

NEWSLETTER

DECEMBER 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 122), 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 RSB Rulebook Briefing Leaflet issue 36 and others like it. You can also download your rulebooks and handbooks free of charge. There were lots of handbook changes this period. A powerpoint uploaded to our website will explain the changes.



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



Always obey the speed limit and wear a seat belt.

Accidents from driving are one of the most common causes of injury. Many of them are attributed to speeding, loss of concentration and injuries are more severe because the driver or passenger were not wearing a seat belt.

Road risk is a one of the highest risks all our workers face, and our road driving activities impacts on the widest range of those working in the rail industry from employees, contractors, suppliers, as well as how our driving performance affect members of the public.



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.

FATIGUE REDUCTION:



Fatigue has been under close watch in the rail industry for a long time. It is important to ensure we do not become complacent when managing and seeking to reduce our fatigue.

Regardless of your role, location, 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. In fact, 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.

Being well rested and alert for work helps us...

- Reduce error rates
- React quickly to danger
- Reduce the likelihood of accidents and injuries

This is why the fatigue risk management standard (NR/L2/OHS/003) has been updated and we have been monitoring planned work and actual working arrangements. The new standard applies to everyone within Network Rail and those working on Network Rail infrastructure.

Please report any concerns of fatigue but seeking to prevent fatigue by staying within the working hour limit, keeping travel distance to a minimum (aiming for a 14-hour door to door policy) and looking after your well-being (getting enough sleep, exercise and eat well).

WASTE:



What is waste?

Waste is an unwanted or unusable material, substance, or by-product. A material is considered to be waste when the producer or holder either discards it, intends to discard it, or is required to discard it. Examples of waste include household waste, commercial waste, construction and demolition waste, and hazardous waste.

When assessing whether a material is waste or not, discarding doesn't simply mean throwing away or getting rid of something. Discarding also covers activities and operations such as recycling and energy recovery.

Why is waste important to Network Rail?

Network Rail is a major producer of waste and generates a wide range of waste types including; construction wastes, demolition wastes, commercial wastes and hazardous wastes. On average, Network Rail generates over 2 million tonnes of waste each year which has significant financial impacts to the business when managing it.

It is important for Network Rail to reduce waste because of the environmental, legal, financial and social implications of not handling waste effectively.

Waste causes pollution

The more waste we send to landfill, the more our landfills release methane gas (a contributor to climate change), as well as leachate (water run-off), a toxic sludge that can kill plants and animals and contaminate water supplies.

Waste management is expensive

The cost of managing waste responsibly and safely is a big impact to the business. We have to use fully licensed waste contractors as part of our duty of care obligations, but these don't come cheap. If we reduce or reuse where possible then it lessens the need for waste contractors and the costs will significantly drop.

Waste is heavily regulated

Waste management is highly regulated and carries heavy fines for not following the law. If we can reduce our waste then we reduce the risk of incurring fines to the business.

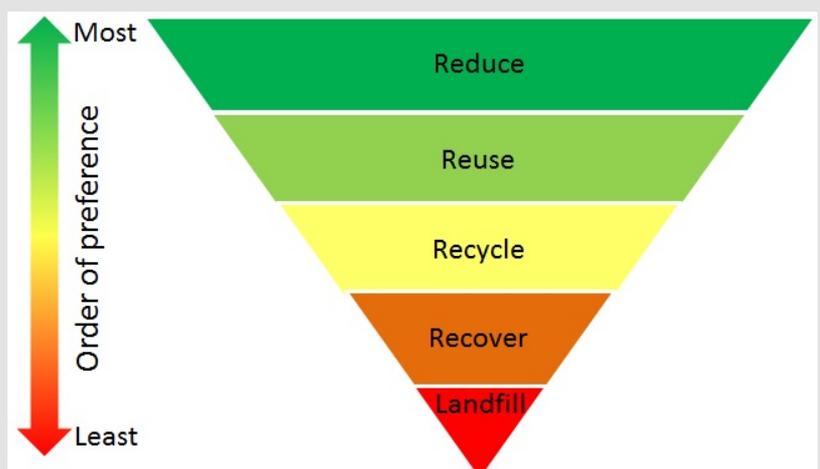
Waste is unsightly

Flytipping is the illegal dumping of waste, often by the railway tracks. Flytipping exposes untreated waste to the public, causing visual problems, as well as being odourous and causing a nuisance.

The problems of not handling waste responsibly...

What is Network Rail's approach to waste?

Network Rail is transitioning to a circular economy way of thinking when buying materials and managing waste. All decisions we make should be made in respect of the Waste Management Hierarchy.



