

Safety First

Welcome to the Summer edition of our newsletter Safety First

The summer season is well upon us, and this is the time most of us have our family holidays and are flying off to warmer climates or taking a staycation and earning that well deserved break away from the railways. However, while you are enjoying your holidays, the railways must continue to run and many of you are still out there carrying out the essential duties needed to keep the trains running. But just a reminder that the summer weather does carry the risks from over exposure to the elements of the sun, especially when carrying out work outdoors. Please look after your health and avoid the risk of dehydration, sun stroke etc that can make you ill and unfit to work. Please have a look at the articles inside that give handy tips for working in warmer conditions.

Safety Health and Wellbeing information

Network Rail are passionate about safety for their employees, contractors, and the passengers who travel on the network. At the heart of their safety policy are the 10 lifesaving rules that help everyone to stay safe and go home safe every day and this is backed up through Safety Central.

[Safety Central](#) is Network Rail's resource centre for health and safety information and best practice for the rail industry. This is a fantastic website for all rail workers with free and easy access to safety, health and wellbeing information including a valuable tools and resources section, including useful videos. It is worth a visit, but don't forget you can also visit our [Health and Safety Hub](#) on the Ganymede Website where you can find valuable information and most importantly access the [Rule Book Handbooks](#).

Safety Health and Wellbeing Events

June is the time that annual events such as Rail Live and Rail Safety Week take place and as always Ganymede took an active part with our presence at both events. Rail Safety Week is one of the most important weeks in the calendar and as part of our safety-first ethos we launched our Speak Up videos with messages to our workforce encouraging you to speak up and raise any concerns you have when on site carrying out your duties.

At the end of June we began our summer Safety Moment events which commenced in Wales and carried on through July at our offices in Ashford, Doncaster and Scotland. Again these were well attended and it was great to see you all sharing all our safety initiatives but most importantly engaging with you and gaining your feedback.

I hope you enjoy the content in our newsletter and most importantly enjoy your summer holidays and as always take care and stay safe.



Gary Lobue
Head of HSEQ





Simplification of NR/L2/OHS/019

Safety of People at Work on or Near the Line: Issue 12

We would like to draw your attention to the simplification of NR/LS/OHS/019 Safety of People at Work on or Near the Line (Issue 12) although the principles of the standard haven't changed, it has been simplified in line with the requirements and feedback from the industry. It has been designed specifically for the end users. It is now process based, following a logical journey of the planning process for the three roles/competencies involved.

The simplification of the standard has included:

- Re-organise content by role and push reference material to the end of the document.
- Add graphics such as flow diagrams and tables for processes.
- Re-phrase clauses to aid understanding and removed ambiguity.
- Remove duplicate info and incorporate good practise.
- Additional functionality such as hyperlinks within the standard.
- Further engagement to review the standard during development.

The Modules

The modules have been simplified to cover the additional requirement for the Responsible Manager, a Planner and Person in Charge. Signposting to other relevant standards and other sources of information has also been introduced.

The new modules are:

- Module 1 planning and working for fault failure & incident response.
- Module 2 planning & working in a possession.
- Module 3 planning & working using protection & warning systems.
- Module 4 planning & working for High Output and track renewals involving engineering trains.
- Module 6 planning & working for isolation duties and possession support.
- The Runaway Risk Module (previously Module 5) has now been removed from the standard and additional guidance will be published on this shortly by Corporate Workforce Safety. Runaway Risk is contained within the planning systems.

Ganymede will send out a briefing to all roles affected, however the Network Rail 019 Simplification Presentation is available on the Ganymede Health and Safety Hub and Network Rail Safety Central, along with Issue 12 of the standard and updated modules.

Electrical Safety Step Up

Over the last three years, Network Rail has seen four concerning electrical safety-related incidents, three of these incidents have sadly resulted in life-changing injuries for the employees. Since writing we have seen another incident.

The Electrical Safety Delivery Programme (ESD) has developed this Electrical Safety Step Up. This is intended to provide all our employees with a break to undertake a structured safety discussion on Electrical Safety. This Safety Step Up is additionally a great opportunity for employees to talk to us about any safety concerns that they may have.

The theme of the Electrical Safety Step Up emphasises why we must follow the process, the consequences if we do not, and what good looks like - about behaviours. As leaders and colleagues, we need to act now to stop these accidents from happening again and make Network Rail a safer place to work.

Ultimately, we want to create a culture where each of us feels able to challenge poor safety when we see it, question paperwork when something feels wrong, and become a team where questions about health and safety are part of everyday work conversations. We want to have a culture where the management and leadership teams actively listen to what they are being told by employees and take what they hear seriously.

The Electrical Safety Step-Up is part of the wider Culture Industry Approach strategy to address cultural change and recommendations from recent electrical incidents.

