



OSBORNE
INFRASTRUCTURE



MAKE BETTER DECISIONS

January 2022

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January 2022 - STOP Think!



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07971 125 180 24 hour Infrastructure Advice & Reporting

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

www.osborne.co.uk

Introduction

January 2022 - STOP Think!



Welcome to our first STOP Think! Cascade Briefing of 2022. I would like to take this opportunity to wish you all a happy, healthy and safe New Year! I hope you managed to stay Covid free and healthy, and managed to spend some quality time with your family and friends, relaxing, recuperating, and having an enjoyable break over the festive period.

I would like to extend a special thanks to everyone who was out working for us over Christmas, supporting our projects and our reactive services. We had a lot of work taking place and I am particularly delighted that it was all completed without any injuries; ensuring that everyone was able to return home safely to their families after working on our Christmas projects.

An Exciting 2022

Whilst I previously said that 2021 was the most significant year in the history of our Infrastructure Business; I think that this year is going to be even bigger!

The creation of our standalone Infrastructure business last year has given us the opportunity to truly reflect on what we want our business to be and why. We have been reviewing our purpose as an organisation, considering the specific needs of the infrastructure market and our valued transport customers.

We have also reviewed the values of the organisation that are so important to who we are and started to develop our new identity and brand.

Furthermore, we have taken the opportunity to develop a new strategy that will build on the fantastic platform that we have created over the past few years. Whilst our focus will remain very much on continuing our growth in rail and highways, we are developing much more clarity on our supporting proposition.

With additional investment and support, we are growing enhanced capability in our supporting functions that will be fully focused on delighting our customers. This will enable us to weave a sustainable approach through everything that we do, continue to grow and attract talented people, provide exceptional value and deliver safe and assured engineering solutions.

In launching this new brand and strategy in April, as well as moving into new offices in Reigate, we really have so much to look forward to in 2022. We also have a fantastic, healthy pipeline of projects and schemes to be delivered throughout the year!

Collaboration Remains Key

Our future is certainly bright, and our success is only possible due to the strength of our people, and our wider supply chain and the fantastic relationships that we have with our key customers.

I never cease to be amazed by the collaborative efforts of our collective teams and the extraordinary lengths that they go to deliver amazing projects and services for our road and rail users. It is these valued relationships that have helped to make our business what it is today.

Thank you for your continued support. I look forward to working with you as we continue our journey together. I wish you all a happy, healthy and prosperous New Year!

John Dowsett
CEO – Osborne Infrastructure Ltd



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Back to Work Briefing

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

As each of our sites and offices return to work it was great to see our "Back to Work" Briefings taking place, re-focusing our teams on work after, what is for many, an extended period of leave.

This time of year typically sees an increase in the number of accidents therefore it is important to re-evaluate the conditions and hazards on site and any changes that may have taken place over the closure period.

Learning from 2021 for 2022

During the winter months of 2020/21, we injured 8 people which is sadly 3 people more than during the same period the year before. These events occurred as a result of:

- Weather conditions
- Not following the methodology
- Poor house keeping

Gary suffered a double leg fracture when a silt bag burst. Tommy suffered an electric shock when he touched a live electrical conductor. In both cases the safe system of work was not robust and didn't properly control the risks to prevent the injuries.

This year through everyone's hard work we do not want anyone to be harmed, with everyone going home safe every day.

If there is anything which can be improved, please speak to a member of the Osborne team and register the suggestion as an **Improvement Opportunity**.



Speak up for Safety

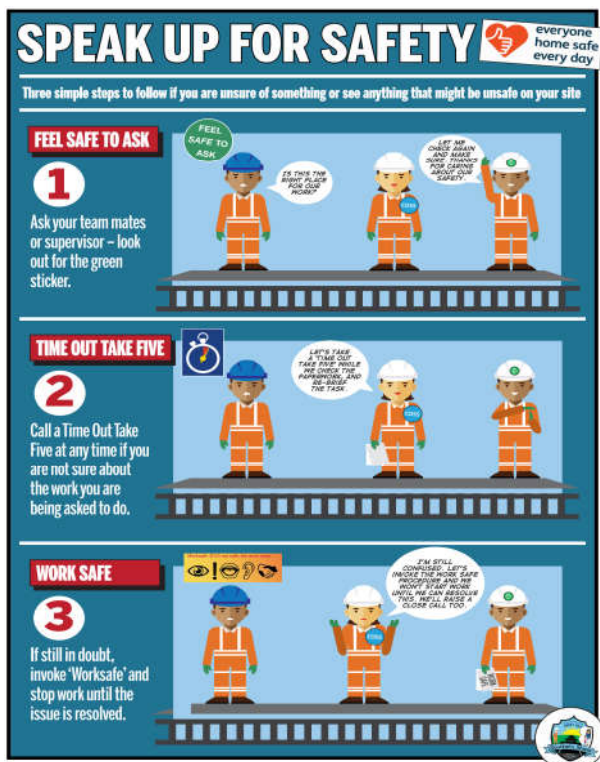
Follow the three simple steps to challenge an unsafe situation, or if you are unsure or have a concern on your worksite;

1. **Feel Safe to Ask** a colleague.
2. Call a **Time Out Take Five** to reassess the situation.
3. Use the **Work Safe Procedure** and stop works until the issue has been resolved.

You could stop yourself or a teammate from getting injured, or worse!

Please do visit the Southern Shield website for the "Speak Up for Safety Poster" and a Toolbox Talk on Safety Behaviours;

Southern Shield Library



Social and Environmental Benefits

Community Wood Recycling

To enhance the potential of waste recycling and reuse, several of our sites continue to engage with "Community Wood Recycling," a voluntary organisation who take waste wood from sites at cheaper rates than having a skip and reuse/recycle the timber waste into other wood products.



Their scheme is not only worthy from an environmental point of view – but also demonstrates great Corporate Social Responsibility as clearly seen in their recently published "Trading to Build a Better World" impact report for 2021, as linked below;

[Community Wood Recycling - State of the Network 2021](#)

Their invaluable work provides life-changing opportunities for disadvantaged people to gain the skills and confidence they need to get back into the workforce, saves precious resources and reduces carbon emissions to help fight climate change.



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If all our wood had been collected by Community Wood Recycling we could have not only saved more money, but also could have avoided more CO2 being emitted into the atmosphere.

So please do consider using **Community Wood Recycling** on your sites. If you would like further information, please contact our SHE Team.

SUPPORTING PEOPLE



of CWR volunteers face at least one of the following:

- #1 mental health condition
- #2 long-term unemployment
- #3 physical disability

ex-offender, substance abuse, homelessness, learning disability, social isolation, asylum seeker

Providing adequate mental health support has been an ongoing challenge for this country, a situation which the pandemic has worsened.



This year we founded Process CIC, a subsidiary mental health support service for Community Wood Recycling staff and volunteers. Process offers low-cost counselling, advice and signposting, and a 'mental health first aid kit' with key information and useful links to ensure that everyone in the network has access to support if they need it.

Wellbeing Wednesdays Give Your Motivation a Boost!

It's just a few weeks since more than 16,000 of you from across the industry joined Rail Wellbeing Live, the biggest wellbeing event in the history of rail. Much of the content is still available to watch on www.railwellbeinglive.co.uk for the foreseeable future, providing a fantastic library of amazing free wellbeing content for you all to view on demand.

But wellbeing isn't just about two days of the year...

Once again, to build on the success of Rail Wellbeing Live and help improve wellbeing, Wellbeing Wednesday will continue – with FREE bespoke content each month that focuses on improving the physical and mental wellbeing of everyone who works in our industry.



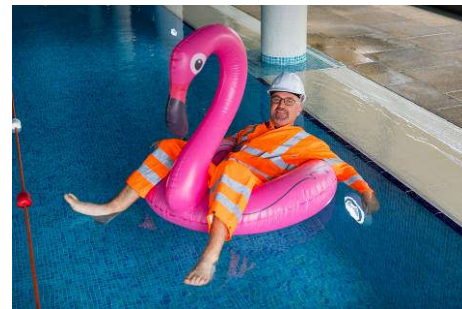
Learning Together

January 2022 - STOP Think!



