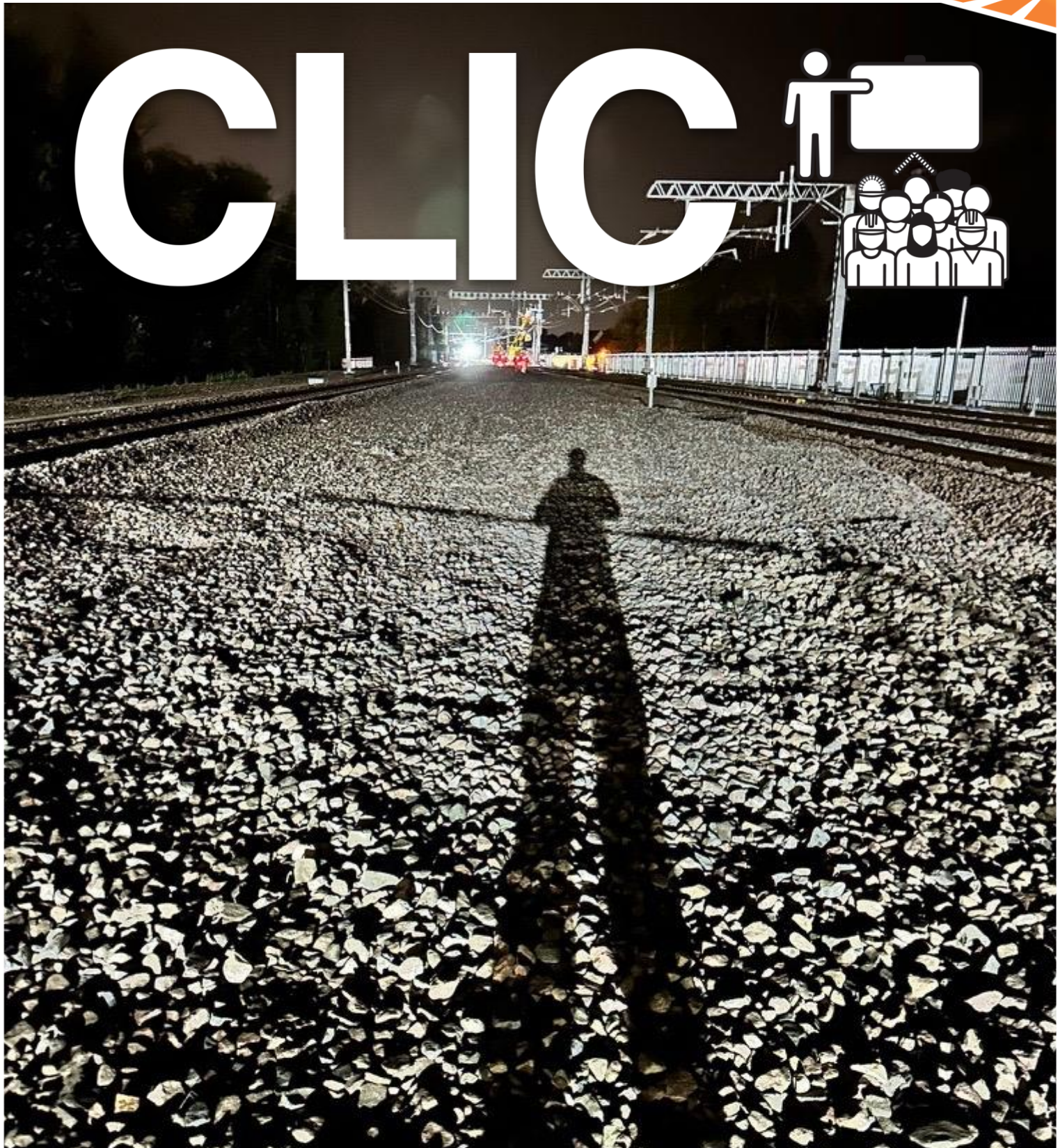


CLIC



PWAY Works on Night Shift
Beaulieu Park Station Enhancement Project

Issue 107
9th October 2024



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home safe
every day

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PACE

Continuous Learning & Improvement Cascade
Eastern Routes Capital Programmes

What's in this issue...



