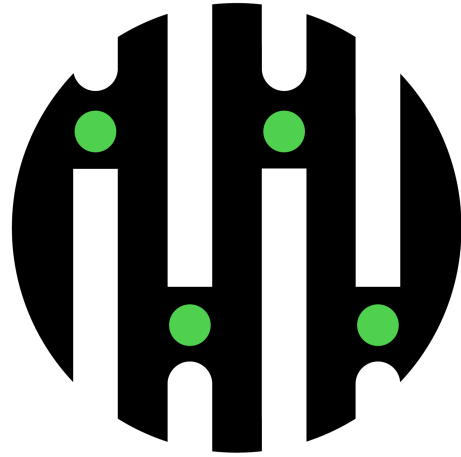
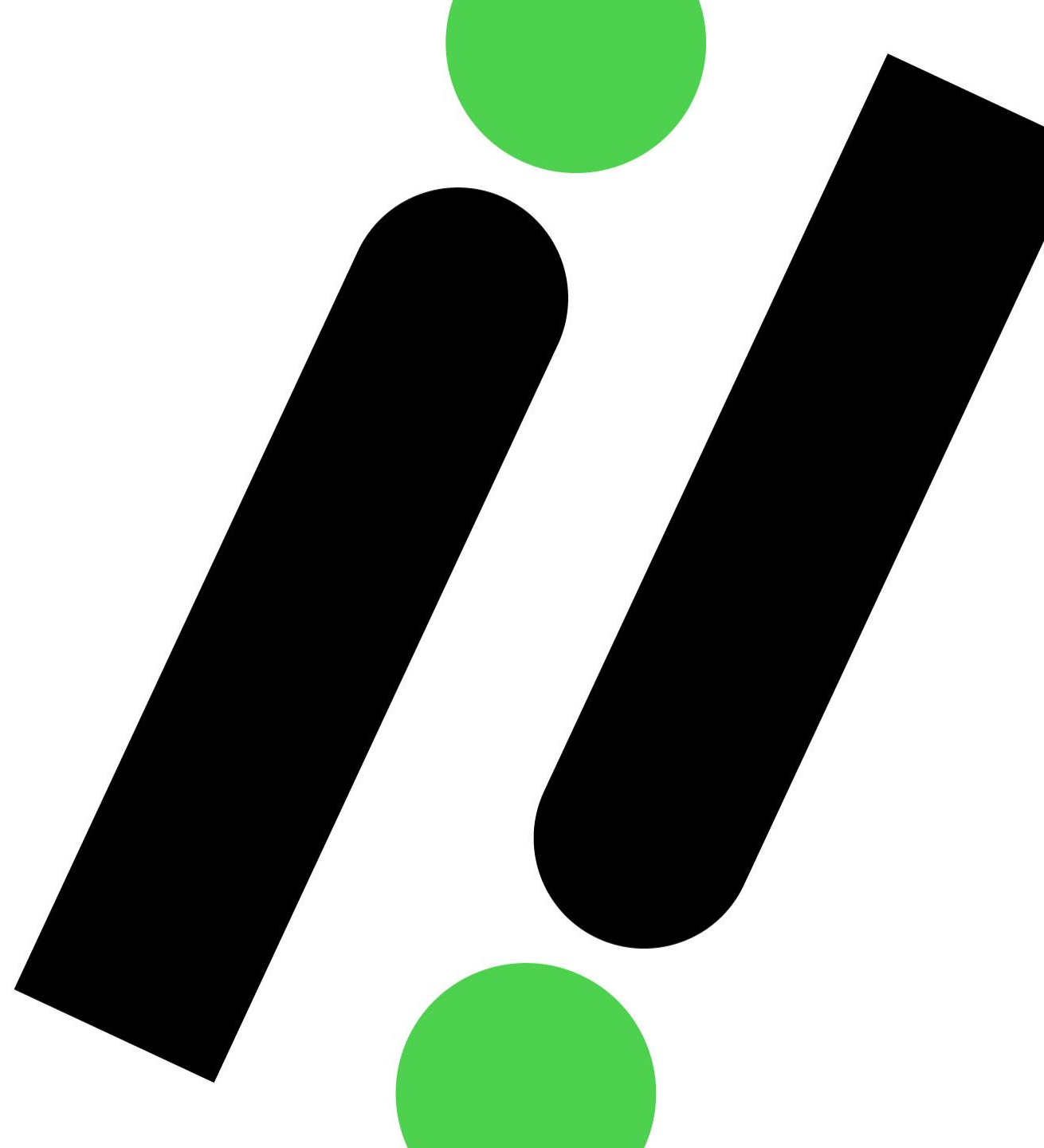


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Rail Safety Briefing

February 2026



Monthly Topics

Life Saving Rules

- Life Saving Rules –A breach of Lifesaving rules will result in a Network Rail Investigation. Please take 5 minutes to remind your self of what they are and ensure that you follow them all to the letter to keep yourself safe.