Join the livestream every first Wednesday of the month and hear from wellbeing experts and rail industry professionals.

Each month will be full of insightful and practical advice, covering all aspects of health and wellbeing including sleep, diet, exercise and stress.



To revisit the January 2022 Session that focussed on money worries please click the link below;

[Wellbeing Wednesday January 2022](#)

The guest speaker offers practical advice on how you can manage your finances, including setting a budget, cutting your costs, emergency savings and long-term wellbeing.

WITH OUR GUEST

Justine Piercy
Financial Wellbeing Consultant
The Money Charity

The Shield
THE SAFETY NEWSPAPER FOR RAIL PEOPLE
ISSUE 35, DECEMBER 2021

THE CHIPS ARE DOWN
Staying sure-footed is all important when it comes to winter work on a slippery slope

ROOF REHEARSAL
PAGE 2

Reduce, reuse, recycle
PAGE 3

Trip advisor
PAGE 6 AND 7

SOUTHERNSHIELD.CO.UK

The Shield December 2021 Edition

Network Rail Southern Capital Delivery recently published their December 2021 Edition of "The Shield", aimed at increasing our safety engagement and communication direct with our workforce.

It can be downloaded from the Southern Shield website and is linked below for ease;

[The Shield December 2021](#)

If you would like to receive hard copies, please contact shield@networkrail.co.uk.



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Highways Safety Hub and Passport Portal

Highways Safety Hub Monthly Newsletter

- Issued Monthly;
- Update from the Hub Group;
- Information on Raising the Bar Guidance Documents;
- Industry Best Practice;
- Learning Together Topics;
- Industry Related News Articles;
- What Good Looks Like Examples;
- Updates to the All-Alert Database.

If you would like to view this information, please find the latest edition at:



If you experience any issues using this QR code, or the information provided please report to highwaysafetyhub@gmail.com



Please visit the library of briefings on the Highways Safety Hub which also includes much useful information for working on the road network along with all the National Highways Safety Alerts;

[Highways Safety Hub](#)



passport

The Inside Lane

As Passport continues to embed across the National Highways network, there is a large amount of information to share with you on the scheme.

Please visit the Passport Portal;

[Highways Passport Portal](#)

Why not use this great poster, complete with QR Code, to make it easier to access "The Inside Lane", the Bi-Monthly Newsletter dedicated to updates about Passport.

What to Expect from Inside Lane:

- Issued once every two months
- Key updates about how Passport is being used
- New features and announcements
- The latest stories and implementations
- Interviews with business leaders
- Lessons other companies have learned
- Key questions answered.

Scan Here



Denham Viaduct Joints Replacement Completion



Congratulations to everyone involved for completing the incredibly challenging Denham Viaduct joints replacement project that was originally identified for resolution back in 2012.

Approximately 25 tonnes of Permatrack has now been installed in each of four 2.8m wide half-joints, which is five times more than a standard Asphaltic Plug Joint.

This is considered a UK first and demonstrates the commitment of the whole team to ensure the safe and successful delivery of this important scheme.

With more challenges than most, including waterproofing containing asbestos, limited as-built information, severe road space availability restrictions, and multiple stakeholders and services, the development of a suitable solution was incredibly complex.

Our Osborne Team joined the project in 2017, and through working together towards one goal, the collective Denham team came up with a final deliverable design.



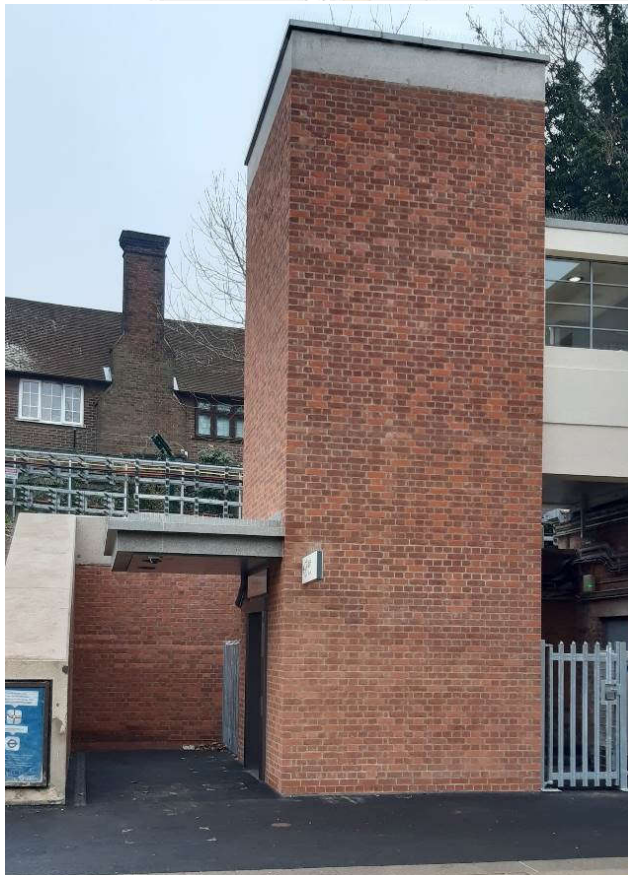
From conception to delivery, this complex project has only been possible because of the strength of the M25 One Community, co-ordinating a single approach through the maturity of their relationship. Denham Viaduct has never looked better!

Enormous Congratulations to ALL Involved
for the safe and efficient delivery of this complex scheme that will increase the resilience of this strategically critical structure for the travelling public.



Improving Access to the Underground Network Step Free Access at Sudbury Hill Station

The Step Free Access Scheme at Sudbury Hill Station is our fourth London Underground station that has now opened for use by the travelling public, enabling those with accessibility needs to use the station and the wider transport with greater ease.



The Grade-II listed station is now served by two new lifts, a modernised ticket hall, and improved signage, giving customers step-free access from the street to the station platforms.

The lift shafts were constructed from bricks that match the existing station buildings, taking care throughout the project to reflect the look and feel of the original Charles Holden-designed 1930s station.



Enormous thanks to all who helped us to get this project over the line, especially to Mick Sheehan who worked tirelessly to ensure the safe and successful delivery of this project and Quality Assurance Coordinator, Teresa Szataniak for her incredible attention to detail and perseverance.

The new lifts will greatly improve access within the station for customers with reduced mobility, including people travelling with heavy luggage or buggies and young children.

Congratulations to the Project Team including our customer and valued suppliers.

For working together to support the Mayor of London's commitment to a greener, fairer and healthier transport strategy for London.



STOPThink! Gade Valley and Beyond

By Mick Reeves – STOPThink! Lead

How strange it can be when you meet someone from your dim and distant past, especially when the common denominator is the worst performing secondary modern school in the Country!

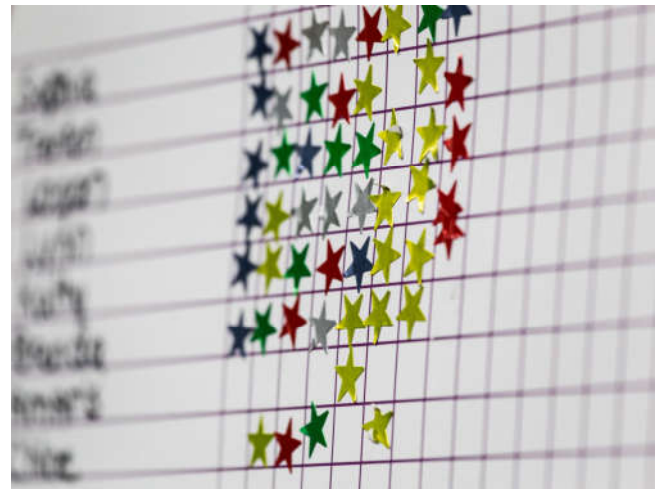
That's exactly what happened to me recently at our Gade Valley site!

