



**Resourcing
Solutions**
engaging people

HSQE Briefing
April 2019



Our Safety Vision:

Our vision of “preventing harm to all” is at the centre of our Safety Strategy and is synonymous with our commitment to resourcing and working safely.

We believe that our vision can be achieved if we all develop a safe mind-set, plan our tasks correctly and actively seek ways to prevent incidents. We also believe that behaving in a safe way will also lead to zero accidents. We have devised a set of rules that underpins our vision and are consistent with our mantra.

Think safe, act safe and be safe!

This Months Safety Cascade

- Cannabis Oil (CBD)

Safety bulletins

- Needle Stick Injury – syringe glued to Rail padlock
- Malicious callers to safety critical staff
- CIRAS – contact details

FAQ: CBD Oil



What is CBD oil?

CBD (cannabidiol) oil is extracted from strains of the cannabis plant and is sold as a food or herbal supplement.

Different strains of the cannabis plant contain varying levels of the psychoactive component tetrahydrocannabinol (THC) due to the differing levels of active cannabis.

In order to be sold in the UK, it must contain less than 0.2% THC which is deemed not to cause psychoactive effects.

CBD oil is not controlled under the same regulations as a medication.

Is CBD oil safe for use?

CBD oil may cause symptoms which impact on safety critical working.

The use of CBD oil is not advisable for any Network Rail employee, due to a lack of definitive evidence that performance or judgement is not impaired.

Furthermore, the rail industry does not support the use of CBD oil.

What if I already take CBD oil or if my GP recommends CBD oil to support a medical condition?

It is likely that any existing health conditions where a GP recommends CBD oil for symptom management, will require support from occupational health.

If you currently take CBD oil it is recommended that you speak to your GP to understand all potential side effects and request that your line manager refer you to occupational health.

How does this apply to Network Rail drug and alcohol testing?

Network Rail has a zero tolerance to drugs and alcohol at work. Should you take CBD oil, you could be at risk of failing a drug and alcohol test.

The advice could change if new conclusive evidence emerges around the safe use of CBD oil.

Safety Bulletin

A serious incident has taken place



everyone
home safe
every day

Needle Stick Injury

Issued to: **Western Route**

Ref: WNB1913

Date of issue: 16.04.19

Location: Trowbridge, Wiltshire

Contact: Emily Farthing- Chedzoy
Workforce Health Safety and
Environment Advisor



Overview

This morning (16.04.19) at 00:45 a Network Rail colleague whilst attending site and unlocking an access gate padlock, came into contact with a needle stick and received a puncture wound to the palm of their hand.

Think Safe, Act Safe and Be Safe

It appears the needle stick has been deliberately stuck to the back of the padlock. Police have been made aware of the incident and will be provided with the object (if safe to do so). Our colleague was accompanied to hospital where they are being supported. Checks are being completed at other access points in the area and all colleagues are asked to share this alert and be vigilante on this new risk.

In the event of contact with a discarded needle, its advised the wound is allowed to gently bleed, ideally holding it under running water and seeking medical advice as soon as possible.

Always report the accident to Fault Control and arrange for removal of the needles by a competent person.

Discussion Points

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

Malicious incidents of this nature have unfortunately taken place before on our infrastructure.

- Are you and your colleagues aware of this type of risk and infection controls? (NR/GN/OHS/00150)
- Do you and your colleagues regularly check access areas and padlocks for sharps before opening?
- Are suitable gloves worn at all times to include when using padlocks?
- Any locations found to have padlock/s that have been tampered with in a similar way are to be reported immediately to Fault Control and the British Transport Police.
- Extra vigilance is required going forward as this can re-occur on any site at any time.

Safety Alert

A serious incident has taken place



Railway security and safety

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

Ref: NRX19-02

Date: 11th April 2019

Location: National

Contact: Group Security, Group Security STE
GroupSecuritySTE@networkrail.co.uk

Use W.H.A.T. to help you evaluate behaviour and determine if it is 'odd' or 'suspicious' and to identify hostile reconnaissance

- W** What - are they doing?
- H** How - are they behaving?
- A** Alone - or acting with others?
- T** Threat – what type do they pose?

Overview

In recent weeks there have been several security incidents affecting the operational railway. These incidents are deemed hostile and malicious, with intent to cause disruption and affect safety.

Malicious caller

Possession support staff were contacted by a caller on a withheld number and instructed to lift their possession protection. The caller pretended to be someone involved in the work.

Malicious obstructions

British Transport Police (BTP) have launched an investigation after "malicious obstructions" were placed on the railway at Yaxley and Netherfield. In both incidents the obstructions were intended to disrupt rail services. Placing objects on the line has clear safety consequences for the individuals placing them, our workforce attending to remove them and potentially to rail passengers.

It is important that colleagues remain vigilant. If you see something that does not look right you should take action if it is safe to do so and always report it.

Staff working on the infrastructure should:

- Apply the HOT and WHAT protocols.
- Challenge anyone on or around the railway who should not be there and report this to BTP and Route control.

Remain vigilant for any unusual items:

- On finding suspicious objects that have been connected to the track or trackside equipment, always report them to the person in charge.
- Report the incident to BTP and Route control.
- Items should not be moved unless advised to do so by BTP, or they present an immediate safety risk to the railway.

W What - are they doing?

H How - are they behaving?

A Alone - or acting with others?

T Threat – what type do they pose?

Think Safe, Act Safe and Be Safe

During possessions:

- If you are contacted unexpectedly and instructed to undertake a task by someone you do not recognise, you must check that the instruction is legitimate.
- Always challenge if someone gives an instruction you would expect to come from someone else, such as the Person in Charge of Possession.
- Report the incident to BTP and route control.

Always be alert for any unusual activity or malicious obstructions.

Further information on railway security, including the HOT and WHAT protocols, is available on [Safety Central](#).

- W** What - are they doing?
- H** How - are they behaving?
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Key Messages

We must all play our part in securing the railway.

Access points and gates should be properly secured, lineside scrap removed or secured at the end of a possession and any unusual objects or behaviour should be reported.

Always be alert for any unusual activity or malicious obstructions.

Further information on railway security, including the HOT and WHAT protocols, is available on [Safety Central](#).

Part of our group
of Safety Bulletins

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Alert**

**Safety
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Report hotline:
0800 4 101 101

Report textline:
07507 285 887

Freepost: CIRAS
www.ciras.org.uk

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

**24 Hr On Call
07786 265531**



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