

January 2018

OSBORNE



**There is always time  
for your safety!**

# Contents

January 2018 - STOP Think!

OSBORNE

Section	Page No.
Introduction	
John Dowsett Introduction	3
Learning	
Back to Work Briefings - New Year Safe Start	4
Winter PPE Safety Tips	6
Do Not Disturb Whilst Driving - Mobile Function	6
Taglock Pro – Heavy Duty Security Lock	8
Highways England Health, Safety and Wellbeing Briefing	8-9
Sharing	
Successful Possession at Twickenham to Safely Deliver Key Project Milestone	10
Green Lane Footbridge Open to Pedestrians for Christmas	11
Emergency Strengthening to Millbrook Footbridge keeps the Rail Network Moving	11
Complex Liverpool Junction Successfully Reconfigured ahead of Christmas	12
Class 707 Gauging Works Complete at Southampton Station	13
Southern Shield "Lite" Charter now Available	14
December "The Shield"	14
Health & Wellbeing	
Ten Ways to Embrace Winter	15-16
NEW! Interactive Health and Wellbeing Calendar 2018	17

Section	Page No.
Health & Wellbeing	
Dry January	17-18
Alcohol Awareness – Benefits of Going Dry	19
What Good Looks Like	
High Security Compound and Christmas Enabling Works - Burnaby Road Bridge	20-21
What Good Feels Like	
Inspiring Tomorrow's Talent Today - Record intake from So'ton SUCCESS Scheme	22
Supporting Our Communities - Generous Donations spread Christmas Cheer	23
Supporting Our Communities - Helping others in their time of Need	23
Safety Statistics	
December SHE Performance	24
Improvement Opportunities	25-27
External Alerts	
Fatality during Vehicle Operations	28
Area 13 IPV Strike	29
Overtaken Roll-on Rider	30
Genie Safety Notices	31
Drivers under the Influence	32
January's STOP Think! about	
Key Points for January	33

**07971 125 180**  
24 hour Infrastructure  
Advice & Reporting

**Feedback to:**  
julie.king@osborne.co.uk  
www.osborne.co.uk

Page | 2



# Introduction

January 2018 - STOP Think!



OSBORNE



Happy New Year to all of our customer, supplier and Osborne teams.

I know that many of you were busily working with us over the Christmas period, supporting the delivery of some critical works for our customers. Many thanks to everyone who supported these works which were all successfully completed, and I am delighted that every one of our people returned home to their families safely. I do hope that you all managed to have some time to relax with your families and friends.

## Focus on our Health

On returning to work, I was amazed to hear how many people had been affected by illnesses over Christmas. I know this was certainly the case in my own house. Seeing both my wife and son suffering made me realise just how we take our good health for granted, and don't do enough to positively impact our wellbeing through the living of a more healthy lifestyle. Many of us, myself included, simply do not spend enough time ensuring that we provide our bodies with a good balance of the essentials such as exercise, sleep and diet.

As a Business, we will continue to increase health and wellbeing awareness for all those who interface with Osborne. You will see in this month's publication that we have introduced a new interactive 'Health and Wellbeing Calendar'. You will also see that this month starts with our annual Dry January Campaign, highlighting the benefits of giving the body a well-deserved rest from the indulgence of Christmas and the New Year. I have signed up again myself this year!

I was also delighted with the work that some of our Mental Health First Aiders have undertaken in the lead up to Christmas, running Mental Health

Workshops which have helped to create openness, challenge stigma and raise awareness of this important issue. We will continue to create such an environment that encourages our people to speak openly about any issues that they face, promoting our professional support mechanisms where necessary with our Employee Assistance Programme.

## Looking ahead in 2018

I am excited by the opportunities and challenges that lie ahead for us in 2018. We have some interesting and complex projects coming up this year, and I am looking forward to seeing how our collaborative teams will work together to deliver them safely and provide further improvements in the UK's transport network. We also have a number of key framework bids that will be receiving our utmost focus as we look to build on our successes of recent years and sustainably grow our business; creating a lasting legacy for our customers, suppliers, people, shareholders and the communities within which we work.

I am also very keen that we build on the significant safety improvements that we made in 2017, reducing the number of injuries across our Infrastructure projects by 50%; an excellent achievement from the team! However, we also had some significant near misses, and we must make sure that the learning from these is firmly embedded and helps us to manage these risks better in the future. In particular, I remain concerned over the risks to our people working within our traffic management, and as such I have commissioned research that will complete a deep dive of all such instances, including a review of the human behaviours involved.

It is this learning culture that I will continue to build in our Business; using the fantastic total of 7,318 Improvement Opportunities that our people raised in 2017 to further improve our Business and Safety Performance in 2018.

I wish you all a happy, healthy and prosperous New Year!

John Dowsett  
Managing Director Infrastructure

**07971 125 180**  
24 hour Infrastructure  
Advice & Reporting

Feedback to:  
julie.king@osborne.co.uk  
www.osborne.co.uk

Page | 3



## Learning from:

- Back to Work Briefings – New Year Safe Start
- Winter PPE Safety Tips
- Do Not Disturb Whilst Driving – Mobile Function
- Taglock Pro – Heavy Duty Security Lock
- Highways England Health, Safety and Wellbeing Briefing

## Back to Work Briefings – New Year Safe Start

Welcome back! Whether you had some time off or were working we hope everyone had a great Christmas and New Year.

As we returned from our Christmas festivities it was great to see our projects and sites holding “Back to Work” Briefings – getting ourselves back into work mode after the break and taking time to remind ourselves of the key activities and most significant risks.



Traditionally, there is an increase in the number of accidents following the Christmas and New Year Periods and by carrying out such briefings we hope to reverse this trend once and for all.

Local briefings when returning to work after a break should cover as a minimum:-

- A review of the risks associated with specific works areas, including a review of methodologies and risk assessments.
- Feedback on how issues raised in the briefing will be addressed.
- A reminder of the First Aiders, key responsible people and site specific emergency procedures.
- Life Saving Rules and particular the ones that are applicable to the site and work activities.
- A check on understanding of the Briefing and Task Briefings.
- A check on the understanding of works by all our suppliers, to mitigate any overlap or potential risks.

All Task Briefings must be re-briefed to all involved. Task Briefings must ensure:-

- All works due to commence after a shutdown are still suitable and sufficient.
- The risks that the site and work activities may pose are considered.
- Any chemicals or substances are stored and used in manufacturers recommended temperatures or conditions.
- Everyone is aware of working in and around fully operational railways and highways.



## Remember!

- If you feel something isn't right or could be done more safely, please speak up and challenge others.
- Feel safe to ask if you think something is unsafe and be open to someone asking you.
- If you need to pause or stop a job to make sure it is safe, then do so. You will be supported.

