF / 31 Mar 2020
- [DSE Guidance v2 MC Final3 COVID 19](#) PDF / 31 Mar 2020



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@ih.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>



Item	Details
<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>
<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</p> <p>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</p> <p>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>

Useful Links



Item	Details
	<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

Track Safety Alliance

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

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

Southern Shield

Everyone Home Safe Every Day

Southern Shield is a collaborative safety forum that consists of Network Rail Infrastructure Projects Southern Region and its principal contractors. There are many more useful links on their website

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

- Best Practice <https://www.southernshield.co.uk/best-practice/90/>
- Safety Messages <https://www.southernshield.co.uk/safety-messages/4/>
- Health & Wellbeing <https://www.southernshield.co.uk/health-and-wellbeing/82/>
- Library <https://www.southernshield.co.uk/library/3/>



Transport for London



28 May 2020

Transport for London extends its use of RISQS for supplier selection

The Rail Industry Supplier Qualification Scheme (RISQS) is well established as the preferred route for selection of quality-assured suppliers in the Rail industry.

Transport for London (TfL) currently uses RISQS for selection of suppliers in its Rail business. TfL is now extending its use of RISQS to include all suppliers to **railway modes** (London Underground, Major Projects Directorate, Elizabeth Line, London Overground, Trams and Docklands Light Railway).

For TfL suppliers already in RISQS, no further action is necessary (but suppliers should check that their RICCL codes are correct for the products and services that they supply).

For TfL suppliers not registered in RISQS, then **these suppliers need to register in RISQS in the event that they intend to supply to any of the railway modes stated above.**

Additionally, where suppliers deliver products or services where Safety, Health or Environmental arrangements are required to be assured, then these suppliers will need to undergo an audit to obtain the Industry Minimum Requirements (IMR) assurance rating. This audit is undertaken through RISQS.

Details of how to register in RISQS are provided on the TfL Web Page entitled 'Become a TfL Supplier'.

In the event of query please email the following: RISQS@tfl.gov.uk

From:

Philip Hewson Head of Procurement, Strategy & Performance

James Terry Head of SHE, Major Projects

MAYOR OF LONDON



VAT number 756 2769 90



Transport for London
London Underground



Access

Briefing Notice 060

Extending safety on the track certification

Due to the current situation with COVID 19, London Underground has decided to extend all safety on the track certification for work in engineering hours and possessions only.

Safety on the track certification that is due to expire from 21 March 2020 will be extended to a new expiry date of 31 May 2020.

There is no requirement to obtain a replacement safety on the track certificate during this period, but expired safety on the track certificates must still be carried and shown as requested in engineering hours and possessions.

Effective 18 March 2020

Senior Programme Manager

<h1>SAFETY ALERT</h1>		
Issue Date: 01/06/2020	Issue No: 2020-07	Source: Assurance
Brief Description: Summer: Heat Exhaustion and Heat Stroke		

Although Summer often doesn't always result in excessively hot temperatures, there will be times when the sun does come out and you will find yourselves working in very hot weather conditions. This can put you at risk from heat stress, especially when performing heavy work.

HEAT EXHAUSTION OR HEAT STROKE?

HEAT EXHAUSTION SYMPTOMS

1. Faint or dizzy
2. Excessive sweating
3. Cool, pale, clammy skin
4. Nausea, vomiting
5. Rapid, weak pulse
6. Muscle cramps

HOW TO TREAT IT

1. Move to cooler location
2. Drink water
3. Take a cool shower or use cold compresses

HEAT STROKE SYMPTOMS

1. Throbbing headache
2. No sweating
3. Body temp above 103°
Red, hot, dry skin
4. Nausea, vomiting
5. Rapid, strong pulse
6. May lose consciousness

HOW TO TREAT IT

1. Get emergency help
2. Keep cool until treated

PROTECTION FROM HEAT STRESS

COOLING AIDS

- Cooling towels
- Hard hat cooling pads
- Ice packs
- Lightweight PPE

WORKING OUTSIDE

- Avoid long periods of physical exertion especially in hot and humid weather
- If you get too hot, take a break in the shade to allow yourself time to cool off

STAY HYDRATED

- Drink plenty of water to keep hydrated especially when working in hot weather

THINGS YOU CAN DO TO COOL SOMEONE DOWN

Follow these 4 steps:

- Move them to a cool place.
- Get them to lie down and raise their feet slightly.
- Get them to drink plenty of water. Sports or rehydration drinks are OK.
- Cool their skin – spray or sponge them with cool water and fan them. Cold packs around the armpits or neck are good too.

Stay with them until they are better.

They should start to cool down and feel better within 30 minutes.

CALL 999 IF THE PERSON:

- is no better after 30 minutes
- feels hot and dry
- is not sweating even though they are too hot
- has a temperature that's risen to 40C or above
- has rapid or shortness of breath
- is confused
- has a fit (seizure)
- loses consciousness
- is unresponsive

These can be signs of heat stroke.

While you wait for help, keep giving first aid and put them in the recovery position if they lose

**Heat exhaustion is not serious and usually gets better when you cool down.
If it turns into heat stroke it needs to be treated as an emergency.**



SAFETY MEMORANDUM		
Issue Date: 27/04/2020	Issue No: SM126	Source: Assurance
Brief Description: Shared Learning – Hand Sanitisers		

Please read and understand the shared learning received from Siemens below.

Safety Notice – Alcohol Based Hand Sanitiser

Sharing of Lessons Learnt – Incident was not work related: Location: Haugesund

What happened?
 A Gassco employee used alcohol based hand sanitiser as recommended during the Corona pandemic. The person touched a metal surface before the liquid evaporated. Due to static electricity, the vapour from the hand sanitiser ignited with an almost invisible flame on both hands. The person quickly managed to get to a sink to extinguish the flames

Consequence: First and second degree burns, see photo of injury.


Actions taken: Warning signs indicating flammable liquids are posted on all hand sanitising dispensers at Gassco.

Advice: Everyone should wash their hands with soap and water if possible. If only alcohol based hand sanitisers are available, make sure all liquid is evaporated before touching any surfaces.



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SAFETY MEMORANDUM		
Issue Date: 24/04/2020	Issue No: SM125	Source: Assurance
Brief Description: COVID-19 - First Aiders Guide		

In light of the current COVID-19 pandemic and the risks it poses, please find below a guide for First Aiders when rendering assistance to injured persons.

Be aware of the risks to yourself and others

When approaching an injured person to assess what is wrong or to check their breathing, there is always a risk of cross contamination. We do not know exactly how the COVID-19 coronavirus spreads from person to person, but similar viruses are spread in cough droplets.

It is also possible that you may become infected by touching a person, a surface or object that has been contaminated with respiratory secretions and then touching your own mouth, nose, or eyes (such as shaking hands or touching door knobs then touching your own face).

If there is to be close contact between you, the First Aider, and the injured person the first thing to do is STOP! and assess. Check for any other danger to you or the injured person. First aiders who are immunocompromised or have an underlying health condition should not provide first aid assistance that could put them at risk.

