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this document unless you have to.



STOP.
Think!

October 2022

**Make better
decisions.**

[Octaviusinfrastructure.co.uk](https://www.octaviusinfrastructure.co.uk)

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Introduction

John Dowsett



Welcome to our October 2022 STOPThink! Cascade Briefing.

At the end of last month, I was extremely proud to share the journey of our STOPThink! Cultural Change Programme as one of the keynote speakers at Safer Highways L!VE 2022 – a conference that is dedicated to sharing the latest thought leadership, innovation and concepts that are related to the health, safety and wellbeing of the wider Highways sector.

Along with our STOPThink! Lead, Mick Reeves, we described how a serious accident on one of our projects in 2010 led to not only a fundamental review of our approach to health and safety, but to the performance of our company and most importantly, the culture and behaviours of our teams. I remember to this day how I felt when I received the call telling me that we had seriously hurt a member of our team and I knew instantly that we had to do something different. We had to help our people understand the consequences of their actions, or indeed inactions – and the impact of their behaviours on everyone around them. Hence our STOPThink! principles were established in 2011 and the full programme rolled out for all our people, together with many of our suppliers and customers too, in 2014.

STOPThink! has become fully embedded within our organisation and it has become far more than a safety programme. It helps people to better understand themselves and others, supports better decision making and changes lives. I passionately believe that good safety performance and good business performance go hand in hand, and I can comfortably say that this has been proven to be the case.

Our programme has resulted in a significant reduction in the number of accidents and incidents that we experience and has supported a year-on-year increase in our profitability. I am immensely proud of the positive impact that it has had on our people, both at work and in their home lives.

Thinking differently, making better decisions and changing lives

STOPThink! Fundamentals

Even with strong safety behaviours and performance, we must never forget that past performance provides no guarantee for future performance. It is all too easy to become complacent, especially following a good period of safety statistics and all the other challenges that we are all facing in the current socio-economic climate. We have seen evidence of that recently, where luck has prevented a more serious outcome from some incidents.

Therefore, we are launching a new initiative this month called our STOPThink! Fundamentals. These fundamentals provide clarity on the 8 key ingredients that we believe are essential for assured and safe delivery. It is not to say that other things are not important, but that we expect a minimum standard to be in place on all work that we undertake.

1. Everyone must have received an effective **Induction** before starting work.
2. Everyone must be physically and mentally **Fit for Work**, not fatigued or under the influence of drugs or alcohol.
3. Everyone must have the appropriate **Competence** to undertake the activities, through training, knowledge, skills and experience.
4. There is an effective **Risk Assessment** in place for the activities, identifying the hazards and setting out measures to remove and control them.
5. There is an effective **Safe System of Work** in place that describes how the activities can be undertaken safely.
6. The necessary **Permits to Work** are in place where they are required for high-risk activities.
7. An effective **Task Briefing** has been given and is understood by those undertaking the activities
8. There is effective **Supervision** in place for the activities being completed.

These fundamentals will assure us that we have robust and effective processes to underpin the expected leadership, culture and behaviours, ensuring that we are collectively doing everything that we can to help our people go home safely every day.

I hope you enjoy this edition of STOPThink! Stay safe and well over the coming month.

A handwritten signature in black ink that reads "John Dowsett".

John Dowsett CEO – Octavius Infrastructure Ltd



STOPThink! Sediment released into trackside drainage



Straw bales wrapped in geotextile material as a temporary silt control measure



Sediment – example of proprietary sediment control solution

What happened?

Octavius were undertaking a project on behalf of Network Rail to make repairs to the embankment at the London side of Honiton Tunnel in East Devon. The location is prone to being very wet with several spring sources being present and consequently, one of the reasons for the embankment stabilisation work.

During the cutting excavation works for a haul road a natural spring was exposed which caused run-off which mobilised solids into the nearby trackside drainage. In addition, a nearby excavation was being de-watered. This water was then pumped into the nearby trackside drainage which subsequently discharged (c.500m away) into a watercourse causing it to become temporarily turbid (cloudy).

Once alerted to the issues, the project team arranged for temporary sediment capture to be implemented to prevent further migration of sediment.

Impacts

- The incident is under investigation which will include the determination of any adverse effects caused by the released sediment on the receiving watercourse.

Where works are being undertaken of a similar nature:

1. Utilise topographical and ground investigation (GI) data to confirm the potential for high / perched ground water scenarios
2. Engage with the design and environment teams early to determine the level of controls and mitigation required
3. Where works may affect the trackside drainage, be aware of the location of any outfalls
4. Ensure that where pumping operations are undertaken the appropriate permissions and permits are in place
5. Once the required controls have been implemented, undertake regular monitoring to confirm that mitigation (e.g. sediment or wrapped bales) remains effective.



Watch out for hedgehogs



Hedgehogs (*Erinaceus europaeus*), with their spiny appearance and ability to roll into a ball are probably the most recognisable mammal species within the UK. Throughout the world there are 17 species of hedgehogs that are found throughout Europe, Africa, the Middle-East and central Asia.

Hedgehog populations are difficult to estimate, however, it is estimated that the current UK population is approximately 870,000. In the 1950s it is that estimated hedgehog populations stood at around 36.5 million. In 1995 this number had dropped significantly to approximately around 1.5 million and has been steadily declining since. It has been long known that hedgehog populations are in decline, with many factors impacting populations. Recent data shows that between 30% and 75% of rural hedgehogs have been lost nationally since 2000. Numbers have plummeted across the countryside, but the declines vary in different regions, with the most apparent in the East Midlands and the East of England regions. However, hedgehogs living in urban environments appear to be doing slightly better than their rural counterparts.

With thanks to Graeme Skinner MRSB, Managing Director Naturally Wild.



Looking after our planet

Hedgehog populations are slowly declining because of many factors a lack of connected habitats, such as gardens in new development, loss of hedgerows, changing land management and usage, climate changes and increasing pressure relating to roads. Due to the declining populations, hedgehogs are a red-listed species within Britain and are protected by British law under Schedule 6 of the Wildlife and Countryside Act 1981, making it illegal to kill or capture them using certain methods.



They are also protected in Britain under the Wild Mammals Protection Act (1996) prohibiting cruelty and mistreatment. They are listed as a Species of Principle Importance in England under the Natural Environment and Rural Communities (NERC) Act 2006 Section 41, in Wales under the Environment Act 2016, and in Scotland under the Nature Conservation Act 2004. Additionally, hedgehogs are on the Scottish Biodiversity List as 'Watching Brief Only' requiring monitoring to prevent decline. These laws make hedgehogs a key consideration for Local Planning Authorities (LPAs) during the planning process. Developments should also be consistent with Local Plans (LPs) and Neighbourhood Area Plans (NAPs), some of which may explicitly refer to hedgehog conservation and connectivity of the landscape.

Many of the sites which we work on regularly include land within Network Rail boundaries, construction sites, and all areas adjacent to highways. Railway embankments in particular are a hedgehog haven, with a rich mix of trees and vegetation which provide a safe and food-rich area for the little creatures. Special care should be taken to ensure hedgehog welfare and conservation.

