



octavius



STOP.
Think!

May 2023

Make better
decisions.

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

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Introduction

Matt Smith



I am really proud after many years supporting this valuable communication to be writing my first introduction. The culture exemplified by STOPThink! has never been more relevant than it is now, be that pausing to reflect whether our projects are as safe as they can be, whether we are engaging with communities in a socially responsible way, and whether fundamentally we are looking after both ourselves and our colleagues.

I would like to start by taking a moment to remember a member of our team who, on one of our projects suffered from a suspected heart attack and sadly passed away. Our thoughts are obviously with his family and friends through this difficult time. If we can take something positive from this tragic event it is the pride we all had in the reaction of the team who dealt with the situation in the most professional and caring way I could imagine. They did everything they could to help their colleague and managed the situation exceptionally. Their pre-planning for such an event gave the best possible chance for survival. It certainly made me reflect whether we all have robust plans in place for such an event, both at home and as well as work? For example, whenever we are in a new location, do we always take time to know where the nearest defibrillator is? Please do make sure that you have appropriate plans in place for potential situations, to be able to react with speed and efficiency.

As I am writing this it is Mental Health Awareness Week. I hope you all manage to engage with this, and take some time to look out for signs in your colleagues, family, and friends whether they may be struggling in any way. Most importantly, take some time to ask yourself whether you are struggling, and if you are, I implore you to just reach out to someone and tell them how you are feeling. A little step may be the biggest you make.

Over the past eight weeks we have been running our STOPThink! Prove It! Campaign. This is a series of 8 briefings, undertaken weekly, that explored the principles we must follow when we break ground and undertake excavations. We often find that incidents involving service strikes could be avoided if everyone just followed the simple fundamentals. The campaign focussed around the 8 P's – Point of Work Risk Assessment, Proximity, Plans, Paint, Permit to Dig, Plant, Protect and People. This simple method of engagement and briefing was really well attended. Please do follow these simple steps to ensure that everyone engaged with breaking ground is suitably protected.

As a final point, I would just like to take a moment to emphasise the importance of supervision, be that ours or that of our supply chain partners. Supervisors set the expected standard and set the tone for all the people working on the site, creating the culture of support, openness as well as driving safety compliance and assurance. We continue to engage with our supervisors to share best practice and support their development to ensure we consistently create working environments that enable our people to perform, and ensure that everyone goes home safely every day.

I hope you enjoy this edition, and pause to reflect whether you are doing all you can to look after both yourself and others. Have a safe month.

**Matt Smith – Octavius Infrastructure Ltd,
Managing Director Rail.**

PERI good use of modern methods to stabilise scaffolding



Our team at Chelmsford are making great progress constructing a new conveyor bridge for Essex County Council, which includes constructing two abutments, and have recently begun installing shutters to the formwork. Having a stable foundation is extremely important for a large project like this, to ensure our project is as successful as possible our team have been using new innovative formwork methods.

The team have implemented a system scaffold called 'PERI-up' by PERI SYSTEMS who design formwork and scaffold, and is approved by our temporary rebar stability designer, Richter. The system is swift and easy to erect and just needs a scaffolding qualification to install. It has helped the team to stabilise the cage as it has been specifically designed to control the risk of movement during wind. The system means that the team avoid the need to use additional temporary reinforcing bars to keep the abutment cage stiff and steady before the concrete pour, which will take place this month and over the summer.



Also, this month a group of 20 people from both Octavius and Richter visited the PERI SYSTEMS facility in Brentwood where they had the opportunity to see all the formwork, falsework and scaffolding systems available.

Charlie White, Assistant Site Manager said “On the day we had a presentation about their various systems and products, then a tour round their yard, and a tour in their exhibition hall. It was great to see close up all of their formwork, scaffolding and falsework systems. It was a really brilliant way to better understand how they can be used to successfully deliver our projects.

Well done to the team for thinking differently to successfully deliver the scheme and thank you Charlie for organising the day tour.

New site materials for assured and safe delivery



We've produced Mechanical Excavation Utility Avoid Wheels by Utility Strike Avoidance Group which provides best practice to avoid underground services. This is all part of our STOPTHINK! Prove it Campaign which has been developed out of learning from previous incidents within Octavius and is made up of eight sections which together summarise the Safe System of Work (SSoW) for breaking ground and excavating.

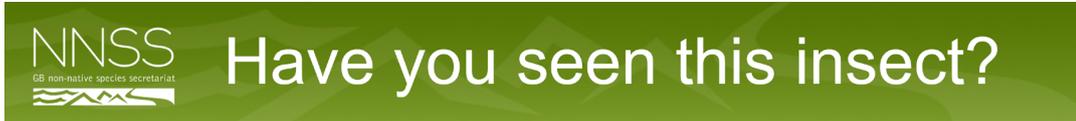
The eight sections are:

1. **POWRA:** A focus on the importance of a Point of Work Risk Assessment (POWRA)
2. **Proximity:** Highlighting the need to consider the effect of adjacent structures on an excavation. Also includes ecological and archaeological content
3. **Plans:** The importance of utility drawings and a thorough site survey
4. **Paint:** Points to remember when marking up
5. **Permit to Dig:** Focus on the importance of the Permit to Dig process
6. **Plant:** Reminder on requirements of introducing and monitoring machine excavation
7. **Protect:** How to protect uncovered services whilst working in excavations
8. **People:** Are the right people on site with the right training and appointments?

We've also distributed pocket sized Z cards to help everyone remember and ensure our STOPThink! Fundamentals are in place before works commence. If you believe any of these fundamentals aren't in place before works commence, speak to your site manager or supervisor as soon as possible.

