



STEM TALENT PARTNER OF CHOICE

Safety Briefing

February 2025

Monthly topics

Access points App – 18000+ access points

Safety Bulletins

- Geofencing
- Slip and trip injury
- Manual handling injury

Reminder

- Ramadan



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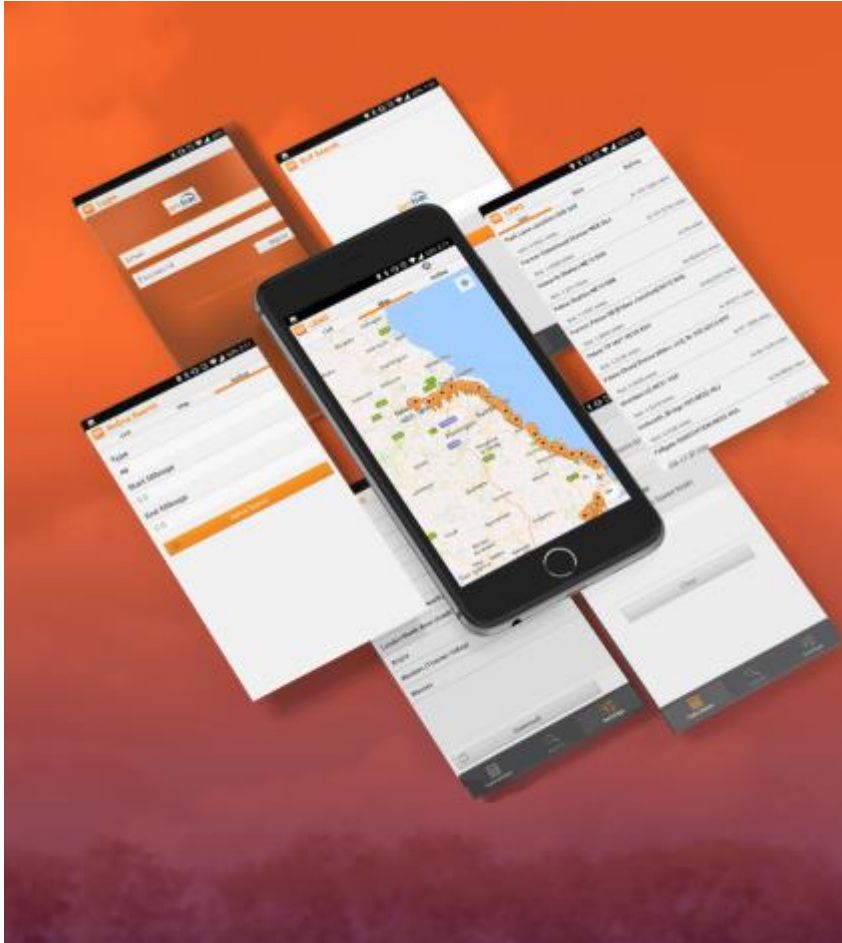
You must **always** know exactly where you are

We have had a couple of incidents over the past few years where a COSS has accidentally walked with the workgroup outside of the planned protection (Line block area) or accessed the track on a particular line assuming it to be a different line.

If you are ever unsure whether the access point is on the UP or the DOWN line then you must immediately stop work and clarify your current location and the true identity of all lines on site.

If you are in doubt then **STOP!**


<https://on-trac.co.uk/access-points-app/>

The image shows four smartphones displaying the OnTrac Access Points app. The central phone shows a map of the UK with orange dots indicating access points. The other phones show various app screens, including a search bar, a list of access points, and a detailed view of a specific point.

Access Points

The OnTrac Access Points app provides users with a digital record of over 18,000 approved access and egress points throughout the Network Rail infrastructure.

<https://on-trac.co.uk/access-points-app/>



Access Points' Key Features

- ✓ **Search approved access points**
Users can search through 18,000+ Network Rail approved access points
- ✓ **Detailed information**
Provides detailed information, including: access point type, ELR, mileage and red zone prohibited areas
- ✓ **Locate nearest access point**
Users can view the distance of access and egress points from their exact location, along directions to ensure workforce safety

<https://on-trac.co.uk/access-points-app/>



Offline mode

Works in both on and offline modes, to ensure constant access on site



Directions

OnTrac's Access Points app features a built-in compass for exact directions to access and egress points



Sighting distance calculator

Users can automatically calculate sighting distances within the app



Miles/chains/yard converter

Users can convert distances to desired unit of measurement, for increased usability



Automated updates

National Hazard directory information is continually downloaded to the app, to ensure the most up to date access and egress point information



Optional view

Users can view access points in list form, on street maps, overlaid on a satellite image – or a hybrid of both

<https://safety.networkrail.co.uk/access-points-app/>

Access Points App

Safe track access, made simple. 18,000+ access points in your pocket, with the Access Points app.