How to conserve and protect hedgehogs on your site:

- Provide nest/shelter boxes
- Provide access points for hedgehogs where possible (i.e., gaps below or between fencing) to allow connectivity of habitats
- Trenches and other excavations should be covered over before nightfall or add a suitable gap to allow any hedgehogs to escape.

Hedgehog Highways

To help protect our prickly friends consider building a hedgehog highway in your garden or approach your site manager or local ecologist to implement on your site.

A hedgehog highway are holes at the bottom of fencing to help hedgehogs pass easier and safely between their foraging habitats and nests.

Remember.. Never attempt to move hedgehogs yourself, contact your site manager, local safety team or ecologist if you do notice them.

With thanks to Graeme Skinner MRSB, Managing Director Naturally Wild.



Our Flitwick project are helping to create a sustainable legacy

Donating wood makes a positive impact to the environment



Community Wood Recycling, is 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. Our partnership with Community Wood Recycling not only helps to preserve resources, but also provides opportunities to contribute to a fairer, healthier and more inclusive society.

Together we can create a better planet

Recycling all unused wood across all our sites can save more money and prevent 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 [Sarah Askey](#).

Thank you to our Gade Valley Project team for helping to create a greener and cleaner environment.

Sustainable fashion: Stop and think before you buy

The fashion industry is one of the most polluting industries in the world, producing 20% of global wastewater and 10% of global carbon emissions – and it's estimated that by 2050 this will have increased to 25%. A staggering 300,000 tonnes of clothes are sent to British landfills each year.

Sustainable fashion



Think before you buy

Think about the alternative options. Consider using what you already have, borrowing, swapping, thrifting and making. Buying new items should be the final option.

Watch out for harmful chemicals

Hidden chemicals that are used to treat our clothes pollute local waterways and put a garment workers at risk. Look out for eco certifications and stick to clothes that use natural dyes.

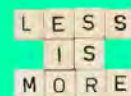


Buy a pre-loved item

Buying second hand is a cost-effective method of shopping to give fashion products a new life, preventing buying new. Check out pop up shops, charity shops or online shops like Vinted or Depop.

Buy less and buy better

Before making a purchase, ask yourself three all-important questions: What are you buying and why? What do you really need? Will you wear it at least 30 times?



Dispose responsibly

£140m worth of clothing goes to landfill each year.

Many items are made from synthetic fibres, which take anywhere between 20-200 years to decompose. Consider donating clothing to charity, recycling, reuse, repair or pass items on to friends and family.

Invest in trans-seasonal clothes

Buy items that you can wear all year round. Invest in items such as jeans, T-shirts, classic dresses, timeless coats and jackets; they make a much more sustainable wardrobe.



Wellbeing Wednesday

To celebrate the countdown to Rail Wellbeing Live, this month two guest speakers gave an exclusion teaser session.



Dr Anand Patel, explained the state of men's health in the UK and what we can do to improve it. Nicola Morgan, who is an expert on the teenage brain and mental health, shared tips on how to build a better relationship with your children and how to help them to be more resilient.

If you missed the session you can [watch it on demand](#).

Don't be caught blind

Did you know that you could be fined by the DVLA if you don't wear your glasses?

Anyone driving without their prescription glasses could earn a fine or three penalty points, and risk invalidating their car insurance policy.

The DVLA states "You must wear glasses or contact lenses every time you drive if you need them to meet the 'standards of vision for driving'. You must be able to read (with glasses or contact lenses, if necessary) a car number plate made after 1 September 2001 from 20 metres and meet the minimum eyesight standard for driving by having a visual acuity of at least decimal 0.5 (6/12) measured on the [Snellen scale](#) (with glasses or contact lenses, if necessary) using both eyes together or, if you have sight in one eye only, in that eye".

To help protect all our employees eyesight we provide a free eye test voucher every year. For more information contact our [SHEA team](#).

Free learning resources



Don't forget The Supply Chain Sustainability School has a whole host of learning resources [on their website](#).

This month they are running a number of sessions on sustainability, biodiversity, delivering social value, improving supply chain performance and much more, Register your free place now!

To access the resources please make sure you sign up first with your Octavius email address.

Rail Wellbeing Live is next month!



Rail Wellbeing Live is back bigger and better than ever on 2 and 3 November 2022. Over the two days there will be over 50 sessions that you can dip in and out of, with celebrity speakers, industry leaders, fitness instructors and health and wellbeing experts offering practical advice to help you improve your physical and mental health.

You'll have a chance to spruce up on your cooking skills with a cook along session by the Jamie Oliver Cookery School, take part in dance aerobics, desk and chair yoga or learn gentle exercises for joint pain and new for this year they'll be evening sessions for our night workers.

Key speakers include: Professor Green, Tracey Cox, Simon Weston, Gail Porter, Paul McKenna, Dr Julie Smith and Tim Spector, who will be sharing their experiences on topics such as mental health, relationships, resilience and diet. Plus, there will be over 70 expert speakers offering practical advice on diet, sleep, stress, mental health, fitness, financial worries and so much more.

Scan the QR code to register
for the event



This is the chance for the whole industry to get together online to focus on our health and wellbeing to create a happier, healthier future for everyone.

Rail Wellbeing Live

Inspiring healthy lives across the railway

2 & 3 November 2022

DAY 1



**SIMON
ALEXANDER ONG**



**SIMON
WESTON**



**GAIL
PORTER**



**TIM
SPECTOR**



**DR DAVID
HAMILTON**

DAY 2



**DR JULIE
SMITH**



**TRACEY
COX**



**PAUL
MCKENNA**



**PROFESSOR
GREEN**



**DR SAM
AKBAR**

REGISTER NOW



Scan the QR code to register!

THEMES



INSPIRATION

Health and wellbeing talks to inspire your wellbeing journey



LEADING WELLBEING

For managers and leaders who want to set the foundation for a healthy workplace



HEALTHY LIVES

Practical sessions where you can learn how to improve your physical and mental health



GET ACTIVE

With favourites such as yoga, pilates and stretches; plus the opportunity to learn something new!

PRIZE DRAW GIVEAWAY

For those who register before 30 September we're giving away fantastic prizes! Don't miss out on your chance to win:

- £100 Decathlon voucher
- Boxing bag & gloves
- Fitbit Luxe
- One year subscription to Psychologies magazine
- RunPods earphones!

WITH THANKS TO OUR SPONSORS



www.railwellbeinglive.co.uk

Lean learning sessions

To help you enhance and embed your Lean awareness Kimberley Wild has arranged lunch and learn session for the next year focusing on different Lean tools. All sessions will be held virtually, the sessions are open to everyone including Octavius employees, our suppliers and customers.

If you would like anymore information, get in touch with [Kimberley Wild](#).

