



**STEM** TALENT PARTNER OF CHOICE

# Safety Briefing

August 2024

## **Take a Moment to Relax**

In the hustle and grind of construction work, it's easy to forget the importance of rest. Your body and mind need downtime to recharge and stay sharp. Taking time to relax isn't just a luxury—it's a necessity for staying safe and productive on the job. Pause, breathe, and remind yourself that it's okay to slow down. At the end of the day, getting enough sleep and taking care of yourself is the best foundation you can lay for tomorrow.

## **Appreciate the Beauty Around You**

Life can be hectic, but every day offers moments of beauty if we take the time to notice them. Whether it's a sunrise over the job site, the satisfaction of work well done, or the laughter of friends and family, there's always something to be grateful for. Step back, reflect on what you've accomplished, and appreciate what you already have. Gratitude has a way of reminding us that life is more than just work—it's about enjoying the journey.



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# Reminder to all Sentinel Card Holders & Checkers

## Safety Central

Network Rail share updates of recent incidents, accidents and best practice advice online. Please get into the habit of checking this website for the latest news;  
<https://safety.networkrail.co.uk/tools-resources/safety-bulletins/>

## Southern Shield

Southern Shield is a collaborative safety forum that consists of Network Rail Southern Capital Delivery and its principal contractors. On their website they have useful articles and explain the rules of the Southern Shield charter, which is mandatory on some southern sites.  
<https://www.southernshield.co.uk/>

## Railway Rule book

Add this website address to your browser favourites to ensure that you always have access to the Network Rail Rulebook modules

## Previous monthly rail briefings

<https://www.matchtech.com/about-us/health-and-safety/safety-briefings>



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## Changes to your shift times and increased fatigue risk

It is important that you notify your consultant as soon as possible if there is a change to your rostered work pattern while working on the Network Rail Infrastructure.

As part of our commitment to you and our obligations to monitor and manage your fatigue, we must always have an accurate understanding of where and when you are working.

In addition, you also have a legal obligation to ensure that you are safe to work, the Health and Safety at Work Act 1974. This states that “Workers have a duty to take care of their own health and safety and that of others who may be affected by their acts or omissions at work”

Do not start work until you are satisfied that the safety arrangements are appropriate to the activity

Never, ever drive while feeling tired

If you are starting to feel fatigued while you are onsite then instigate the work safe procedure.

## Work-safe Procedure

**This is for anyone to use, it works as follows:**

If you believe the Safety Arrangements to be inadequate:

- Stop Work and talk to the Team Leader or person in charge; they should:
  - Review the arrangements
  - Change them if necessary and re-brief

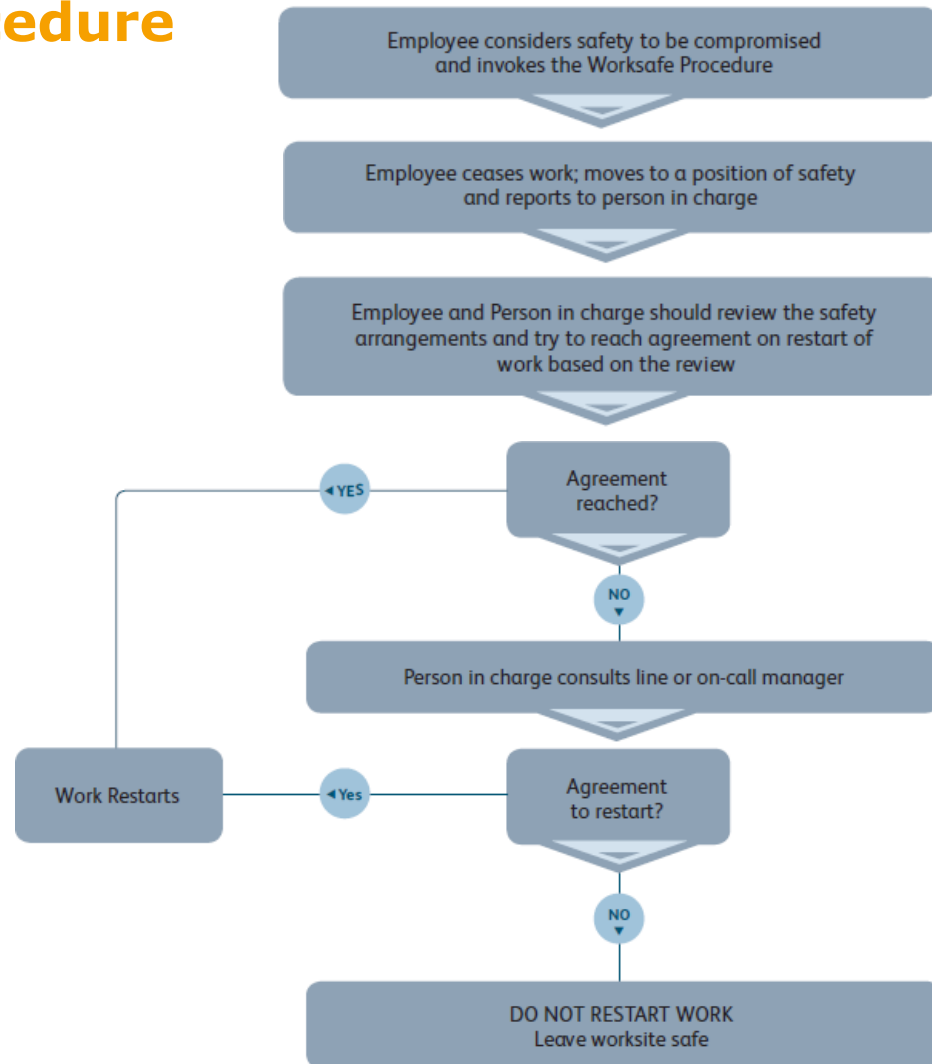
If you are still unhappy DO NOT RESTART; escalate to the next level by contacting one of the following:

- Your Line Manager, Your Safety Rep, Any member of the management team, The DU Safety Advisor, Network Rail Control, MT on-call 07786 265531
- Do not start work until you are satisfied that the safety arrangements are appropriate to the activity



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## Work-safe Procedure



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## Contact the Rail team

24 hour on call - 07786 265531

Use this on-call number if you need to contact someone from the company urgently, for example to report an accident / incident or if you are being pressured to do something that you are not comfortable with, such as being asked to exceed the working hours rules etc.

Store this number in your phone in case of an emergency.

This number is not to be used to query timesheets or to enquire about vacancies, it is an emergency contact number.

If you would like to suggest a topic for future safety briefings, or need to talk to someone in confidence then email the Rail HSQE manager Joe Christopherson; [jchristopherson@matchtech.com](mailto:jchristopherson@matchtech.com)

Your Feedback is always welcomed, email us at MT [railonboarding@matchtech.com](mailto:railonboarding@matchtech.com)



# Safety sQuaRed

See it, Scan it, Share it

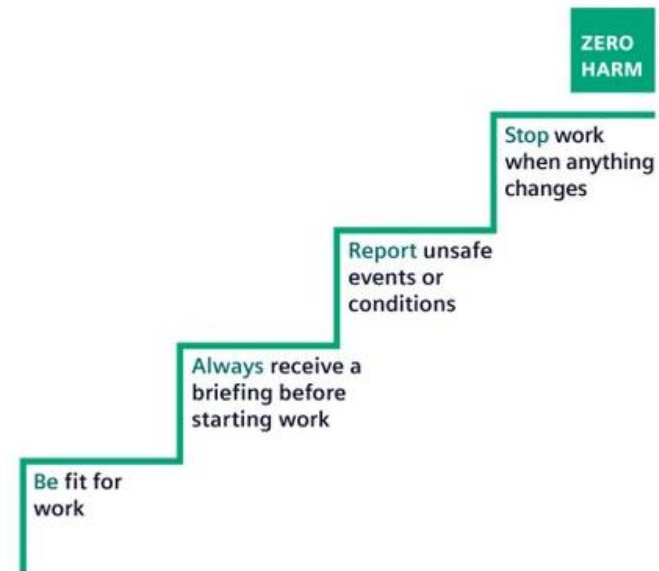


<https://www.gattacaplc.com/report-near-misses>

## 4 Steps to Zero Harm

**Our Priority:** Your safety and wellbeing is our absolute priority. We believe that Zero Harm is achievable each and every day by following the four steps and through our behaviours.

Our expectation of everyone, whether an employee / an agency worker or a contractor, is that you will know and live by the 4 Steps.



SIEMENS

## Our Lifesaving Rules



Always be sure the required plans and permits are in place, before you start a job or go on or near the line.



Never use a hand-held or hands-free phone, or programme any other mobile device, while driving.



Always use equipment that is fit for its intended purpose.



Always test before applying earths or straps.



Never undertake any job unless you have been trained and assessed as competent.



Never assume equipment is isolated – always test before touch.



Never work or drive while under the influence of drugs or alcohol.



Always use a safety harness when working at height, unless other protection is in place.



Always obey the speed limit and wear a seat belt.



Never enter the agreed exclusion zone, unless directed to by the person in charge.



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Report hotline:  
0800 4 101 101

Report textline:  
07507 285 887

Freepost: CIRAS  
[www.ciras.org.uk](http://www.ciras.org.uk)