Having been let loose from Liverpool to deliver some STOPThink! sessions on site, I was absolutely gobsmacked to meet not just one, but several individuals who not only knew my hometown and my old school, but also the characters, locations, and stories which I thought I had long since parked securely and safely, for good!

So, what is the point of me mentioning this...?

Well, in preparation for the sessions at Gade Valley, some of the first face-to-face events which I was to deliver since the pandemic and the first events since returning to Infrastructure following several years residing in Group, I felt apprehensive, nervous and questioning of my own knowledge and ability to engage! However, I needn't have worried! The sessions were well attended, with great participation, incredibly enjoyable and well received.

Martin Parsons had organised the attendees for me in advance and the numbers and 'mix' was excellent. All attendees were fully engaged throughout the two sessions, and they all seemed to really 'get it' and were fully involved from start to finish. The energy in the room was perfect.



Gade Team Stars – Speaking Opening, Driving a Positive Culture



STOPThink! was very visible and present at site! In fact, in my opinion, Gade Valley has some real stars. All participants, whether our own people or from our supply chain partners including BSS, SMS and Civil Safety, were excellent without exception. Hearing conversations between them was very impressive, with well-structured arguments and banter to challenge the beliefs and assumptions.

The team very obviously respect each other and as described in their own words they strive to 'create a relaxed atmosphere' within which individuals feel empowered to openly speak up, raise concerns and to offer ideas and solutions which are always positively received.



Sharing our Successes

January 2022 - STOP Think!



Indeed, it was clear to me that there was absolutely no suggestion of a 'them and us' attitude existing at site. The culture was very positive, with people feeling confident to speak up and being listened to when they did so.

I genuinely felt that if something was wrong, unsafe, or could be done better, they will continue to speak up because of these behaviours. The team all committed to being prepared to be 'challenged' because as we discussed, their responses would continue to 'drive' this positive culture.

Reflecting on these Great Sessions

Having been initially so apprehensive, I asked myself why did the sessions go so well? I think they were so successful because;

- ✓ The 'rapport' was present from the outset because we had things in common!
- ✓ All attendees had been briefed in advance about STOPThink! and knew what to, and what not to expect!
- ✓ Carl Dolan and Adam Hillaby had previously done some fantastic work and were both highly regarded by all at site!

Hence, I concluded from these sessions that it is perfectly normal and totally ok to feel apprehensive, nervous, worried or unsure in the face of change and if we embrace these beliefs and assumptions, we will be better for it!

STOPThink! 2022 – Watch this Space....

We will soon be publishing more training dates on our Learning Management System for;

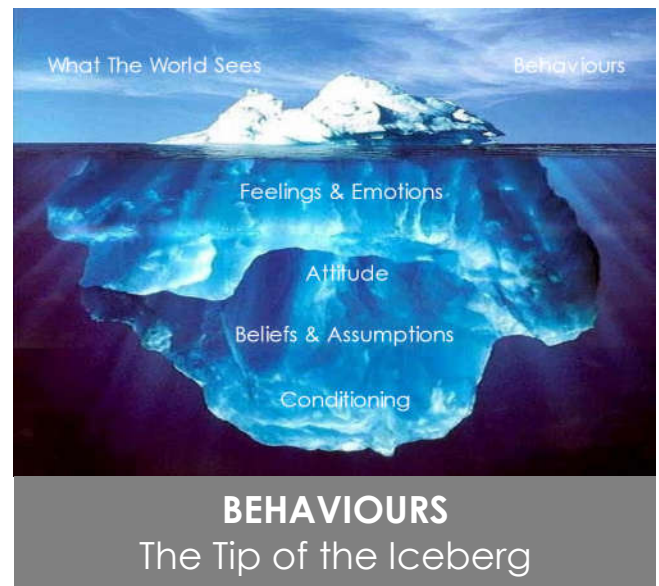
- Virtual STOPThink! Four Module Programme.
- 2 day Mental Health First Aider Course.
- 1 day Mental Health Refresher Course.
- ½ day Mental Health Awareness Course.

We are also working on additional STOPThink! modules including Sustainability and Safety Leadership so please do keep an eye out for more information.

If you would like me to attend your site, to support individuals or projects, please do drop me an email. I am available to deliver 'bespoke' STOPThink! sessions. If you have any concerns, questions, ideas or suggestions.....or if you just fancy a chat, again please just SHOUT!

Take care, look out for each other and stay safe!

Mick Reeves - Mick.Reeves@Osborne.co.uk



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Period 8 GOLD Rated Sites

Congratulations to our Shawford Substation HV Switchgear Renewals team who received the Period 8 GOLD award and were also the top scoring site in the Southern Region, a great achievement.



The works which are nearing completion included the replacement of age expired equipment that is difficult to maintain and presents an environmental risk due to the presence of insulating oil. Modernising the switchgear to current standards, will provide greater reliability for passenger journeys.

The remote location has presented many challenges, including the reliance on possessions for the delivery of larger materials and removal of spoil.

Network Rail's Construction Manager recognised the hard work of the team to maintain high-quality works, manage safety risks and keep a clean and tidy site.

A Massive Well Done to ALL involved!

These awards are only given to the best sites across Network Rail - not just our Framework, but across the whole country.

M25 Healthier Highways Shortlisted

We are pleased to say that the Healthier Highways team on the M25 has been shortlisted for "Outstanding Contribution to Health, Safety and Wellbeing" in the National Highways Awards 2021.

Good luck to the team of Steve Perkins Associates, Connect Plus, Connect Plus Services, Tarmac, Milestone Infrastructure, Osborne Infrastructure Limited, Jackson Civil Engineering and R&W.



Sharing our Successes

January 2022 - STOP Think!



The awards will be presented at the International Convention Centre in Birmingham, on 10 February 2022.

Well done to all those involved and here's hoping for good news shortly.

HS2 Meet the Contractor ALL Sessions now on YouTube

Ref	Trade	Approximate Quantity	Expected Start Date
1	Formwork, Reinforcement & Concrete	4 bridges	Q2 2022
2	Sheet Piling		Q2 2022
3	Surfacing	30,000m ²	Q3 2022
4	Road Markings		Q4 2022
5	Anti-Slip Surfacing	150m ²	Q4 2022
6	Safety Barriers	1500m	Q3 2022
7	Fencing	17,000m	Q4 2022
8	Parapets		Q3 2022
9	Tree Stump Removal	27Ha	Q2 2022
10	Bridge Expansion Joint Allowance		Q1 2022
11	Structural waterproofing		Q1 2022
12	Proprietary Membrane		Q1 2022
13	Drainage	33km	Q4 2021
14	Anti-Graffiti Coatings		Q4 2021
15	Bitumen Painting (RW)		Q1 2022
16	Diamond drill/Saw Cutting		Q1 2022
17	Drain Cleaning		Q4 2021
18	Scaffolding	10,000m ²	Q2 2022
19	Concrete PAA Parapet		Q1 2022
20	Manafe System - SHW		Q2 2022
21	Earth Reinforcement Wall		Q2 2022

Following the HS2 “Meet the Contractor 2021 – Main Works” Event that was recently hosted by EKFB, all 24 of the sessions can now be viewed on YouTube, including the presentation from our very own Chris Hudson and Sarah Askey;

Meet the Contractor 2021 - YouTube

HS2 are committed to working with local business near to the line of the new railway and their shopping list is more varied than you might think. Please do visit their website to find out more about the broad range of works packages, register your interest or get in touch with the HS2 Tier 1 and Tier 2 Contactors;

Supply Chain - High Speed 2

Our Shopping List

Creative Services <ul style="list-style-type: none"> • Video & photography • Graphic designers • Stationary and printing • Courier service • Hoardings • Road and site signage 	Food & Catering <ul style="list-style-type: none"> • On site catering vans • Meeting catering • Drinking water • Vending machines • Local café/restaurants 	Accommodation <ul style="list-style-type: none"> • Renting/Apartments • B&B/Hotel • Site offices • Temporary accommodation • Modular buildings 	Employee Services <ul style="list-style-type: none"> • Entertainment & Leisure • Local restaurants/café • Health & wellbeing • Hairdressers • Recruitment • Child care
Transport & Logistics <ul style="list-style-type: none"> • Transport (individual and workforce) • Traffic Marshalls • Vehicle management planning system 	Trade & Construction <ul style="list-style-type: none"> • Builders merchants • Machinery hire • Painters/decorators • Surveys • Electricians & plumbers 	Site Services <ul style="list-style-type: none"> • Cleaners & facilities Waste management & disposal • Clothing (PPE) • Generators • Vegetation clearance • Plants & landscaping 	



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A46 Milestone and Community Engagement Success Installation of deck beams sparks great interest!