Date	Time	Tool	Teams Link
8/11/2022	12:00-12:30	3C's	3C's
13/12/2022	12:00-12:30	Step up!	Step Up!
10/01/2023	12:00-12:30	A3 Thinking	A3 Thinking
14/02/2023	12:00-12:30	Waste Goggles	Waste Goggles
14/03/2023	12:00-12:30	Voice of Customer	Voice of Customer
11/04/2023	12:00-12:30	Production Control	Production Control
09/05/2023	12:00-12:30	Sort it out with 5S	5S
13/06/2023	12:00-12:30	Root Cause Analysis	Root Cause
11/07/2023	12:00-12:30	Critical to Quality (CTQ)	CTQ
08/08/2023	12:00-12:30	SIPOC	SIPOC

Prevent waste on your project: Lean training

Our Lean Waste Identification dashboard has been updated on the Lean Launch Pad and his month inventory waste is trending! Having inventory waste means much more than "having a lot of stock or materials or more than you need", this can also mean:

- Incorrectly stored materials - prone to defects
- Materials or tools not stored in the "right place at the right time" - increases double handling and motion of our people
- Having broken tools and equipment – increases frustration and can lead to poor quality outcomes
- Not knowing what stock you have, you may run out of fuel or cleaning products - decreases productivity and potentially the well being of our people.



Want to learn more about how you can prevent inventory waste on your project?

Book your place in the next Lean session on 15 November 2022. You can book your place on the LMS system via SharePoint or contact [Kimberley Wild](#). The session is open to everyone across our supply chain.

Safer working on our National Highways



Please visit the October 2022 edition of Highways Safety Hub Newsletter by clicking the link below or scanning the QR code.

[Highways safety newsletter – October 2022](#)

This edition features helping to prevent members of the public attempting suicide and providing workers with support and skills to cope if an event was to occur on site, supporting veterans and a new tool called “One Million Lives” which is a free mental health check in tool helping people to understand their current state of mind, providing tools and guidance to achieve a better physical and mental state.

Remember... The Highways Safety Hub has lots of useful information for working safely on the road network along with all the National Highways Safety Alerts:

[Highways Safety Hub](#)

The Passport scheme is continuously helping to improve standards for the highways network, increasing safety, reducing costs and improving efficiency. Visit the [Highways Passport Portal](#) for everything you need to know on implementing Passport across your project.

Join us at Highways UK

Construction Industry Club Charity at Highways UK on 2/3 November at The NEC, Birmingham.



Highways UK brings together everyone responsible for planning, developing, managing, maintaining, and future-proofing the nation's roads networks. On the day there will be opportunities to hear from industry leaders and experts from National Highways, Transport for London, Department of Transport about key areas that are impact our road network including sustainability, innovation, diversity and inclusion.

The Lighthouse Construction Industry Charity are the only charity providing emotional, physical and financial wellbeing support to construction workers and their families. We'll be sharing more about the support available in the industry on stand C4, please come and say hello. We look forward to seeing you on the day!



SUPPORTED BY



Register your place on the [Highways UK events website](#)

Winter is coming are you prepared?

ON YOURSELF:

- Wear multiple layers of PPE including thermal hard hat liners and thermal socks
- Have spare, dry PPE and use the drying facilities
- Keep your footwear in good condition - check your soles for adequate tread
- Be careful when crossing uneven site areas
- Eat hot meals and make sure to have a wholesome breakfast.



ON SITE:



- Order sufficient rock salt to keep walkways and stairs clear and slip-free
- Use well lit walking routes and provide additional lighting for access routes and works areas
- Deal with autumn leaf fall - wet leaves are a common cause of slips and falls
- Keep absorbent mats around doorways to prevent internal floors from getting wet/muddy
- Prepare water pipes to prevent freezing. Install trace heating or pipe lagging.

ON THE ROAD:



- Ensure you have full vision and clear your windows of any ice and snow
- Take food, drink and spare clothing in case of delays
- Drive and brake to suit conditions and be aware of low winter sun.
- On icy roads, ensure you're 20 seconds behind the vehicle ahead
- Check your car for sufficient screen wash, oil, coolant, your wipers blades and tyre tread depth.

Sharing our successes

No sea of oil at Ryde Pier



Works to revitalise and strengthen Ryde Pier, in Isle of Wight is well underway. The team have made excellent progress so far as 90% of the scaffold column bracket has been installed; even though the team lost three days of planned work due to bad weather, scaffold installation works have started and the team have successfully completed emergency spill response training.

As the area is a site of scientific interest (SSI) the project team have had to think differently to manage the difficult environmental challenges the site presents. To reduce the impact and protect the natural environment in event of an oil spill, the One team Wessex team collaborated with Adler and Allen (A&A) team to deliver spill response training. Our site personnel have benefited from The MCA Level 1P Training which is a First Responder Equipment Operator course where they carried out a test event, learnt about spills and pollution prevention measures to improve their major incident response plan. A&A also provided the team with valuable guidance about the types and quantities of spill response materials.



The pier which opened in 1880 has been deteriorating over time, refurbishment and repair work will be carried out until May 2023; allowing trains to travel safely for the next 60 years.

Thank you to Adler and Allen and well done to the One Team Wessex team for proactively providing teams with skills and knowledge to prevent oil spills. Also, making sure we are able to respond efficiently without harming the environment in event of an incident.

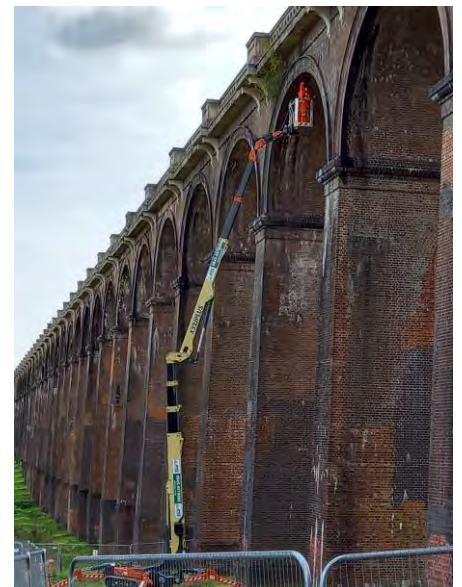
Excellent good practice!

Picture perfect renewal works at Ouse Valley Viaduct



In West Sussex our Rail Services team are busily working to renew and repair the Ouse Valley Viaduct. The viaduct which was built in 1840 to carry the London-Brighton Railway Line over the River Ouse, is often referred to as one of most elegant viaducts in the UK has been slowly failing. The structure has been suffering moisture ingress, allowing moisture into the French sandstone masonry which in cold weather freezes and expands causing pieces of the stone to fall off onto the footpath below.

The team are working across the local fields completing surveys, procuring bespoke stonework in readiness for installation next year and identifying failing brickwork and stonework for the first five arches. To safely reach the top of the 96-foot viaduct the team have sourced a impressive tracked MEWP with a 30-meter reach; one of only four in the country! The enhancement works will allow trains to continue to run safely on the lines above and ensure visitors can walk safely on the footpath below the viaduct.