**THANK YOU!** and have a great start to 2018!



**KEEP  
SAFE  
AND HAVE A  
HAPPY  
NEW YEAR**

## Look out for each other this Winter!

 <p>Winter driving</p>	<p><b>Winter Driving Safety Tips, Stick with the Basics:</b></p> <ul style="list-style-type: none"> <li>-Allow time to demist your windscreen and clear all vehicle windows</li> <li>- Drive and brake to suit the weather conditions.</li> <li>- Allow enough distance between you and other road users</li> <li>- Ensure your Vehicle is winter ready; tyres, wipers, washer bottles, anti-freeze.</li> <li>-Avoid the dangers of the low winter sun by reducing speed, keeping your windscreen clean and wearing sunglasses.</li> </ul>	 <p>Drugs and alcohol</p>	<p><b>To help reduce the risk and to enjoy alcohol responsibly:</b></p> <ul style="list-style-type: none"> <li>- Remember our Life Saving Rules state that you must never be under the influence of drugs or alcohol while at work, or when travelling to and from work.</li> <li>- When taking prescription drugs, always ask your GP about possible side effects. If in doubt contact your medical enquiry service. Plus, it is helpful to share information on this with your Line Manager.</li> </ul>
 <p>Slips, trips and falls</p>	<p><b>To help reduce the risk of a slips, trips or falls:</b></p> <ul style="list-style-type: none"> <li>-Take extra time.</li> <li>- Be extra aware of your environment and the hidden hazards.</li> <li>- Wear appropriate footwear.</li> <li>- Report poor lighting on site, in offices, stations and walkways.</li> </ul>	 <p>Mental wellbeing</p>	<p><b>To help maintain mental health and wellbeing in the workplace:</b></p> <ul style="list-style-type: none"> <li>- 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.</li> <li>- If you are feeling low or depressed, speak to someone.</li> </ul>

## Winter PPE Safety Tips

The cold weather can exacerbate certain medical conditions. These include high blood pressure, circulatory conditions such as hand arm vibration syndrome and respiratory problems.

Staying warm, visible and protected will help to keep you healthy and safe at work this winter.



### Use the correct PPE for the job:-

- Make sure you have PPE suitable for the weather conditions.
- Use a wind proof layer and build up layers of clothing rather than one thick one. That way you can add or remove layers as needed.
- The use of thermal liners is essential, especially when using vibrating equipment.
- Keep your PPE clean and always ensure the reflective strips are visible.
- Make sure that you have boots that are well insulated with reinforced protection and good levels of tread. Keep laces tied.
- Only specific liners are to be used for hard hats – NO BEANIES, and HOODIES are not allowed on site.
- Use drying facilities to keep clothes dry before wearing.

- Keep your lower back covered when working to prevent problems.
- Warm up before work, and have hot drinks to keep your core temperature up.

Hoodies severely reduce your visibility and prevent your hard hat from sitting correctly on your head – reducing its effectiveness.



## Do Not Disturb Whilst Driving – Mobile Function

As one of our Life Saving Rules, the use of mobile phones whilst driving is prohibited for Osborne Infrastructure and our suppliers, and to help us all to comply without exception, Wayne Sheppard is using a particularly useful function on his iPhone.

The function is available if you are using the latest IOS 11 software and allows your phone to sense when you are driving.



Your phone will then automatically turn off all notifications, sending an automated response, until you have reached your destination.

If you are not driving, maybe you are a passenger or travelling by train, a banner allows you to select "I am not driving" to temporarily override the function

To activate this great function:-

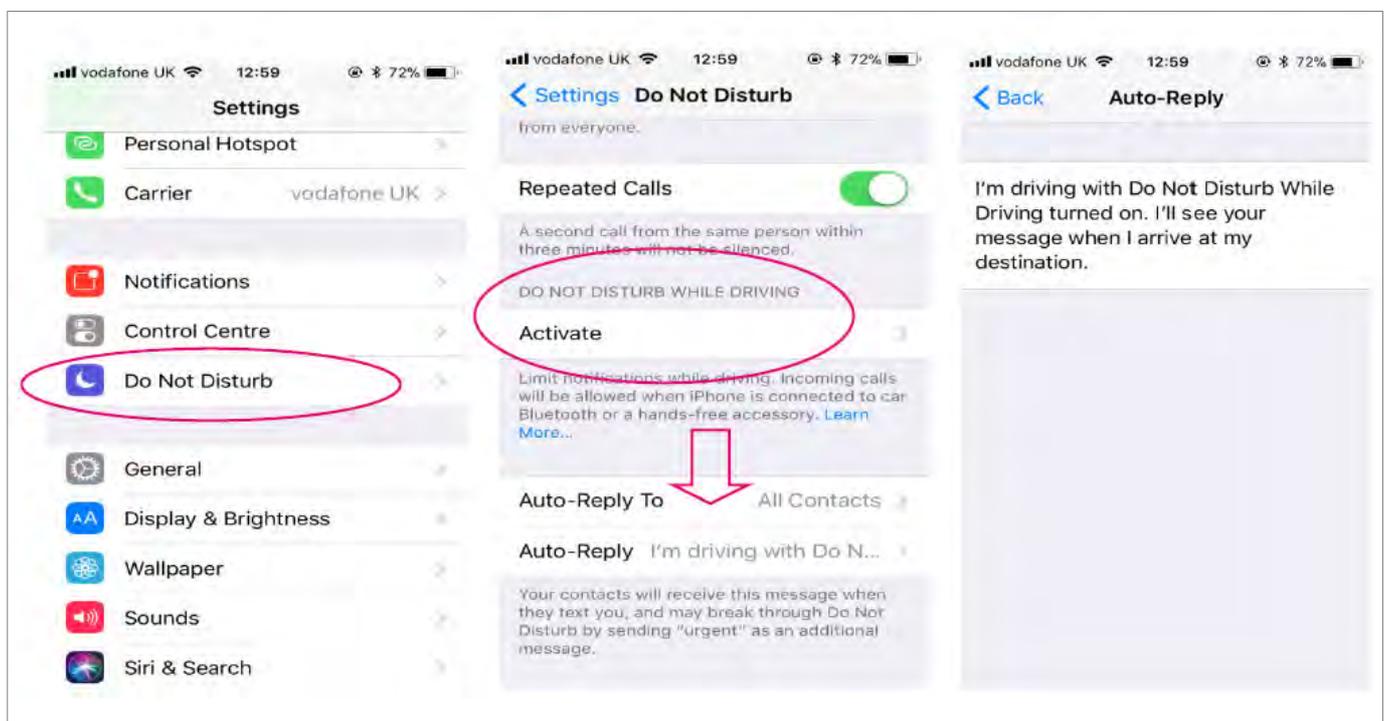
- Go to "Settings" and choice "Do Not Disturb"
- Scroll down to "Do Not Disturb While Driving" and Activate
- Then select "Auto Reply To" and select "All Contacts"
- Finally just below "Auto Reply To" is an option that allows you to use either a standard response or to customise a response.

## YOUR Life Saving Rules



**Many thanks to Wayne Sheppard.**

For helping us all to practice our Life Saving Rules and not be distracted or tempted to use our phones whilst driving.



## Taglock Pro – Heavy Duty Security Lock

Our Supply Partners "Speedy Services" have come up with a new innovative product for keeping our sites, containers and toolboxes secure – the "Taglock Pro."

The new heavy duty "intelligent" security lock can be programmed to be unlocked only at specific authorised times of the day. Any interference at un-authorized times results in an alert to a nominated phone. It can also be tracked in real time.