Enormous congratulations to our team working to construct the new flyover at Binley for an incredibly TWO successful 3-day road closures that saw the safe and efficient installation of the steel bridge deck beams of the four span, continuous road bridge.

In advance of and during the closures, the team made sure that everyone was well informed about the road closures and diversions routes. Over 26,000 letters were distributed, posters displayed, and all local businesses within the direct vicinity of the works were visited, along with local delivery services and the emergency services. The team established pedestrian viewing areas which proved to be a great success, with many people giving them great feedback over the course of the two weekends. They also hosted 26 civil engineering students from Warwick University and for most, this was their first opportunity to witness first-hand the engineering involved in such a complex operation. What a great way to attract our future talent!



More than 800 tonnes of steel have now been lifted into position. Once complete the 135 metres long structure will carry four lanes of traffic of the A46 over the A428 and will help to alleviate a key bottleneck in this strategic road network in the West Midlands.

Enormous thanks to the Site Team, National Highways, COWI / MLM design JV, Severfield, Carneys and all our suppliers for your incredible resilience, commitment and determination in the safe and efficient completion of this phase of the works. A great achievement!

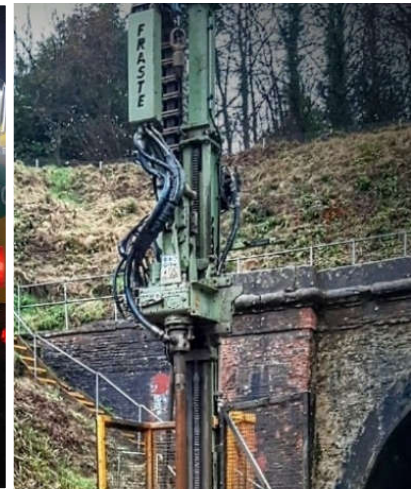


Gillingham Christmas Works Critical on-track Ground Investigations

Congratulations to our One Team Wessex Geotechnical Team who safely and successfully carried out critical on-track ground investigation works at Gillingham Tunnel Cuttings over the Christmas period with very little notice to prepare.

The Gillingham Tunnel Cuttings are high-risk assets for Network Rail due to previous slope failures and when the 52-hour abnormal blockade was made available at short notice, our team pulled out all the stops to plan and mobilise these mission critical geotechnical investigations.

The data gathered during these works is essential for the development of geotechnical and drainage design solutions to stabilise both the London and Country End Cuttings. No alternative access is available until Christmas 2022, hence the utmost importance to successfully gather all the required information in preparation for the 2022 delivery blockade.



To add to the pressure, two weeks before the possession the preferred supplier dropped out, and urgent enquiries had to be sent to expedite another supplier. Heightened challenges surrounding the pandemic required additional measures to mitigate the risk of cancellation of this critical work and additional Osborne supervision was mobilised to support the Geotechnical Team. A contingency RRV and drilling rig were also utilised to ensure works could proceed with minimal risk, as well as a fitter present on site to provide an additional fail-safe against mechanical failure.



Despite these challenges and the added pressure from inclement weather, two boreholes, one at either end of Gillingham Tunnel, were safely and successfully drilled to a depth of 10 metres. The success of the accelerated programme was only possible thanks to many people across Osborne, our customer and our suppliers, sacrificing their time over Christmas and demonstrating the utmost professionalism.

Thank you ALL for passion, commitment and support that will help to ensure the future resilience of the railway and benefit passengers.



Providing a Resilient Highways Network Gade Valley Viaduct Protective Coatings for Christmas

Congratulations to our team at Gade Valley Viaduct for the safe and successful delivery of protective coating works during a 48-hour abnormal Christmas Possession of the busiest four-line railway in Europe.

Having previously used rules of the route possessions to remove approximately 600 square metres of age expired coating from the underside of the rail span bridge deck, the Christmas works involved further preparation of these surfaces and application of new protective coatings.

Access was predominantly provided via rail mounted MEWPs, which had to negotiate the narrow gaps between the boxes and proximity of the OLE lines. A further 300 metres² of the existing protective coating was also removed using ultra-high pressure jetting techniques.



Whilst further rules of the route possessions are required to complete the work, the enormous success of this abnormal possession has provided great efficiency. The rules of the route possessions typically only provide a 2 ½ hour working window, and it is great to have reduced the reliance on these. Our possession team have worked tirelessly to negotiate access with Network Rail and provide the opportunity to deliver these works and provide support to the site team.

A BIG THANK YOU to ALL for this Amazing Achievement

Including Connect Plus Services, National Highways, Network Rail, Shutdown Maintenance Services, Whitehouse Electrical, Barton Construction, Total Rail Solutions and Speedy and the whole Osborne team.

This is a great example of what can be achieved when highways and rail teams and our specialist suppliers work seamlessly as one, sharing knowledge to creative innovative efficient solutions.



A46 Binley Food Bank Support



Once again, our team at the A46 Binley Junction collected foodstuffs to donate to their local food bank. The team have been supporting the Hope Centre throughout the duration of their project and with the generous support of their supplier Carneys, they delivered 142kgs of much needed Christmas supplies to the centre. The items were placed into food parcels and distributed to those most in need, giving much welcome help at a time that can feel particularly difficult.

White Hart Junction Charitable Donations

Our team at White Hart Lane, Swindon have now seen the fruits of their hard work. With keen gardeners amongst the team, last year they used available compound space to create several vegetable and flower beds, growing broccoli, cabbage, courgettes, and tomatoes along with assorted herbs and flowers – all without using any sprays or additives.

From selling their produce, along with home-made cakes, they have impressively raised over £500. This has now been donated to Macmillan Cancer Support, and the Mayor of Swindon's chosen charities of The Jessie May Hospice at Home and The Harbour Project. They have also been donating their redundant equipment to a local school.



Thank You Teams!

For your considerate actions that are making a difference to those most in need.



Festive Support in our Communities



In the run up to Christmas, members of our Flitwick Transport Interchange site team volunteered to help serve a festive dinner to older members of the community at the local Rufus Centre.

Over 100 people enjoyed a glass of sherry, a delicious four-course Christmas lunch, great entertainment and a raffle to finish. Live singing helped to add to the festive feel, and our volunteers were even rewarded with a Christmas dinner as a thank you for their help. A Flitwick Town Council representative commented;

"...your team helped to contribute to the wonderful experience received by the older people attending. Thank you once again for your support and to your team for really joining in the community spirit on the day."

Along with Hertfordshire County Council and Beaumont Traffic Management Ltd, we were also very proud to sponsor Community Christmas Carols at South Hill Church Centre.

The South Hill Church Centre charity works with other local organisations to provide a range of services for local people, helping those most in need with life skills training, food banks and targeted support groups just to name a few. It seeks to provide services to encourage integration, develop potential and enhance safety.



Thank You to All!

For helping to spread good cheer across the communities in which we work.

















Health and Wellbeing Calendar 2022

Health & Wellbeing 2022 Calendar

Please select a month to learn more about the Topic, Facts and Stats along with supporting Wellbeing information.