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



Always use the equipment that is fit for its intended purpose



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



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



Always test before applying
earths or straps.



Never assume equipment is isolated
– always test before touch.



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



Always obey the speed limit and wear a seat belt.

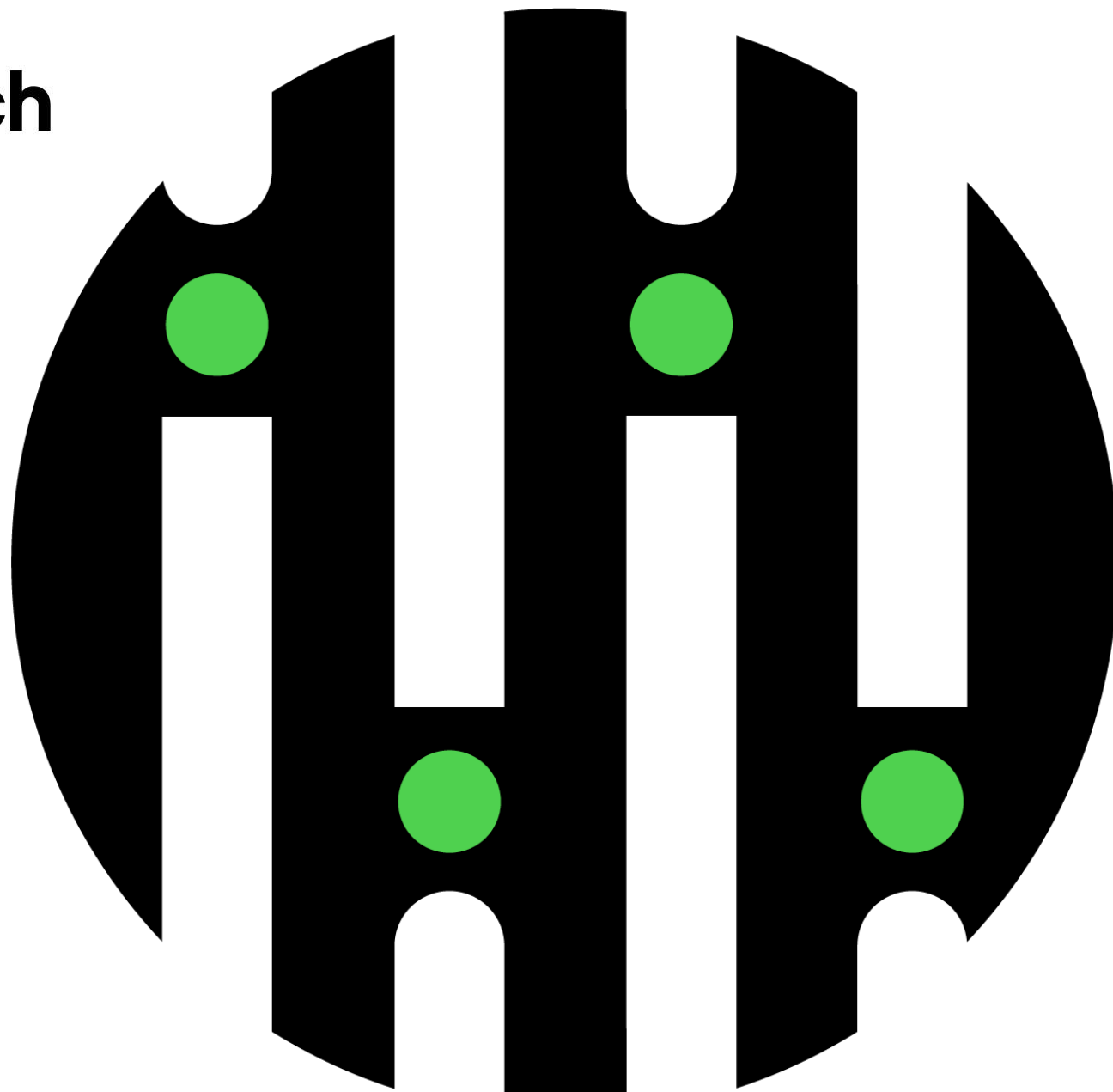


Always use a safety harness when working at height, unless other protection is in place.



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

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Three simple swipes

to get everyone
home safe every day



Swipe

1

Sentinel

Controller of Site Safety (COSS) swipes in each team member using their Sentinel card (physical or virtual).