Keeping you safe on the line is Network Rail's number one priority.

That's why we've introduced the updated Access Points app – making it easier than ever to find safe track access points, fast.

Here's how it works...

Access Points near me

Shows all access points within a select radius of your location

Custom search

Finds access points that match specific criteria suited to your task

Offline mode

Lets you download a region's data for use on the go, even without signal

Clear, safe directions

Once you choose your access point, you'll get clear in-app directions that keep you out of harm's way.

You can also link to Google or Apple Maps on your smart device.

Search 'Access Points' today and look out for this app icon:



Safety Advice



everyone
home safe
every day

Incidents caused by incorrect location awareness

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

Ref: NRA24-15

Date of issue: 09/01/2025

Location: National

Contact: Toby Keates, Programme Manager,

Technical Authority



Access Points

Overview

Due to the continuing high number of incidents where incorrect location awareness has been a contributory factor Network Rail has developed the Access Point APP with On-Trac. Network Rail recommends the use of the Access Point APP ([Access Points App - Safety Central](#)) to support the information provided in your safe work pack.

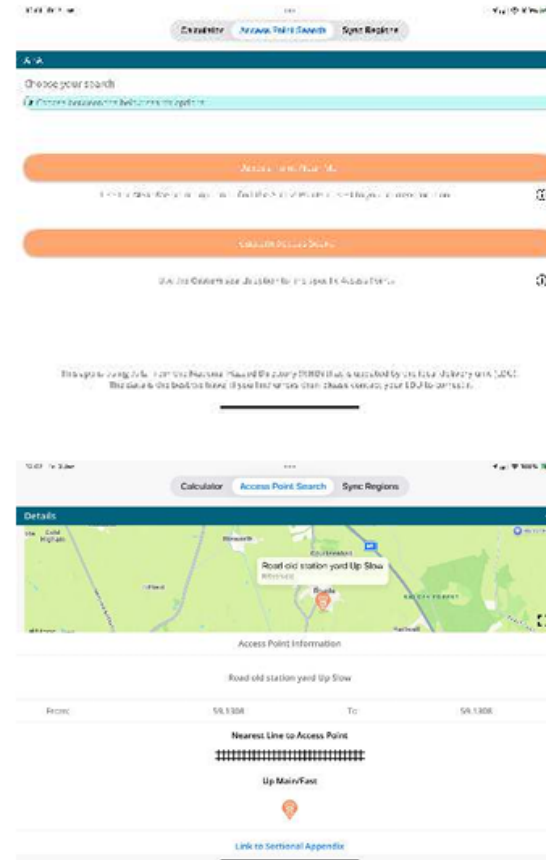
The Access Point APP can be downloaded for free from the Network Rail corporate APP Store, [Google Play](#) and [Apple store](#) for both ISO and Android devices.

Once you have downloaded the APP, you must sync your regional data. To locate the access point, you can either search via **Access Points Near Me** to locate your localised access points within the mileage determined or search for custom access points within the **Custom Access Search**.

The APP enables you to geographically locate your access location, see all relevant information held within the National Hazard Directory, and see the relevant page of the Sectional Appendix.

The APP also allows you to use your 'Directions' function to provide you with direction straight to your chosen Access Point by linking to the maps APP on your mobile device.

The location can be seen via 'satellite view' to support familiarisation.



Line Managers should encourage their teams to access and use the APP

Discussion Points

- How do you establish you are at the correct access point?
- When accessing the lines at site, how do you confirm the correct line?
- How do you familiarise yourself of the correct running lines?
- How often do you check your safe system of work pack has clearly identified your access and egress arrangements?
- Is the access point information up to date in the National Hazard Directory? And do you know how to get it updated?
- How could the Access Point APP help to make it easier for you to plan work safely?
- How could the Access Point APP help to make it easier to safely access the right place on track?