JANUARY	FEBRUARY	MARCH	APRIL
 Dry January	 Healthy heart	 Cancer awareness	 Vibration
MAY	JUNE	JULY	AUGUST
 Mental health	 Sun & hydration	 Skin	 Dust
SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
 Hearing & eyesight	 Musculoskeletal	 Stress & fatigue awareness	 Diet & lifestyle

BE ACTIVE WITH AN APP!

SUPPORTING YOU

SHARE YOUR FEEDBACK

As part of our ongoing commitment to the health and wellbeing of our people, the Health & Wellbeing Team have updated our interactive calendar for 2022. It is available via the SHE and Sustainability area of Atlas and can be accessed from the link below;

Health and Wellbeing Calendar 2022

Each month provides information on specific health and wellbeing topics including Toolbox Talks, useful websites, videos and posters.



Don't forget to visit the "Five Ways to Wellbeing" each month - a set of simple activities that we can all do in our everyday lives to improve our wellbeing.

January's way to wellbeing is to be active. Regular physical activity is associated with lower rates of depression and anxiety across all age groups.

It is essential for slowing age-related cognitive decline and for promoting wellbeing.

So why not start the New Year by being a little more active?





Dry January

After the festive break we encourage you all to start 2022 by giving your body a well-earned break from alcohol.

In 2020, there were **8,974 deaths** from alcohol-specific causes registered in the UK, an 18.6% increase compared with 2019.

There are more than **600,000 dependant drinkers** in England, and only 18% of these are receiving treatment.

In England in 2019/20, there were **976,425 hospital admissions** related to alcohol consumption

“Dry January” is brought to us by Alcohol Change UK. Taking part in Dry January is a chance to ditch the hangover, reduce the waistline, boost your energy and save some serious money, while doing your body a lot of good.

More importantly, it's a way to reset your relationship with alcohol all year-round.

Health Benefits of Going Dry

Giving up alcohol for 31 days can promote great health improvements and reduce the risk of serious health problems such as strokes, heart and liver disease.

It can lower blood pressure, reduce diabetes risk, lower cholesterol and reduce levels of cancer-related proteins in the blood.

WARNING! Side effects may include:

- ▶ Better skin
- ▶ Losing weight
- ▶ Sleeping better
- ▶ Saving money

Dry January helps people to drink more healthily and shows us that we don't need alcohol to relax and have fun.

For more information visit;

[Alcohol Change - Dry January](#)





PPP HEALTHCARE

TIME TO GET YOUR YEAR OFF TO A HEALTHY START

Dry January and beyond

From a celebration to a hard day's work, there are many reasons for opening a bottle of wine or sinking a few cold beers. Not generally a problem if you are drinking responsibly, but what happens if this turns into more of a daily habit?

In the long-term, excessive drinking of alcohol can cause many health problems including liver and heart disease. Cutting back on booze can reap a whole load of benefits, like feeling better in the mornings, having more energy and feeling less tired, as well as improving your mood and reducing anxiety.

Here are **5 top tips** to help you cut back on alcohol:

1 Have a goal



Set yourself a goal 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.

2 Monitor your intake



Why not keep a drink diary? Writing this on a regular basis will help you to work out how much you're drinking.

3 Understand your triggers



Work out which situations 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?

4 Alternate your drinks



Remember to pace yourself. Try drinking each drink more slowly or alternating alcoholic drinks with soft or low alcohol ones.

5 Find ways to relax



Look for activities 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!

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

Drink Aware www.drinkaware.co.uk | Alcohol Concern www.alcoholconcern.org.uk

Alcoholics Anonymous (0800 9177 650) www.alcoholics-anonymous.org.uk



KNOW YOUR UNITS

Find out what's in your drinks! Get the facts and advice on alcohol units and measures.



14 UNITS

There is no completely safe level of drinking, but sticking within the guidelines lowers your risk of harming your health. Men and women are advised not to regularly drink more than 14 units a week.



3 DAYS

Spread your drinking over 3 days or more if you drink as much as 14 units a week.

GLASS OF RED, WHITE OR ROSE WINE (ABV 13%)



Small 125ml

1.6 UNITS



Standard 175ml

2.3 UNITS



Large 250ml

3.3 UNITS

BEER, LAGER AND CIDER

REGULAR (ABV 4%)



1.8 UNITS



1.8 UNITS

STRONG (ABV 5.2%)



2.2 UNITS



3 UNITS

EXTRA STRONG (ABV 8%)



3.5 UNITS



4.5 UNITS

750ML BOTTLE OF RED, WHITE OR ROSE WINE (ABV 13.5%)



10 UNITS
PER BOTTLE

OTHER DRINKS

25ML SINGLE SPIRIT
AND MIXER
(ABV 40%)

1 UNIT

275ML BOTTLE OF
PRE-MIXED DRINK
(ABV 5.5%)

1.5 UNITS





Beating the “Winter Blues”

Seasonal Affective Disorder

Many of us say that we have suffered a winter-related low mood and there is sound scientific evidence to support the idea that the seasons can affect our moods. The medical name for winter-related depression is Seasonal Affective Disorder (SAD).



If the short, dark days are getting you down, what can you do to feel like yourself again?

It is thought that SAD sufferers are affected by the shorter daylight hours in winter. Light helps to stop the production of the sleep hormone melatonin. Hence, with less light, the levels of melatonin increase which can cause lethargy and symptoms of depression in some people.

Get More Light

Try to get as much natural sunlight as possible. A lunchtime walk can be extremely beneficial. Make your work and home environments as light and airy as possible and sit near windows when you are indoors.

Eat yourself Happier

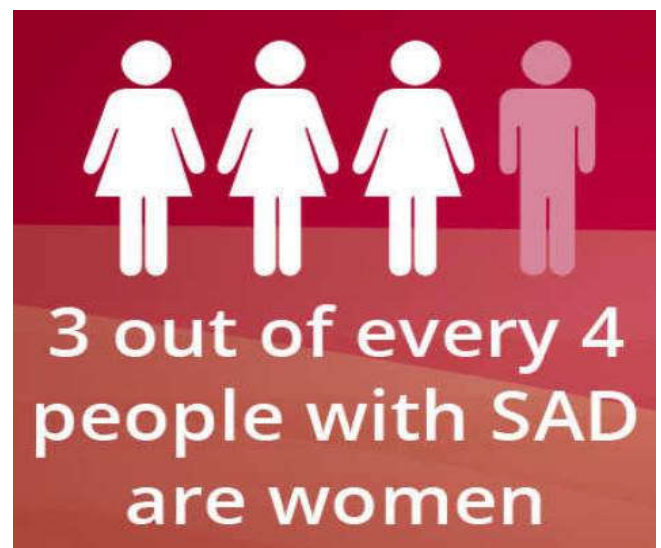
Winter blues can make you crave sugary foods and carbohydrates such as chocolate and pasta but do not forget to include plenty of fresh fruit and vegetables in your diet.

Be Active

There is convincing evidence that 30 minutes of vigorous exercise three times a week is effective against depression and that even lighter exercise has a beneficial effect. Outdoor exercise has double the benefit because you will also gain natural daylight.

Talk about being SAD

Talk to your family and friends about SAD, so they understand how your mood changes during the winter. This can help them to support you more effectively.



For more information visit the NHS website;

[NHS Seasonal Affective Disorder](#)





Brew Monday – 17th January 2022

The third Monday in January is usually known as “Blue Monday” but once again this year the Samaritans are turning this day into something much more positive – “Brew Monday.” On Brew Monday, please reach out to a friend, family member or colleague for a virtual cuppa and a chat.



It doesn't have to be Monday or even a cup of tea, just taking time to really listen to another person could help them work through what's on their mind. Now more than ever, sharing a cuppa is so much more than a drink. It's about reaching out, checking in and staying connected.