For further information or support contact the [SHEA team](#)

Asian Hornet



ASIAN HORNET

Vespa velutina

What is it?

An invasive non-native hornet originally from Asia. Asian hornet is a highly aggressive predator of native insects and poses a significant threat to honey bees and other pollinators. In 2004 it was accidentally introduced to France where it has spread rapidly and into neighbouring countries. Since 2016 a number of sightings have been recorded in the UK.

Suspected sightings should be reported immediately using the details provided at the bottom of this poster.



Where might I see it?

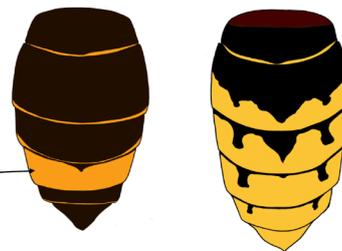
May be seen on flowering plants, around beehives, around rotting / fermenting fruit and protein, and at street markets attracted by sweet fruit and fish stalls.

Active from February to November across England and Wales.

What does it look like?

- Slightly smaller than native hornet
- Dark abdomen, 4th segment yellow / orange
- Bright yellow tips to legs (native hornet dark)
- Entirely brown or black thorax (native hornet more orange)

Asian hornet abdomen Native hornet abdomen



Asian hornet nest



'Hawks' outside honey bee colonies



DANGER!
This hornet stings.
Do not disturb an active nest.
Seek advice using the details below.

Report any sightings of this species:

with the free iPhone and Android recording app: **Asian Hornet Watch**
online at: **www.nonnativespecies.org/alerts/asianhornet**
by email: **alertnonnative@ceh.ac.uk**

www.nonnativespecies.org

There have been several sightings of the Asian Hornet so far this year. These yellow-legged species are significant predators of bees. If you spot an Asian Hornet you must **report any suspected sightings.**

Great Crested Newts

Great Crested Newts (GCN) are widely distributed throughout lowland Great Britain. In the last century GCN have declined across Europe, mainly as a result of pond loss, habitat destruction and population isolation. They are the largest of the UK's three native species. In comparison to the smooth newt and the palmate newt, the great crested newt is significantly larger, growing up to 17cm in length.



GCN are dark brown or black in colour with a distinct 'warty' skin, indeed they were often referred to as the Warty Newt or Water Dragon. The underside is bright orange with irregular black blotches. In the spring, males develop an impressive, jagged crest along their back and a white 'flash' along the tail. It should be noted this is only visible when they are in water. Females, particularly in the breeding season when they are swollen with eggs, are bulky in appearance but lack the crest of the male. GCN larvae are mottled with black spots and have a fine filament at the end of the tail.

Due to enormous declines in range and abundance in the last century, the GCN is strictly protected by British and European law which makes it an offence to kill, injure, capture or disturb them; damage or destroy their habitat; and to possess, sell or trade. This law refers to all great crested newt life stages, including eggs.

Newts migrate to ponds in later winter and spring to breed before moving back to a terrestrial phase in summer. They can be found sheltering under boards, cable troughing, under logs, in the cess in drains and can be encountered on rail, highways and civil engineering sites.

When undertaking pre-work/project assessment the licenced ecologist may undertake eDNA analysis or traditional pond surveys to assess the presence or absence of GCNs and population size. If newts are present, there may be need a to apply for a European Protected Species Development Licence (referred to as an EPSL) or a District Level Licence. This process can take months and is seasonally constrained with surveys only able to be completed between March and June.

If a newt has been seen on site, work in that area should be temporarily halted until ecological advice is sought. For further support contact our Environment team or your local ecologist.

Soil Classification

Understanding different soil analysis ensures we implement best practice and save costs



When Environment Teams receive Site Investigation reports they often contain information which relates to the chemical composition of soil at different depths, which helps the project team to understand any potential risk to human health and the environment. Often, the Environment Team have to interpret these results to characterise the soil as a 'material' for reuse or as non-hazardous / hazardous 'waste' which usually needs to be sent to landfill.

Waste classification is required to determine the appropriate way to manage waste material destined for disposal, storage or treatment, including assessing the level of risk that the waste presents. It's important project and supply chain teams determine the correct tests the Environment Team require to prevent soil being sent to landfill. The most common test is a WAC (Waste Acceptance Criteria) which is specific to landfill and should not be used to characterise waste.

Waste Characterisation / Classification Test

An easy way to understand this test is to think of it as tea leaves i.e. the solid element which is hazardous or non-hazardous.

These tests determine whether soils are either non-hazardous or hazardous in accordance with the [Environmental Agency's Waste Classification Guidance](#). This test involves chemical composition analysis to determine the presence and concentrations of potential contaminants. Waste soil must be classified as either: non-hazardous European Waste Classification (EWC) code (17 05 04) or hazardous (17 05 03*).



What the tests must include

Soil characterisation should be accompanied by an interpretive report that provides the EWC classification; web-based systems such as HazWasteOnline or CatWaste can help with this. When you request soil characterisation, please make sure you also request an interpretive report as it will identify each sample as being non-hazardous or hazardous.

Waste Acceptance Criteria (WAC) Test - predominantly a leachate test i.e. the soluble element, “the tea”.

WAC tests are required for wastes intended for disposal at landfill sites only and it helps the landfill operator understand how a waste will behave once it's buried in a cell.

The WAC test may be considered as a leachate test in so much as that is its primary function to replicate rainwater percolating through the profiles of a landfill. A WAC test does not classify a waste (describing it as hazardous or non-hazardous). However, a WAC test is, or might be required in addition to a characterisation / classification test.