### Taglock Pro

Heavy duty security lock, perfect for all assets from toolboxes and gates to heavy plant and storage containers.



- Individual microchip key access to monitor users.
- Receive alerts to your phone when the unit is damaged, tampered with or opened at the wrong time of day.
- Utilises both GPS and GPRS to track assets in real time through an online portal or via the Tag Systems control team.

### Thank you to Jo Hendy.

For bringing this innovative lock to our attention – helping to keep our plant and equipment secure at all times.

## Highways England Health, Safety and Wellbeing Briefing

Each month Highways England cascade their Construction and Maintenance "Health, Safety and Wellbeing Briefing" which includes useful links, alerts and news updates. The November edition includes articles covering:-

- Hub Occupational Health and Wellbeing December Campaign - 'Occupational Cancer'
- Health, Safety and Wellbeing Awards 2017
- New CPA Guidance – forward tipping dumpers
- Intelligent Plant – saving fuel when idle
- Make it or Break it – improving performance
- HSE 'Stress Statistics' & 'Workplace Exposure Limits' Consultation

### Occupational Cancer – Health and Wellbeing Campaign December 2017

The December campaign covers Occupational Cancer. The HSE estimates that for every worker who dies in a workplace incident, 50 more die as a result of occupational cancer. Please see the link to campaign material here:-

<http://www.highwaysafetyhub.com>

A library of the briefings is available on the Government Publication website by following the link below:-

<https://www.gov.uk/government/publication/s/delivery-hub-health-safety-briefings>





## Construction and Maintenance Health, Safety and Wellbeing Briefing November 2017

### Hub Occupational Health and Wellbeing – Occupational Cancer

#### What is 'Occupational Cancer'?

Cancer can be caused by substances, or mixtures of substances, called 'carcinogens'. Occupational cancer is caused by significant exposure to carcinogens in the workplace, often over a prolonged period.

The causes of cancer (carcinogens) are many and varied. They can be solid substances, liquids, mixtures, vapours, gases, dusts or even radiation. Without adequate control, you can be affected by breathing them in, absorbing them through the skin and accidental swallowing.

There is usually a considerable period of time (often more than 10 years and up to 40 or 50 years) between these exposures and any ill-health symptoms developing.

#### Occupational Cancer and the Construction Industry

Every year more working days are lost in construction to work-related illness than injuries caused by accidents.

#### The facts:

- Construction reports more cases of occupational cancer than any other industrial sector.
- It accounts for more than 40% of occupational cancer deaths and cancer registrations.
- It is estimated that past exposures in the construction sector annually cause over 5000 occupational cancer cases and approximately 3700 deaths.
- The most significant cause of these cancers is asbestos (70%) followed by silica (17%), then painting and diesel engine exhaust fumes (6–7% each).

#### Risk Management Programmes

Control of carcinogens should sit with your risk management process. There are several ways of conducting risk assessments, but it's essential that the process you use identifies the risks and those who might be harmed and that control measures are put in place to reduce the risk of harm.

### Highways England Safety Alerts.

HE i34 White lining machine incident

HE i33 Lorry loader cranes

HE i32 Falling concrete block – M5 Oldbury Viaduct

HE i31 Hand injury sustained fitting varioguard

HE i30 Vehicle door restraint failure

This and previous alerts can be found here:

[www.highwaysafetyhub.com/alerts.html](http://www.highwaysafetyhub.com/alerts.html)

The effect of some carcinogens can be increased by other factors such as smoking or drinking, so it could be beneficial to provide information on healthy lifestyles, such as giving up smoking, eating healthily and being more active.

Further information, tools and guidance can be found on the Hub website

[www.highwaysafetyhub.com](http://www.highwaysafetyhub.com)

### Industry news - Plant and Equipment - New Guidance - Forward Tipping Dumpers.



The CPA have recently issued new guidance for the safe operation of forward tipping dumpers and issued the following statement:-

The CPA is pleased to announce the release of their Operational Safety Guidance for Forward Tipping Dumpers and one of the actions that stemmed from the Industry Forum for Forward Tipping Dumpers. This guidance, titled 'Staying Safe When Operating Forward Tipping Dumpers', is aimed principally at operators for refresher training purpose and as stated at the last forum meeting, has been divided into three sections:

- Section one consisting of a 'stay safe by' list of actions for operators;
- Section two consisting of the supporting underpinning knowledge providing the 'how's and why's' of each action, and designed to provide assistance for tool box talks and one-to-one familiarisation activities (kindly supplied by the CITB from their CPCS refresher material);
- Section three being aimed at managers and supervisors in terms of planning and supervision requirements.



The CPA-produced publication has been designed to support a number of existing safe operational guidance publications from the Health and Safety Executive (HSE) including their HSG 144 safe use of vehicles on construction sites.

As with all CPA publications, the staying safe guidance can be downloaded free-of-charge from the CPA website at [www.cpa.uk.net/safetytechnicalpublications](http://www.cpa.uk.net/safetytechnicalpublications) and as agreed at the last meeting, is the first of a number of publications that the CPA will produce on this topic. These will include a Good Practice Guide on Forward Tipping Dumpers which will be devised by the Strategic Forum Plant Safety Group, and an update to the Plant Safety Group's work on Ground Condition in order to provide recommendations for the operation of dumpers on spoil heaps. Forum members will be invited to participate on each group accordingly.

We look forward to industry's support for this and the future publications.



## Sharing from:

- Successful Possession at Twickenham to Safely Deliver another Key Project Milestone
- Green Lane Footbridge Open to Pedestrians for Christmas
- Emergency Strengthening to Millbrook Footbridge keeps the Rail Network Moving
- Complex Liverpool Junction Successfully Reconfigured ahead of Christmas Embargo
- Class 707 Gauging Works Complete at Southampton Station
- Southern Shield "Lite" Charter now Available
- December "The Shield"

## Successful Possession at Twickenham to Safely Deliver another Key Project Milestone

Thank you to everyone who gave up their Christmas to deliver another key project milestone safely at Twickenham as we work to deliver a new, modern and larger station.



The first of two tower cranes to support the project was delivered and erected during the Christmas railway engineering work period.

The luffing jib tower crane components were delivered and installed on site over Christmas and Boxing Day using a mobile crane for the assembly.

Other works including the installation of a service scaffold bridge and transferring the piling rigs to their next area of work were also completed, maximising the use and efficiency of the available possession window. The second tower crane will arrive in late January.



Many thanks to the whole the site team including Jas Rupra, Marc Cox, Nick Freeman, Bruce Williams and Justin Thorpe for the safe and professional delivery of this next phase of the logistically challenging scheme.

## Green Lane Footbridge Open to Pedestrians for Christmas

Since the new Green Lane Footbridge was safely craned into position in record time there has been no let up for the team, and they successfully opened the new bridge to the public in time for Christmas.



Thanks to more great examples of working closely with our specialist suppliers, the tarmac paths were completed and palisade fencing installed to hit this important milestone and clear the site.



**Well Done to Billy Knight-Wood and the whole team including supplier GVC.**

For hitting this significant milestone much to the delight of the local residents.