Part of our group
of Safety Bulletins

Safety
Alert

Safety
Bulletin

Safety
Advice

Shared
Learning

Safety Advice



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Geofencing – Addition to NRA24-10

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

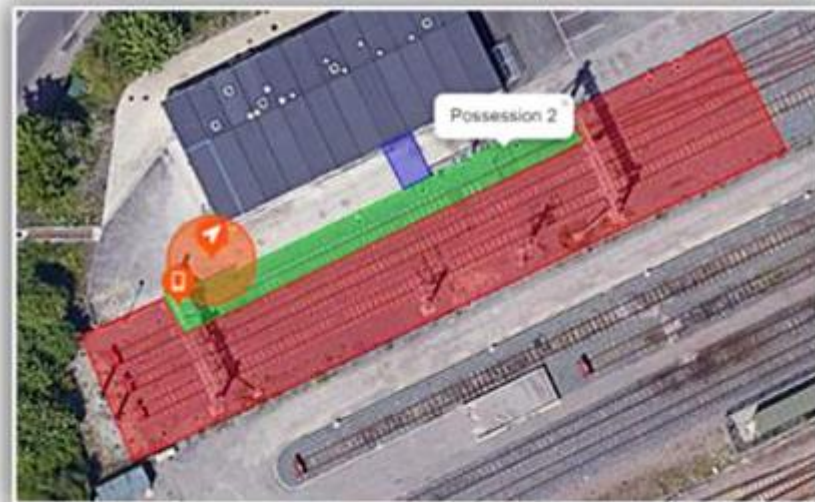
Ref: NRA25-02

Date of issue: 26/02/2025

Location: National

Contact: [Dave Allen](#), Programme Manager,

Technical Authority



Overview

This Safety Advice supports Safety Advice NRA24-10 and relates to the withdrawal of NR/L2/OHS W4:

The updated Product Acceptance (PA05/07418 Issue 7 Onwave and PA05/07419 Issue 7 Tended) removed the option to use this as a warning device.

Network Rail Standard; NR/L2/OHS/501/W4 was subsequently no longer relevant and has been withdrawn.

Clarification – The withdrawal of the standard does not impact the ability for the technology to be used in line with the current Product Acceptance. Therefore, Geofencing systems are approved for use as described below where there is a suitable Safe System of Work in place (as defined within Network Rail Standard NR/L2/OHS/019).

Approved for use:

To provide location information and alerts to improve situational awareness to users in line with the rule book requirements. This includes:

- Increasing the awareness of users through the transfer of situational information and alerts;
- Supporting the distribution of information associated with the location of works on Network Rail operational infrastructure;
- Facilitating the management, placement and control of assets, plant and equipment (tagging).
- Improved placement of boards and detonators, clear and always right access point, limits of worksite protection

Geofencing has an important role to play in improving the safety of our railway and Network Rail are actively pursuing additional sustainable uses for the technology across the business

Immediate action required

Network Rail and the supply chain should evaluate and can use the technology as advised in Safety Bulletin NRA24-10 and the updated Product Acceptance certificates as described above. Network Rail will continue to assess the suitability of the technology for use in additional use cases including those detailed below:

- **Worksite Safety and Efficiency-** Introducing virtual worksites, virtual site specific management
- **Plant and Equipment –** Visible plant and equipment management, reducing runaway risk, minimising points run throughs

Safer Possession controls- Assisting moving trains and On-Track Machines through possessions

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**Safety
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**Safety
Advice**

**Shared
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To be reported to the CVL DCM in the same shift.

Project / Contractor	Vegetation Clearance – AIW IM / Ground Control
Location (inc ELR, mileage):	Rady Weir (CAM)
Date:	19/02/25
Time:	16:00
Event type:	Injury to person
AIW reference:	3050133
Initial reporter:	Gavin Rowe (GC)
Operational railway affected:	No
Lead Investigator	Gavin Rowe
Route Control reference number (if applicable)	N/A
Close Call raised	No
Status of Injured person: (if applicable)	Currently at home recovering, follow up hospital appointment has been booked.

Brief Overview of Event:

Roped Access team were completing de-vegetation works, with handsaws, of an infrastructure retaining wall, overhanging the River Taf (in advance of structural examination).

In specific locations some operatives, whilst still attached to PFPE system, also stand on the embankment.

Whilst attached to PFPE system, and stood on embankment, IP's left foot slipped, and he twisted his leg injuring his knee.

On arrival at A&E and having been assessed, IP was diagnosed with a sprained left knee.

Immediate Action(s) Taken:

Planned rescue procedure was enacted, IP was assisted on to the rescue boat and egressed from accident location, back to landing point where he was then driven to hospital.

The team held a TBT the following morning, discussing body and foot positioning, along with a review of the POWRA and Emergency Plan.

EHS Fast Facts Alert

Subject: LTI Back Injury on Darlington Station Project

On Sunday 9th February the Injured Party, an agency worker as part of a gang of three, was working on the Darlington Station Project performing lineside cable terminations within a location case.