The site will close for winter whilst the replacement bricks are being handmade and the replacement French stone is procured. The team will return next year to install the new stonework.

Well done to the site team for delivering safe and efficient solutions for our customer and special thanks to our suppliers SWECO, AW Rail, Chichester stone.

We look forward to hearing more as works to the listed structure reach completion.

Delighting our customer at Salford

Providing more car parking spaces for hospital visitors

Congratulations to our Salford team for successfully handing back Salford Royal Hospital car park, on time and without any accidents or incidents during the last six months on site. Our team have received excellent praise from our customer, Salford City Council for doubling car parking capacity to 399 spaces for hospital visitors.

Throughout the project our team always put our customer and members of the public first whilst constructing the single decked modular car park as they implemented innovative phasing solutions to minimise disruption. You can read more about this in our [June 2022 edition of STOPThink!](#)



Installing a modular deck straight onto an existing parking surface is the quickest and cheapest solution to increase capacity. You can read more about how we construct this innovative solution on existing car parking; saving space and time for our customers [on our website](#).



Enormous congratulations to the whole project team for providing bespoke, efficient solutions that plan for the future and the planet!

Udder-ed off the railway

Enormous thank you to Phil Nash, E&P senior site manager for reacting immediately when he noticed a cow sitting on the downline cess along the Northbrook railway line. Whilst our E&P team were walking along the cess to the railroad access point (RRAP) Phil noticed the cow approximately 100 meters down the track and quickly asked the Safe Work Leader to contact the Signaller to make sure oncoming trains proceed at caution.

Fortunately, the cow wasn't hurt, the local farmer was contacted and along with the MOM was escorted up to the track. Trains were stopped for a short time so the cow could be moved safely along the access road of the RRAP where there is a gate that leads into the farmer's field and managed to escape from.



Well done to Phil Nash, the site supervisor Robert Armstrong and everyone involved for reacting quickly to the situation. Your actions helped to protect and help our lineside cattle get back home safely.

Welcoming our new Quantity Surveyor Graduates

First cohort of our new QS Development Programme



This month we welcomed our first cohort of starters into our new Quantity Survey Development Programme. We're delighted to have welcomed Aaron Green, Shakil Seegobin, Tom Hansen and Usman Saeed to our team who will be working in our commercial area.



On their first day they received a warm welcome at our Reigate office along with their line managers; meeting some of our team members and senior team. Thank you to everyone that came to say hello to our new team members.

Welcome to the Octavius family. We look forward to hearing more about your journey in the team!

Assured and safe delivery

Surbiton congestion relief scheme team think differently to secure track access



There are times when things don't go to plan and when they don't our Surbiton team are always finding better solutions to make sure works are completed safely and to programme for our customers.

Our Surbiton team were struggling to gain track access to complete crucial works to remain on programme and recognised an opportunity to gain track access during the industrial action. With just two days before the weekend, they collaborated with Network Rail and Southwestern Rail and successfully secured a 12 hour line block

During the abnormal line block the team lifted and installed 13 above podium wall precast units, which is now a total of 78 out of 83 that landed on site.

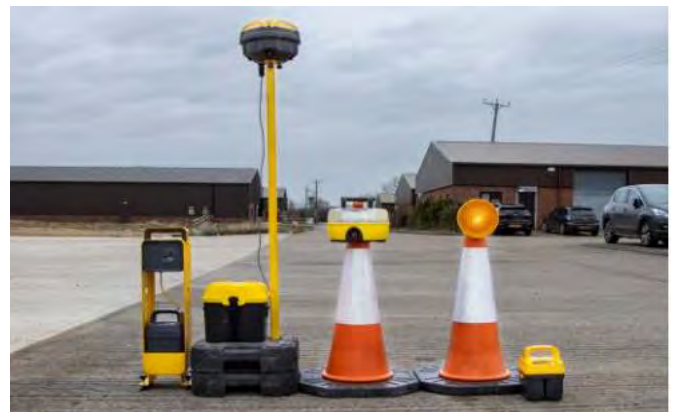
Enormous well done the team for working with our customers to deliver our commitments - fantastic achievement!

Particular thank you to our supply chain for their commitment and late planning to make sure the site utilised the opportunity to provide a better station for passengers.

You said we listened!

Raising the bar: new CCTV to protect workers on the road

Following feedback that body cameras can be uncomfortable to wear, our One Community made up of Octavius, Milestone Infrastructure, Jackson Civil Engineering, Tarmac, R&W and Connect Plus Services plus wider supply chains sourced Intellica, an innovative free-standing camera.



Our highways teams are often subject to abuse by members of the public whilst we carry out essential works on the road. The cameras help to provide evidence in event of police prosecution; capturing a 360 view of site incursions, confrontations and activity all in high definition. Footage is easier to access as it automatically captures moments before and after an event- saving hours of sifting through unnecessary footage!

This has been updated in the M25 minimum TM standards and will be effective for all future projects. Workers can still wear body cameras if they prefer.

Well done to everyone involved for implementing this good practice.

Special thanks to HW Martins, Chevron, CD Fencing and TMO for collaborating with the team to raise the bar improving the safety of our people.

Learn, grow and thrive



Congratulations to Finlay Whitmore, Civil Engineering undergraduate at the University of Portsmouth, who is the recipient of the first Octavius Prize, awarded to the student who achieves the best marks in 2nd year Construction Management & Practice.

We're delighted to have presented the first award as Octavius Infrastructure to Finlay Whitmore. We work closely with the University of Portsmouth to support future generations of engineers and have been sponsoring this award for the last 15 years; when we were previously known as Osborne.

Malcolm Attrill, Engineering Manager said "Well done and well deserved to Finlay. Several past winners have gone on to do very well including our very own Nick Freeman, who is now a project manager. I hope Finlay goes on to do the same. Best of luck!"

The A46 Binley Thrive report to end of September 2022



£31,023,035.40 total social value added*



Local value

- 9 Job Creations
- 2 Contract awarded to local business
- £18,408,229.00 Local spend
- £315,348.00 Value contributed to job creations



Employment, education & skills

- 11 People employed from under-represented groups
- 21 Work placements completed
- 180 People hours spent on education engagement activities



Sustainability

- 940 People hours spent protecting & improving the environment
- 3840 Tonnes reduction in construction waste produced
- 97.42 MTCDE reduction in emissions of greenhouse gases



Social, wellbeing & community

- 453 People hours supporting the community
- £2,572.00 Community donations
- £1,652.00 Community fundraising
- 9 Mental Health First Aiders