## Emergency Strengthening to Millbrook Footbridge keeps the Rail Network Moving

Well done to our Minor Works Team who despite a drastically reduced possession window, managed to complete essential strengthening works to the aging concrete footbridge at Millbrook Station, near Southampton.

When the bridge was found to be at the end of its serviceable life, the critical location of the structure meant that the works were prioritised for completion due to the possible complications to the route traffic if this bridge was not suitably supported. Hence our Minor Works Team was asked to carry out the strengthening works as a matter of urgency.

The existing concrete footbridge required the supports to be relieved of their load and an innovative frame was designed to be inserted within the existing piers with a cantilever support to receive and reduce the deck span. The large steelwork assembly was initially designed to be installed in a 30 hour possession. However, when this was subsequently cut down to a third of the available time, the team had to regroup and come up with a solution to complete the emergency works in only 10 hours.



The team completed the emergency scheme in less than two months, including the design, approval, steelwork fabrication and installation. The design also included alterations to the disabled access ramp to ensure continued accessibility for all users within the solution.



Acting Route Manager at Network Rail said:

*"I would just like to place on record the way the site and the delivery of the works at Millbrook has been managed and delivered leading up to the weekend major works which was also delivered on time and without incident in very testing conditions... Thanks for ensuring this was completed, it's very much appreciated within the route."*

### Enormous Congratulations...

To our Minor Works Team and our suppliers, including McNealy Brown for erection of the steelwork. Your seamless efforts to complete these works in record time and keep the network moving is indeed admirable.

## Complex Liverpool Junction Successfully Reconfigured ahead of Christmas Embargo

Our collaborative team at Liverpool have recently hit an important project milestone, successfully opening the reconfigured Leeds Street /Great Howard Street Junction ahead of Christmas.

The end of November saw the new traffic lights switched on and commissioned on behalf of Liverpool City Council as part of our two year A565 North Liverpool Corridor Scheme.

Due to the complexity of the junction and its strategic position within the city, the reconfiguration works had to commence early in the scheme to coincide with a previously planned road closure, to reduce the impact on road users.



A temporary traffic light system, remotely controlled by Liverpool City Council, was installed for the duration of the junction works to ensure disruption was kept to a minimum. This highly successful temporary system provided a safe and smooth flow of traffic throughout the works until the new traffic lights were commissioned, allowing the temporary traffic signals to be removed on programme and ahead of the city's Christmas embargo.

## Well Done ALL!

The completion of this initial element of the scheme was successfully carried out through working closely with our suppliers including King Construction, Siemens and SSE; a very satisfying milestone in this complex project.

## Class 707 Gauging Works Complete at Southampton Station

Despite atrocious weather and difficulties with the tamper, our team at Southampton Central Station recently successfully completed safe and efficient possession works as part of the Class 707 platform adjustments.

These gauging works are being carried out at various stations and platform locations across the Wessex region to enable successful introduction of the Class 707 vehicles.

To achieve satisfactory clearances to the Class 707 trains the schemes include platform works such as realignment of copers, platform resurfacing, drainage changes, riser wall adjustments and installation of oversail blocks; along with permanent way track adjustments.



## Many Congratulations...

To Adam Szeremeta and the WHOLE team at Southampton for the successful completion of these works despite the challenges that you had to overcome. Great Team Work Guys!

## “The Shield” December 2017 Edition

Network Rail Southern Infrastructure Projects recently published their December 2017 Edition of “The Shield”, aimed at increasing our safety engagement and communication direct with our workforce.

## Southern Shield “Lite” Charter now Available

The new Southern Shield “Lite” version of the Charter and all the individual appendices are now available on the Southern Shield website here:-

<http://www.southernshield.co.uk/the-charter/87/>

This document contains the items that have been agreed by the Southern Shield Safety Leadership Team for inclusion in the Charter, in a shortened version of the full Southern Shield Charter.



Whilst we appreciate that this is a rail based publication, the content is varied and much of it is appropriate to all our projects.

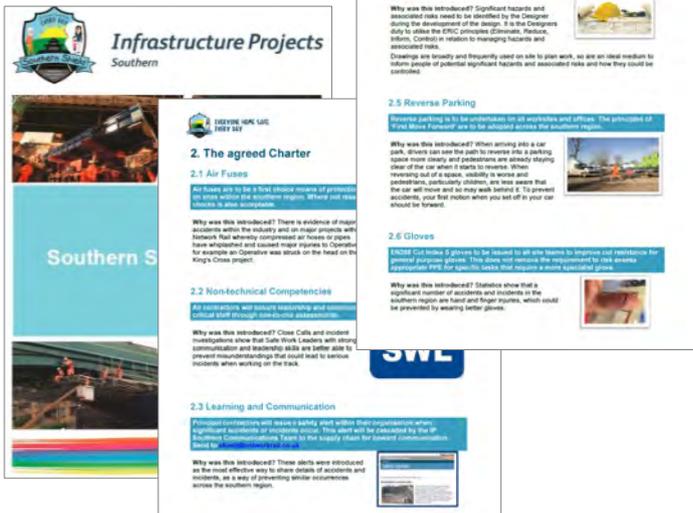
So please do encourage your workforce to share it.

It can be downloaded from the Southern Shield website:-

<http://www.southernshield.co.uk/library/3/>

## Congratulations to Adam Hillaby...

Who has been recognised by the new “Southern Shield Making a Difference Awards.” Adam stopped an operative from working unsafely, demonstrating commitment and passion for the Southern Shield culture. See page 3 of The December Shield for more details.



## Health & Wellbeing



- Ten Ways to Embrace Winter
- NEW! Interactive Health and Wellbeing Calendar 2018
- Dry January
- Alcohol Awareness – Benefits of Going Dry

### Ten ways to Embrace Winter

Winter is upon us and short days and cold nights can often result in the "winter blues." Many people often feel a little down, a certain lack of motivation, and low energy at this time of year but there is much you can do to help yourself feel brighter and prepared to face the challenges of each day.

#### 1. Exercise

Exercise isn't only for maintaining your weight and staying healthy; it is great for relieving the stresses of life. The effects of a good workout can last for several hours; giving more energy throughout the day and releasing those "feel good chemicals" that improve your mood.



#### 2. Eat a Healthy Diet



What and when you eat has a great effect on your mood and energy. Avoid refined and processed foods like white bread, rice, and sugar because they zap your energy levels and can affect your mood. Try to eat more complex carbohydrates like whole wheat breads, vegetables and fruit AND ensure you drink your daily 8 cups of water. These healthy foods provide your body and mind with nutrients, and stabilise your blood sugar and energy levels.

#### 3. Get some Sun

Sunlight not only provides us with Vitamin D but also improves your mood. Similar to exercise, sunlight exposure releases neurotransmitters in the brain that affect mood. Try to spend a little more time outdoors. Keep your shades up during the day to let more light in and sit near the window.

## 4. Avoid Binge Drinking

Alcohol is actually a depressant, rather than improving your mood it only makes it worse, so avoid alcohol when you are already feeling a little down. A little is probably OK, but binge drinking is never a healthy choice and the morning after you will feel even more tired and make the "winter blues" even worse.



## 5. Treat Yourself

Having something to look forward to can keep anyone motivated! Winter may seem endless but if you plan something exciting, your mood improves when you are looking forward to it. So plan something that's exciting to you - a weekend trip, a day out, a celebration party!