PPE

For your personal protection, you should be wearing/using the following PPE:

- Fluid repellent surgical face mask. If none are available, at least a visor, the latter is also good for maintaining communications, e.g. to reassure the injured person.
- If available, get the injured person to wear a mask themselves if they are able to. if the injured person is unconscious, fit the mask without moving their head.
- Disposable nitrile gloves
- Disposable apron or coverall

Keeping safe

- Always wash your hands or use an alcohol gel, before and after treating an injured person. Cover cuts and grazes on your hands with waterproof dressing.
- Ensure that you don't cough or sneeze over an injured person you are treating.
- Don't lose sight of other cross contamination that could occur that isn't related to COVID-19.
- Use a waste bag (yellow) to discard all disposable PPE and clinical waste (e.g. wipes used to clean a wound) safely via the clinical waste stream at work.
- If you need to provide assistance to an individual who is symptomatic and may have COVID-19, wherever possible, place the person in a place away from others. If there is no physically separate room, ask others who are not involved in providing assistance to stay at least 2 metres away from the individual. If barriers or screens are available, these may be used.





SAFETY MEMORANDUM		
Issue Date: 20/04/2020	Issue No: SM125	

Giving treatment

For general first aid, encourage the injured person to help themselves where possible and give them guidance on what to do, e.g. asking them to put pressure on their wound by holding it firmly with their hand. This helps us to maintain social distancing.

If the injuries are more severe or cardiac arrest is suspected, make sure an ambulance is on its way if required. (When you call 999, tell them if COVID-19 is suspected).

Assessing for cardiac arrest is normally carried out by looking for the absence of 'signs of life' and 'normal' breathing. Do not listen or feel for breathing by placing your ear and cheek close to the injured person's mouth/nose **UNLESS THE INJURED PERSON HAS A MASK FITTED.**

With no treatment, a person in cardiac arrest will die, usually within a few minutes. Early CPR and defibrillation will give them their best chance of survival.

- If you haven't got one with you, call for someone to get a defibrillator (if available).
- You should attempt "compression only" CPR (i.e. no rescue breaths) and defibrillation (if available) until the ambulance arrives.
 - If no extra mask is available, use a towel or piece of clothing and lay it over the mouth and nose of the injured person before you start CPR.
- Interlock your hands, (one on top of the other), together in the middle of the chest and push hard and fast. [Early use of a defibrillator significantly increases the person's chances of survival and does not increase risk of infection].
- After performing compression only CPR, wash your hands thoroughly with soap and water and any clothing that may have come onto contact with the injured person should be changed/washed. Alcohol-based hand sanitising gel is a good secondary alternative, the higher the alcohol content the better.

Keep yourself informed and updated

Make sure that you regularly review the NHS 111 or Gov.uk website which has a specific section on Coronavirus.

- [Click here to visit NHS 111](#)
- [Click here to visit Gov.uk](#)
- [Click here to visit Resuscitation Council](#)

Remember your own needs

The COVID-19 outbreak has meant a lot of upheaval and worry for people. In order to help others, you will also need to look after your own needs.

Make sure you take time to talk about your fears and concerns with someone you trust and to take out time to look after yourself. Talk to your Line Manager, HR team or call our Employee Assistance Programme provider Validium 0800 3 58 48 58.



Covid-19: Employee Reference Guide



Covid-19 Symptoms and Self-Isolating



If you have a new continuous cough, high temperature or shortness of breath, use the [NHS 111 online coronavirus service](#). Only call 111 if you cannot get help online.



If your symptoms are mild, self-isolate in a room away from your family for at least 7 days. Anyone you live with should not leave your home for 14 days.



Wear a mask if you have a cough or cold or if you are caring for someone.



Wash your hands with soap and water for at least 20 seconds before and after giving care.

Keeping Yourself and Others Safe



Avoid unnecessary social contact. Stay at home. Only go out if it is absolutely essential.



Wash your hands frequently with soap and water for at least 20 seconds. Use hand sanitisers with at least 70% alcohol content if no water available. Make sure it's completely dry before touching metal surfaces.



Cover your mouth and nose with a tissue when you cough or sneeze and bin it. Cough/Sneeze into your elbow if you don't have any.



Only go out if it's essential. Always maintain a 2m distance from others not of your household.

Maintain Your Mental Health & Wellbeing



It is normal to feel sad, distressed, worried, confused, scared or angry during a crisis. You are not alone.



Don't believe everything. Check the facts from fake. Spend less time watching or listening to upsetting media coverage.



Don't use cigarettes, alcohol or other drugs to cope with your emotions.



Talk with someone you trust about your worries or call a mental health professional.



Maintain your physical and mental health. Do some yoga, meditation or exercise.



Maintain a healthy diet. Cook with your family.



Keep in touch. Call/video chat with friends and family.



Keep busy with a variety of activities. Reassure your family and be kind.



Enjoy your garden. Plant some vegetables.



Help out vulnerable neighbours with their shopping.

ALWAYS REFER TO THE LATEST COVID-19 GUIDELINES, BRIDGEWAY/CLIENT RISK ASSESSMENTS WORK INSTRUCTIONS AND TOOLBOX TALKS



Covid-19: Employee Reference Guide



Working from Home



Aim to wake up at the same time every day. This helps stabilise your body clock and improve sleep.



Don't do work in bed - this is where you rest. Try to work in a separate room away from your family.



Choose a quiet comfortable place to work. Remove non-work-related clutter.



Don't overload your electrical sockets. Check your wires for defects.



Take a break every 50-60 minutes. Do some chair exercises or take a short walk.



Working in The Office



Maintain 2m distance between your office colleagues.



Clean your workstation with disinfectant wipes.



Make your own brew to reduce chance of cross contamination.



Wash your hands with soap and water for at least 20 seconds after touching surfaces, utensils and door handles. Use hand sanitisers with at least 70% alcohol content if no water available. Make sure it's completely dry before touching metal surfaces.



Clean frequently used surfaces e.g. door handles, press to exit buttons, toilet facilities.

Working at Site



Use own transport to site if possible. If using Bridgeway team vehicles, maintain separation as per guidance and clean vehicles after use.



Maintain 2m distance between workers when signing in/out and during briefings.



Use PPE as per task requirements/work instructions. Do not share PPE. Always clean and sanitise your PPE after use.



Wear a surgical mask if working less than 2m apart is unavoidable and only for short durations. DO NOT touch your face or mask. STOP if safety glasses steams/fogs up and wait until it clears before proceeding.



Clean equipment control surfaces and vehicle interiors between use by different operators to prevent cross contamination.



Restrict number of people entering toilets. Maintain 2m distance apart.



Wash your hands frequently with soap and water for at least 20 seconds. Use hand sanitisers with at least 70% alcohol content if no water available. Make sure it has completely dried before touching any metal surfaces.



Take 5 and Alpha Scan - Pause or stop work if needed



Speak up if you have concerns



Feel safe to ask and challenge others

Worksafe: If it's not safe, the work STOPS.



