

MATCHTECH 



GATTACA GROUP'S RAIL RECRUITMENT SPECIALISTS

Safety Briefing

November 2022

WORKING TOGETHER TO PROVIDE THE BEST RAIL TALENT IN THE UK

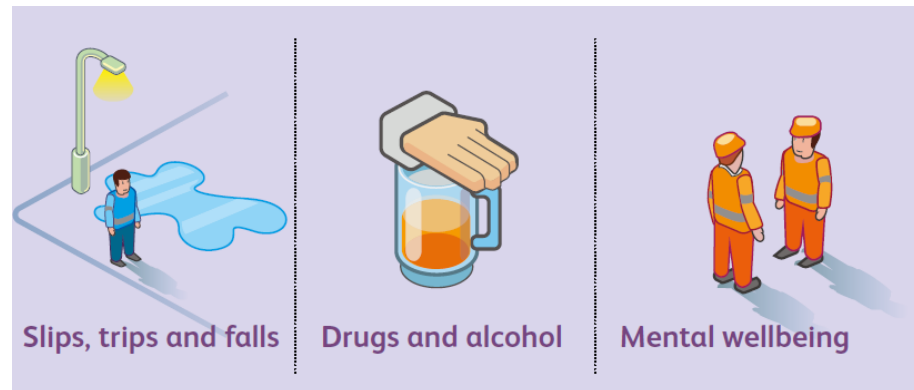
Monthly topics

Safety Bulletins

- Fatal fall from Height
- Multiple trains in the same signalling section

Safety Advice

- Slips trips and falls
- Drugs and Alcohol
- Mental wellbeing



Safety Alert

A serious incident has taken place

Fatality due to fall from height

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

Ref: NRX22-02

Date: 09/11/2022

Location: Glasgow, Scotland

Contact: [Innis Keith, Health Safety & Environment Director, Scotland](#)



Overview

At approximately 1400 on the 3rd of November, a scaffolding inspector employed by a sub-contractor to a Principal Contractor, fell to his death through a Skylight on the roof of an industrial unit in Glasgow.

The industrial unit was being refurbished for use as a Network Rail Works Delivery location.

The inspection of the scaffold was not planned until the following day and there was no written record of the inspector's arrival on site.

On arrival the inspector accessed the scaffold and for reasons currently not known, he proceeded to access the roof of the building.

Approximately 10 metres toward the apex of the roof, the inspector fell through a skylight into the building below.

This tragic event is subject to internal and Health & Safety Executive investigation.

Discussion points

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

- Do you have areas of your workplace that are subject to stricter safety controls? What are they and how do you ensure they are communicated and followed?
- In your workplace, how do you communicate areas that are safe / unsafe to access?
- In your workplace how robust are security and access control arrangements?
- Which of our [lifesaving rules](#) could prevent a repeat of this accident?

Part of our group
of Safety Bulletins

Safety
Alert

Safety
Bulletin

Safety
Advice

Shared
Learning

Safety Bulletin

A serious incident has taken place



everyone
home safe
every day

Multiple trains in a signal section

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

Ref: NRB22-12

Date: 17/11/2022

Location: Wingfield, Alfreton, Derbyshire

Contact: Adrian Moss, Principal Engineer

(Signalling)



Overview/Underlying causes

On 26th October 2022, two following trains entered the same signal section due to an incorrect aspect sequence being displayed to the drivers of both trains. The irregularity resulted from a failure to carry out signal maintenance testing (SMTH).

Ballast cleaning works undertaken in the area required disconnection at DY586 signal and associated equipment. When the signalling system was reinstated following completion of the track works, the yellow and red aspects on DY586 signal were transposed.

The incorrect aspect sequence resulted in the first train passing the signal at red when it should have been yellow, and a yellow aspect shown to the following train when there was a train in the forward section.

Testing to reinstate the signal after the works, was not carried out in accordance with the Signal Maintenance Testing Handbook (SMTH). Testing steps in the SMTH would have identified the transposition of the aspects had they been followed. The error was not self-revealing.