- confirms competence for the task
- verifies sufficient rest



Swipe

2

Sentinel

COSS records the safety brief.
Logs the use of competence during the shift.



Swipe

3

Railhub

Person in Charge (PIC) completes the Authority to Work check between Railhub and Sentinel.

- Sentinel = individuals
- Railhub = safe delivery of work



Why swiping matters

A simple card check is not enough. It:

- ✗ does not verify sufficient rest
- ✗ does not log competence

End of shift

COSS must swipe the team out at end of shift so we can monitor sufficient rest.



Scan to watch
Sentinel training videos

Useful links

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 are 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

<https://www.rssb.co.uk/standards/types-of-standards-and-how-they-work/the-rule-book>



1. Introduction

The purpose of this code

This section of the code tells you about getting access to the Network Rail standards and controls, which you will need to do before carrying out work on the rail infrastructure.

2. Network Rail standards and controls

Network Rail standards and controls are a set of documents we produce to define the way we work. They set out the information we share, the principles we have and the business requirements we work to.

Together, they give us a consistent, safe and coherent set of working practices across the whole company. By having a single external source for this information, we can be sure that contractors and suppliers have access to the most up-to-date standards and controls information. We publish Network Rail standards and controls quarterly. Publication dates are the first Saturday in March, June, September and December. We'll communicate any changes through the Network Rail Standards and Controls Change Summary Report.

All our principal contractors:

- Should show that they have systems in place to access our standards and controls and brief their own people on changes.
- Should brief their subcontractors on changes or, assure us that the subcontractors are competent to brief themselves.
- Must not distribute our standards and controls outside their organisation.

To aid your briefing process, you may give your subcontractors a copy of the Network Rail Standards and Controls Change Summary Report.

3. Who do I contact for more information?

Suppliers, principal contractors and subcontractors can access Network Rail standards and controls and the change summary report by registering for the [Network Rail Standards Portal](#).

To register, please complete and submit the webform. Please [Click Here](#)

To find out more, please contact the Network Rail Standards & Controls Management Team:
STSupplierSupport@networkrail.co.uk





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.

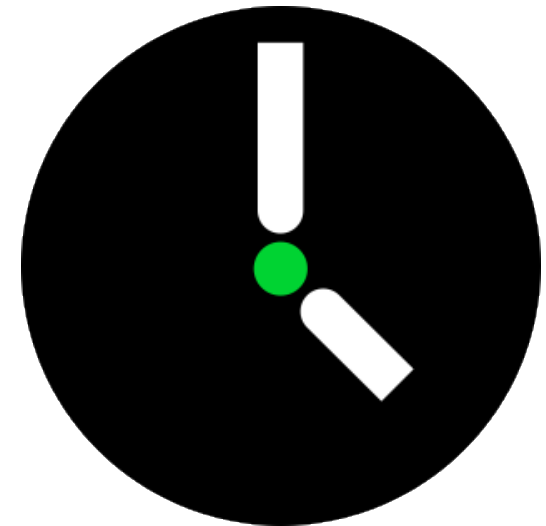
As part of our commitment to you and our obligations to monitor and manage your fatigue, we must always have an accurate understanding of where and when you are working.

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 than instigate the work safe procedure.