You will be supported



everyone home safe every day

ALWAYS REFER TO THE LATEST COVID-19 GUIDELINES, BRIDGWAY/CLIENT RISK ASSESSMENTS WORK INSTRUCTIONS AND TOOLBOX TALKS



Covid-19: Employee Reference Guide



Hand-Washing Technique with Soap and Water

Wet hands with water	Apply enough soap to cover all hand surfaces	Rub hands palm to palm	Rub back of each hand with palm of other hand with fingers interlaced	Rub palm to palm with fingers interlaced
Rub the back of fingers to opposing palms with fingers interlocked	Rub each thumb clasped in opposite hand using a rotational movement	Rub tips of fingers in opposite palm in a circular motion	Rub each wrist with opposite hand	Rinse hands with water
Use elbow to turn off tap	Dry thoroughly	Handwashing should take 20-30 seconds		

Alcohol Handrub Hand Hygiene Technique

(For visibly clean hands)

Apply a small amount of the product (about 3ml) in a cupped hand	Rub hands together palm to palm, spreading the handrub over the hands	Rub back of each hand with palm of other hand with fingers interlaced	Rub palm to palm with fingers interlaced	Rub the back of fingers to opposing palms with fingers interlocked
Rub each thumb clasped in opposite hand using a rotational movement	Rub tips of fingers in opposite palm in a circular motion	Rub each wrist with opposite hand	Wait until product has evaporated and hands are dry, especially before touching any metal surfaces (Do not use paper towels to dry hands)	The process should take 20-30 seconds



NetworkRail

FACTSHEET

Desk back care exercises

1. Neck turn



Sit tall, look over your left shoulder as far as possible without moving the body. Repeat on the right side.

2. Neck Flexibility



Fix your eyes on an object in front of you. Drop your head slowly to the left, trying to touch your left ear to your left shoulder. Repeat on the right side.

3. Shoulder roll



Slowly roll your shoulders backward five times in a circular motion. Repeat, rolling your shoulders forwards.

4. Shoulder lift



Raise the top of your shoulders towards your ears until you feel slight tension in your neck and shoulders. Hold this for 3 to 5 seconds then relax. Do this 2 or 3 times.

5. Chest stretch



Clasp your hands behind your back with palms facing up. Try to squeeze your shoulder blades together. Your chest should stick out.

6. Trunk twist



Sit tall, interlock your fingers at chin height and twist from the waist to the left. Repeat on the right side.





Safety Alert

A serious incident has taken place



Track worker fatality

Scope: **All Network Rail line managers, safety professionals and accredited contractors**

Ref: NRX20-03

Date: 09/04/2020

Location: Roade, Northamptonshire - West Coast Mainline South, NW&C

Contact: [Allan Spence](#), DCP



Overview

It is with great sadness that we report the death of a railway worker yesterday at Roade, near Hanslope Junction in North West & Central Region. The worker was a Controller of Site Safety (COSS) employed by a contractor. The work was to reinforce a cutting slope beside the Up Slow line and had started in February. There was a rigid barrier between the worksite and the adjacent Up Slow line. The work involved using an excavator that would come within the safe distance of the return conductor in the overhead line equipment.

To enable the excavator to work safely, an isolation of the return conductor was taken. Installing the earths for that isolation was done in a line blockage. The COSS had handed back the line blockage shortly before he was struck by a passenger train on the Up Slow line. He was killed instantly. External investigations by British Transport Police, the Rail Accident Investigation Branch and the Office of Rail and Road, and a formal industry investigation have started. We are supporting colleagues from Network Rail and the contractor companies involved.

Part of our group of Safety Bulletins





<h2 style="margin: 0;">Safety Bulletin</h2> <p style="margin: 0;"><i>An Operating Irregularity has taken place</i></p>	
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Issued to: Southern Region

Reference: Operational Close Call

Date of Issue 13th May 2020

Location: Romsey to Salisbury Tunnel Junction
on the RTJ2, (Wessex Route)

Contact: Wessex Access Planning and Delivery Team



Overview

A possession published in Wessex WON Week 06 Item 117 was booked to take place between Romsey and Salisbury Tunnel Junction from 00:25hrs to 07:55hrs on Sunday 10th May 2020.

The PICOP took the possession on time with the 2 signal boxes responsible for both extremities. The only worksite planned within, was set up and given back well on time, without any reported issues or incidents and with all planned work activities completed. The possession was handed back by the PICOP at 07:10hrs.

At 07:56hrs, the Duty ODM was informed that the PICOP for Item 117 handed the possession back to Salisbury Signal Box but had failed to notify Eastleigh Signal Box Panel 3 that he had given the possession back.

When contacted by the Duty ODM, the PICOP immediately realised his mistake and made the necessary phone calls. The possession was eventually given back to Eastleigh Signal Box at 08:09hrs, resulting in a 14 minutes possession overrun.

This incident is under further investigation.

Discussion Points and Lessons Learnt

- Being focused and paying attention to details when carrying out safety related tasks.
 - DP forms designed for possession management activities are used to prevent similar incident. Ensure that all the sections are completed before handing back a possession.
- Take 5 and always question/seek confirmation if something is unclear.

Part of our group of Safety Bulletins



REMEMBER TO ADHERE STRICTLY TO ALL GOVERNMENT AND NETWORK RAIL'S DIRECTIVES ON COVID-19. STAY ALERT AND BE SAFE AT ALL TIMES.



Safety Bulletin

A serious incident has taken place



Operational Close Call

Issued to: Southern Region
Ref: 11APROCC
Date of issue: 15/05/2020
Location: North Dulwich
Contact: Sussex Route Safety



Overview

On the 14th of April an Off-Track team were undertaking planned vegetation clearance for Signal Sighting (VC754 5m 4ch) between North Dulwich and Tulse Hill on the Up Portsmouth when an unsafe practice was reported.

The COSS/PIC positioned a Lookout on the Up Portsmouth BTH1, at approximately 5m 8ch in a Red Zone prohibited location. There was not adequate clearance required for a position of safety from approaching trains. On the approach of a passenger train the Lookout, in order to gain further clearance resorted to an inappropriate method of working by stepping up and sitting on a retaining wall until the train had passed, acknowledging the train as it passed. In addition, the method of warning was found to be inappropriate given a horn warning was being used whilst the method of work required the use of ear defenders.

Discussion Points

1. Prior to verifying your SWP you should review all details for validity. This review should include operational, site and task risk controls are appropriately identified and the level in the hierarchy of control for operational risks is appropriate for the location and nature of work.
2. Any work requiring the use of ear defenders in open line is prohibited without the prior approval from the Infrastructure Maintenance Delivery Manager (IMDM) or Infrastructure Maintenance Engineer (IME).
3. Do you use a range finder to ascertain your sighting distance and test your Safe System of Work before starting work?
4. You are in a position of safety if you are at least 2 metres (6 feet 6 inches) from the nearest line on which a train may approach. If the speed limit of the line is no more than 100mph, the distance is reduced to 1.25 metres (4 feet).

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Safety Bulletin

A serious incident has taken place



Near miss at Forest Hill Station

Issued to: Southern Region

Date of Issue: 12/05/2020

Location: Forest Hill Station



Overview

On the 2 May, a four person CRE team was tasked with inspections from Forest Hill to Anerley, following several faults with circuit breakers in the area.

The team had a planned Safe System of Work (SSoW) consisting of one lookout. The plan was to access the track from Forest Hill station, however due to large numbers of passengers on the platform and social distancing rules, the team decided to access the track via the RRAP located country end of the station on the Down Sussex Slow/Fast lines.