As far as reasonably practicable, we should avoid sending soils to landfill so WAC tests should seldom be requested.



If you have any questions or would like further support contact [Chris Grimes, Head of Environment](#)

The light at the end of the sea

Ryde Pier project team nearing completion

Our One Team Wessex Team working at Ryde Pier in Isle of Wight are finally able to see their hard work come together as they're now completing the final stages of the works. The final elements include completing the weather screen, installing the conductor rail and paint works following successfully replacing 172 metres of track along the Victorian era structure.

Working over water is no easy task and the team have faced several challenges since starting on site in October 2022, including stopping work to resolve some defects discovered in the existing rail bearers, bad weather and constantly adapting working methods to manage high tides and swells.

Throughout, the team have maintained excellent collaboration with our customer to overcome issues also with Rebel Marine and teams at Ryde Pier Station to ensure everyone is kept safe.

The railway line has been closed to passengers and will reopen in June, in time for the Isle of Wight festival.

Well done to the team and watch this space for the completion!



No more slip ups on the M25

Delighting our customer to prevent an embankment failing



On the M25 in Potters Bar, our Highways team are well underway to stabilise an embankment which showed early signs of failing and slipping onto the main carriageway.

The embankment initially failed in the 1990s, various interventions have been carried out over time over however, the embankment recently showed early signs of slippage failure again. To provide a more permanent future proof solution sheet piles are being installed along the toe of the M25 carriageway embankment to prevent it failing further and putting the travelling public at risk. All works are being delivered during off peak road closures to minimise disruption to road users.

Ahead of the main piling, the team had spent several weeks removing more than 40 loads of failed material each night shift. To help with the huge task the team had a D5 bulldozer on hand for the first time ever! Although it's a common civil engineering equipment, it's the first time our M25 team have used a bulldozer since starting on the scheme 12 years ago!

To help look after the environment and provide commercial efficiencies the temporary works materials are being incorporated into the permanent works. This reduces further lorry movement for importing and exporting material leading to less disruption to road users and provides cost savings to our client.

The team were also delighted to welcome representatives from our customer Connect Plus and Connect Plus Services on a night shift leadership tour, who were impressed with the progress!

Only due to excellent collaboration with our customers the team have been able to progress with the design and build of the scheme within one year; this process can typically takes two years.

Well done to everyone involved!



Octavius M25 team alongside Shaan Ali, Connect Plus Services and Hamza Babar, Connect Plus.

Going the extra mile to complete on time

Whilst many of us were celebrating at street parties over the coronation weekend our Rail Services team had excellent customer service at the forefront of their minds, as they safely and successfully completed replacement works on Trowbridge which is a bridge over a railway in Bradford-on-Avon.

To ensure the works are completed on time and to programme for our customer, the team took the opportunity to carry out additional shifts over the weekend to progress with demolishing the old bridge; to help recover lost time caused by delays to third party service diversions.

The logistically challenging works which includes interfaces with the live railway and the local community began in October 2022 however, the team have faced many challenges including service diversions, limitations on possessions and a constrained site. However, they have persevered and made great strides over the last month to get the programme back on track.

Also, to further ensure uninterrupted working, a crash deck insitu has been put in place to allow works to be carried out safely over the live railway during normal daytime working hours.

Demolition works will be completed over the next few weeks and works on rebuilding the new structure will commence, watch this space for more!



Completing six hours early to delight our customers



A huge congratulations to our M25 team for successfully reopening Sipson Lane bridge, north of Heathrow Airport six hours ahead of schedule, following completing waterproofing works during an abnormal weekend possession.

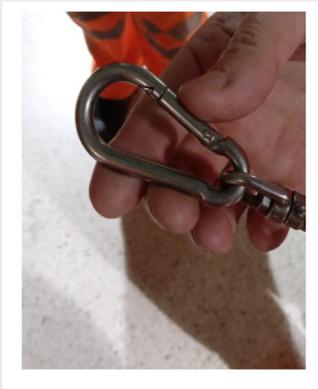
On the 3-span bridge our team removed existing surfacing and waterproofing layers, prepared the deck for new waterproofing surface, installed a new waterproofing layer using asphalt and reinstated the white road marking lines all within one weekend!

“ Fantastic news and well done to all the team on completing this scheme and lifting the TM early. This has been a tricky site to get back to so it is really pleasing to see it now complete. ”

Michael Smith, Portfolio Manager (Structures), Connect Plus Services

Well done to everyone involved for completing works efficiently for our customer.

Tool dropped from height



The karabiner with the missing locking mechanism

What happened?

Scaffold operatives at Waterloo station were erecting a suspended crash deck scaffolding over the main station concourse during an engineering hours night shift. Whilst maintaining an exclusion zone directly below, an impact wrench weighing approximately 3.5kgs, which was tethered to a scaffolders belt, fell approximately 11m from the high level scaffolding and down onto the concourse below. The works were stood down and an investigation is now underway.

The initial investigation has highlighted that the karabiner being used to connect the impact wrench to the scaffold operatives tool belt, was of a spring-loaded type and did not include a twist lock mechanism. Upon further review, it's thought that in the absence of a twist lock karabiner, the tool tether managed to come loose when the tool got 'snagged up' on the pre-installed scaffolding leading to the tool dis-engaging from the operatives tool belt.

Impacts

- No one was injured, however, this incident could have resulted in a catastrophic injury if there was no exclusion zone or the exclusion zone was not observed.
- The tool tether and karabiner were quarantined, and the works were stood down.