## 6. Relax!

Everyone is busy and even if you enjoy being busy, everyone needs some time off. Don't be afraid to say "No" to extra opportunities.

Try to spend a few minutes each day doing nothing! Relaxation can alleviate stress and leave you with a calm energy.

## 7. Embrace the Season

Instead of always avoiding the cold look for the best that it has to offer! Staying active will boost your energy. Seeing winter in a positive light, with all the fun activities that it has to offer, will keep your spirits high.

## 8. Get Social Support

Don't underestimate the power of friends, family, mentors, co-workers, and neighbours. Don't be afraid to ask for help or encouragement when you need it. Something as simple as a phone call, a chat over coffee, or a nice email or letter can brighten your mood.



## 9. Catch some Zzzz's

People naturally want to sleep a little bit more during the winter. Aim for 7-8 hours each night, and try to keep your bedtime and waking time consistent. That way, your sleeping patterns can normalise and you'll have more energy.

## 10. Act on your Resolutions

People who exhibit healthy behaviours have less sad days than those whose behaviours are less than healthy.

**So use these tips to take the first step to beat the winter blues!**

## NEW! Interactive Health & Wellbeing Calendar 2018

As part of our ongoing commitment to the health and wellbeing of our people, the Health & Wellbeing Team led by Jay Johnston have designed an interactive calendar for 2018.

Each month focuses on a specific health and wellbeing related topic with supporting information available such as Toolbox Talks, videos, and posters; as well as events to encourage a healthier regime and getting involved in our local communities. The calendar is available via the homepage of iGO, or can be viewed by clicking the link here:-

<https://view.pagetiger.com/HealthandWellbeingCalendar2018/2018>



## Dry January

After a festive break with family and friends we encourage you all to start 2017 by giving your body a well-earned break from alcohol. "Dry January" is Alcohol Concern's flagship Campaign which aims to raise awareness of alcohol-related problems and educate people about the health benefits of refraining from alcohol.

Giving up alcohol for 31 days can promote great health improvements such as losing weight, better sleep and more energy – as well as saving money! So, why not give it a try and help to beat the winter blues at the same time! For more information visit:-

<https://www.alcoholconcern.org.uk/dry-january>

CONNECT		BE ACTIVE		TAKE NOTICE		LEARN		GIVE									
<h1>Health &amp; Wellbeing</h1> <h2>2018 CALENDAR</h2>																	
January	February	March	April	May	June	July	August										
										Dry January	Wear it beat it	Cancer awareness	Vibration	Mental health	Sun & hydration	Skin	Dust
September	October	November	December	Hearing & eyesight		Musculoskeletal				Stress & fatigue awareness		Diet & lifestyle					



# Have a break from booze!



OSBORNE



Start 2018 by treating  
your body to a  
well-earned booze free  
month by taking part  
in Dry January.

Osborne are supporting 'Dry January' and you can download the AXA Health Gateway app at Google play or the Apple app store.

Or alternatively register online at:

<https://gateway.axapphealthcare.co.uk/osborne>. All you need is your Osborne email address to register. So get clicking!

Sign up at [dryjanuary.org.uk](http://dryjanuary.org.uk) for more hints and tips.

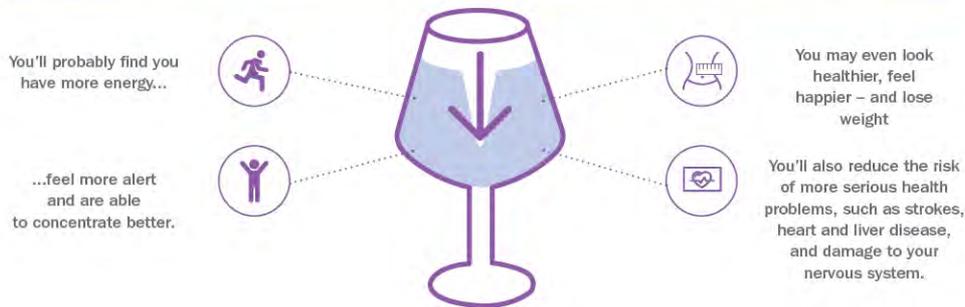


## ALCOHOL AWARENESS

# BENEFITS OF GOING DRY

A break from alcohol can do wonders for your health. We're here to help with some top tips to help you drink less and feel your best.

### CUTTING BACK ON THE BOOZE FOR A BIT CAN BRING BIG HEALTH BENEFITS



If you regularly drink more than the recommended weekly limit of alcohol – 14 units a week for both men and women\* – why not discover the benefits of drinking less? And don't forget that cutting back is a good idea whatever the time of year.

### 5 WAYS TO HELP YOU CUT BACK ON ALCOHOL

<p><b>1 HAVE A GOAL</b></p> <p><b>Set yourself a goal</b> based on what you want to achieve – this could be stopping altogether or aiming to only have alcohol at the weekend. Decide on a start date and try to stick to it.</p>	<p><b>2 MONITOR YOUR INTAKE</b></p> <p><b>Why not keep a drink diary?</b> Writing this on a regular basis will help you to work out how much you're drinking.</p>	<p><b>3 UNDERSTAND YOUR TRIGGERS</b></p> <p><b>Work out which situations</b> you know will encourage you to drink and then look for alternatives. For example, if you're going out with friends, why not suggest the cinema instead of the pub?</p>	<p><b>4 ALTERNATE YOUR DRINKS</b></p> <p><b>Remember to pace yourself.</b> Try drinking each drink more slowly or alternating alcoholic drinks with soft or low alcohol ones.</p>	<p><b>5 FIND WAYS TO RELAX</b></p> <p><b>Look for activities</b> like swimming, yoga or going to the cinema, which will make you feel good and don't involve alcohol. Sometimes the better we feel, the more motivated we are to look after our health!</p>
---	---	---	---	---

Source: \*<http://www.nhs.uk/Change4Life/Pages/alcohol-lower-risk-guidelines-units.aspx>

For more help on cutting down on alcohol, visit these useful websites

Drink Aware [www.drinkaware.co.uk](http://www.drinkaware.co.uk)

Addiction [www.addiction.org.uk](http://www.addiction.org.uk)

Alcohol Concern [www.alcoholconcern.org](http://www.alcoholconcern.org)

Alcoholics Anonymous (0800 9177 650) [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

For more information or support you can call your Employee Assistance Programme on **0800 072 7072** (or from Ireland or abroad 00 44 (0) **0800 072 7072**)  
[www.axabesupported.co.uk](http://www.axabesupported.co.uk)



AXA PPP healthcare is a trading style of AXA ICAS Limited  
 Registered Office: 5 Old Broad Street, London EC2N 1AD, United Kingdom. Registered in England No. 2548573  
 © AXA PPP healthcare 2013. All rights reserved. Information is accurate at the time of writing. PB45638/05.13