Octavius Infrastructure Working in Partnership with National Highways

*including local economic value

The Flitwick Transport Interchange Thrive report

To end September 2022



£778,616.54 total social value added*



Local value



6 Local hires

£292,642.00 Local spend

£104,281.00 Value contributed to the local economy by local hires & job creation

Employment, education & skills



352 People hours of learning interventions delivered

1 Work placement

177 People hours spent on education activities with local schools

Sustainability



9 People supported with sustainable travel

Electric car charging points & direct electric to eco cabins on site

3722.3 Tonnes waste recycled instead of landfill

Social, wellbeing & community



£6,362.00 Community donations

57 People hours spent supporting community initiatives



Octavius Infrastructure Working in Partnership with Central Bedfordshire Council

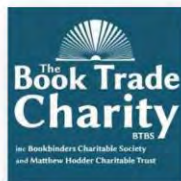
*including local economic value

The Gade Valley Thrive report

to end of September 2022



£14,855,788.35 total social value added*



Local value

67 Job Creations (of which 63 Local Hires)

£12,067,217.00 Local spend

£2,568,998.00 Value contributed to local hires & job creation



Employment, education & skills

2111 People hours learning interventions delivered

11 Work placements & 32 Apprenticeship weeks completed

198 People hours spent on education engagement activities



Sustainability

255 People hours spent protecting & improving the environment

Solartainer & Hydrogen Tower lights used instead of generator

HVO fuel used instead of diesel reducing carbon emissions by 97%



Social, wellbeing & community

411 People hours supporting the community

£81,330.00 Community donations
£29,640.00 Community fundraising

3 Mental Health First Aiders and
£14,919.00 Value contributed to improve the workforce physical wellbeing



Octavius Infrastructure Working in Partnership with Connect Plus

*including local economic value

The Hertfordshire Framework Thrive report

January 2022 to end September 2022



£1,297,282.84 total social value added*



Local value

6 Local hires

£671,747.00 Local spend

£108,574.00 Value contributed to the local economy by local hires & job creation



Employment, education & skills

240 People hours of learning interventions delivered

1 Person employed from underrepresented groups

57 People hours spent on education activities with local schools



Sustainability

866 People hours spent protecting and improving the environment

7.7 MTCDE Reduction in emissions of greenhouse gases

140 Tonnes reduction in waste to landfill



Social, wellbeing & community

£1,793.00 Community donations

199 People hours spent supporting community initiatives



Octavius Infrastructure Working in Partnership with Hertfordshire County Council

*including local economic value

Five Ways to Wellbeing – take notice



Taking notice, reflecting on your experiences and appreciating what matters to you can strengthen and broaden awareness.

Take notice is connected to *mindfulness* – a popular meditation practice that encourages people to notice and accept their current thoughts and feelings, whilst staying in the present moment (which means trying not to focus on the past or future). Studies have shown that being aware of what is taking place in the present directly enhances your mental well-being, helping us to feel happier and healthier

Why not try:

- Take notice of how you are feeling at this very moment, watch your thoughts and feel the sensations in the body
- Try looking at something you see all the time (whatever is in front of you right now!) Look at the detail. Do you see anything you haven't notice before?
- Slow down – Savour the moment
- Pay attention to how your colleagues, friends and family might be feeling, it will help you realise when you might need to be there for them. The more you help them, the more likely they are to realise when you need support too
- Take a different route on your journey to or from work

- Training your brain using mindfulness, will help you to stay more focused on what is going on around you. Remember, you don't notice how much you don't notice until you start noticing the things you have not been noticing!
- Have a 'clear the clutter' day.



For more information about how to be more mindful visit:

- [NHS website – Mindfulness](#)
- [Mind](#)
- [What is mindfulness? – Smiling Mind.](#)

Caring for your back

October's Health and Wellbeing topic is about understanding and supporting your musculoskeletal system which includes your bones, cartilage, ligaments, tendons and connective tissues. You can find guidance about manual handling at work on the [HSE website](#).



Low back pain affects around **1/3 of the UK** adult population each year.

49,000 construction workers suffer new back injuries every year.

An estimated **480,000** people in the UK suffer from work-related musculoskeletal disorders.

In 2019/20, **8.9 million** working days were lost due to work related musculoskeletal disorders.

Top ten tips for a healthy back

1. Exercising

Walking, swimming and using exercise bikes are all excellent ways to strengthen your back muscles.

2. Bending

Always bend your knees, not your back.

3. Lifting

Learn to lift heavy objects using the correct lifting technique.

4. Carrying

Carry larger loads in a rucksack using both shoulder straps and avoid sling bags.

5. Posture

Maintain a good posture. Avoid slumping in your chair or hunching over a desk.

6. Be active

Try to take a short break from sitting every 30 minutes.

7. Stop smoking

It is thought smoking reduces the blood supply to discs between the vertebrae and may lead to these degenerating.

8. Lose weight

Lose any excess weight and ensure you are a healthy weight for your height.

9. Bed support

Check that your bed provides the correct support for your weight and build.

10. Relax

Learn relaxation techniques to help manage stress, which is a major cause of back pain.

Do you need to manually handle?

The Manual Handling Operations Regulations require employers to (as far as is reasonably practicable):

- Avoid the need for hazardous manual handling, so far as is reasonably practicable.
- Assess the risk of injury from any hazardous manual handling that can't be avoided.
- Reduce the risk of injury from hazardous manual handling, so far as is reasonably practicable.



There are a number of risk factors associated with pushing and pulling of loads, you should consider these risk factors when carrying out your risk assessments:

TASK
INDIVIDUAL

LOAD
ENVIROMENT

Manual handling techniques to avoid

Lifting a load incorrectly

Lowering

Carrying a load



Pushing

Pulling

Twisting

Holding



Fatigue



Infrastructure Projects Southern Toolbox Talk

Fatigue Awareness 16 August 2018

What is fatigue?



Fatigue can be described as “a state of extreme tiredness resulting from physical or mental exhaustion that can result from prolonged working, heavy workload, insufficient rest and inadequate sleep.”

Fatigue has been identified as a causal factor in incidents and accidents and can lead to reduced alertness, increased errors, impaired decision-making as well as a general deterioration in mood and motivation.

What causes fatigue?

The main causes of fatigue are:

- A loss of sleep – acute, for example, having four hours instead of the usual eight hours; or cumulative – having four hours instead of the usual eight over several days.
- Poor quality of sleep with lots of interruptions.
- Long working hours, particularly if these are as long as 14 to 16 hours.
- Poorly designed shift work.
- Inadequate breaks during the working day.



Recognising the signs

Fatigue can cause a vast number of physical, mental and emotional symptoms including:

- | | |
|--|--|
| <ul style="list-style-type: none"> • Chronic tiredness or sleepiness • Headaches • Dizziness • Sore or aching muscles • Slowed reflexes and responses • Impaired decision-making and judgment • Hallucination | <ul style="list-style-type: none"> • Moodiness, such as irritability • Impaired hand-to-eye coordination • Appetite loss • Reduced immune system function • Blurry vision • Short term memory problems • Poor concentration • Low motivation |
|--|--|

Top tips for fighting fatigue

- **Try** to get at least seven to eight hours of sleep.
- **Avoid** drinking caffeinated drinks four to five hours before bed as this can cause sleeplessness.
- **Avoid** using technology 30 minutes before bed.
- **Eat** a healthy diet that promotes longer-lasting energy. Avoid fatty foods and junk food and stay hydrated by drinking lots of water.
- **Take** frequent breaks throughout the day.
- **Avoid** driving if you feel tired, especially in inclement weather where vision is impaired.