Whilst the investigation is being completed, please remember the following points.

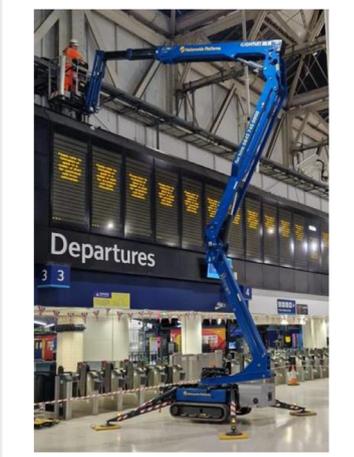
1. **Remember**, prior to each shift, all operatives' tools and belts must be inspected by a competent person to ensure that they are fit to use and are the correct tool tethers. The tether's locking mechanism at the connection points must be inspected as part of these inspections.
2. Tool tethers must be provided as a system – this includes a tether connection point, appropriate tool lanyard, and secure tool anchor point.
3. **Remember**, all tethers must have a test certificate to confirm the maximum weight of the tethered tool and must be within the maximum allowable weight. They must be marked with its Safe Working Load and carry a CE or UKCA mark (this includes self-certification from the manufacturer).
4. Contractors must select a tether with the correct strength rating for the tools they are using. Tethers must have at least 25% additional capacity
5. Contractor RAMS should provide a pictorial schedule of tools used at height and the tether solution.
6. Incidents **MUST ALWAYS** be reported internally via the Octavius SHEA Hotline (01737 944720). Night staff should consult the PDMs if they have any concerns or doubts so that any issues and support needs can be escalated appropriately.



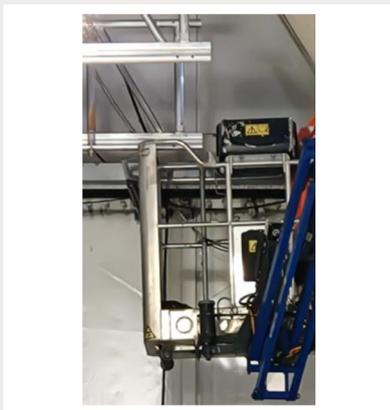
An example of a tethered Impact Driver



MEWP basket entrapment risk



Static Boom MEWP
set-up at Waterloo station



Basket stuck under the scaffold

What happened?

An Octavius supply chain partner was working on Waterloo station glazing replacement project. They were working at height using an articulated boom MEWP (Mobile Elevating Work Platform). The operator in the basket was feeding cables on a cable tray. Whilst undertaking this activity, the operator moved the basket and the edge of the MEWP basket got stuck under nearby scaffolding. As a result, the controls became disabled. The scaffolders working on site were asked to remove the scaffold section to allow the basket to disengage. The MEWP was then manoeuvred out and quarantined on site for further investigation.

Impacts

- Fortunately, no one was injured and there was no damage to the infrastructure.
- The engineers were stood down and an investigation has been initiated.
- The cause of the isolation of the controls is being investigated.

Please remember the following points whilst undertaking similar activities on site

1. The Risk Assessment must consider crushing and striking risk to structures when working around overhead obstructions and the work must determine if secondary guarding is required. For industry best practice guidance please see the [IPAF website](#).
2. **Remember**, always identify potential overhead obstructions.
3. **Always** check that the MEWP operator is familiarised, and they have the competence and training requirements for the equipment.
4. **Always** follow instructions from the IPAF MEWP Operator's Safety Guide and manufacturer's instructions.
5. The operators must always use the correct sequence of motion, and this must be controlled slowly and deliberately.
6. Reminder, incidents must be reported by the Contractors to the Octavius Site management team immediately. This must be internally reported via the Octavius SHEA Hotline (01737 944720).



Jackdaws stop piling works



Photo showing licensed removal of nesting material working from a MEWP



Photo showing mast apertures / 'access points' tapped up.



What happened?

Bank stabilisation works at Bugley were temporarily suspended following a plant inspection on a piling rig, when an operative noticed that the extended mast (height of 18.5m) of the rig was being used by Jackdaws as a nesting site. The rig was immediately cordoned off and a 5m exclusion zone initiated following advice from Octavius' Environmental team. No works had occurred the day before but the rig's mast had been left extended so that works could continue on Monday morning.

Impacts

All piling works were suspended for three days and no other works undertaken within the established 5m exclusion zone; monitoring of nesting activity was undertaken by Octavius site operatives over the period. Octavius' environmental team, Network Rail's ecologist and an ecologist from Naturally Wild attended site to confirm the bird species as a Jackdaw with all agreeing that a Natural England General License [GL41](#) could be used to remove the nest. Under the conditions of the license, an 'authorised person' is allowed to carry out activities in relation to certain species of wild birds (Jackdaws being one), for the purposes of preserving public health and safety.

With the mast still extended, nesting material was carefully removed under license from a MEWP.

Immediate action

The project team immediately engaged with Octavius' environmental team and created an exclusion zone around the plant. Determining the species of bird was fundamental in informing the next steps as other corvids such as crows, magpies and rooks are not included within the general license that was applied.

Where future piling works are undertaken:

- Be mindful that the breeding season for Jackdaws is April-July with April being a peak period of activity so extra vigilance is required during this period.
- Ensure that apertures within piling rig masts are tapped up / plugged if they are to be left extended.
- For any nesting or suspected nesting bird, always contact the environmental team for further advice and immediately ensure an exclusion zone is implemented.