## High Security Compound and Christmas Enabling Works Burnaby Road Bridge Replacement On-Track (Sheet 1 of 2)



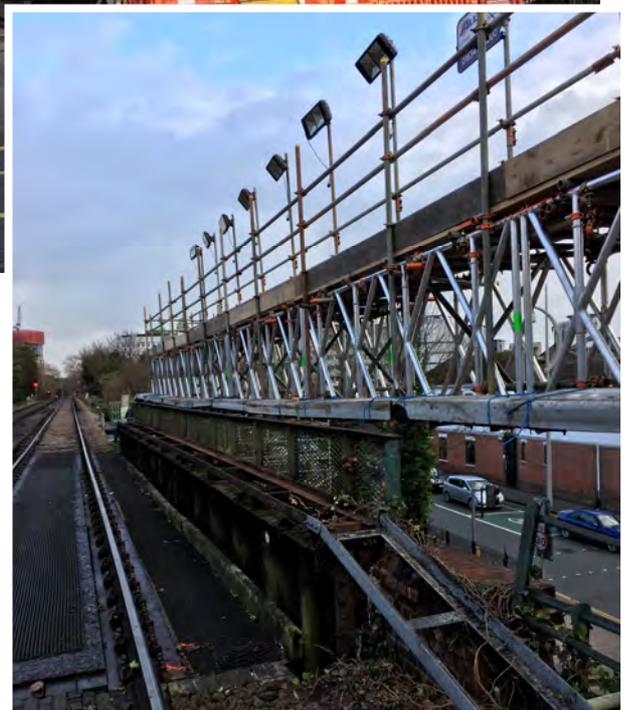
In preparation for the replacement of Burnaby Road Bridge in Portsmouth, our project team were required to set-up a rather unusual high security site compound within HMS Temeraire. Whilst normally a straight forward standard operation, the perimeter fencing and access had to satisfy the security restrictions of the MOD, requiring great organisation and communication to gain temporary ownership of the area from the Navy.

The bridge removal and installation works will take place during a pre-planned blockade in February. The existing bridge will be lifted out using Self Propelled Modular Transporters (SPMTs) for later dismantling and disposal. The two new standard steel U-decks are being manufactured off-site and pre-assembled on high level trestles in a further site compound adjacent to the bridge location. Upon removal of the existing structure, the new decks will be driven into position using the SPMTs.



## High Security Compound and Christmas Enabling Works Burnaby Road Bridge Replacement On-Track (Sheet 2 of 2)

During a full road closure of Burnaby Road and accompanying 27 hour Boxing Day track possession essential enabling works were also completed. The team successfully erected the temporary scaffolding cable bridge; the S&T services were removed from the bridge troughing and slewed onto the cable bridge to free the existing deck ready for removal.



**Special Thanks to the WHOLE Project Team for your meticulous organisation and stakeholder management, and for giving up your valuable time over the festive period.**

Including Bradley Mansbridge, Conor Wilcox, Sam Aiuto, Jason Tavenor, Patrick Boland and our Supply Partners.

## Inspiring tomorrow's Talent Today Record intake from Southampton SUCCESS Scheme

Following a great day of interviewing 14 prospective trainee engineers for the University of Southampton's "SUCCESS" scheme, James Buckley and Lloyd Jefferson have successfully secured their top five shortlisted candidates. This is a record number of Infrastructure sponsorship positions offered by Osborne, with three of the five also joining us for an Industrial Placement.



Southampton University's Civil Engineering "SUCCESS" scheme (Southampton University Corporate Civil and Environmental Scholarship Scheme) has now been running for nearly 15 years. It provides undergraduates in Civil Engineering invaluable industrial experience and the opportunity to work with senior engineers acting as mentors. Due to the scope and variety of infrastructure work, such as our collaborative cradle to grave frameworks, we are able to offer more than just contracting experience, providing interaction with consultant and customer duties. This is an ideal situation to help young engineers to understand the different routes available to them, and find a role that best suits their skill set and personal preferences.

Both James and Lloyd joined Osborne through sponsorship schemes with Southampton and Bath Universities respectively, and it is great to see them now inspiring the next generation of civil engineers at a time when attracting people into the industry has never been more important. Indeed, twelve years ago, John Dowsett was a Project Manager and along with Malcolm Attrill, carried out the interview with James for the exact same Sponsorship Scheme! This is the first experience for Lloyd interviewing as a Delegated Engineer; and it is great to see another of our home-grown talents sharing his passion for the benefit of our young engineers.



John  
Dowsett



Malcolm  
Attrill



James  
Buckley



Lloyd  
Jefferson

**Thank you James Buckley and Lloyd Jefferson**

For helping us to encourage the very best candidates into a career in Civil Engineering.



## Supporting Our Communities Generous Donations spread Christmas Cheer

To help the less fortunate this Christmas our people came together to collect supplies for local charities at this particularly difficult time of year.

Food collection boxes were placed in our offices and delivered to "Loveworks Food Bank." Loveworks have one simple aim - "to improve the lives of some of the most vulnerable groups of people in the area, from the elderly to the hungry."



This great charity is run by volunteers to give hope, a helping hand and put a smile on people's faces. Please do visit their website for more details and the great work they continue to do in our local community.

<http://www.loveworks.org.uk/>

### Thank you ALL for your kind donations.

Such kind gestures make an enormous difference to someone less fortunate – so what better gift to give at Christmas.

*"...we wanted to let you know that one of your members of staff was absolutely amazing. Whether he was a relation to those involved in the crash we do not know. However if he wasn't, the helpfulness and care he showed as an outsider was just outstanding. There was a young boy and a kitten in a crate in the car, he made sure both were looked after, ensured they were behind the barriers and off of the roundabout. He even drove the car, after all were out of the vehicle, to the nearest car park."*

## Supporting Our Communities Helping others in their time of Need

At the end of last year we received a lovely email from a Customer Services Officer from Eastleigh Borough Council. One of our people demonstrated behaviours in true keeping with our core values when he assisted at an accident and we would like to thank him for his caring actions.

Unfortunately we have not managed to trace the individual to thank him in person but feel such actions cannot go unrecognised.

So if this was you – **THANK YOU** – for helping to keep others safe and ease their distress.

## December SHE Performance

**Improvement Opportunities Frequency Rate (IOFR)** the Current Rolling IOFR Is: **3.6**  
(Target of 2.5 per 1000 hours worked)

**Accident Frequency Rate (AFR)** Days since the Last RIDDOR Accident: **145**  
The Current Rolling AFR Is: **0.06** against a threshold of 0.01

**Service Strike (SSFR)** Days since the last Service Strike: **50**  
The Current Rolling SSFR is: **0.36**

**December  
Total  
310**

**December  
Safety, Health &  
Environment  
184**

**December  
Business IO's  
126**

Reference	Incident Date/Time	Incident Name	Description of Incident
Injury			
I/025335/006	20 Dec 2017	A120 Tey Road	Supervisor assaulted by operative following refusal of drugs and alcohol test.
Near Miss/Close Call			
I/070371/002	06 Dec 2017	Stoke Newington Station	Member of public walking down railway track.
I/025335/001	06 Dec 2017	A120 Tey Road	Near Miss vehicle incursion
I/025335/002	06 Dec 2017	A120 Tey Road	Near Miss Vehicle Incursion
I/025335/003	14 Dec 2017	A120 Tey Road	Near Miss Vehicle Incursion
I/025335/004	18 Dec 2017	A120 Tey Road	Near Miss Vehicle Incursion
Property Damage			
I/025294/001	19 Dec 2017	Gade Valley	Lorry collecting equipment caught container causing damage to solar panel.