Reporting fatigue

A Southern Shield survey reported that only 80% of people would feel comfortable reporting fatigue in themselves or others. Fatigue is rarely reported with the main reason being fear of negative consequences. If you are concerned that you or a colleague is suffering with symptoms of fatigue, raise this with your line manager or supervisor. If you are concerned about your colleague, speak to them and offer support.

If you need support...

The confidential Southern Shield Employee Assistance Programme is available free to everybody working on behalf of Infrastructure Projects Southern. Call the 24-hour freephone number on **0800 358 459** or **+44 141 271 7540** from outside the UK or go online at www.validum.com to join the vClub using the username: **southernshield** and password: **homesafe**.

Contact us: shield@networkrail.co.uk

Silt



Infrastructure Projects Southern Toolbox Talk

Silt

20 June 2016

Did you know?

Silt is the term used for very fine particles of soil. On our worksites, if it mixes with water to form mud, it can be washed off into nearby watercourses and drains. This is illegal.

How is pollution by silt caused?

- Pollution can be caused by rainwater runoff from uncovered areas of the topsoil stripped site.
- It could also be caused by pumping out and dewatering excavations or by tunnelling operations and cleaning of ditches and drains.



What you need to do

- Report it immediately if you see silty water is seen entering a watercourse or drain
- Only discharge silty water into designated settlement systems
- Check the site drainage and settlement systems are working. Any discolouration may indicate high pollution loading
- Monitor weather forecasts and plan work accordingly

Why does it matter?

You can cause environmental harm

High levels of silt suspended in water can remove essential oxygen from the water suffocating fish and killing plants, animals and insects by stopping sunlight reaching them. Silt often combines with other pollutants such as oils and chemicals potentially causing even greater pollution than silt alone.

You could be prosecuted

It is illegal to allow silt to enter a watercourse or drain. Silt pollution is easily traceable to the site from where it originated.

Do

- ✓ Consider installing cut-off trenches or silt fences to prevent silty surface runoff.
- ✓ Regularly check watercourses that could be affected by dewatering operations or rainwater runoff.
- ✓ Ensure drain cleaning operations have systems in place to intercept polluted water.

Do not

- ✗ Store soil, stone or similar materials within 10m of watercourses or drains.
- ✗ Dig a trench to release trapped water to a watercourse or drain.

This and other toolbox talks can be downloaded from:

www.southernshield.co.uk

For further information please contact a member of your Environment Team

Improvement Opportunities (IO)

September statistics

During the month of September engagement of business and project IO's is continuing to reduce. However, there were many good improvement business IO's and reporting preventative measures by site teams.

We have seen an increase of contribution from our suppliers to 8.30 % of overall IO's raised during the month.

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

Please do continue to submit your IO's and thank you for recognising the importance of your continued engagement.

How to raise an IO

You can raise your IO's using our new system through the Octavius website.

[Submit an IO on the Octavius website](#)

Top IO Originators in September

Adam Miller	20
Jonathan Blackman	17
Alastair Howell	12
Catherine Whitehead	11
Luke Smith	11

Top categories in September

Site housekeeping	25
Site welfare	22
Access/egress/site security	21
Tools and equipment	14
Process and documentation	12

Top projects in September

Farncombe to Petersfield GRIP 5	26
HV switchgear renewals	20
E&P NSCDs phase 4 and 5	16
OTW Surbiton congestion relief	15
OTW Isleworth AFA GRIP 5-5	14

Infrastructure Improvement Opportunities

Month	Total no. IOs	Total no. people raising IOs
September	241	59
August	299	81
July	344	71
June 2022	425	80
May 2022	360	72
April 2022	251	61
How many did your site submit last month?	?	?



SHEA performance summary

September 2022

Accident Frequency Rate (AFR) Days since the Last RIDDOR Accident: **198**
The Current Rolling AFR is: **0.04**

Service Strike (SSFR) Days since the last Service Strike: **21**
The Current Rolling SSFR is: **0.33**

September
Total Number IOs
241

September
No. Safety, Health & Environmental IOs
206

September
No. Business IOs
35

Reference Number	Date	Project	Description
Injury			
10812022-14-09	14/09/2022	OTW Honiton	Operative's finger injured when loading material into dumper's skip
Operational Close Call			
10742022-01-09	01/09/2022	Sussex P&R	The COSS didn't receive confirmation that the signal was set to danger before asking the CP to place detonators
Service Strike			
10772022-06-09	06/09/2022	Ickenham Car Park	A plastic uncharted gas pipe was damaged during trial holes ahead of the piling operation
10832022-19-09	19/09/2022	OTW Honiton	The outer sheath of a buried NR telecoms cable was damaged during excavations to the toe of the cutting
Environment			
10802022-12-09	06/09/2022	Ickenham CP	Minor diesel leak noted when generator was started in the morning
10782022-07-09	06/09/2022	Connect Plus Lifecycles	Small amount of hydraulic oil contaminated the bridge deck
10822022-14-09	13/09/2022	Gade Valley	Noise complaint about overnight works
10852022-28-09	22/09/2022	OTW Honiton	During the cutting excavation works for a haul road a natural spring was exposed which caused run-off which mobilised solids into the nearby trackside drainage and then into a watercourse
TM incursion			
10842022-27-09	23/09/2022	CP Concrete Investigations	Vehicle followed works vehicles into site
10862022-30-09	30/09/2022	A46 Binley	MOP pulled into works to ask for assistance
Theft			
10762022-05-09	05/09/2022	A46 Binley	A vehicle was driven into site, stole personal items belonging to gate person and left
10872022-03-10	30/09/2022	OTW Honiton	Various items stolen during break in over weekend
Drugs and Alcohol			
10752022-05-09	05/09/2022	SDF Dagger Road	D&A non-negative result at induction
10792022-12-09	12/09/2022	A46 Binley	D&A non-negative result at induction

QMS SafetyAlert

At 01:30hrs on Friday 2nd September 2022, an Impact Protection Vehicle (IPV) was struck by an articulated LGV whilst protecting our QMS HyperLine™ installation crew.

The Mobile Traffic Management had been positioned correctly with lanes 1 and 2 closed. Advanced warning sign trailers were positioned 800, 500 and 200 yards prior to the first IPV, with clear indication that lanes 1 and 2 were closed.

There were three IPV in operation, Block 3 was positioned in lane 1, Block 2 was positioned over the lane line between lanes 1 and 2 and Block 1 was positioned in lane 2. Each were spaced 100m apart with Block 1 positioned 100m behind the HyperLine truck which was also positioned in lane 2.

HyperLine works were being carried out from the near side of our vehicle, the furthest point from the passing traffic in lane 3. The speed of operation was 7km per hour.

Despite all advanced warning signs, the LGV driver manoeuvred his vehicle from lane 3 into lane 2 as he passed block 2 and impacted directly into the rear of block 1 without any signs of evasion.