During the works, the IP bent over to move a troughing lid (C/1/10) after putting the terminated cable into the route. Immediately upon bending over the IP dropped to their knees and felt a sharp pain in their lower back, remaining on their knees for a few minutes before trying to stand up.

Upon attempting to straighten up, the IP passed out very briefly for a couple of seconds. At this point, the IP was placed in the recovery position by the on-site first aider and advised not to move. After a short period (c. 5 minutes), the IP tried to stand again however it became apparent that they were not able to do so, and they nearly lost consciousness again.

The Team Leader then called 999, who dispatched an ambulance and advised them not to move the IP. The IP was wrapped in a blanket to keep warm whilst the team waited for paramedics to arrive.

The IP was placed on a stretcher by the paramedics and taken to Darlington Hospital where he underwent a scan. He was diagnosed with a muscle injury/spasm in the lower back area and given pain killers before being released approx. 10 hrs later.

Siemens are consulting with the IP's employer to understand when the IP can return to work in line with the first of our 4 Steps to Zero Harm: **Be Fit for Work**.

An investigation has commenced and any further learning will be shared.

#deliverthanks: recognition should be given to the IP's colleagues in this case who acted with the utmost professionalism and care to assist a colleague in need of help
#offerwithoutfear: please make sure you speak up if you are concerned about any lifting activities that you are being asked to do



Discussion Points

1. Have you received appropriate manual handling training?
2. Are you aware of lifting activities associated with your task?
3. Is lifting equipment required/available for lifting activities?
4. If manual handling is required, are you lifting within your own capability?
5. Do you know what to do if one of your colleagues experiences a medical emergency? How would you have reacted in the same situation?

EHS Reminder

Subject: Ramadan 28th Feb 2025 – 30th Mar 2025

Throughout the month of Ramadan, Muslims around the world refrain from eating or drinking during daylight hours. This is an extremely important religious occasion for Muslims; however this fasting can affect people in different ways, the most common issue being fatigue.

If you are observing Ramadan, remember our 1st of our 4 Steps to Zero Harm – Be Fit for Work. You **MUST** stop work immediately and tell your supervisor/manager if you feel unwell, unable to carry out your work safely or have concerns.

Please consider talking to your supervisor/manager about modifying break times, for a power nap/ prayer time and/or finishing early in order to prevent the risk from fatigue.

Everyone should be aware of some common health complications that can arise from fasting including:

- Heartburn – people who regularly take medicine for indigestion (e.g. antacids, antihistamines, or proton pump inhibitors) are advised to continue taking them, maybe with the pre-dawn meal.
- Diabetes – fasting may cause challenges for people suffering from this all types of diabetes, and they should speak to a GP before deciding to fast.
- Headache - during a fast the chances of headaches can be increased due to dehydration or hunger, poor rest, or the absence of addictive substances such as caffeine or nicotine
- Dehydration – this is common as the body continues to lose water and salts through breathing, perspiring and urinating. This risk is higher in older people and in those taking tablets such as diuretics.



Discussion Points:

- Are you aware of any colleagues who are observing Ramadan?
- Take this opportunity to be respectfully curious and speak to any colleagues observing Ramadan to understand more
- Don't offer any food or drink out of consideration – be mindful of this in team meetings and work events
- As always, please look out for your colleagues and support them. If you see a colleague showing signs of being unwell, please ask if they are ok and if necessary, contact your local first aider for assistance

My Sentinel

<https://mysentinel.me/Account/LogOn/?ReturnUrl=/>

Do you know that you can view all of your own Sentinel Competencies in real time?

- See the competency expiry dates and assessment due,
- look at your medical and Drugs and Alcohol test records.
- Receive emails directly from Sentinel
- Search and email Sentinel sponsors directly
- Follow the link to my sentinel above and set up your own Sentinel profile



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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

