

NEWSLETTER

JUNE 2021



At **Network Construction Services (NCS)** we **'Never Compromise Safety' (NCS)**. It is at the heart of everything we do. The safety of our people and anyone that comes into contact with our service, like members of the public is paramount. We believe in **'protecting our work family and getting them home safe to their families, everyday'**.

NETWORK RAIL STANDARD CHANGES:



Network Rail have published their new Standards Catalogue (NR/CAT/STP/001 – issue 120), which also includes any updates or changes. After a detailed review, no amendments to Sentinel skills and compliance is required.

Please visit our website (www.ncsjob.co.uk) to download for free the RSSB Rulebook Briefing Leaflet issue 35.1 and 36 others like it. You can also download your Rulebooks and Handbooks free of charge.



Please visit our website to see Network Rail's recent safety briefings



Our Safety Vision outlines the commitments which empower us all to get home safe every day.

The vision and commitments are supported by our Lifesaving Rules which tackle the ten most common causes of injury and loss of life on the railway.

It doesn't matter what uniform you're wearing, how long you've been on the railway, or how senior you are, we all have a responsibility to behave safely, and challenge unsafe behaviours and conditions when we see them.

We all deserve to get home to our families.

We are honing in on a particular lifesaving rule this time. The effects of alcohol, drugs and medication can have a dramatic impact on your safety and the safety of others. Being under the influence of alcohol or drugs will be career ending. Like many companies, we undertake pre-employment checks and undertake random sampling. If you suspect someone is under the influence of alcohol or drugs, you must report it to your supervisor. If you are taking medication, please let us know. We are able to do a check and confirm if you are able to work safely.

STAY ALERT, STAY SAFE. MANAGING YOUR FATIGUE.



Regardless of your role, location and/or the type of work you do, to do your job safely and efficiently you need to be alert.

When you're feeling fatigued, your alertness levels and your performance suffer. Research shows being awake for more than 17 hours can weaken your performance in a way that's comparable to being over the limit for drink driving in most EU countries. And, according to the Department for Transport's THINK! campaign, nearly a fifth of accidents on major roads are sleep related.

Being fatigued will impact your ability to concentrate, make decisions and maintain vigilance. Your control over your emotions can also change. Having rest will help you recognise risk, reduce errors, and improve your ability to react.

Common Causes of Fatigue and Reduced alertness are: Being awake for a long time Time of day (alertness is at its lowest 2-6am, but it dips again 1-3pm), Disruption of your circadian rhythm (your body clock) Poor sleep habits/quality, Workload (physical or mental) and Medical conditions.

If you're ever worried you might not be alert enough to work safely, speak to your manager (or the person in charge). Filling in a fatigue assessment might help you both decide what kind of tasks you can safely take on. You can complete a fatigue assessment at any time, but before leaving home for your shift is best. Another time you might need to fill in a fatigue assessment or fatigue management plan is if you exceed one of the fatigue triggers detailed in the updated standard. However, if work is being planned to minimise the risk of fatigue, these trigger points should rarely be exceeded.

We monitor actual working hours for trends and empower staff to raise their hand if they don't feel alert enough to work safely. It is important to make the most of opportunities to rest; get plenty of sleep so you're well rested and fit for duty.

Fatigue Risk Management Triggers

- Working more than 60 hours in a rolling seven-day period
- Working more than 72 hours in a rolling seven-day period
- Working more than 12 hours in one shift or period of duty
- Working more than 13 consecutive turns of duty in 14 rolling days
- More than 14 hours door-to-door
- Less than 12 hours break between booking off from a shift/period of duty and booking on for the next shift/period of duty