Despite the horrific incident, there were no injuries to the driver of the LGV or the driver of the IPV. This clearly demonstrates that the design of the IPV is sufficient to prevent serious injury. The actions from the appointed Traffic Management Company following the incident were superb alongside the QMS HyperLine crew, National Highways and the Police officers who attended.

The investigation that followed the incident showed that the two overhead gantry signs immediately before the location of impact were showing potentially confusing information. The first gantry, 1km before impact was warning motorists of a queue and to reduce speed to 40mph, although the mobile works had blocked lanes 1 and 2, all three lanes were shown as open. The second gantry, 200m before the point of impact had no information displayed.

It has become apparent that information on the gantry signs advising that the lanes are closed are not used during road works. I have taken it upon myself to speak with various Traffic Management groups and trade associations to ascertain why this is the case and to work to get this changed for the improved safety of our workforce within the industry.

We shall be reviewing and updating our Risk and Method Statements for the HyperLine activity under 12C mobile works to include for overhead gantry signs when available on the network to be used and what should be displayed to protect our crews and increase safety for the road user.

The Police are intending to prosecute the driver of the LGV for driving without due care and attention / dangerous driving. The date for court appearance has not yet been confirmed.

Photographs on the following two pages accompany this SafetyAlert.

Greg Clark – 03 October 2022

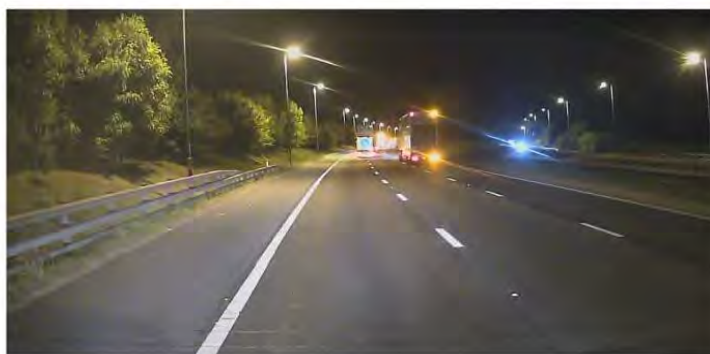

QMS
QUALITY MANAGED INFRASTRUCTURE LTD



Overhead gantry sign indicating all three lanes open with 40mph restriction.
Block 2 can be clearly seen straddling lane 1 & 2.
Photograph taken from Block 3 positioned in lane 1



Overhead gantry sign displaying no information.
Block 2, 1 and HyperLine truck can be clearly seen.
Photograph taken from Block 3 positioned in lane 1



LGV approaching road works in lane 3 with right indicator flashing.
Block 2, 1 and HyperLine truck can be clearly seen.
Photograph taken from Block 3 positioned in lane 1



LGV activates left hand indicator and starts to manoeuvre into lane 2 alongside Block 2
Block 2, 1 and HyperLine truck can be clearly seen.
Photograph taken from Block 3 positioned in lane 1



LGV impact into Block 1 IPV.

After maneuvering from lane 3 (above picture) into lane 2, the LGV showed no signs of evasion.

Q SAFETY **ALERT**
E **H**

MORGAN SINDALL
INFRASTRUCTURE

Safe installation of debris screen

A one day Lost Time Injury (LTI) occurred on the A11 Concrete Road Framework Project. During the installation of debris screen (installed to protect debris from entering the live carriageway) on a night shift, the Injured Person (IP) stepped down off a kentledge block, as he stepped down, his leg made contact with an existing crash barrier post resulting in a laceration to his lower leg. The IP received first aid to dress the cut and was taken to A&E where he received stitches to the wound.

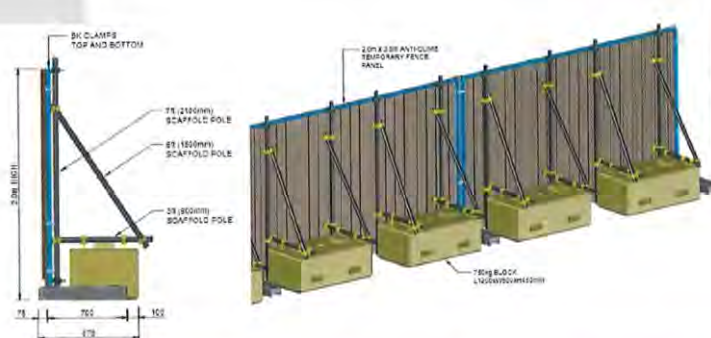
Contributing factors

- Inadequate lighting, the available tower lights were not being used as it was concerned they may dazzle the passing motorists
- The steel posts were left in situ following barrier removal due to size constraints of the barrier pulling equipment working adjacent to the live carriageway
- Risk Assessment Method Statements (RAMS) did not contain adequate detail for the correct method of installing or dismantling the debris screen
- Inadequate assessment of the safest way to access and egress the concrete blocks
- Failure of the Point of Work Risk Assessment (POWRA) to identify the crash barrier posts as a hazard
- Failure to demarcate hazard.

Safe installation of debris screen

- Ensure that a lift plan is in place. Unload deliveries of materials using a forklift, operated by a competent person
- Use forklift or rubber duck to lift 750kg blocks into position, utilise slots within block for forks – forks must approach 'head on'
- Carefully attach scaffolding frame to blocks
- Mobile Elevating Work Platforms (MEWP) or platform to be used to reach any clamps required from the 'construction site' side of the panel. A step-up must be used when accessing from the bloc (live traffic) side
- Ensure that the manoeuvring of the heras panels is undertaken in a slow and cautious manner with no risk of the heras panel fouling the live carriageway
- Attach heras fencing to scaffolding using clamps / cable ties as per the Temporary Work Design (TWD)
- Sign off required by Temporary Works Supervisor (TWS) and Temporary works coordinator (TWC).

Sketch to the right details the debris screen which was being installed when the accident occurred.



This advice should be used, where the above is applicable, and the information discussed with your team highlighting the following points:

- Ensure that a Safe Systems of Work (SSOW) is in place and is adequate for the task - If in doubt stop
- Adequate lighting must be available - If considered inappropriate - stop, contact your supervisor and agree a suitable alternative
- A rigorous POWRA must be undertaken to identify all hazards prior to any works starting and briefed to the team.

SHEQ Alert date:	09/2022	Display until:	31/12/2022	
Distribution:	Morgan Sindall x	Supply Chain x	Plant Hire Desk x	Morgan Sindall Group
Communication:	Toolbox talks / briefings x	Noticeboards x	SHEQ update x	

Everyone has the right to be
100% Safe

Safety Bulletin

A serious incident has taken place



Sudbrook Pumping Station Prohibition Notice

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

Ref: NRB22-09

Date: 27/09/2022

Location: Sudbrook Pumping Station

Contact: [Lisa East](#) - Head of Safety, Health and Environment – Wales and Borders



Overview

During an ORR inspection at Sudbrook Pumping Station on 21st September 2022 it was highlighted that there were unprotected edges to the decking of a House Crane Maintenance Gantry (highlighted above).