Here are some examples of how we prioritise our decisions in line with the Hierarchy:

- Often our projects hold workshops which aim to reduce the amount of materials used in an engineering design, therefore reducing the amount of waste that will be generated down the line.
- We always try and reuse our sleepers and rail back into the network before reprocessing them as recyclable material which uses more energy and costs more.
- We provide segregated recycling bins/skips in all of our depots, managed stations and offices. This is so that we give our staff and the public the facilities to maximise recycling rates and reduce the amount that is sent to energy recovery or landfill.

Please work with our clients to help them and in turn Network Rail keep waste to a minimum.

COPING WITH TRAUMA:



At some point in your working life it's possible you may witness or be involved in a traumatic event. Accidents and illnesses can happen out of the blue, at work and in our personal lives too, so it helps to know how you might react and the best way to handle these situations.

Traumatic events can cover a variety of events – these include witnessing or being involved in an accident, the serious illness or death of someone close to you, a violent assault, and natural disasters.

Dealing with an event

Immediately after a traumatic event such as an accident, you're likely to feel numb, dazed and in shock. You may feel cut off from the world around you, and unable to believe what has happened. In the weeks after the incident you'll probably experience very strong feelings.

These can include:

- Feeling frightened and sad, especially if you've lost someone close
- Feeling guilty that you survived
- Having headaches and memory problems

These feelings are completely normal and **90% of men and 25% of women will recover** normally following a potentially traumatic incident.

Post-traumatic stress disorder (PTSD) is a form of anxiety that can follow being involved in or witnessing traumatic events. PTSD can develop soon after the trauma, or months, even years later. Up to 3 out of 100 people may develop PTSD in their lifetimes.

Remember it is completely normal to experience some symptoms following a traumatic incident and you should not be concerned unless symptoms last longer than four weeks.

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Potential symptoms of PTSD include:

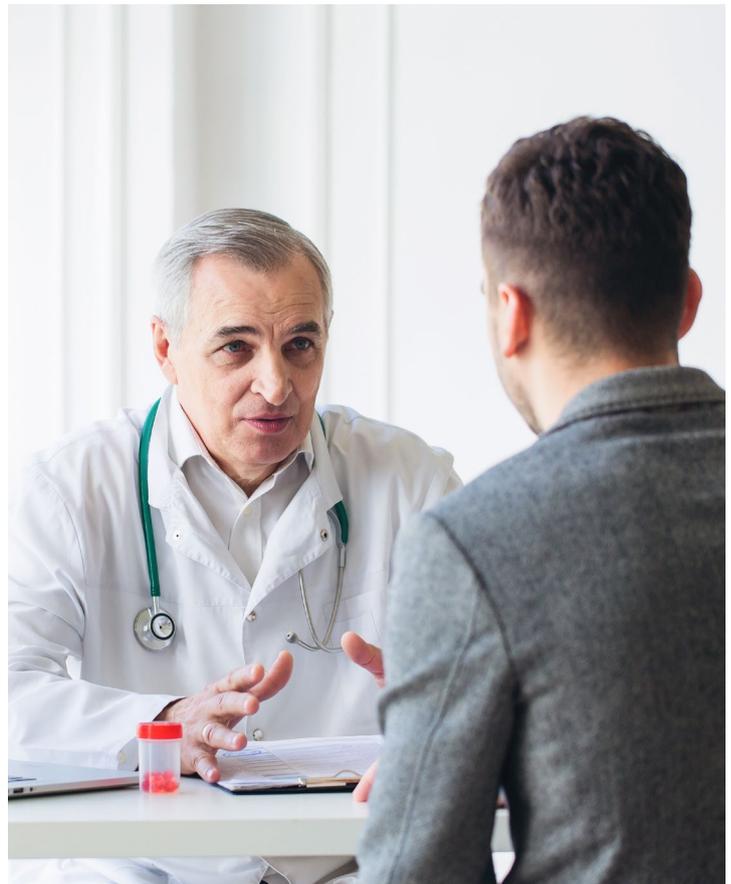
- Feeling numb and apart from other people
- Having flashbacks, dreams or vivid memories of the event
- Being more irritable than before the incident
- Having pessimistic thoughts
- Finding it difficult to sleep

Recovery

Most people start improving over the weeks following a traumatic event. If, after four to six weeks, you feel you aren't improving, see your GP. If they are concerned about you or if your symptoms are severe, and aren't getting better there are treatments available they may suggest.

This could involve talking therapies, such as Cognitive Behavioural Therapy (CBT), which can help you to manage your problems by changing the way you think and behave. If your doctor feels you need them they may prescribe antidepressants. Talk to your line manager too, and ask them about Network Rail's employee assistance programme.

Although you can't prevent developing PTSD statistics show that **two-thirds of people with PTSD do recover within a few months** without any treatment. Symptoms can be more serious and long lasting in some people, and can last a year or more, however there are treatment options available.



Asking for help if you feel things aren't improving in a few weeks is the best thing to prevent long term symptoms.