The team crossed the two lines (Down Sussex Slow & Down Sussex Fast) to reach the wide-way (10 foot) between the Down and Up lines. The Person In Charge (PIC) established that it was not safe to carry out the inspections of the Up lines with only one lookout. In order to change SSoW to two lookouts, he directed the team to go back to the Down CESS.

After the first pair crossed the two lines and reached the CESS, the team became aware of a train approaching in the distance on the Down Sussex Fast. Two members of staff who were at the time still in the 10 foot, were instructed by the Lookout to remain in the position of safety (PoS). One member of staff panicked and hurriedly crossed the lines in front of the approaching train, to get to the CESS.

This incident was not initially declared as a near miss by the driver, however the initial investigation found that member of staff was in a position of safety for less than 10 seconds.

Key Learning / Discussion Points

- Always challenge yourself when working on or near the line, if the safest method of protection for the operational risk has been applied. (019 Hierarchy of Controls for Operational Risk, NR/L2/OHS/D19 page 19,20)
- Before you go on or near the line, you must make sure you fully understand the Safe System of Work, including the position(s) of safety.
- Before you commence with work and use unassisted lookout protection, you must test your safe system of work, range finders must be used to ascertain sufficient sighting distance.
- Whenever circumstances change the revised Safe System of Work should be re-briefed by the Person In Charge (PIC).

Part of our group of Safety Bulletins

Safety Alert

Safety Bulletin

Safety Advice

Shared Learning

Kent Route



Safety Bulletin

A serious incident has taken place



Slip, Trip Injury on Track

Issued to: Capital Delivery Scotland
Ref: CDB20 001
Date of issue: April 30th 2020
Location: Eglinton Street, Up and Down Fast line approx. 101M 1550 yds
Contact: Innis Keith, Head of Safety, Capital Delivery Scotland



Overview

On 26/04/20 an OLE Earthing Assistant tripped and fractured their left foot and damaged ankle tendons. The injured person was walking across the track to the work area at the time of the accident.

It occurred shortly after receiving the site briefing during daylight hours and the weather was dry. Hand tools were being carried and, it is believed that the injured party was wearing a face mask and safety glasses that had misted up, impairing vision.

Discussion Points

Whilst we are investigating this incident please discuss the following with your teams:

Site briefings and immediate supervision must inform everyone of prevalent risks related to their tasks on site.

The potential to spread COVID19 is one of those risks.

The following risk control measures need to be considered:

- Social distancing and hand hygiene are the primary controls to counteract COVID19
- Masks should only be worn if 2 metre social distancing cannot be maintained or, if masks are specified in the task risk assessment.
- Be clear whether a mask is required, at any given time, to undertake any task
- If glasses "steam up", stop and ensure that they are clear before proceeding

Find more information on use of facemasks at:

<https://networkrail.sharepoint.com/sites/myconnect/news/Pages/National/News/Face-masks-deployed.aspx>

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Shared Learning

Key learning following a serious incident



COSS trapped between two working RRV's

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

Ref: WWL21/002

Date of issue: 5th May 2020

Location: Wales and Western

Contact: Suzanne Kay
Capital Delivery Wales and Western



Overview

On the 22nd of February 2020 in Manor Park, London a COSS and 3 track staff were redistributing small part steel work (SPS) between two Road Rail Vehicles (RRVs). Overhead line equipment (OLE) linesmen were standing on platform above working on the boom.

The operator of one of the RRV's needed to reposition his machine so he sounded the horn and confirmed the move could take place with the machine controller (MC). The RRV moved and trapped the track staff, who was the Controller of Site Safety (COSS), between the two RRV's as he had positioned himself, unbeknown to the MC, between the two machines' rear bumpers.

Various people on the ground shouted and the RRV operator moved the machine forward which freed the COSS and allowed him to walk to the cess. Fortunately, the COSS did not sustain significant injuries, however, the consequences could have been substantially worse.

Underlying Causes

- The MC's didn't authorise the work within the exclusion zone. They were aware of the activity, however, they didn't challenge it;
- The MC did not ensure the area was clear prior to confirming movement of the RRV;
- The redistribution work was being undertaken as an earlier shift had loaded the materials incorrectly;
- The earlier shift did not have clear knowledge or understanding of the following shifts planned works;
- When planning the works the focus was on the main activity which was the installation of SPS. The Task Brief did not reference the COSS and 3 track staff activities;
- The person in charge (PIC) was also the OLE Construction Manager and, at the time, was more focused on the linesmen installing the SPS onto the boom. He failed to adequately control the ancillary works of re-distributing materials.

Key Message:

- Do not enter an exclusion zone unless agreed by the Machine Controller;
- Never put yourself in a position of danger between two machines;
- Machine controllers must check all areas prior to confirming movements to proceed;
- All task risks, including what is considered supporting works to the main activity, must be considered as part of the planning arrangements;
- Person in Charge must be fully aware of their responsibilities with regards to on-site safety;
- Work activity requirements should be communicated clearly between shifts to prevent errors and additional activities to correct;
- Focus on empowering everyone on site to take personal responsibility and to look out for and challenge unsafe act.

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Shared Learning

Key learning following a serious incident



Fall from height

Issued to: **Network Rail line managers, safety professionals and accredited contractors**

Ref: NRL20-04

Date of issue: 01/05/2020

Location: Paddington Station, London

Contact: [Suzanne Kay](#), Capital Delivery Wales & Western



Overview

A serious accident occurred over the Christmas period when a worker fell from a mobile scaffold tower on Platform 11 of Paddington Station. He suffered fractured vertebrae, ribs and a collar bone. He is recovering from his injuries.

This activity had originally been planned for the day shift, but had been transferred to the night shift without a formal method of handover between shifts or the arrangements.

The team undertaking the testing works had signed in with a COSS doing unrelated work and started work despite being instructed by that COSS not to commence work. No Form C had been issued to confirm overhead line isolation and the testers would have been out of the COSS's line of sight.

The person in charge of the activity had not been involved in planning the task. Work at height should have been identified during the planning stage, as this activity could not be done from the ground.

Underlying causes

A mobile scaffold tower, had been left at site by a different team three hours earlier and not there for this task, was used. The tower should have been tagged and labelled as incomplete as it had been disassembled and reassembled multiple times over the course of the day, the last time leaving it incomplete.

No one in the group was competent to use the scaffold tower. Neither worker recognised the risk posed by the poorly constructed tower, though CCTV showed them checking the tower for stability and deciding to use it anyway.

Key message

- Specific task risks must be considered as part of the planning arrangements.
- When plans/arrangements change, an impact assessment must be undertaken to ensure supervision the safe systems of work are continued, including at shift change.
- Everyone on site must take personal responsibility to look out for and challenge unsafe acts.
- Scaffold towers must be managed and controlled like any other equipment, to prevent unauthorised access.
- Network Rail and Colas Rail have jointly put together a video to show the build up to the accident and the many missed opportunities to challenge unsafe acts.