Health & Wellbeing: World Mental Health Day



Shared Learning: Working Safely with Glazing



Recent Accidents & Incidents



Health & Wellbeing : World Mental Health Day



World Mental Health

Every year we celebrate World Mental Health Day on 10 October. The theme for 2024, set by the World Foundation of Mental Health, is 'Prioritizing Mental Health in the Workplace'.

World Mental Health Day is about raising awareness of mental health and driving positive change for everyone's mental health.

What is a mentally healthy workplace?

Work can have a huge impact on our mental health. It can be good for our mental health, giving us a sense of purpose, boosting our self-worth, and providing opportunities to connect with others. But it can also be a source of stress and anxiety and contribute to developing or worsening mental health problems.

- **15%** of UK workers are estimated to have an existing mental health condition.
- **875,000** workers were suffering from work-related stress, depression and anxiety in 2022/23
- The **5th** most common reason for sickness absence in 2022 was mental health

Many things contribute to a mentally healthy workplace, from providing staff training on mental health to tackling discrimination and bullying. Importantly, a mentally healthy workplace supports open conversations about mental health.

tackle mental health stigma in the workplace.



Support Available

Your company will have support networks to reach out but remember you also have:

Safety Central

Samaritans



116 123

Additional support for Network Rail teams:

PAM Assist



08081 964 505

NR Occupational Health

0800 316 0066

Maybe some 'Tea & Talk' time could help one of your colleagues!



SAMARITANS



It's ok to say you're not ok

Shared Learning

Working Safely with Glazing

FRAGILE
GLASS
FRAGILE

Broken Glass Injuries

There have been several injuries on the rail infrastructure involving falling pieces of broken glass. Recently, one of AmcoGiffen's contractors received a personal injury when a broken shard of glass fell 3 metres from a unit they were replacing, puncturing his boot and injuring their foot.

Handle With Care

The consequences for mishandling glass can include punctures, crush and strain injuries, severe cuts, amputations and even death. Observing proper glass handling techniques is a major aspect of safety in any workplace.

Handling glass on projects requires effective planning and attention to detail. This ensures materials don't break (and risk additional costs to the budget and timeline) and sites are kept free of harmful glass debris:

- Avoid sudden movements or impact that could cause glass breakage or injury.
- Wind speeds more than 23mph (force 5) will affect a person's balance.
- Where possible use suction aids to provide a sturdy handle for extra stability.
- When transporting glass, make sure panels are secured.
- Large panels should always be lifted by a team so that weight is distributed evenly
- Store glass in designated areas away from high-traffic zones and potential hazards to prevent damage.



Image: glass that fell from the window.

Broken Glass Procedure:

Despite all precautions, glass breakage can still occur. If the glass breaks or shatters:

- Cordon off and secure the area to prevent accidents.
- While wearing appropriate PPE*, carefully remove large sections of glass and place them in a suitable container.
 - *Goggles/Visor, Safety Footwear, Cut Resistant Gloves, Kevlar Sleeves, Overalls (To add an extra layer of protection)
- Brush the remaining pieces into a pile and remove with a dustpan and brush
- Finally remove any remaining fragments with a suitable CLASS 3 industrial vacuum cleaner
- dispose of glass waste properly in labelled bags/containers.

Recent Accidents and Incidents

Date of Incident	Portfolio	Project	Location	Type of Incident / Accident	Event Description
03/10/2024	Track SRSA	A00132 – SRSA	A414 between Harlow & Chelmsford	Road Traffic Accident	MOS was travelling in their company vehicle when they struck a deer. The driver was uninjured though their vehicle was damaged & is not driveable as a result (impact damage/air bag activated). Animal was moved clear of the highway and Police were called to attend.
05/10/2024	Track SRSA	A00132 - SRSA	Stubton	Environmental Category 4 (Negligible)	The machine burst a pipe, minimal oil was lost (2L) most of it on or in machine used spill kit.
06/10/2024	MPP South	150796 - Beaulieu Station	Beaulieu Park Station	Machine, plant, equipment or tool	RRV arm contacted isolated OLE contact wire whilst civils team working on OLE retention activity. Repairs were made to the contact wire.



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- Do you have something to share?
- Can others learn from your work?



SCAN ME

Whether it be linked Health, Safety, Environment or Social Value
Please get in touch and email: clic@networkrail.co.uk



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