## Improvement Opportunities

**2017** - A Great Year for Sharing Improvement Opportunities

### 2017 Headline IO Statistics:-

<b>7318</b>	<b>Total Number of IO's Raised</b> (38% increase from 5297 in 2016)
<b>566</b>	<b>Number of People Raised an IO</b> (33% increase from 425 in 2016)
<b>835</b>	<b>IO's Raised from External People, representing 11% of the total</b> (264 external IO's in 2016, representing 4% of the total)
<b>2344</b>	IO's submitted via iGO
<b>2263</b>	IO's submitted via the App

IO's submitted from **367** locations across the country using the IO Mobile App.



### THANK YOU ALL!

For all your ideas, good practice examples and personal interventions.

### "Virtual" Site Tours

The Infrastructure IO panel reviews every Improvement Opportunity submitted each month and one of their favourites from November 2017 was raised by Lloyd Jefferson as detailed below:-

*"Develop a use for Virtual Reality tours of a site. My thinking is how we can develop a way to undertake Site Leadership Tours, with the Site Manager wearing a 'Go-Pro Camera' on their chest and 'Google Glasses' that means we can undertake full site visits with multiple parties without the travel time/cost/risk."*



### Thank You Lloyd

For thinking differently to increase efficiency across the Business. This innovation for virtual site tours could provide numerous benefits across the whole lifecycle of a project- from sharing safety awareness, to planning and design solutions.



## Mixed Recyclable Site Bins

Another favourite Improvement Opportunity from November 2017 was raised by Safia Whitwham:-

*"When the Gade Valley site was set up the office waste removal was set up as either mixed waste or paper only recycling. We generate a lot of recyclables other than paper and most people are used to mixed recycling at home so this is easy to do at work. I contacted Reconomy and changed our bin to mixed recyclables instead of paper only. This remains the same bin and at the same price. If we require more pick-ups there may be a slight increase in price."*

### Plastic Waste – What can we do?

The amount of plastic waste being produced is having a devastating impact on our oceans.

It is estimated that by 2050 plastic will outweigh fish if left unchecked

If we all made small changes to the way we live and work the impact could be enormous!

- Avoid single use plastics wherever possible e.g. water bottles, disposable cutlery, drinking straws etc.
- Use reusable coffee cups – some coffee chains will offer a discount on your coffee if you take your own cup.
- Try to buy loose fruit and vegetables wherever possible to cut down on plastic packaging. It is often cheaper this way too!
- If plastic cannot be avoided, make sure you reuse or recycle!



For more help and information please visit:-

<https://lessplastic.co.uk/>

### Well Done Safia

For finding a way to increase the site's recycling rate and making it easier for people to do this.

Please follow Safia's great example and ensure that you have and are using the correct waste bins



## December IO Statistics

During the month of December the level of engagement with the IO System was reduced due to the festive break but this is expected to go up again this month as working hours return to normal. However, it was really encouraging to see a significant contribution from our suppliers who submitted over one third of the overall total – this is an excellent result.

It was also great to see IO's relating to Mental Health, showing engagement with the Mental Health First Aiders, and an increase in the number of IO's related to "Doing things Better."

### Top Projects in December

- Twickenham Solum 33
- OTW Geotech Soil Cuttings 22
- A565 North Liverpool 12
- Wessex Minor Works 11
- Sussex Minor Works 10

### Top IO Originators in December

- Bruce Williams 23
- Jon Blackman 15
- Steve Paul 12
- Matt Hewett 11
- Andy Childs 10

### Top Suppliers in December

- Vital Human Resources 44
- Coleman Construction 25
- SGC Rail Solutions 18
- NW Rail Ltd 5
- Arcadis Consulting 4

### Top SHE Categories in December

- Personal Health
- Access / Egress / Site Security
- Process and Documentation
- PPE
- Railway Operations

Thank you for your continued engagement with our IO System. More and more high quality IO's are being submitted, with an added maturity and more detail provided about the proposed solutions.

## Infrastructure Improvement Opportunities

Month	Total No. IOs	Total No. People Raising IOs
October	444	152
November	501	152
December	310	121
How many has this site entered last month?		



## Safety Bulletin SB/10548

### Fatality during vehicle operations

Approved by: David Parkin, Director, Safety and Network Strategy

Published: 15/12/2017      Review date: 14/12/2018

#### What has happened?

- On 14 December 2017 a colleague from one of our contractors was tragically killed on a Cadent construction site, during vehicle movement. The individual was trapped between a delivery vehicle and a dumper truck. This incident is being investigated and full learning points will follow upon completion of the investigation. However, in the interim, it reinforces the need for everyone to be vigilant around moving vehicles and plant.
- Earlier this year, a serious injury occurred within Cadent while a trailer was being moved.
- In the recent icy conditions, near-misses have been reported where individuals have been trapped by vehicles sliding out of control.
- Significant near-misses involving plant and people and tragic examples of injuries and fatalities from across the wider industry reinforce the need for arrangements to ensure appropriate segregation of plant and people.

#### Key learning points:

- A safe system of work must be implemented and maintained during operations involving vehicle or plant movement.
- Ensure a site specific risk assessment includes the safety of persons from moving plant and vehicles and is communicated. For construction sites see guidance in [Procedure SHE/14](#) and [http://www.hse.gov.uk/pUbns/priced/hsg14\\_4.pdf](http://www.hse.gov.uk/pUbns/priced/hsg14_4.pdf)
- Plant / vehicle operators must have the relevant licence / authorisation.

#### Actions required

- Wherever possible, segregate vehicles and people.
- Assess any vehicle movement and ensure everyone on site understands what the plan is and to keep a safe distance away before any movement.
- If the job or situation changes, **STOP work and re-assess**.
- Use a banksman where available in a safe position to direct the vehicle movement. Ensure safety of the banksman is maintained.
- Vehicle / plant operators should make sure they know where people are on site throughout the vehicle movement. If you are unsure, lose sight of people or they approach your vehicle **STOP and power down**.
- **People should stay clear of moving vehicles.** Never place yourself between a moving vehicle and a fixed object.
- If you need to approach a moving vehicle make sure you've established eye contact with the operator; that they are clear you want to approach; and that the vehicle has stopped moving and powered down.
- Wear your high-vis PPE to be visible on site.
- **Be aware that the risks do not apply only to construction sites** and vigilance is also required in car-parks and depot / site roadways.

Contact: Mark Ledingham, Safety Manager (07774 973898)



**Cadent**  
Your Gas Network



## SHE ALERT

Ref: SHE/H069/A/2017  
Issued by: Area13 M&R. Highways  
SHE Department.  
Date: 04/12/17



### Area 13 IPV Strike

At 19:30hrs on 3<sup>rd</sup> Dec 2017, a Kier Highways TM crew were installing a lane 3 closure on the M6 southbound carriageway between junctions 35 & 36. The lane closure was to relaxed standards with nearside only advance signing.