The target audience for the Safety Step-Up is front line staff working on or near electricity – including the planning teams in the office.

Ganymede delivered the Electrical Safety Step Up at the Summer Safety Moment Events, if you missed out, please speak to your local office.



Spotlight on Safety

We are constantly reminding people to report close calls, although the number of close calls are down on previous years, this period we have some excellent examples of close calls that have made a real difference to the health and safety of the workforce. We have also given an opinion of the lessons learnt from these unsafe conditions identified.

Adam Thompson, North and Midlands

Adam raised a close call when he was asked to work in a tunnel, the tunnel was dusty with exhaust fumes with no fan and no one in the tunnel monitoring for carbon monoxide. When he requested a respirator, he was told to use a paper dust mask. He was also told to take his lunch in with him, as he wouldn't be able to come out for a break.

Lessons Learnt

The exhaust fumes could have caused severe respiratory issues not just to Adam but others working in the tunnel. Improved planning and supervision on site we believe are the lessons learnt from this close call being raised.



Adam Thompson, North and Midlands

Joe Amour, North and Midlands

Joe was undertaking a site walkthrough as the ES when he noticed that debris has been left on rail heads on the Down line, after delivery of materials. Joe recognised that this had the potential to cause a train incident and he alerted the COSS to the situation and told him to arrange for the staff using the machine to make sure they cleared the debris when removing the RRAP.

The debris was cleared, terram put down and ballast levelled out, Joe reported this to the Client via WhatsApp including pictures.

Many thanks to Joe for taking the initiative and ensuring this close call was closed out on site and reported.

Lessons Learnt

A ballast train or OTP movement could have also caused flying debris on site with a risk of striking the workforce. Better housekeeping and site tidiness is a lesson learnt to take away from this close call being raised



Joe Amour, North and Midlands

Thanks to Adam and Joe for Speaking up and raising these close calls, you will each receive a £50 voucher from Ganymede.

Understanding the railway

Understanding the abbreviations of the railway organisations and associations who serve the rail industry

You probably hear about the following leading organisations and associations on a regular basis and see the abbreviated names on safety briefings, seminars and conferences etc. however do you know what the abbreviated names stand for and what these rail organisations stand for:

ORR - Office of Rail and Road

Regulate health and safety for the entire mainline rail network in Britain, as well as London Underground, light rail, trams and the heritage sector.

RSSB - Rail Safety and Standards Board

Provide information and guidance for all aspects of railway operations, including standards, wellbeing, sustainability, infrastructure and rolling stock asset integrity, customer satisfaction, performance, and safety.

NSAR - National Skills Academy for Rail

Is a not-for-profit membership organisation established in 2010. We provide expert skills and workforce consultancy services to businesses in the rail, transport and infrastructure sectors.

RAIB - Rail Accident Investigation Branch

The (RAIB) independently investigates accidents to improve railway safety and inform the industry and the public.

ARTP - Association of Rail Training Providers

is the trade association for suppliers of training, development, and competence management services to the Railway

RICA - Rail Industry Contractors Association

This association is made up of members from Labour Suppliers and Small Contract Companies who are RISQS approved to supply to the rail industry.

CIRAS - Confidential Incident Reporting and Analysis Service

Provides confidential health and safety reporting for the UK railway and transport sectors.



Events

Subcontractor Event

On 13 June, Ganymede hosted our first Subcontractor Forum held at our Head Office, The Derby Conference Centre.

The purpose of the event was to further encourage collaborative working and the sharing of best practices in our contingent labour framework with Network Rail.

We are delighted to share the success of the event, and we want to once again thank all attendees for their participation and enthusiasm. We are looking forward to taking forward some initiatives from the event and working together to make improvements.



Safety Moment Events

During the summer months we hosted our summer Safety Moment Events, taking place in Wales, Ashford, Scotland and Doncaster.

The focus of these events was around our #SpeakUp and encouraging Close Call reporting.

We explained the importance of reporting accidents and incidents immediately to Ganymede and briefed our operatives on the fair culture and how it is used to protect any individuals involved, ensuring any actions implemented are fair. We also briefed the Network Rail Electrical Step Up to Safety. The Electrical Safety Step-Up is part of the wider Culture Industry Approach strategy to address cultural change and recommendations from recent electrical incidents around both the overhead line and conductor rail electrification systems.

As always, it was pleasing to see an excellent turn out for these events, and it is fantastic to see just how engaged our operatives are in our Safety First, Safety Always ethos.

If you have attended one of our events, please give us some feedback by clicking the link on the right.

[Click here to give us your feedback](#)



Wales



North and Midlands



Scotland



Ashford

Rail Safety Week

Rail Safety Week (RSW) aims to bring rail safety to the forefront of people's minds across a dedicated week; keeping safety firmly in the spotlight and sharing ideas and best practice across industry colleagues.