Work-safe Procedure

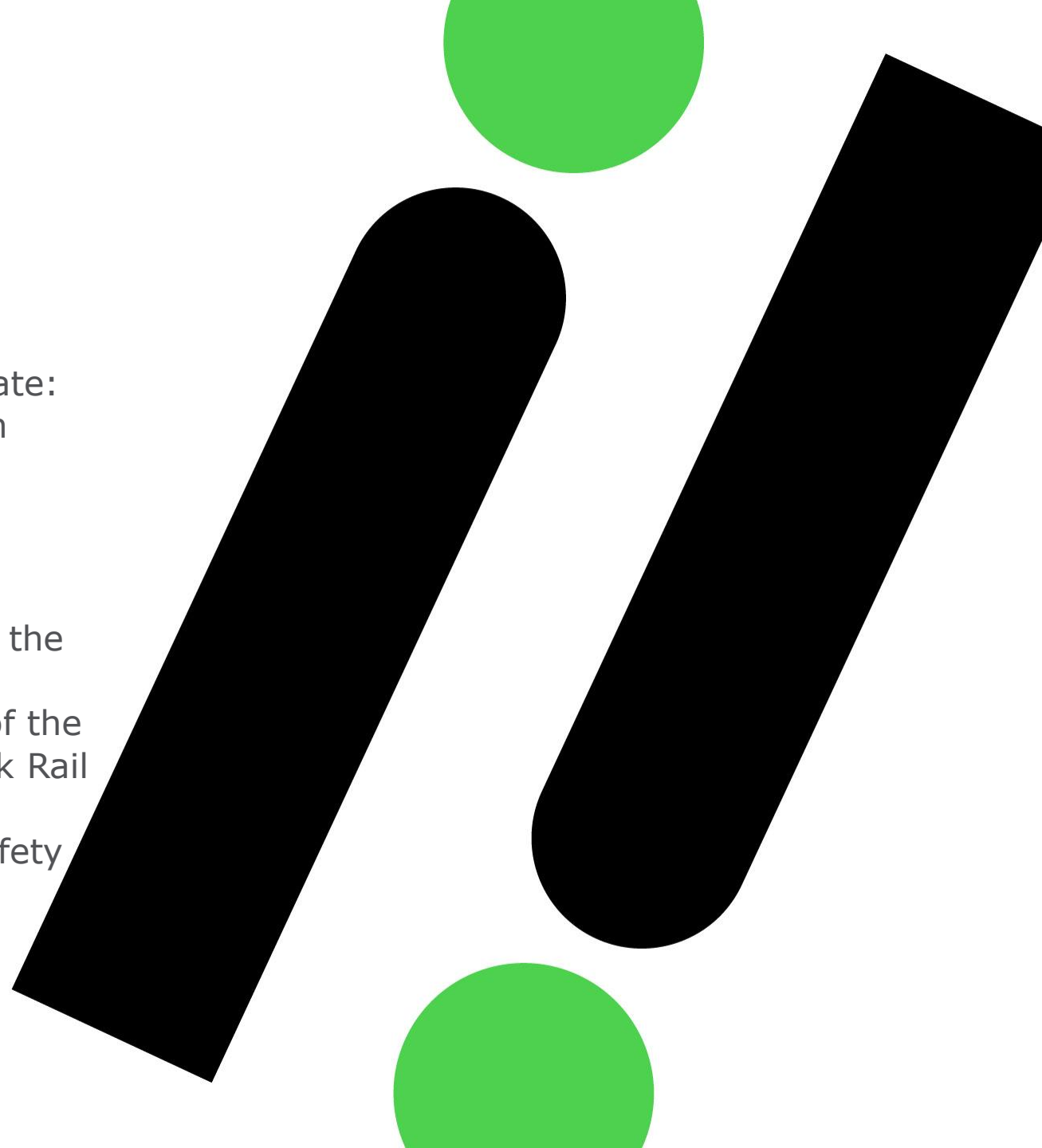
This is for anyone to use; it works as follows:

If you believe the Safety Arrangements to be inadequate:

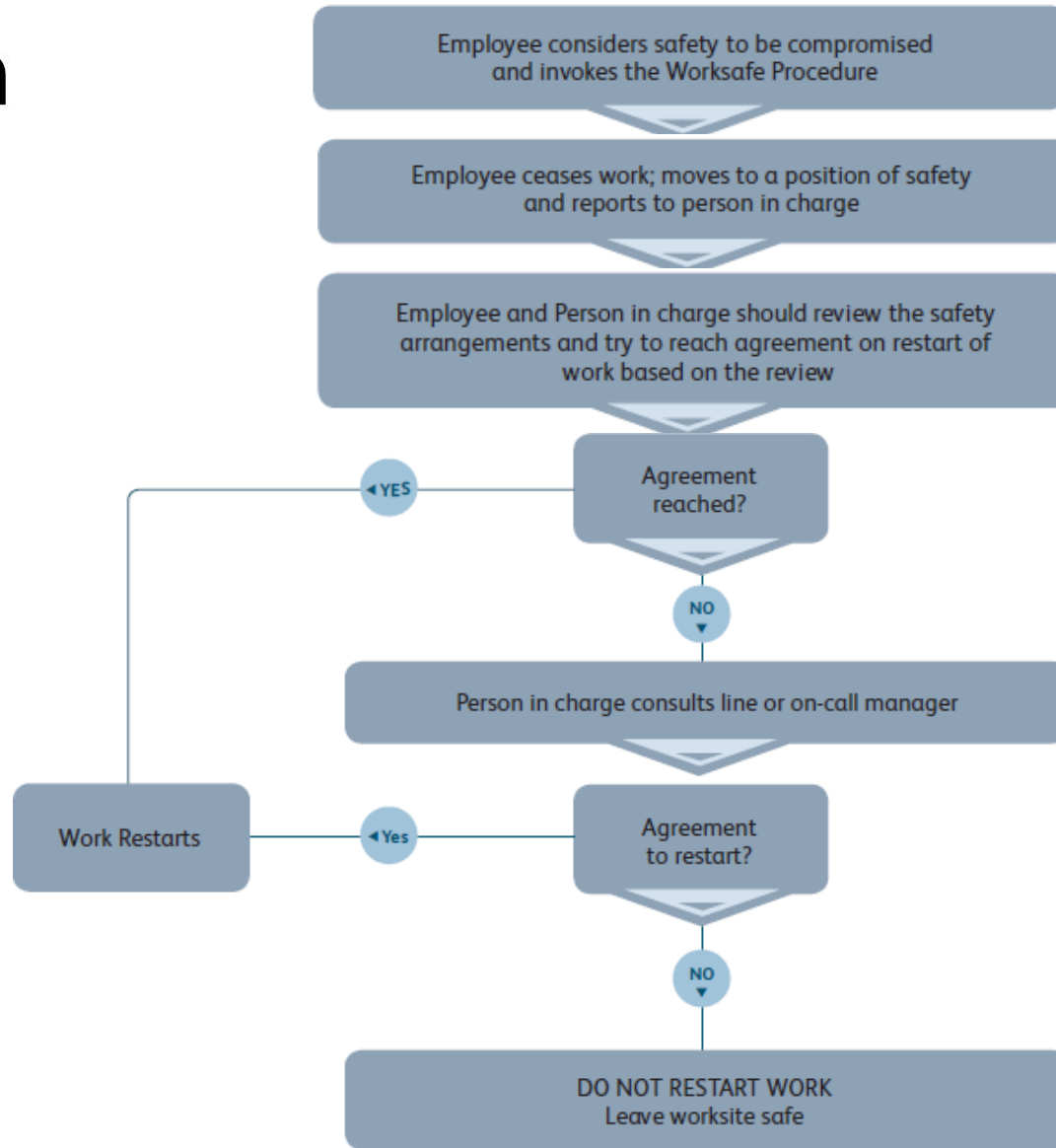
- Stop Work and talk to the Team Leader or person in charge; they should:
 - Review the arrangements
 - Change them if necessary and re-brief

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



Work-safe Procedure





Contact the Rail team

- 24 hour on call - 07786 265531 Store this number in your phone in case of an emergency.
- 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.
- 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

Previous monthly rail briefings

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



• Safety sQuaRed

See it, Scan it, Share it

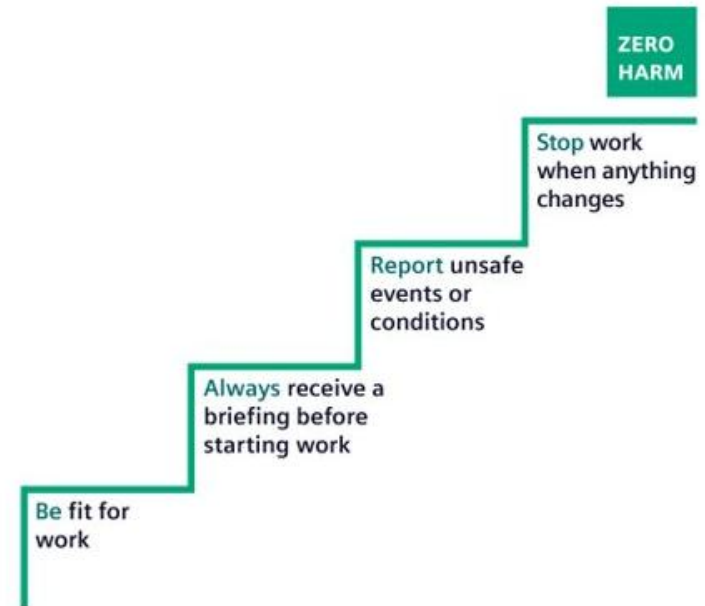


<https://www.gattacaplc.com/report-near-misses>

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.



Our Lifesaving Rules



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A large yellow rectangular advertisement for CIRAS. At the top, the word "CIRAS" is written in large, bold, green letters with a stylized circular graphic to the left. Below it, "CIRAS" is written again in large, bold, blue letters with the same graphic. Underneath, the text "Confidential Safety Hotline" is written in a smaller blue font. In the center, there is a paragraph of text: "If you have a safety concern, make the right call and report it." followed by "Tell your supervisor, or contact us in complete confidence. Call 0800 4 101 101 or download our CIRAS reporting app." At the bottom left, there is a small QR code with "Scan me" below it, and to its right are the Google Play and App Store logos. At the bottom right, the slogan "We find safety in listening." is written in a small black font.