Discussion points

- Are SMTH testers aware of the importance of the words “check with the maintenance test plan for all items of equipment fed by the affected piece of equipment being changed and carry out the steps marked with an asterisk” in SMTH?
- Where any steps in a test plan have not been completed, are SMTH testers aware that the Line Manager must be informed and the equipment must not be signed back for operational use, until the testing can be completed?
- When conducting a wire count, are SMTH testers aware of the requirements to check cable core numbers against the wiring diagram?
- This irregularity is similar to the Clapham Rail Disaster, which killed 35 people and injured 484 resulting in the introduction of SMTH. More recently, the derailment at Dalwhinnie was a result of a failure to apply SMTH correctly. How can we prevent this happening again?

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Slips, trips and falls



Look out for each other this winter

Avoid slips, trips and falls

When you know your environment so well, it's easy to overlook the subtle dangers that winter brings. At this time of year, wet or icy surfaces and less daylight can cause accidents that not only affect you.

Safety tips

To help reduce the risk of a slip, trip or fall:

- Take extra time.
- Be extra aware of your environment and hidden hazards.
- Wear appropriate footwear.
- Report poor lighting on site, in offices, stations and walkways.

Did you know?

In 2013 in the UK, slips, trips and falls contributed to 40 deaths, over 15,000 major injuries to workers, as well as over 30,000 workers having to take more than 3 days off work.*



*Source: hse.gov.uk

Look out for each other this winter

Drugs and alcohol



Look out for each other this winter

Know the limits

Most of us have had days where we've felt the effects of the night before, but one extra pint on a night out can have serious consequences the next day. If alcohol is still in your system the morning after, think about the impact that could have when driving your colleagues to site or taking your children to school.

Safety tips

To help reduce the risk, and to enjoy alcohol responsibly:

- Remember that the Network Rail policy and our Lifesaving Rules state that you must never be under the influence of drugs or alcohol while at work, or when travelling to and from work.
- When taking prescription drugs, always ask your GP about any possible side effects. If in doubt contact the medication enquiry service via our occupational health provider. Plus, it is helpful to share information about your prescription drugs (and their side effects) with your line manager.

Did you know?

Network Rail's alcohol limit is one third of the England and Wales drink drive limit.



Look out for each other this winter

Mental wellbeing



Look out for each other this winter

Talk about mental wellbeing

There is often an increase in people feeling low in the winter season. This could be due to post-holiday blues, or something like Seasonal Affective Disorder (SAD) – a condition that is related to depression.

It is important that we are all aware of each other's moods and behaviour. The earlier you talk about how you are feeling, and access the right support, it can help you to remain safe and healthy at work.

Wellbeing tips

To help maintain mental health and wellbeing in the workplace:

- If you notice a change in the mood or behaviour of the people you work with, ask them how they are and if they would like to talk about it.
- If you are feeling low or depressed, speak to someone – a friend, family member, colleague or GP.
- Visit the Health and Wellbeing Portal at safety.networkrail.co.uk

Did you know?

Seasonal Affective Disorder is currently estimated to affect up to 2 million people in the UK.*



*Source: nhs.co.uk

Look out for each other this winter

Safety briefing links

Safety Central

- Network Rail share updates of recent incidents, accidents and best practice advice online. Please get into the habit of checking this website for the latest news;

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

Southern Shield

- Southern Shield is a collaborative safety forum that consists of Network Rail Southern Capital Delivery and its principal contractors. On their website they have useful articles and explain the rules of the Southern Shield charter, which are mandatory on some southern sites.

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

Resourcing Solutions Monthly briefings

- Add this website address to your browser favourites to ensure that you always have access to the [Network Rail Rulebook modules](#) as well as all previous monthly rail briefings.

<https://www.resourcing-solutions.com/health-and-safety-briefings>



IMPORTANT INFORMATION

For the Latest COVID 19 guidelines follow this link below.

<https://www.gov.uk/coronavirus>



Coronavirus (COVID-19)

STAY HOME ▶ PROTECT THE NHS ▶ SAVE LIVES



Contact the Rail team

24 hour on call - 07786 265531

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

Store this number in your phone in case of an emergency

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

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

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

safety@resourcing-solutions.com

Safety sQuaRed

See it, Scan it, Share it



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

Our Lifesaving Rules



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



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



Always use equipment that is fit for its intended purpose.



Always test before applying earths or straps.



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



Never assume equipment is isolated – always test before touch.



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



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



Always obey the speed limit and wear a seat belt.



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



Report hotline:
0800 4 101 101

Report textline:
07507 285 887

Freepost: CIRAS
www.ciras.org.uk