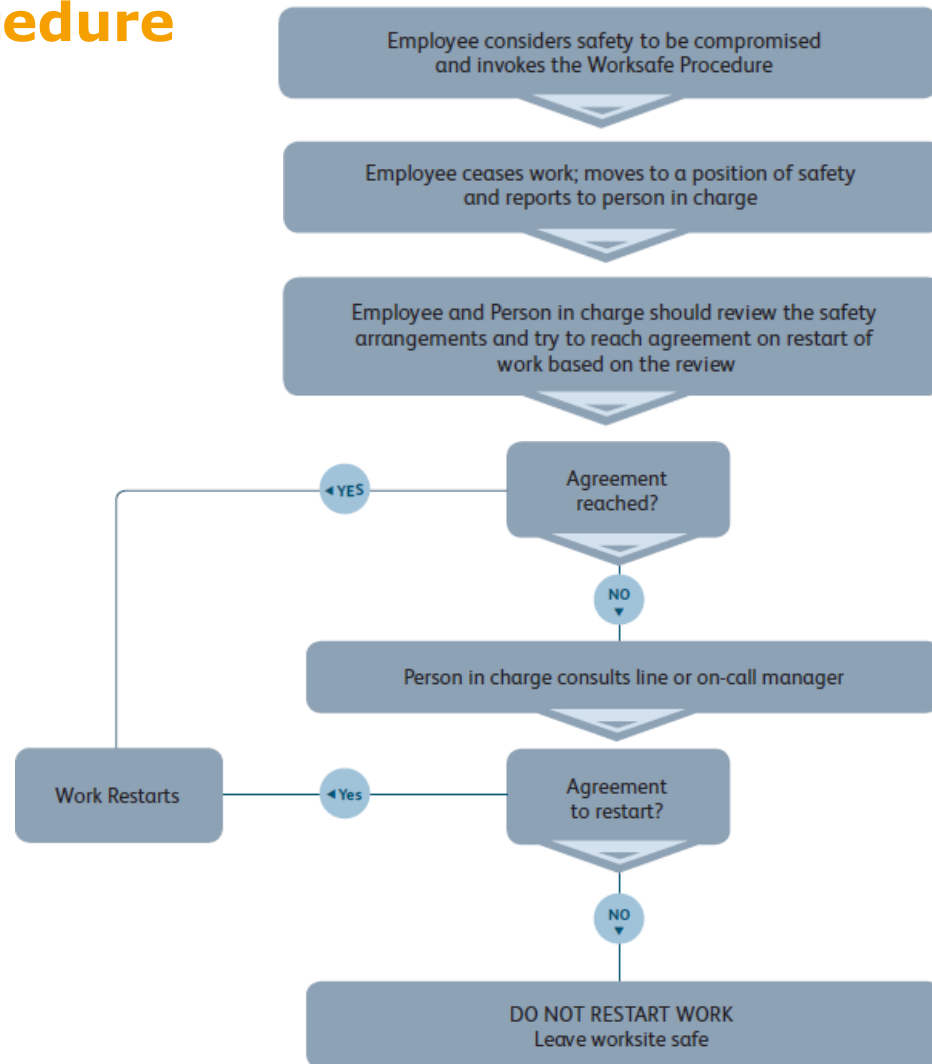
If you are still unhappy DO NOT RESTART; escalate to the next level by contacting one of the following:

- 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



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

Your Feedback is always welcomed, email us at MT railonboarding@matchtech.com

Safety sQuaRed

See it, Scan it, Share it

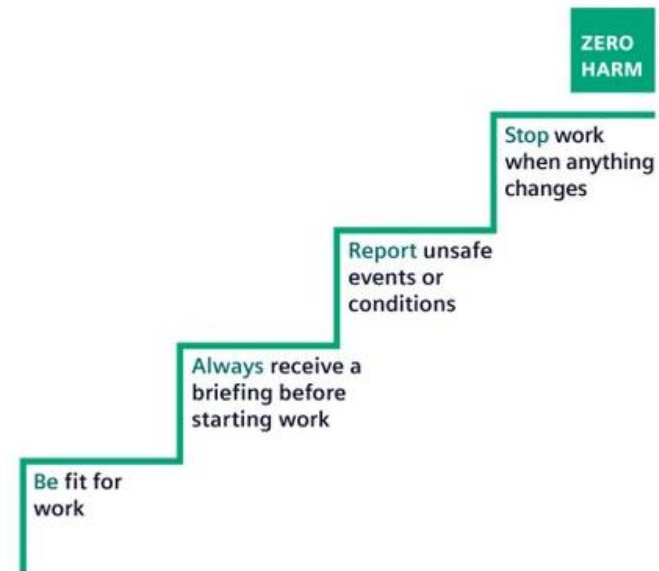


<https://www.gattacaplc.com/report-near-misses>

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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CIRAS

CIRAS

Confidential Safety Hotline

If you have a safety concern,
make the right call and report it.

Tell your supervisor, or contact us in complete confidence.
Call 0800 4 101 101 or download our CIRAS reporting app.



Scan me

 Google Play

 App Store

We find safety in listening.



Scan me