For more information and to sign up for a digital Brew Monday Toolkit please see below;

Samaritans Brew Monday



Little tips for helping someone open up when something's up

When someone is carrying around worries and difficult feelings, it can feel very lonely

Having someone there to listen can help them work through what's going on and feel better able to cope.

You don't have to be an expert to help someone open up when something's up. The fact that you care is what matters.

Here are some tips to help you spot when something might be up, open up a conversation and be a good listener.

1 How to spot when something might be up

These are some of the signs that someone may not be okay:

- Not wanting to do things they usually enjoy.
- Finding everyday things overwhelming.
- Not replying to messages, or being distant.
- Avoiding people or seeming quiet.
- Appearing restless or agitated.
- Easily tearful.
- Drinking or using drugs to cope with feelings.

2 How to open up a conversation

Don't be shy to ask how someone's feeling:

- Choose a good time, and somewhere without distractions.
- Use open questions that need more than a yes/no answer.
- 'How are things? I've noticed you don't seem quite yourself.'
- Listen well. 'How's that making you feel?'
- Avoid giving your view of what's wrong, or what they should do.

3 How to be a good listener

Showing you care builds trust to open up:

- Make eye contact and put away your phone.
- Focus completely on the other person.
- Pauses are fine, try not to jump in to fill a silence.
- Say back what you think it is they are wanting you to hear.
- Resist putting your own interpretation on it.
- Don't give up. Sometimes it can take a few tries!

4 How to help someone get more help

If it feels like the person is really struggling to cope:

- 'Would you like to get some help?'
- 'Have you tried your GP?'
- 'Would you like me to come with you?'
- 'Did you know you don't have to be feeling suicidal to call Samaritans?'
- 'Samaritans is free, 24 hours a day if you're feeling low or worried too.'
- 'If it helps, you can talk to me any time.'

Supporting someone in distress can be distressing

Samaritans is here for anyone who needs someone to listen.

Call free day or night on

116 123

Email
jo@samaritans.org

SAMARITANS



Toolbox Talk – Driver Fatigue (Page 1 of 2)



Infrastructure Projects Southern

Toolbox Talk

Driver Fatigue

29 February 2016

Our most dangerous activity

Driving is the most dangerous work activity that most people do. It is estimated that around 150 people are killed or seriously injured every week in crashes involving someone who was driving, riding or otherwise using the road for work purposes. The majority of these tragedies can be prevented.

When are accidents most likely?

- On long journeys on monotonous roads, such as motorways
- Between 2am and 6am
- Between 2pm and 4pm (especially after eating, or taking even one alcoholic drink)
- After having less sleep than normal
- After drinking alcohol
- If taking medicines that cause drowsiness
- After long working hours or on journeys home after long shifts, especially night shifts

Planning your journey



You can find a copy of this poster on the Southern Shield website at www.southernshield.co.uk

Make sure that your journey plan allows sufficient time for you to take account of weather and traffic conditions and to comply with speed limits.

You should seek to reduce night driving and avoid those times of day mentioned above when falling asleep at the wheel is more likely.

Case Study



Three rail workers died in a motorway crash in the early hours of 9 June. Their van, which had five people on board, collided with the back of a lorry on the hard shoulder near Chippenham, according to Supt Gavin Williams from Wiltshire Police.

Their shift had finished on Monday morning, at 3.50am. Although the men did use the hotel they had been booked into, it was suggested that sometimes, workers were known to drive home after a shift instead of using hotels booked for them.

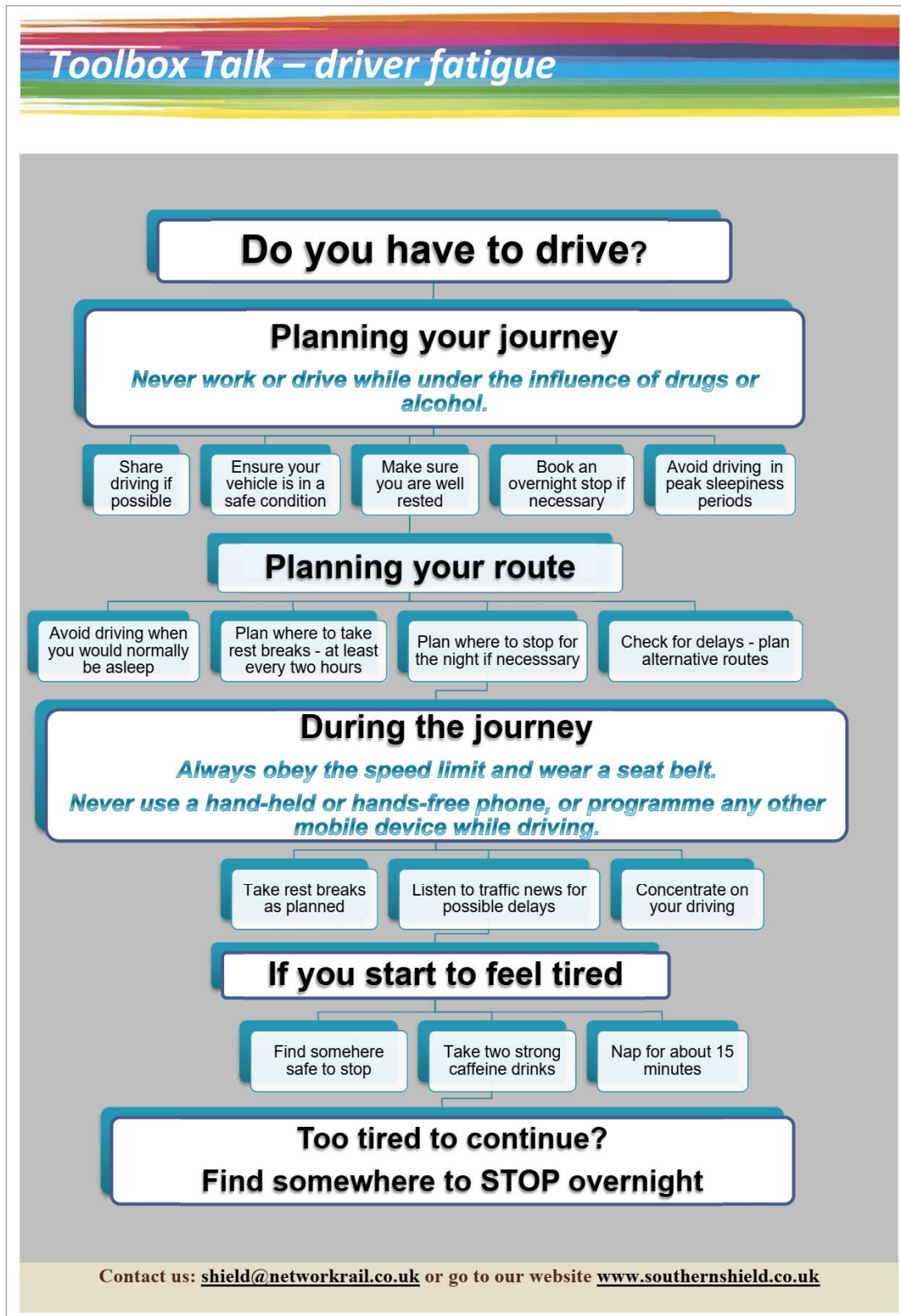


A Safer Journey Planner can be downloaded free from the Royal Society for the Prevention of Accidents website.

Contact us: shield@networkrail.co.uk or go to our website www.southernshield.co.uk



Toolbox Talk – Driver Fatigue (Page 2 of 2)



Toolbox Talk – Waste



Infrastructure Projects Southern **Toolbox Talk**

Waste Hierarchy

03 May 2016

Did you know?

Construction generates a very large amount of waste annually with a sizeable proportion of material simply thrown away without being used. The true cost of waste is more than just the disposal cost. It is made up of:

- The original purchase price of the material
- Unloading, handling, storage and transporting of the material
- Reloading, moving and storing waste on site
- Disposing of the waste including tipping charges and landfill taxes
- Replacing damaged and wasted materials

You can minimise waste by...