Our ethos at Ganymede is 'Safety First, Safety Always', so we were delighted to get involved and help drive this worthy initiative across our various platforms.

You may have seen the various videos we shared on our LinkedIn page promoting our #SpeakUp safety campaign, which aims to encourage our operatives to raise any concerns or questions they may have relating to all aspects of their work. Ganymede fully supports our workforce to Speak Up and challenge any unsafe acts conditions or behaviours in all situations.



Rail Live

As one of the leading suppliers of contingent labour services in the industry, Ganymede exhibited at Rail Live on 21st / 22nd June.

With over 270 exhibitors and 5,000+ visitors, once again the event provided an excellent opportunity for us to catch up with many of our rail contacts from across the UK, as well as building new relationships with individuals of all walks of the industry.

From the Network Rail signalling zone demonstrating trackside equipment to the 14 industry leaders sharing insights (including the future of British railways and CP7), it was fantastic to see the high level of innovation across the sector.

It was great to see many of you at the event, thank you to all those who came to visit us on our stand - we trust you also found the event worthwhile.



Health and Wellbeing

Dehydration

As we are getting set for summer, to make sure you are fit for work make sure you are aware of the signs of dehydration.

Feeling thirsty

- Dark yellow and strong-smelling pee (straw coloured urine is good)
- Peeing little, and fewer than 4 times a day
- Headaches
- Feeling dizzy or lightheaded
- A dry mouth, lips and eyes
- Tiredness

Keeping hydrated will help you concentrate on the tasks you have to do and help you get better rest between shifts.

If you have diabetes, you are more susceptible to dehydration, other causes include:

- Drinking too much alcohol
- Being in the sun too long
- Sweating a lot after physical activity/exercise
- Having a high temperature
- If you take certain medications that make you pee more often (diuretics)
- If you have been sick or have diarrhoea

Tips for staying hydrated.

- Keep a water bottle handy.
- Lower fat milk, sugar free drinking and tea and coffee all count towards the NHS recommended 6-8 cups a day.
- Aim to make half your plate vegetables or fruit at meals. All those vegetables and fruit servings will supply water as well as vitamins, minerals and fibre.
- Sip more during meals. Sipping water with meals will help you eat more slowly; pace eating and stay hydrated.

Summer Working - Reminders



Plan - Take breaks in the shade



Food - How can you keep it cool



Allergies - Take your tablets



Dress - Wear appropriate PPE



Hydrate - Drink plenty of water



Protect - Wear Suncream

Health and Wellbeing

A message from our HR department

Summer is here again and that means it's time to get outside! The great outdoors can have such a positive impact on your wellbeing for so many reasons. It's not just about increasing your physical activity, but small changes can make a big difference, so consider walking or cycling somewhere instead of driving. Spending time in nature can reduce stress and improve your mood so maybe go for a walk on your break and get some vitamin D whilst the sun is shining. Investing time in outdoor hobbies and interests is also a great way to get outside, improve your mental health and even meet new people if you're feeling lonely.

This month a number of Ganymede and RTC Group employees have volunteered to take part in the Samarathon which involves participants walking or running 26.2 miles during the month of July whilst raising money for the Samaritans. This is a great way to raise awareness of the good work that the Samaritans do whilst getting outside undertaking exercise. Please join with me in wishing the team well in their endeavour to complete a marathon over the course of July, if you would like to contribute this wonderful charity and support the team please scan the code below. Whether its pennies or pounds any donation will be greatly appreciated.

Please remember to enjoy the nice weather sensibly and wear suncream when necessary, have a great summer!



SAMARITANS

[Please click here to donate](#)



Meet your HSEQ Team



HSEQ

Email: H&S@ganymedesolutions.co.uk | Phone: 0333 011 2048

Gary Lobue - Head of HSEQ

Oversees the HSEQ management of Ganymede's internal and external requirements including the safety, health and wellbeing of our internal staff and external workforce.

Suzanne Thorpe – Safety, Health and Wellbeing Support

Oversees and project manages our safety, health and wellbeing initiatives and also co-ordinates our environmental sustainability requirements

Chris Paddock – Safety and Competence Manager

Oversees the competence of our safety critical workforce, analyses our health & safety performance including close calls and carries out site safety visits to engage with the workforce

GANYMEDE CLOSE CALL SYSTEM

Phone: 01332 861 840

Text: 'Close Call' followed by your close report to **0777 134 6045**

Email: closecall@ganymedesolutions.co.uk

Have your say!

If you want to give us any feedback on the Safety First newsletter, scan the QR code on the right or click [here](#). All feedback is recorded anonymously and reviewed regularly by our HSEQ and Marketing teams.