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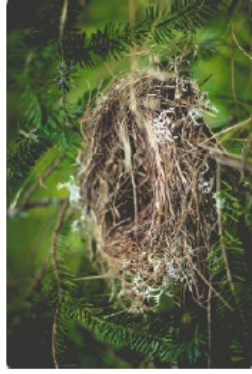


Breeding Bird Season and Briefing



Environment

Bird breeding season runs from March until September. During this period Network Rail restricts its vegetation management operations. Any works likely to disturb nesting birds must undertake prior bird checks using the NR forms. Forms and guidance is available on [Safety Central](#).



How to conduct a nesting bird check?

- Firstly, does your work need doing?
- If yes, then you will need to conduct a site check up to a week prior to works starting.
- Best time to do a survey is between dawn and 08:00, during clear weather, if possible.
- Use the survey form to log your checks.
- The new process is to stop regularly and observe bird activity, noting it on your survey form.
- Mark out your exclusion zones around the bird nests. Take photos so that you can share the information better with others
- SSSI's might have specific restrictions, so check [Site Management Statement](#) for more detail.

It is an offence to;

- Kill, injure or take any wild bird
 - Intentionally take, damage or destroy the nest of any wild bird whilst it is in use or being built
 - Intentionally take or destroy the egg of any wild bird
- It is an offence to;**
- Intentionally or recklessly disturb any wild bird listed on Schedule 1 while it's nest building, or at a nest containing eggs or young, or disturb the dependent young of such a bird.

Further information

Contact your HSEA, Environment Specialist, Off-track team and framework Ecologists for further information or for emergency works. Alternatively Safety Central has relevant information as do organisations such as [RSPB](#) and [BTO](#).

For more information, please contact Route environment specialist: Chris Gaylard - Chris.Gaylard@networkrail.co.uk



Environment Bulletin



Combined Pollution Events Learning

Project Name:	Several
Project Number:	Several
Locations:	Worden Bridge, Wamphroy, Lomington, Forteviot
Date and time of event:	Throughout 2016 to 2019
Date of issue:	June 2020
Contact:	Capital Delivery, Scotland
Ref:	Learning from Events Week



Overview

During CP5 there were several events, where water bodies were impacted by project works, which caused silt pollution, bank erosion, harm to a nature reserve that resulted in warning letters from the regulators.

The works undertaken included scour protection where the water courses had temporary diversions or over-pumping to create dry working areas for planned repairs. Another location had a temporary cofferdam for emergency repairs.

Several of those events were reported by 3rd parties, including members of the public and not by the project, or were identified during site visits.

Water courses also impacted project works, due to flooding, which resulted in a fuel spill of more than 400L at one site & other sites being stood down as those had underslung scaffolds damaged or temporary defences were over topped as a result, which caused environmental and safety risks.

Underlying causes included

- Failure to follow Permit Conditions and to adhere to Controlled Activities Regulations Schedules (Self Reporting).
- Failure to monitor silt control effectiveness and failure to stop work to address evident pollution.
- Inadequate capacity of temporary diversion channel to accommodate flow rate during high river levels.
- Over-reliance on historical data to inform potential frequency of flood risk or high river levels.

Key message; Consider the following to prevent recurrence:

What are the appropriate permit and licence conditions and control measures needed to monitor site status, including consents constraints or self-reporting schedules and plan "when to stop" works due to pollution?

Assess foreseeable risk of flooding.
Do not rely solely on historical data that indicates a low frequency of flooding. Consider the increasing frequency in extreme climate events and then assess and plan accordingly.

Part of our group of Safety and Sustainability Bulletins





Safety Alert



SkillSearch On-Line Ref: SA224

Issue no:

HS/SA224

Date:

Page 1 of 1
6 April 2020

Significant incident involving a brush cutter

This alert is issued to Divisional Directors and Department Heads. It must be forwarded to Agents and be communicated to those responsible for the planning and supervision of vegetation clearance work involving the use of brush cutters.

Summary

- An operative clearing vegetation sustained an eye injury when the metal blade fitted to the brush cutter he was using struck a loose piece of barbed wire
- The operative was wearing a safety helmet fitted with a mesh visor. The visor prevented the wire from fully penetrating, but the force of the impact caused the IP's glasses to break, resulting in a laceration to his left eyelid

During vegetation clearance work, an operative using a brush cutter struck a loose piece of barbed wire, which flew up into his helmet visor. The helmet visor deflected, but prevented the piece of barbed wire from fully penetrating.

The IP was wearing normal prescription glasses under the helmet visor and the force of the impact caused his glasses to break, resulting in a laceration to his left eyelid.



Photograph showing the piece of barbed wire embedded in the IP's mesh visor and the brush cutter.

As a result of this and previous incidents involving brush cutters fitted with metal cutting blades, the following additional PPE requirements are to be implemented.

Operatives undertaking vegetation clearance using brush cutters are to wear safety helmets fitted with a helmet visor conforming to EN 1731, which includes high-speed particle protection conforming to EN 166 B medium energy impact or BS 2092 grade 1.

Where a mesh visor alone does not offer sufficient impact protection, medium energy impact goggles must be worn under the visor.

If you have any questions or cannot access the intranet please contact your Area Health and Safety advisor or alternatively email safety@bamnuttall.co.uk



Open collaboration



Predictable performance



Proactive ownership



Scalable learning



HSE Lessons Learned



Title: *Minor First Aid – Debris in eye*

Date:	30.04.2020	Business Segment:	BT Services
Site:	New Cross Gate, UK	City / Country:	UK
Area:	WMA	GRACIS or Business Event ID:	
	AC-01059		

Description

IP adjusted his safety glasses whilst carrying out sanding in preparation for lino replacement. Whilst adjusting them, a little bit of debris entered his eye. He felt a slight scratch but didn't think much of it after rubbing his eye and didn't feel the need to report it. As the day went on and his eye dried out, the scratching sensation returned and noticed that some redness had appeared so reported it to a first aider. An eye bath was administered, and the eye felt better.

Key Lessons Learned

Ensure that VMI's and RA's include specific reference to PPE requirements and that PPE is available, in good, clean condition and suitable for the task. Separate goggles, bump cap and dust mask not suitable for the environment in which the task is carried out. Suitable single item PPE to be identified, which provides visual and respiratory protection

Root Causes	Corrective and Preventive Actions
VMI Vague on PPE details	VMI to be NCR'd and specific details to be added around PPE requirements
VMI doesn't state to wear goggles	VMI doesn't include the use of goggles, it only references standard depot PPE



The Task



Wrong PPE for task

BOMBARDIER

Site Reference # : AC-01059
 Contact Person: Vincent O'Donovan / Darragh McNulty

HSE Lessons Learned



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The Task



Wrong PPE for task

BOMBARDIER

Site Reference #: AC-01059
 Contact Person: Vincent O'Donovan / Darragh McNulty



Aughton Station: Fall from Height – Roped Access Works

Incident Details
 Location: Aughton Park Station, S102 Line
 Date & Time: 26-03-2020 02:00
 Injuries: T12 Vertebrae Fracture
 Damage: N/A
 L1 Completed: No
 L2 Required: Yes Ongoing



Learning / Prevention

- Level 2 investigation underway in JMS with support from our Workforce HSQE Advisor and the ORR. Independent IRATA expertise being added to the investigation team.
- Marking of Working Lanes for Rope Access Operators. Physical demarcation, markings at crest and ground level.
- Additional supervision at top and bottom as applicable based on works area.
- Stop all works if supervisor needs to move away from works area.
- All rope access operatives on adjacent ropes to be at similar heights throughout.
- Anchor points to be marked and protected

Overview of Accident

- The IP was carrying out de veg and descale works on the cutting with 3 other Rope access Ops.
- Having descended and commenced works a second RA Op cut through the IP's working and backup lines causing him to fall circa 10 feet.
- Vertebrae broken in the IP's back. He is now in a back-brace and recovering at home.