1. **Prevention**

- ✓ Store materials neatly to avoid damage and loss
- ✓ Think of ways to reduce waste
- ✓ Reduce the amount of waste created on site
- ✓ Keep materials in their packaging to protect from damage

2. **Prepare for reuse**

- ✓ Keep significant offcuts for use elsewhere
- ✓ Reuse materials until no longer fit for purpose such as fencing
- ✓ Reuse materials for alternative purposes

3. **Recycle**

- ✓ Always recycle materials where possible
- ✓ Segregate different waste types
- ✓ Store waste in appropriate skip/container until removed from site
- ✓ Ensure skips are labelled clearly
- ✓ Add 'housekeeping' to site checklists
- ✓ Clear up when work is carried out

4. **Other Recovery**

- ✓ Consider other recovery such as energy recovery

5. **Disposal**

- ✓ When all other options have been considered, disposal of the waste to landfill



Do not

- ✗ Put waste materials into the wrong waste container
- ✗ Open new cans or pallets before the ones in use are empty
- ✗ Leave materials unprotected and where they are likely to be damaged by, for example, rain or mud
- ✗ Burn or bury waste – it's illegal
- ✗ Mix different types of waste – it prevents recycling
- ✗ Leave materials at risk from site traffic movement

**This and other
toolbox talks can be
downloaded from:**

www.southernshield.co.uk

For further information please contact a member of your Environment Team



07971 125 180 24 hour Infrastructure Advice & Reporting

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

www.osborne.co.uk

SHE Performance Summary November - December 2021

Improvement Opportunities Frequency Rate (IOFR) the Current Rolling IOFR is: 2.66 (Target of 2.5 per 1000 hours worked)			
Accident Frequency Rate (AFR) Days since the Last RIDDOR Accident: 78 The Current Rolling AFR is: 0.13 against a threshold of 0.01			
Service Strike (SSFR) Days since the last Service Strike: 15 The Current Rolling SSFR is: 0.43			
December Total Number IOs 185		December No. Safety, Health & Environmental IOs 160	
		December No. Business IOs 25	
Reference Number	Date	Project	Description
High Potential Near Miss (HiPo)			
15982021-03-11	03/11/21	A46 Binley	Operatives observed standing on formwork with risk of 5m fall.
16312021-24-11	20/11/21	Denham Viaduct	Traffic management crew removed safety lane without authority.
16322021-24-11	24/11/21	Denham Viaduct	Impact protection vehicle reversed in live lane.
Service Strike			
16002021-04-11	04/11/21	LUL Debden	BT cable damaged by delivery vehicle.
17312021-16-12	16/12/21	EKFB	Previously installed service ducts damaged by excavator.
Property Damage			
16702021-07-12	27/11/21	Swindon WHJ	MOP vehicle damage by blown over traffic sign.
17282021-16-12	16/12/21	OTW E&P Lymington	Sub-contractor vehicle damaged by track which moved on exiting site.
Traffic Management Incursion			
17622021-23-12	22/12/21	A46 Binley	MOP vehicle drove the wrong way along the southbound carriageway.
Near Miss/Close Call			
16332021-24-11	21/11/21	Sussex P&R	Operatives observed using a damaged ladder to access canopy.
16652021-06-12	06/12/21	EHA Flitwick	Operative knocked over by reversing excavator – no injury.
16712021-07-12	06/12/21	EKFB	Excavator exposed pre-installed ducting whilst excavating – no damage.
16922021-13-12	10/12/21	EKFB	Two items of plant collided whilst manoeuvring.
Drugs and Alcohol			
17632021-23-12	22/12/21	A46 Binley	Operative refused pre-induction D&A test.
Theft			
16172021-16-11	13/11/21	OTW Landport Viaduct	Heras panels removed from site.



Improvement Opportunities

December IO Statistics

After a good month in November, sadly during the month of December the level of engagement with the IO System has again reduced when compared to last month and the same time last year.

Improvement Opportunities are critical to our learning culture and to ensuring everyone returns home safely every day.

Please make an extra effort to submit your IO's and thank you for recognising the importance of your continued engagement.

Don't Forget...

You can now raise your IO's through the Infrastructure Processes Home Page of Atlas – just click the button “Raise an IO”.

Whilst it is still raised in iGO, you can now get there more quickly through Atlas.

Top Projects in December

- OTW E&P NSCD's 39
- OTW E&P New Milton 14
- A46 Binley 14
- Gade Strengthening Works 14
- Surbiton Station 13

Top IO Originators in December

- David Stevenson 20
- Adam Miller 14
- Joe Parkins 14
- Henry Barkas 13
- Genero Henderson-Park 11

Top Suppliers in December

- Network Rail Infra Ltd 2
- Whitehouse Electricals 1

Top SHE Categories in December

- Access / Egress / Site Security 32
- Site Housekeeping 18
- Design Close Call 12
- Site Welfare 11
- Electrical Systems 9

Infrastructure Improvement Opportunities

Month	Total No. IOs	Total No. People Raising IOs
October	304	73
November	453	91
December	185	47
How many did your site submit last month?	?	?



Safety Bulletin



everyone
home safe
every day

Flame cutting or welding in tunnels

Issued to: **All Network Rail line managers, safety professionals and accredited contractors**

Ref: NRB21-10

Date of issue: 20/12/2021

Location: Sevenoaks Tunnel, Kent, Southern region

Contact: [John Boyce, Head of Fire Safety, Technical Authority](#)



Overview

A team of contractors working for Capital Delivery went into Sevenoaks tunnel intending to use oxy-propane cutting equipment to cut some metal work out of one of the ventilation shafts. A welding team from maintenance told the contractor team they could not use propane in the tunnel. The oxy-propane equipment was removed.

The contractors were cutting at a high level in and around the ventilation shaft in the tunnel. The contractor had assessed the risks and identified that a leak or release of acetylene, an alternative fuel gas that is lighter than air, may collect in the vicinity. Application of a flame may then ignite it.

For that reason, the work planning had rejected the use of acetylene and chose propane as a safer alternative for this specific task. Network Rail's company standard for welding the track (i.e. at ground level) only recognises use of acetylene because propane could gather at a low level creating a fire or explosion risk.

An investigation is underway and there is a planned review of fire prevention/precautions in the company standards for cutting and welding in tunnels.

Discussion Points

- Using any flammable gases in tunnels or ventilation shafts involves increased risk and alternative methods should always be considered.
- All confined space welding or cutting tasks that plan to involve either propane or acetylene must be thoroughly risk assessed in advance.
- Appropriate control measures should be recorded in the risk assessment and used on site.
- The two fuel gases have different properties:
 - Acetylene is lighter than air so any leaks will rise, including up ventilation shafts.
 - Propane is heavier, so any leaks will gather at low level, including possibly in drains.
- Using acetylene involves specific hazards in the event of a fire and requirements for how cylinders must be handled.
- Whichever gas is selected, equipment must be checked to prevent leaks and the amount of cylinders in the confined space kept to a minimum.
- Accurate information about the location and amount of fuel gases should be readily available to the emergency services if an incident does occur.
- Are you aware of the 'work safe' procedure and how to raise one?
- How can you help people feel empowered to stop work if they came across unsafe activity or behaviour?



SHARED LEARNING Working on behalf of

CONTROL OUR WORK AREAS

What Happened

At 09.30 on Tuesday 31st August, a sub-contractor to LM-JV was working under WP73 in the area known as Saddlers Wood. They were in the process of installing a post and wire fence line. The IP was working with tensioning the bottom 3.14mm wire at a low level with a Wire Grab Chain Strainer, ready for fixing to the installed fence post. The IP's partner went to collect hand tools some 5m away. He heard a noise and immediately returned to see the IP on the floor, holding his face with blood around his mouth. Unfortunately, he did not witness the incident. The IP was taken to the hospital and had a confirmed broken jaw and bruising to the right cheek. The IP had surgery and was released from the hospital on 02/09/21.