Following the last use of the gantry the plating doors, which mitigate the risk of falling from height, had not been returned to their intended state (closed) therefore leaving the gantry in an unsafe condition.

At the time of the inspection there were no measures in place to prevent anyone accessing the ladder, gaining access to the gantry and potentially falling through the gap in the deck of the gantry causing a significant injury or death.

Discussion points

- Do you and your teams have the appropriate controls and permits to work in place to undertake work on this type of structure?
- Only competent persons with a Safe System of Work are permitted to access any at height locations. If permits are required, they must not be signed off until all control measures are verified and safe.
- Are you satisfied that your arrangements for this type of activity are being used effectively in your area?
- How do you assure yourself and others, that the control measures are correct and safe to undertake the planned task?
- When work has been completed, do you always verify all areas have been made safe and locked off before signing off your permits

Remember, if you do not feel that you have a safe system of work in place, use the worksafe procedure.

Safety Advice



everyone
home safe
every day

Improvised Explosive Device found on track

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

Ref: NRA22-07

Date of issue: 15/09/2022

Contact: Ian Davies, Health and Safety Manager, NW&C



Overview

During a site walkout in Newton Le Willows, an Improvised Explosive Device (IED or homemade bomb) was seen in the 4 foot by the site team. Whilst moving to a point of safety, another similar IED was found in the 6 foot.

Staff evacuated the immediate area and made an emergency call.

The Rail Incident Officer (RIO), British Transport Police (BTP) and Army Bomb Squad attended to assess the devices and they were deemed unviable, in that they would not denotate and were no danger to staff, surrounding homes or the rail infrastructure.

The Army Bomb disposal team removed the devices and confirmed the materials inside were flammable, with evidence of spirits and debris so were likely intended to be incendiary type devices. The devices were removed to a designated safe site.

The IED's consisted of two plastic bottles containing liquid and metal shards or razor blades and a wick sticking out from the bottle top. The perpetrators, intended target and motivation remain unknown with a BTP investigation underway.

Immediate action required

- Be vigilant - If you see something that doesn't look right follow the HOT Protocol:
 - Hidden – Has a deliberate attempt been made to hide the item?
 - Obviously suspicious – Does the item have obviously suspicious characteristics?
 - Typical – Is the item typical of what you would expect to find in this type of location?
- If something doesn't look right report it to control immediately.
- Download the Network Rail "Be Aware" App from the Network Rail App catalogue. It provides guidance on what to do if you see a suspicious item, witness unusual activity and tells you how to report what you have seen amongst other useful information.
- Ensure you have completed the mandatory Counter Terrorism and Security on the Railway training

For more information visit the Network Rail [security hub](#)
If something doesn't look right, report it to 999 or BTP on 61016.



Road traffic collision resulting in an incursion - HiPO

A High Potential Incident (HPI) occurred on the Morgan Sindall Infrastructure and Bam Nuttall Joint Venture (BmJV) on the M27 motorway. Traffic management operatives employed by HW Martins were pre-setting the junction 8 west bound merge detail on the hard shoulder when a traffic collision occurred on lane 3/4 on the carriageway. The collision involved a car and a motorbike, as a result the motorbike ricocheted across the carriageway at speed, striking one of the operatives. The operative sustained minor cuts and bruising.

The emergency services were contacted by the traffic management team, several passing vehicles stopped including an off-duty paramedic to assist the motorcyclist who was in a serious condition. The motorcyclist was taken from scene by air ambulance.

What is an incursion?

'An intentional or unintentional unauthorised entry into temporary traffic management, by all or part of a vehicle being driven by members of the public or emergency services'

Staying safe:

- Where practicable, traffic management operatives work facing the direction of oncoming traffic and ensure good lines of sight are available
- Impact Protection Vehicle (IPV) must be used where practicable
- Do not be distracted by mobile phones (including hands-free phones), radios, or other devices during this operation
- In the event of adverse weather conditions i.e. high wind, rain etc. operations should be suspended until agreement has been reached with the Traffic Safety Control Officers (TSCO) as to when operations can safely commence
- Tasks to be undertaken during off peak flows
- Clean and fastened PPE must be worn
- Only trained and competent operatives can undertake works
- No lone working - all teams to have a 'look out'
- **Never** cross a live carriageway
- Always ensure that you have the TSCO number to report any concerns.

This advice should be used, where the above is applicable, and the information discussed with your team.

SHEQ Alert date:	09/2022	Display until:	31/12/2022				
Distribution:	Morgan Sindall	x	Supply Chain	x	Plant Hire Desk	x	Morgan Sindall Group
Communication:	Toolbox talks / briefings	x	Noticeboards	x	SHEQ update	x	

Everyone has the right to be

100% Safe



Protect your mobile phone against criminals on bikes and mopeds

A learning event occurred on the Old Street Station project. A security operative was on his mobile phone whilst walking to the canteen when an unknown male riding a push bike rode past him, taking his mobile phone before riding off. The police were notified of the incident shortly after.

Staying safe

Criminals often use bikes and mopeds to snatch mobile phones from people, particularly at busy locations such as outside stations, shopping centres or concert venues. Often victims are approached from behind while talking or texting on phones.

Criminals on mopeds or bicycles may mount the pavement to grab the phone or snatch it from the road. Sometimes when it's a moped, a pillion passenger will snatch it. While most thefts happen between six and ten at night, criminals operate during the day too, so always look out for what's going on around you. Follow these simple steps to help protect your phone.

Be aware of your surroundings

- If you need to call or use your phone on the street, look out for anyone on a bike or a moped near you. Look up, look out
- Make it quick so you don't become distracted
- Don't text while you're walking – you won't notice what's going on around you
- If that's not possible, stand away from the roadside, close to a building or wall, so no one can come up behind you
- Going hands-free can prevent a thief from snatching your phone out of your hand.

Use security features on your phone

- You must switch on your phone's security features to protect your phone
- Use the keypad lock so that thieves cannot immediately access your phone, or use the biometric authentication if your phone has it (finger print or facial recognition)
- Your phone may have other security features you can use – these could allow you to wipe data, lock your handset, or prevent a thief from restoring a phone to its factory settings from another internet device
- Consider installing an anti-theft app. These can be an effective way of helping police trace your phone and identify the thief.

Remember, never confront a thief or risk your own safety for the sake of your mobile

This advice must be cascaded and discussed with Morgan Sindall Infrastructure teams and supply chain.

SHEQ Alert date:	09/2022	Display until:	31/12/2022				
Distribution:	Morgan Sindall	x	Supply Chain	x	Plant Hire Desk	x	Morgan Sindall Group
Communication:	Toolbox talks / briefings	x	Noticeboards	x	SHEQ update	x	



If you have any feedback or if you would like to contribute to the next issue of **STOPThink!** please contact:
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STOP
Think!

October 2022