The TM crew had just completed installing the lead taper, all advance TM signing was in place and the motorway matrix signs were activated showing lane 3 closed. The IPV was positioned upstream of the taper, stationary in lane 3 with the crash cushion deployed, awaiting a suitable gap in the traffic to pull across into lane 2.

A member of the public travelling in a 3.5t panel van collided with the crash cushion causing injuries to both drivers. Video footage of the collision shows that the van driver did not make any attempt to brake or take evasive action.

While our driver did suffer whiplash, and we wish him well, all systems and good practice was followed, because of this the injuries were minimal in comparison to the potential. The positive learning points to take from this event were;

- Use the upstream method for IPV's to cover taper installations
- Install correct advance signage
- Utilise overhead and roadside technology (matrix's)
- Where your harness or seatbelt at all times in a works vehicle
- Ensure those involved in incidents are offered TRiM counselling and Occupational health referral

Regards

James Bird - Senior SHE Manager

[James.bird@kier.co.uk](mailto:James.bird@kier.co.uk)





## Overtaken ride-on roller

## SafetyAlert

December 2017

### Incident Description

On 10<sup>th</sup> November, a twin drum, ride-on roller was being used to compact the fill during reinstatement of an embankment in Area 7.

To allow placement of the next layer of fill the operator reversed the roller down the approach ramp where it tipped on to its side.

No injuries were sustained.



### Investigation findings

Although a dedicated, trained operative was on site, at the time of the incident the roller was being operated by an untrained person.

- The keys had been left unsecured
- The agreed method was to keep the roller on the level area while fill was placed.
- The operator was not wearing his seatbelt.
- No-one challenged the operative to verify he was competent to operate the roller.

### Learning / Actions

- Ensure all operators are suitably trained and competent to use the machinery.
- Be prepared to challenge people if you feel their actions are unsafe.
- When things change, check that a Safe System of Work is in place and being followed.
- Ensure plant is only used in areas that are suitable for that item of plant.
- Ensure robust controls are in place to ensure only trained individuals can access plant.
- Enforce the use of seat belts.

For further information please email [NH&ST@highwaysengland.co.uk](mailto:NH&ST@highwaysengland.co.uk)

HEI035





## HEALTH & SAFETY



### ALERT

#### Non Crossrail – Genie Safety Notices

##### What Happened:

It has been brought to our attention that Genie have issued two safety notices that require immediate attention.

The First Safety Notice refers to Genie models S-100/S-105, S120/S-125 and S-100HD.

The Second Safety Notice refers to a greater number of Genie models - GS-3384: GS-3390, GS-4390 and GS-5390: GS8415-42323 to 42382, GS8416F-42383 to 45118, GS84F-45500 to 45528, GS9015-50213 to 51063, GS9016F-51064 to 52951, GS90F-53300 to 53508.



S100 Diesel Straight Boom Lift

##### Actions:

- Identify whether you have one of the machines listed above.
- The first notice states that Genie have discovered that some machine serial number labels are printed with the incorrect 'Machine Unladen Weight' value. In some cases this is significantly different to what it should be and may result in the machine being operated on a surface that is not capable of supporting the machine weight.
- The second alert states that Genie has become aware that the System Relief Valve Pressure in some machines were not properly calibrated. Improper calibration of the System Relief Valve Pressure may cause component damage.
- Both notices require users/owners of the machines to take further action. The detailed requirements of the safety notices relating to each machine model are available here: <http://www.genielift.co.uk/en/sales-and-support/bulletin-campaigns/index.htm>
- The notices provide some technical instructions which will require assistance from suitably qualified personnel.



**MOVING HEALTH & SAFETY FORWARD**

Date: 11<sup>th</sup> December 2017





**Safety Briefing – SA035**

**21 December 2017**

## Drivers Under the Influence

### Summary

This time of year is particularly hazardous for the Highways industry as an increased number of the public drive under the influence of drink and/or drugs.

Every year police forces across the country run anti-drink and drive campaigns in the effort to stop a spike in incidents and fatalities over the Christmas period.

During last year's Christmas campaign, police stopped more than 100,000 vehicles, and 5,698 breath tests were either positive, failed (to provide sufficient breath) or refused. Those caught risk an unlimited fine, disqualification from driving and more than a decade in prison.

### What Happened

At 1am on the 14<sup>th</sup> December a member of the public breached a closure and struck one of the traffic management vehicles. Police arrested the driver on scene as he was intoxicated.

### Just the One?

Just one drink can make drivers a greater danger to us whilst working on the network. The effects of alcohol on the body include:

- Reduced reaction times
- Reduced judgement and coordination
- Reduced vision
- Reduced skills in judging of speed and distance
- Increased false sense of confidence leading to risk taking
- Increased feeling of drowsiness



Anthony Bangham, National Police Chiefs Council lead for roads policing, said:

“Every year ... thousands of people still get behind the wheel after drinking or taking drugs...”

“Even a small amount of alcohol or drugs in your system can affect your ability to drive safely - don't let your friends and family pay the price.”

### Immediate Actions

We need to remain highly vigilant whilst driving and working on the network.

- If you see or suspect a drunk driver, call 112 or 999 as soon as it is safe to do so.
- Ensure that the M25 Minimum Standards for Traffic Management are met to add additional protection to those working in the closure.

**The HSEQ Team**

To be removed: 15<sup>th</sup> January 2017



## Key Points for January

### ➤ Exclusion Zones and Working with Moving Plants

- **External Alert** - Person died during vehicle movements, trapped between a delivery vehicle and a dumper. Wherever possible segregate vehicles and people. Please ensure that exclusion zones around mobile plant are maintained and entrapment points are avoided.

### ➤ Working Responsibly

- **Back To Work Briefings** - Briefings to reverse the trend of increase in accidents following the festive break, including tips to look out for each other this winter.
- **Winter PPE** - Ensure that you are selecting and wearing appropriate PPE at all times. Staying warm, visible and protected will help to keep you safe at work this winter. Only specific liners are to be used for hard hats – NO BEANIES, and HOODIES are not allowed on site.

### ➤ Driving

- **Do Not Disturb Whilst Driving** – Activate this new mobile phone function. Your phone will then automatically turn off all notifications, sending an automated response, until you have reached your destination.

### ➤ Health & Wellbeing

- **Ten Ways to Embrace Winter and Beat the Blues** - Exercise, eat a healthy diet, get some sun, avoid binge drinking, treat yourself, relax, embrace the season, get social support, sleep well, and act on your resolutions!
- **Dry January** - Giving up alcohol for 31 days can promote great health improvements such as losing weight, better sleep and more energy – as well as saving money!
- **NEW! Interactive Health & Wellbeing Calendar 2018** – Now available via the homepage of iGO. Each month focuses on a specific health and wellbeing related topic with supporting information and events to encourage a healthier regime and getting involved in our local communities.

### ➤ Sharing New Ideas

- **Innovative Tag Lock** - The new heavy duty “intelligent” security lock that can be programmed to be unlocked only at specific authorised times of the day, will alert you of interference at un-authorised times results and can also be tracked!

### ➤ Remember...

- **Southern Shield Charter Lite** – Now available on the Southern Shield website.





“Thinking **differently**...

Making **better** decisions...

Changing **lives**”