Immediate & Underlying Causes

- IP had traversed across the cutting positioning himself beneath the other RA Operatives
- Failure of the safe system of work – Operatives working at varying heights
- Lack of Supervision – IRATA Level 3 did not stop the IP moving across the working area.



STOP Think! Moment – Blackthorn Injury



Blackthorn Tree

What Happened?

A supplier was working on the removal of lineside vegetation which included the trimming and removal of the Blackthorn (*Prunus Spinosa*) tree and bush.

A thorn entered the workers foot causing a puncture wound which resulted in him taking a day off work. He was wearing PPE for the task which included class 1 chainsaw boots but these did not have midsole protection.



Thorn from Blackthorn tree/bush

Prunus Spinosa

These trees and bushes are native to Europe. They usually grow as a bush but can grow into trees up to 5m in height.

The thorns can grow up to 10cm in length and can be very strong and sharp.

In addition, thorn injuries, not just Blackthorn, can lead to other potential complications such as:

- Fungal and bacterial infection
- Plant thorn synovitis – a form of arthritis

Where plant thorn injuries fail to heal medical advice should be sought.

Prevention is better than cure.....

Where workers are clearing vegetation and trees their employer should carry out a risk assessment which should identify how the risks will be controlled, including potential injury from thorns.

PPE plays an important part in protecting people doing this work and with regards to this particular injury the risk assessment should identify:

1. The requirement for a midsole within the boot to protect the wearer from potential puncture wounds.
2. The correct class of chainsaw boot is being worn. Class 3 (the highest level) provides protection from chainsaw speeds in excess of 24m/s. Check the chain speed from the saw supplier.



Typical safety footwear label on tongue of boot

Lastly.....

Midsole protection is a requirement for all protective footwear worn on Osborne Projects so please take this opportunity to check yours by referring to the supplier's information, usually on the tongue of the shoe or boot.

Alert No. 103
Last Updated: 08/04/2020

Other Safety Information

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



TARGET



COVID-19: KEEP UP-TO-DATE WITH LATEST INFORMATION

The Covid-19 pandemic has been an unprecedented major disaster in modern times affecting almost every country in the world.

The international health authorities and governmental responses have been varied and is constantly changing as they begin

to understand how the coronavirus infects people and which treatment can work whilst a vaccine is found.

Keep up to date with the latest information and advice:

- <https://www.gov.uk/coronavirus>
- <https://www.nhs.uk/conditions/coronavirus-covid-19/>

1 Don't Get Distracted By Covid -19

The Covid-19 pandemic has presented an unprecedented challenge to us all and has changed the way we go about our lives.

Social distancing has become the norm as we keep apart from each other to reduce the chances of the virus spreading. People have become too focused on this that they sometimes forget other things that affect their safety as well.

When out and about, whether it is walking along a pedestrian footpath or working on the railway infrastructure, remember:

- Trains are still running on the line. Never step onto the line (four-foot) to distance yourself from other workers.

- There are cyclists, cars and other vehicles on the road. Never step into the road to distance yourself whilst passing another pedestrian.

There have been many reported cases of accidents and near misses where people have been killed or injured because they were distracted by trying to keep the 2m distance from others.

Do not get distracted. Chances of you being infected by Covid-19 while walking pass another pedestrian is minimal.

If you are working on the railway infrastructure, the normal rules for safety on or near the line still applies.



STAY ALERT. DON'T GET DISTRACTED. THE LIFE YOU SAVE MAY BE YOURS.

2 Fit For Work - Summer Months

Climate change has seen average temperatures rise over the years. Here are some essential tips to help keep you safe during the coming summer months:

- Keep tabs on the amount of alcohol you consume. If you are working the next day, limit your intake. It could still be in your system, even if you feel fine.
- Your body needs plenty of fluids to be able to function properly. Drink plenty of water and avoid excessive coffee, alcohol or energy

- drinks as they can cause dehydration.
- Limit your exposure to the sun as much as possible and wear sunscreen or sunblock.
- Ensure that you get non-drowsy medication for hay fever or other allergies and advise your Line Manager and HR well ahead of your next shift so that medication checks can be made.
- Ensure that you get adequate rest before your next shift. Use blackout curtains if necessary and keep your bedroom well ventilated.

ALCOHOL, FATIGUE AND DRUGS CAN MAKE YOU UNFIT FOR WORK.



3 Covid-19 Update

The Covid-19 pandemic has brought many changes to our processes and procedures that are required to keep the business going and ensure the safety of our staff.

We have produced a Covid-19 Employee Reference Guide containing:

- Symptoms and Self-isolating
- Keeping Yourself and Others Safe
- Maintain your Mental Health & Wellbeing
- Working from Home
- Working in The Office
- Working at Site

Other guides available:

- How to wear and Remove Masks Safely

- Covid-19 Awareness Site Induction
- Working at Site and Handwashing
- Site Access, Canteen and Welfare Facilities
- Site Operating Procedures - Protecting Your Workforce
- SM126 - Shared Learning-Hand Sanitisers
- SM125 - COVID-19 First Aiders Guide

A Return to Work Risk Assessment has been undertaken for Bridgeway House as part of our Workplace Recovery Plan and our Assurance, Business Support Services and HR teams are working to ensure steps are taken to ensure staff safety (e.g. signage, hand-sanitising stations, social distancing) and that the necessary briefings on changes to working procedures are carried out.



KEEP UP TO DATE WITH PROCEDURES AND ASK IF NOT SURE.

Managing Waste During Covid-19

Households are now producing a lot more waste and items for recycling as they spend a lot more time at home. To help local authorities cope, here are some tips for you.

Food waste

Did you know that food waste is a bigger cause of climate change than plastics?

- Avoid stockpiling to reduce expired food going waste.
- Cook smaller portions. Love your leftovers, or make new dishes with them.
- Shop smart. Check your fridges and cupboards before shopping.
- Freeze more food and perishables.
- Pay attention to the date labels.
- Share surplus food with neighbours or donate to the food bank.
- Use waste food to make compost for your garden. Collect all your vegetable peelings, coffee grounds and eggshells and allow to rot in a corner of the garden. Home-made compost is fantastic for nourishing the soil.

Garden waste

Some councils have suspended collection of garden bins. To help them cope with garden waste collection:

- Keep it in a pile in your garden until the garden waste collections resume. This is much safer than burning it.
- Use your garden waste to make compost.