What we did

LM and all the fencing contractors on the project established a working group to look into fencing practices, wire straining tools and tension measuring gauges.

We also reviewed the adequacy of familiarisation training and written training records for tools and equipment under PUWER.



WIREMAN - STRAINEX kit

Gripple



WIREMAN - STRAINEX equipment being demonstrated at the working group.

WIREMAN STRAINEX & Gripple are the solution

The Working group decided that WIREMAN STRAINEX was the best equipment available to carry out wire fencing. In addition, it eliminated the risk of the operator being struck by the handle through over tensioning.

The Gripple was also highlighted as a great piece of equipment that can carry out any repairs to wire fencing and is very easy to use and can be purchased from local DIY stores.

Wire fencing working group: tools available on market			
<p>Hayes Wire Strainer</p> <ul style="list-style-type: none"> • Approx. £130 • Used for decades • Durable • Tension in both directions • Incident occurred using this equipment 	<p>Gripple</p> <ul style="list-style-type: none"> • £60 - available at Screwfix • Fingers are 10y each • Easy to use • Can reheat and re-tighten • Not good for barb wire • Aesthetically doesn't look good • Good for repairs 	<p>Wireman StraineX</p> <ul style="list-style-type: none"> • Under £100 • Reduces tension release potential • Leaves a small clasp mark in wire • Currently only two of these are available in the UK, currently ordered by US and NZLM • 4-6 week delivery time from Australia 	<p>Wireman Strainer</p> <ul style="list-style-type: none"> • Approx. £250 • Very similar to the Hayes Monkey Wrench. Includes built in tension gauge • Some tension release issues

Wire fencing Equipment examples that were trialed and feedback given by the fencers.

- #### ACTION TAKEN AND/OR REQUIRED:
1. Experienced fencers will continue to use the Wire Grab Chain Strainer—until they are phased out by the new tools.
 2. New fencers will be trained and instructed to use the Strainex device, - eliminate risk.
 3. Familiarisation training to be given to all fencing operatives and recorded.

Document Number: **Author:** Pete Lambeth/plambeth@lm-jv.com **Date:** 01/12/21
 Template Number: 1EW04-LMJ-HS-TEM-N000-000055_P01 **Approver:** Matthew Fountain/ mfountain@lm-jv.com **Page 1 of 1**



Safety Alert



Overturned forklift truck

Scope: All Network Rail line managers, safety professionals and accredited contractors

Ref: NRX21-11

Date: 23/12/2021

Location: Holgate Depot, York

Contact: [Ross Theobald](#) - Senior Business Manager, Route Services



Overview

On 17th December 2021 three contractors working for Route Services at Holgate depot were moving a 4.5 tonne steel frame into a building. This was not a routine activity.

The team decided to lift, turn and carry the frame using two forklift trucks. The two trucks each had a different lifting capacity, one a 13 tonne and the other a 3 tonne safe working load. They were positioned each end of the load and each lifted the frame using a single-point lifting strap over their forks.

As the suspended frame started to turn, the smaller truck was pushed out of position and overturned. Fortunately, there were no injuries.

This was a complex, tandem lifting operation but there was no specific risk assessment or lifting plan. No-one was supervising the lifting operation.

This event is classed as a RIDDOR Dangerous Occurrence and a level 2 investigation is underway.

Discussion Points:

- How do you recognise an operation which requires more specialised assessment and knowledge?
- What should you consider when planning a tandem lift?
- Who should you involve in assessing the risk in a complex lifting operation?
- How do you check you are using the correct tools and method for the activity?
- Do you know what must be done to report a RIDDOR reportable Dangerous Occurrence?

Part of our group of
Safety Bulletins

Safety
Alert

Safety
Bulletin

Safety
Advice

Shared
Learning



fusion
Connecting people

Safe at heart
First Alert

Life
Looking for an Incident Free Environment

4x4 Falling Into Excavation



On the 06th December 2021 an incident occurred when a subcontractor parked their 4x4 vehicle close to an excavation edge causing it to give way and the vehicle to slide in. No injuries. No one was in the vehicle or excavation at the time.

A Subcontractor parked their 4x4 vehicle on the top of a stock pile close (approx. 1m) to a stepped excavation. At some point after exiting the vehicle the edge of the excavation collapsed due to the vehicles weight causing it to slide slowly sideways into the excavation depth) and ending up nose first. No one was in the vehicle or excavation when this happened. Investigation is currently underway.



DOES THIS HAZARD EXIST ON YOUR SITE?



- 06/12/2021

- **BE AWARE:** Ground stability can change and cannot be guaranteed; walls of excavations can collapse suddenly and without warning.
 - Protection must be provided against the risks of earthworks collapse and falls into excavations by personnel or plant.
 - Always follow the temporary works design.
 - Use barriers/bunds to maintain a safe distance from excavations.
 - Deploy signage to inform risk of deep excavations.
 - Monitor changing weather conditions that may affect ground conditions.
 - Ensure safe access and egress around excavations.
 - Plant and vehicle parking must be located a safe distance from any nearby excavations.
- IF ANY ISSUES, INFORM YOUR SITE SUPERVISOR / MANAGEMENT TEAM IMMEDIATELY**





OperateSAFE

Safety Bulletin – Wheeled Excavator Stability

<i>Target Audience</i>	All HGV / Operators / Plant Fitter's	<i>Ref No.</i>	PB0002
<i>Authorised by</i>	Paul Beard	<i>Date Issued</i>	25.11.21

Topic Description

Awareness of the Hazards Associated with the Use of Oscillating Axles on Wheeled Excavators

Introduction:
There was a recent incident on a site where a wheeled excavator (rubber duck) had been digging a ditch from a haul road but unfortunately the operator had not engaged the oscillating axle locking system. This action resulted in the excavator, when raising a full bucket of material to become unstable, rotate and fall into the ditch.



What went wrong:
The oscillating axle locks were not engaged; as the machine slewed with a loaded bucket in the raised and extended position, this caused the oscillating axle to compress, which resulted in the excavator exceeding the 'tilting line'. By not using axle locks, stabilisers or blade, the machine was not in a stable configuration. The excavator was thoroughly checked by the manufacturer following the incident and no faults were found, meaning this incident was caused by operator error.

People | Safety | Innovation | Sustainability | Value





OperateSAFE

Flannery have 6 No different makes of this type of excavator; Takeuchi, Hitachi, JCB, CAT, Komatsu, Wacker and all the OEM makes have a different process to engage the oscillating axle locking system.

The oscillating axle system works in two ways:

1. It allows the axle to pivot (or oscillate) during travel on uneven ground with the boom in the standard travel position (centred over the end).
2. It creates increased stability by locking the axle so it cannot pivot when the boom is rotated away from the standard travel position.

To minimise the opportunity for a similar incident to occur, the following points should be considered prior to loading or unloading both the machine and the buckets / attachments.

- Are you aware of your Red Zone area
- Are you competent and trained to operate this type of machine
- Do you know when the oscillating axle locks, stabilisers, blade etc, are to be used to comply with manufacturers requirements / industry best practice
- If you are unsure of the machine controls, you should refer to the relevant section in the Operator's Manual, in the cab

In Brief:

HGV Drivers / Fitters-

When loading and unloading the machine, the oscillating axle locks must be disengaged.

Once the optimum loading point has been reached on the trailer the oscillating axle locks must be engaged when using boom or upper structure and, where possible blade should be deployed to give maximum stability.

Operators-

When travelling on site, the oscillating axle locks must be disengaged to give smoother travel characteristics on uneven ground but before putting the machine into operation ensure the machine is sited on suitable ground away from hazards and ensure the machine is configured correctly with the oscillating axle locks engaged.

If in doubt, ASK!

Always put safety and wellbeing first and STOP any activity that could lead to harm to yourself or others.

Always seek assistance and **Operate SAFE!**





“Thinking **differently**...

Making **better** decisions...

Changing **lives**”