Lean learning sessions

To help you enhance and embed your lean awareness Kimberley Coxon has arranged sessions for the next year, until March 2024 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 more information, get in touch with [Kimberley Coxon](#).

Date	Time	Teams Link
13/06/2023	12:00-12:30	Root Cause
11/07/2023	12:00-12:30	Critical to Quality (CTQ)
08/08/2023	12:00-12:30	SIPOC
11/09/2023	12:00-12:30	FMEA
10/10/2023	12:00-12:30	Managing Stakeholder
14/11/2023	12:00-12:30	Value Stream mapping
12/12/2023	12:00-12:30	DMAIC
09/01/2024	12:00-12:30	Visual Management
13/02/2024	12:00-12:30	Lean Deployment
12/03/2024	12:00-12:30	Lean in Octavius Infrastructure

Prevent waste on your project by leaning on Lean

Our Lean Waste Identification dashboard has been updated on the [Lean Launch Pad \(sharepoint.com\)](#).

This month defects was leading ahead. Having defects is often due to not explicitly understanding the customer requirements, that could be an internal or external customer. This is also driven by insufficient checks, poor inventory control and lack of skills/knowledge in the supply chain. One of the main causes of waste defects is third parties arriving on site without the correct or compliant equipment.



What you can do to prevent waste defects:

- Use collaborative planning to have structured conversations with your suppliers, to ensure you are planning for success.
- Take 5 - have a look at your programme to spot potential equipment failures and discuss with your supplier.

Remember... If you identify waste on your project or have an idea about how to improve a method of working raise an Improvement Opportunity.

Rail Wellbeing Wednesday



This month's session focused on anxiety, Dr Aaron Balick, a psychotherapist discussed everything from the difference between feeling anxious and having anxiety, to common anxiety disorders and how Cognitive Behavioural Therapy (CBT) can help.

He shared practical tips on managing anxiety, including symptoms, breathing techniques, calming yourself, helping others, and different treatments and resources available.

[Rail Wellbeing Wednesday – Managing Anxiety](#)

To mark Mental Health Awareness Week a bonus session was held with the Samaritans discussing how to improve the mental health of people working in the industry.

[Watch on demand](#)

Sign up to June's Men's health

June's session will celebrate Men's Health Week.

This session will explore health issues and pressures that affect men in today's society, help to break down the stigma associated with talking physical and mental health, and the importance of ignoring symptoms or issues.

Safer working with National Highways

The May edition of the Highways Safety Hub newsletter is now available. To access the document click the link below or scan the QR code.

[Highways safety newsletter – May 2023](#)



This edition features Mental Health Awareness Week, schedule and guidance for common lifting methods, preventing people and plant interface, utility avoidance best practice and safe by design solution.

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](#)

Rules on carrying your Sentinel Card

Network Rail have issued a reminder about the rules of carrying Sentinel Cards for everyone who holds a Sentinel competency and intends to work on managed infrastructure.

Everyone with a Sentinel Card is subject to the Sentinel Rules which states the physical card much always must be presented to be checked. Electronic or paper copies are not acceptable, and any individual without the physical card will be denied access to the work site.

If anyone presents anything other than their physical Sentinel card this must be reported to the [Sentinel Investigations team](#).



Breaches of the Sentinel Scheme Rules:

Any event of presenting a falsified or copied Sentinel Card, or claiming a false identity for the purposes of trying to gain entry on MI, undertaking a training/assessment activity, presenting themselves for a medical examination or drug and alcohol test

Download a copy of the [Sentinel Rules](#)

If you have any questions or would like any support contact the Sentinel Helpdesk or call the team on 0330 726 2222.

Dust kills, act now to protect your future

Did you know that each year **12,000** workers across Great Britain are estimated to be killed by work-related lung diseases linked exposures to dust?



Dust particles can be 100 times smaller than a grain of sand. You don't need to see them to breathe them in. Once in your lungs, dust will start causing damage. Exposure to dust can lead to severe breathing difficulties and lung diseases that can ruin lives and cause an early death. It can take years before the damage is visible and by then it may be too late.

To ensure all workers are protected as part of the HSE's Dust Kills campaign they will be carrying out targeted health inspections, focusing on respiratory risks to construction workers from exposure to silica and wood dust. The inspections will be taking place for two months until Friday 14th July.

The HSE said "Our inspectors will visit a range of construction sites to check businesses are taking the necessary action to ensure their workers' long-term respiratory health is being protected. Through engaging with those on site, we can make sure they have considered the job from start to finish, have considered the risks at each stage, and are managing the risks with effective measures in line with the broad hierarchy of control options such as water suppression, extraction, and as a last resort Respiratory Protective Equipment (RPE).

You can find more resources about preventing exposure to dust [here](#) or you can visit the [HSE website](#) for information about the [inspections](#).

Mental health



May's Health and Wellbeing focus is mental health.

Living with a mental health condition can affect many aspects of daily life, from your physical health to your home, your work and managing money.

You're not alone, confidential advice and support is available:

- [Mind](#)
- [Mental Health Foundation](#)
- [NHS Mental Health support](#)
- [Action for Happiness](#)
- [Samaritans](#)

In England, 1 in 6 people report experiencing a common mental health issue (such as anxiety or depression) in any given week.

More than 700,000 people die due to suicide every year.

More than 7 people in 100 have self-harmed at some time in their lives.

Mental Health Awareness Week

This year Mental Health Awareness Week (MHAW) runs from 15-21 May with a focus on anxiety #ToHelpMyAnxiety.

Anxiety is one of the most common mental health problems we can face. In a recent mental health survey carried out by the Mental Health Foundation, a quarter of adults said they felt so anxious that it stopped them from doing the things they want to do some or all of the time.