Recycling waste

If your local tip is closed or the queue to get in is massive, hang on to them a while longer. Delay your annual spring cleaning to reduce the amount of waste/recycling. Manage other items so that more will fit into your recycling bin:

- Squash/flatten plastic bottles.
- Flatten boxes

Card box boxes can be used to make fortresses for your younger children to play with or hiding places for your cat.

Personal waste

Personal waste, such as used tissues, face masks, and disposable cleaning cloths, are the things that need to be disposed of securely.

You must dispose of these items into a rubbish bag and then place that bag into a second rubbish bag, tie it securely and then keep it separate from all other waste. This bag should then be put aside for at least 72 hours before it is placed inside your regular household waste bin.

All other household waste can be disposed of normally

The government now advises people to wear 'face coverings' in places where social distancing isn't possible, such as on public transport or when visiting a supermarket. Face coverings should be worn instead of surgical masks or respirators, which should be reserved for healthcare staff and other workers who need them as required by their task risk assessments.

Evidence suggests that wearing a mask/face covering does not protect you. However, if you are infected but have not yet developed symptoms, it may provide some protection for others you come into close contact with. Wear a mask if you are coughing or sneezing. If you are healthy, you only need to wear a mask if you are taking care of a person with COVID-19.

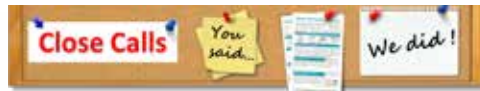
Covid-19 appears to thrive in crowded, indoor spaces but transmission of viruses is less likely when "fresh" air is involved - and that's usually when people are outside. The risk of infection increases the closer you are to another person with the

virus, and the amount of time you spend in close contact with them. Therefore, you are unlikely to be infected if you walk past another person in the street.

Cloth face coverings should cover your mouth and nose while allowing you to breathe comfortably. It can be as simple as a scarf or bandana that ties behind the head. Store used face coverings in a plastic bag until you have an opportunity to wash them. Wash face coverings regularly. It can go in with other laundry, using your normal detergent.

The best form of defence against Covid-19 is to maintain our social distancing measures, maintain good hygiene techniques and avoiding touching your eyes, nose, or mouth with unclean hands.

Face coverings should not be used by children under the age of 2 or those who may find it difficult to manage them correctly. For example, primary age children unassisted, or those with respiratory conditions.



National Hazard Directory is not showing any notes in the last column (please see below). This must have happened with the update to Issue 166 in April 2020
Piotr Kulakowski

Rectified by Andy Nicklin

On Line A East end beyond CF2314 the ES marker board was in-between my middle det and my last det. Also on Line E East end beyond CF2714 the ES marker board was in-between my middle det and my last det.
Luke Collins

Reported to PICOP and ODM on the night.

As I was travelling towards Beeston Station I spotted a NR team working within the sidings of which none of which were wearing hard hats. One had insufficient PPE (no top) on and were working within 2m of each other without the correct masks etc.
Ben Pennington

Reported to Network Rail Close Call Reporting

Babcock Rail subcontractor Optian have been stood down tonight, due to the guys on site having no sponsorship.
Dave Barrett

Subcontractor staff stood down until sponsorship has been resolved.

The following close calls are all for damaged bridges and retaining walls. Some of the damage is very heavy will likely require action. We were unable to take any action to resolve this on site. Milages and ELR for each incidence are stamped on the photograph(s).
John Barker

On Thursday the 26th March when I was removing protection at Harpenden station I noticed one detonator was missing. After searching the area I could not find it and reported to the signal box.
Steve Crawley

Detonator found on next shift and retrieved from line. Signaller advised.

Reported to Network Rail Close Call Reporting. Email received from NR to advise items closed. JB advised.

Close Calls of the Month

April 2019



"Babcock sub -contracted staff stood down at RIDC due to lack of sponsor."

Dave Barrett
Construction
(Infrastructure Services)

May 2020



John had submitted 9 Close Calls within one day.

John Barker
Geomatics

Safety First (NOT!!!) Taking Covid-19 safety to a whole new level!!



First Aid

First aid remains a crucial skill even as the country deals with the COVID-19 pandemic. The government and NHS are continually updating their advice for dealing with the situation. Make sure that you regularly review the NHS 111 or the Gov.uk website on Coronavirus.



When approaching a casualty there is always a risk of cross contamination – especially when you may have to get close to the casualty to assess what is wrong or to check their breathing. However, the vast majority of incidents do not involve you getting close to a casualty where you would come into contact with cough droplets.

For general first aid, encourage the injured person to help themselves where possible and give them guidance on what to do, e.g. asking them to put pressure on their wound by holding it firmly with their hand. This helps us to maintain social distancing.

Sensible precautions will ensure you are able to treat a casualty effectively. Make sure you wash your hands or use an alcohol gel, before and after treating a casualty. Ensure that you don't cough or sneeze over a casualty when you are treating them. For your personal protection, you should be wearing/using the following PPE:

- Fluid repellent surgical face mask. If none are available, at least a visor, the latter is also good for maintaining communications, e.g. to reassure the injured person.
- If available, get the injured person to wear a mask if they are able to. If the injured person is unconscious, fit the mask without moving their head.
- Disposable nitrile gloves
- Disposable apron or coverall

Don't lose sight of other cross contamination that could occur that isn't related to COVID-19.

- Wear gloves or cover hands when dealing with open wounds
- Cover cuts and grazes on your hands with waterproof dressing
- Dispose of all waste safely
- Do not touch a wound with your bare hand
- Do not touch any part of a dressing that will come in contact with a wound.

If the injuries are more severe or cardiac arrest is suspected, make sure an ambulance is on its way if required. (When you call 999, tell them if COVID-19 is suspected). RESUS UK's advice for treating cardiac arrest is as follows:

- Recognise cardiac arrest by looking for the absence of signs of life and the absence of normal breathing. Do not listen or feel for breathing by placing your ear and cheek close to the patient's mouth. If you are in any doubt about confirming cardiac arrest, the default position is to start chest compressions until help arrives.
- If there is a perceived risk of infection, rescuers should place a cloth or towel over the victim's mouth and nose and attempt compression only CPR and early defibrillation until the ambulance (or advanced care team) arrives.
- After performing compression-only CPR, all rescuers should wash their hands thoroughly with soap and water; alcohol-based hand gel is a convenient alternative. They should also seek advice from the NHS 111 coronavirus advice service or medical adviser.



Bridgeway PPE Policy Requirements

MINIMUM PPE REQUIRED ON ALL BRIDGEWAY SITES



HARD HAT

SAFETY GLASSES / EYE PROTECTION APPROPRIATE FOR THE TASK

LONG SLEEVE HIGH VISIBILITY ORANGE TOP

SAFETY GLOVES APPROPRIATE FOR THE TASK

HIGH VISIBILITY ORANGE TROUSERS

SAFETY FOOTWEAR

PPE Requirements

- The minimum PPE requirements on all Bridgeway Sites are as per the diagram on the left.
- All PPE must be kept clean.
- Damaged PPE must be replaced.
- Additional PPE may be required as per task requirements/work instructions. E.g.
 - Ear defenders
 - Face visors
 - Respiratory Protective Equipment (RPE)

Covid-19 Precautions

- Single use PPE should be properly disposed of so that it cannot be reused.
- Do not share PPE with other workers.
- Always clean and sanitise your PPE after use.
- DO NOT touch your face or mask.

IF WORKING LESS THAN 2M APART IS UNAVOIDABLE

- Wear a surgical mask and only for short durations.
- STOP if safety glasses steams/fogs up and wait until it clears before proceeding.

Bridgeway PPE Policy

It is the responsibility of all employees to make full and proper use of all PPE provided, to take care of it, report any loss or defect as soon as possible and to return it to the Bridgeway Business Support Services team. Disciplinary action may be taken against any person who misuses or fails to use any PPE provided.

HEAT EXHAUSTION OR HEAT STROKE?

HEAT EXHAUSTION SYMPTOMS	HEAT STROKE SYMPTOMS
1. Faint or dizzy	1. Throbbing headache
2. Excessive sweating	2. No sweating
3. Cool, pale, clammy skin	3. Body temp above 103° Red, hot, dry skin
4. Nausea, vomiting	4. Nausea, vomiting
5. Rapid, weak pulse	5. Rapid, strong pulse
6. Muscle cramps	6. May lose consciousness

HOW TO TREAT IT	HOW TO TREAT IT
1. Move to cooler location	1. Get emergency help
2. Drink water	2. Keep cool until treated
3. Take a cool shower or use cold compresses	

Heat exhaustion is usually not serious and will get better when you cool down.

If it turns into heat stroke it needs to be treated as an emergency.

THINGS YOU CAN DO TO COOL SOMEONE DOWN

Follow these 4 steps:

- Move them to a cool place.
- Get them to lie down and raise their feet slightly.
- Get them to drink plenty of water. Sports or rehydration drinks are OK.
- Cool their skin – spray or sponge them with cool water and fan them. Cold packs around the armpits or neck are good too.

Stay with them until they are better.

They should start to cool down and feel better within 30 minutes.

Although Summer often doesn't always result in excessively hot temperatures, there will be times when the sun does come out and you will find yourselves working in very hot weather conditions. This can put you at risk from heat stress, especially when performing strenuous exercise or heavy work.

PROTECTION FROM HEAT STRESS

COOLING AIDS

- Cooling towels.
- Hard hat cooling pads.
- Ice packs.
- Lightweight PPE.

WORKING OUTSIDE

- Avoid long periods of physical exertion especially in hot and humid weather.
- If you get too hot, take a break in the shade to allow yourself time to cool off.

STAY HYDRATED

- Drink plenty of water to keep hydrated especially when working in hot weather.

CALL 999 IF THE PERSON:

- Is no better after 30 minutes.
- Feels hot and dry.
- Is not sweating even though they are too hot.
- Has a temperature that's risen to 40C or above.
- Has rapid or shortness of breath.
- Is confused.
- Has a fit (seizure).
- Loses consciousness.
- Is unresponsive.

These can be signs of heat stroke.

While you wait for help, keep giving first aid and put them in the recovery position if they lose consciousness.

We all have a part to play in working, driving and behaving SAFELY and SUSTAINABLY.

If you have any comments on this or any issue of the Safety 3-4-3™ or Fleet 3-4-3™ newsletter, or any other suggestions regarding close calls, safety behaviours, health, safety, environmental or driving related matters, please contact us at the email addresses shown on the right.

Bridgeway Consulting Ltd

Bridgeway House, 2 Riverside Way, Nottingham NG2 1DP

- safety@bridgeway-consulting.co.uk
- closecalls@bridgeway-consulting.co.uk
- fleet@bridgeway-consulting.co.uk



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 Covid-19 Vehicle Safety

The Covid-19 pandemic has had a significant effect on the way we travel to work. Social distancing guidance means that we now have to take into consideration how we manage our fleet and staff travel to site to reduce the chances of our staff catching the coronavirus.

Bridgeway Fleet department have implemented the following safety measures to ensure the safety of our staff:

- Provided hand sanitiser/sanitising wipes inside each fleet vehicle for cleaning before and after use by the user.
- Installed see-through protective screens

between front driver and rear passenger compartments on long wheel base vehicles. As per Network Rail Standard NR/L3/MTC/CP009 - COVID-19 Contingency Plan: Safe Working Practices, we have limited the occupancy of vehicles:

- Small vans - 1 person
- Long wheel base vehicles - 2 persons

Staff should travel to work or site in their own vehicles if possible.

Remember: The best defence against Covid-19 is regular hand washing and good hand hygiene techniques.



2 Ready for the Road?

It is your responsibility to ensure the vehicle you drive is roadworthy. However, many drivers are not currently checking their vehicles regularly and instead rely on professionals to carry out maintenance checks at annual inspections. While there is an exemption in place for some months to come for vehicles having a current MOT there has been no relaxation on the legal expectation that the vehicle is fit for use.

There are simple steps which can be taken to help maintain road worthiness while a vehicle is not being regularly driven.

- Start your vehicles once a week and go for a drive or let the engine run for around 15-20 minutes to avoid flat batteries.
- Switch on the cooling systems - air conditioning gas acts as a lubricant which needs to be

circulated. A gas escape could develop if left too long and add to maintenance costs.

- Check your tyres' thread depth and condition. Keep your tyres inflated - they could easily have lost some pressure and may have developed a flat spot if the vehicle hasn't moved in a while.
- If your car's parked up for a long time, the brakes can seize. So while it's running, move the car a short distance back and forth a few times.

Car checks before setting off

- Fuel
- Lights
- Oil
- Water
- Electrics
- Rubber

Don't forget to check that your drivers licence and vehicle tax and insurance are still valid.



3 Fleet Quiz

Being in lockdown doesn't mean you can forget the Highway Code and driving rules.

Here's a chance to win some extra cash. **The lucky winner will win £25 in gift vouchers.** Contest is open until 31st August 2020. Send your answers to fleet@bridgeway-consulting.co.uk.

1. What does MLW stand for?
 - a. Min Labelled Weight
 - b. Max Laden Weight
 - c. Max Level for Washer fluid
2. Where can you find the MLW of your vehicle?
 - a. Vehicle ID plate, Registration Document and Driver's Handbook
 - b. On the Vehicle Dashboard
 - c. On the Fleet Loading Sheet
3. Where can you find the speed limit for towing?
 - a. Stickers inside vans and Drivers Handbook
 - b. On the equipment being towed
 - c. Roadside speed limit signs
4. Where would you see 20mph signs whilst driving?
 - a. Narrow country lanes
 - b. Built-up areas, near schools
 - c. No through roads
5. If there were no speed signs, how would you identify a 30mph road?
 - a. Traffic lights
 - b. Street lights
 - c. Zebra crossing beacons
6. What are the maximum speed limits on these roads for a vehicle weighting between 2 tonnes and 7.5 tonnes?
 - Motorway: _____
 - Dual carriageway: _____
 - Country road: _____
7. What seasonal hazards could cause you to reduce your vehicle speed? (multiple choice)
 - a. Overcast sky
 - b. Low sun glare
 - c. Fog
 - d. Flooding
 - e. Lambing season
 - f. Snow and ice
 - g. Overgrown shrubs
 - h. Pedestrians