There are lots of reasons why we get this feeling. It can be connected to a job, school, a relationship, social situations, how we feel about ourselves, or a change in our life.

If we don't know how to cope with our feelings of anxiety, they can get out of control and stop us from doing the things we need or want to do. The more often and the longer we feel anxious, the more it can become a problem. Dealing with anxiety can be hard and difficult to cope with, here are some top tips to help you manage anxiety:

Focus on your breathing

When you're having anxious thoughts try focusing on your breathing, concentrating on the feeling of your body as you breathe in and out. Use the 4-7-8 breathing technique. [Mindfulness](#) can help too.

Get moving

Exercise doesn't have to be vigorous; try some gentle stretches, yoga, or seated exercises. It just needs a bit of concentration to help take your mind off the anxious thoughts.

Spend time in nature

It can help us feel calmer and less stressed. This can be as simple as tending some flowers in a window box or going for a walk in the woods. [Find out more about the benefits of nature.](#)

15 to 21 May 2023

Mental Health Awareness Week



Mental Health Foundation

#ToHelpMyAnxiety

Looking after the mental health and wellbeing of our people

AXA Employee Assistance



All permanent Octavius employees have free access of the Employee Assistance Programme by AXA Health with access to the “BeSupported” website. It provides our people and their immediate family with information, resources and options to address a wide range of issues both at home and at work. For login details please visit Atlas SharePoint site.

Mental Health First Aiders



To help encourage people to talk more freely about mental health, reduce stigma and create a more positive culture we have nearly 50 trained Mental Health First Aiders across Octavius. Our trained team can help to signpost people to professional guidance available or can be just a listening ear for anyone needing initial support.

Ian Holden, Senior Project Manager gets active to look after his mental health

Ian try's to stay active as he regularly walks, runs and enjoys escaping to the mountains. He also recently started learning to climb!

“

My first experience of climbing was four years ago, my 50th year. It's all a new experience and I'm learning constantly about balance, technique, placing gear to protect the climbers and ropework. Because it is new there is a certain level of anxiety attached to it, but I have found that the level of concentration required puts you firmly in the moment. There is no worrying about what you said or did in the past, there is no worrying about what is going to happen in the future, you are just concentrating on what you are doing at the point in time. There is feeling of achievement and personal satisfaction you get when you are climbing. I'm always just striving to do a little bit better.

As well as the mental health and wellbeing benefits of all this climbing also provides a good all-round physical workout.

”





Infrastructure Projects Southern Toolbox Talk

Great Crested Newts

03 May 2016

Did you know?

- **Great crested newts and their habitats are protected by law**
- The great crested newt is the largest and the rarest of the three species of newts found in the United Kingdom
- Numbers have been declining rapidly over the past 30 years due to loss of habitat



Where can they be found?

- Ponds and very slow moving watercourses (spring to autumn)
- Woodland, scrub, hedgerows, rough grass land, piles stone/ballast and derelict sites surrounding ponds and watercourses

Why does this matter?

- It is an offence to intentionally or recklessly kill, injure, capture, trade or even to disturb a great crested newt
- Or to damage, destroy or obstruct habitats where great crested newts live or breed

This could lead to a fine of up to £5000 per newt and/or up to six months in prison.

Do

- ✓ If you think that you have seen a great crested newt then stop work and report this to your supervisor
- ✓ Keep a careful look out when moving logs, stones or rubble or clearing a site near to ponds as these are favourite habitats for great crested newts

Do not

- ✗ Try to touch or otherwise disturb any great crested newts you come across
- ✗ Move log piles or rubble on site if great crested newts are present.

This and other toolbox talks can be downloaded from:

www.southernshield.co.uk

For further information please contact a member of your Environment Team



Infrastructure Projects Southern
Toolbox Talk

Lyme Disease

28 March 2019

Lyme Disease



Lyme disease is a bacterial infection, passed on to humans by infected ticks. While it's difficult to estimate the total number of UK cases, they are understood to have increased more than fourfold in the past 10 years. The peak season is **April to October**, though they are active all year.

What are the symptoms?

- A high temperature or feeling hot and shivery
- Headaches
- Muscle and joint pain
- Tiredness and loss of energy
- A red, circular skin rash around a tick bite, which usually appears up to 30 days after being bitten by a tick. It can also look like a bullseye.



Some people with Lyme disease develop more severe symptoms months or years later. This is more likely if treatment is delayed.

These more severe symptoms may include:

- Pain and swelling in joints
- Nerve problems – such as pain or numbness
- Heart problems
- Trouble with memory or concentration.

How to remove a tick

1. Use fine-tipped tweezers or a tick-removal tool
2. Grasp the tick as close to the skin as possible
3. Slowly pull upwards, **taking care not to squeeze or crush the tick.** Dispose of it when you've removed it
4. Clean the bite with antiseptic or soap and water.

How to avoid tick bites



There are no vaccines to defend against the tick-borne disease. Therefore, the best defence is to avoid being bitten.

To reduce the risk of being bitten:

- Walk on clearly defined paths to avoid brushing against vegetation where ticks may be present
- Wear light coloured clothing so that ticks crawling on clothing can be spotted and brushed off
- Use an insect repellent that can repel ticks and prevent them from climbing onto clothing or attaching to skin (always follow the manufacturer's guidance)
- Wear long trousers and long-sleeved tops to reduce the direct exposure of ticks to your skin.

More information

- Visit the [Lyme Disease Action](#) website.
- Public Health England – [Be Tick Aware toolkit](#)
- BBC News Article: "[I had to have heart surgery after a tick bite](#)"
- [The Big Tick project](#) – raising awareness about the dangers of ticks and tick-borne disease in the UK.

Contact us: shield@networkrail.co.uk

One Team Wessex

Thrive report

April 2022 - April 2023



£65,018,181 total Social Value added*



Local value

£21.7m Local spend

£29.4m Spend with MSMEs

£170k Value contributed to the local economy by local job creation



Employment, education & skills

320 People hours of learning interventions and training delivered

49 People weeks of work experience provided

71 People hours spent on education activities with local schools



Sustainability

152 People hours spent volunteering on protecting and improving the environment

Environmental Surgeries covering Biodiversity, Aggregates, Waste and Plant Monitoring delivered to staff



Social, wellbeing & community

48 People hours spent volunteering

£3000 worth of donations to local schools and charities



Octavius Infrastructure Working in Partnership with Network Rail

*including local economic value

The NE & NW Scheme Delivery Framework Thrive report to end of April 2023



£2,313,705.72 total social value added*



Local value

5 Contracts awarded to local business

£480k Local spend

£1.4m Regional & National spend

£298k Spend with SMEs



Employment, education & skills

795 People hours of learning interventions delivered

1 Trainee opportunity created

1,050 Number of formal training hours completed

55 People hours supporting education providers



Sustainability

11 Total reduction in emissions of greenhouse gases in MTCDE

Eco welfare units on site

240 People hours spent protecting and improving the environment



Social, wellbeing & community

119 People hours supporting organisations in the community

£3,940 Community donations

£1,000 Community fundraising



Octavius Infrastructure Working in Partnership with National Highways

*including local economic value, measured using the IES framework

The A46 Binley Thrive report

Until April 2023



£36,598,297.63 total social value added*



Local value

12 Job creations

£1.3m Spend with SMEs

£19m Local spend

£15m Regional & National spend

£315k Value contributed to job creations



Sustainability

940 People hours spent protecting & improving the environment

3840 Tonnes reduction in construction waste produced

99 MTCDE reduction in emissions of greenhouse gases



Employment, education & skills

11 People employed from under-represented groups

21 Work placements completed

121 People hours spent on education engagement activities



Social, wellbeing & community

491 People hours supporting the community

£3k Community donations

£1k Community fundraising

9 Mental Health First Aiders



Octavius Infrastructure Working in Partnership
with National Highways

*including local economic value, measured using the IES framework

The Chelmsford Northeast Bypass – Advanced works Thrive report To end April 2023



£572,116.65 total social value added*



Enable Inclusive Economic Growth



£151k Local spend

£223k Spend with local SMEs

£170k Value contributed to the local economy by hiring local people

6 Local hires

Help people get the best start and age well



10.5 People hours of learning interventions delivered

We are actively exploring opportunities to support local schools and college

Help create great places to live and work



HVO fuel used instead of diesel reducing carbon emissions

37 MTCDE reduction in emissions of greenhouse gases

28,580 Miles driven by low or no emission staff vehicles

Transform Essex County Council to achieve more for less



£800 Community donations

31 People hours spent supporting community initiatives

The Flitwick Transport Interchange

Full Thrive Report

September 2021 to April 2023



£5,213,433.84 total social value added*



Local value

6 Local hires

£632k Local spend

£3.5m Regional & National Spend

£541k Spend with SMEs

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

Employment, education & skills

381 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

9.136 MTCDE reduction in emissions of greenhouse gases

Social, wellbeing & community

£6k Community donations

57 People hours spent supporting community initiatives



Central Bedfordshire

Octavius Infrastructure Working in Partnership with Central Bedfordshire Council

*including local economic value, measured using the IES Framework

Improvement Opportunities (IO)

April statistics

During the month of April there were many good project and business level suggestions and actions being raised. Many IO's raised focused on the desire to improve operations as well as resolve encountered issues.

Please make sure when raising an IO that they highlight opportunities to improve or issues that require escalating.

Our suppliers contributed to over 12% of the overall IO's raised during the month.

The number of IO'ss being raised has slightly decreased, please make sure you're continuing to raise them as they are critical to our learning culture and to ensure everyone returns home safely every day.

Thank you for recognising the importance of continued engagement and improvement.

[Raise an IO through the Octavius website](#)

Top originators

Adam Miller	30
Jonathan Blackman	19
Jas Rupra	14
David Stevenson	11
Lloyd Davis	11

Top categories

Site housekeeping	50
Access/egress/site security	37
Site welfare	34
Leadership tour	23
Tools and equipment	20

Top projects

Farncombe to Petersfield (F2P)	51
Star Lane embankment renewal	30
OTW NSCDs	26
Clapham Junction	24
Ryde Pier Zone 4	17

Infrastructure Improvement Opportunities

Month	Total no. IOs	Total no. people raising IOs
April 2023	307	73
March 2023	313	77
February 2023	377	66
January 2023	261	55
December 2022	217	55
November 2022	369	75
October 2022	382	80
September 2022	241	59
August 2022	299	81
July 2022	344	71

SHEA performance summary

April 2023

Improvement Opportunities Frequency Rate (IOFR) the Current Rolling IOFR is: 1.48 (Target of 2.5 per 1000 hours worked)			
Accident Frequency Rate (AFR) Days since the Last RIDDOR Accident: 45 The Current Rolling AFR is: 0.04			
Service Strike (SSFR) Days since the last Service Strike: 25 The Current Rolling SSFR is 0.46			
April Total Number IOs 307		April No. Safety, Health & Environmental IOs 275	
April No. Business IOs 32			
Reference Number	Date	Project	Description
Operational Close Call			
12032023-17-04	16/04/2023	OTW GEO Bugley	Operative was crossing an open line to undertake survey
Service Strike			
12062023-20-04	20/04/2023	Chelmsford NE Bypass	An exposed cable was damaged by the bucket of an excavator
Environment			
12022023-14-04	14/04/2023	OTW GEO Honiton	Hydraulic oil was lost when a hose failed
12122023-26-04	25/04/2023	Rail Services Framework Projects	Tin on bitumen primer was knocked over by accident
Other classification			
11972023-11-04	11/04/2023	Connect Plus – Denham	Fly tipped material had been set alight next to site entrance
Property damage			
12002023-12-04	12/04/23	OTW GEO Gomshall Rock Cutting	Delivery lorry reversed into gate causing damage
Theft			
12052023-19-04	18/04/2023	A46 Binley	Two tower lights stolen from compound on roundabout
TM incursions			
11992023-12-04	14/04/2023	M25 Misc Works Package	Public vehicles followed works vehicle into closure
12142023-26-04	22/04/2023	A66 Neasham Road to Morton Palms Civils and Patching	Quad bikes entered closure by driving round airlock
12132023-26-04	22/04/2023	A66 Neasham Road to Morton Palms Civils and Patching	Vehicle accessed closure by using incorrect roundabout exit
12102023-26-04	25/04/2023	Concrete Investigations and PTSI	MOP vehicle entered closure by driving round airlock on verge and footpath
12112023-26-04	25/04/2023	M62 Fence Renewal	Vehicle entered closure in error, moved cones to exit closure
Near miss / close call			
12042023-18-04	18/04/2023	OTW BLD Depot Works	Depot protection left in place after works completed
12072023-21-04	21/04/2023	OTW BLD Waterloo roof replacement	Impact driver fell from height into exclusion zone
12092023-26-04	25/04/2023	OTW GEO Farnborough Cutting	Operative issued red card after multiple STOPThink! fundamentals not in place
12152023-27-04	27/04/2023	OTW BLD Waterloo roof replacement	Scaffolder challenged for not holding handrail when using escalator

SAFETY ALERT



SAFETY FENCING INCIDENT 21/04/2023

A11 Side Loader Incident

ISSUED 02/05/2023.

What Happened?

On 21st April 2023 at approximately 09:15, a pack of 25 x 4-meter long VRS slid off the deck of a Side Loading Forklift Truck (SL FLT) as it performed a simple, low speed maneuver after picking up the beams from a nearby HGV. Fortunately, there were no injuries as the area was suitably controlled.

All work was stopped, the incident was reported, and the FLT was quarantined pending a full investigation.



A reconstruction of the incident, without the load, was undertaken to fully understand the sequence of events and confirm the facts and contributory factors which caused the incident.



Learning to date:

- The SL FLT was hired in for the scheme was not fitted with fixed timber bearers as per the HW Martin owned fleet of SL FLT's. While the competent operator was aware of this, he didn't fully appreciate the likelihood of the load slipping across the steel deck.



Following consultation with the hirer, timber bearers were securely fitted to the deck of the FLT using the manufacturers pre-drilled holes.

- The FLT body was tilted to enable the forks to be positioned under the load on the HGV but not returned to the correct angle once the load was onboard. As the FLT turned, the road camber added to the adverse angle of the FLT which contributed to allowing the load to slip on the deck.
- It is fortunate that the work is carried out under a full carriageway closure. Under different circumstances, this may have been a simple lane closure, in which case, the ability to exploit a generous work area would not have been possible, exposing people, plant and vehicles to a more serious outcome.

REMEMBER:

- Inspect the equipment ensure that it is suitable for the task. Any modifications must be authorised by the manufacturer.
- Check the operators' competency, familiarisation may be required.
- Always inspect your work area prior to starting work to highlight any additional hazards. If necessary, stop and re-assess the task.
- Maintain good housekeeping in your work areas & maximise available space.
- Establish & maintain good communication with all team members & your banksman.
- Be aware of your surroundings and always know where you are on site.



SAFETY ALERT

UK/SA/2023/002
04 May 2023

Coiled polyethylene (PE) pipe trailers – stored energy risk

What happened?

On Thursday 27 April, a serious incident occurred on our HS2 Area North project in the closing stages of a Horizontal Direction Drilling (HDD) operation for a service diversion. 180mm diameter PE pipe was being pulled from a pipe trailer at the reception pit to a launch pit approximately 100m away. A full investigation into the incident is being carried out.

Tragically, following the incident, a colleague working for one of our subcontractors subsequently lost their life.

Our deepest sympathies are with our colleague's family, friends and co-workers at this time.



Action required

While the investigation is ongoing, the following actions must be taken with immediate effect:

- **Coiled PE pipe trailer operations involving pipe diameters of more than or equal to 125mm must remain on hold** pending further investigation.
- **Coiled PE pipe trailer operations involving pipe diameters of less than 125mm are subject to the completion of a review of the relevant site-specific Risk Assessment and Method Statement (RAMS) arrangements.** Until the full investigation into the incident is complete, operations may be resumed under a new temporary permit (see link in the Safety Alert email). The permit has been designed to reinforce existing requirements which should already be in place, as defined in the safe systems of work.

Lee Hewitt
Health, Safety & Environment Director

Alert | HiPo | Update | Zero Tolerance

ZEROHARM
MAKE SAFETY PERSONAL

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!

May 2023