

I am standing on the **approach** to the signal

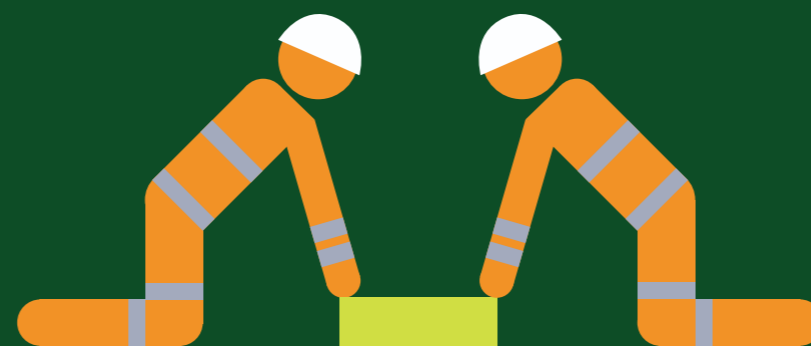


I am standing **beyond** the signal



Approach and Beyond

- Know what **APPROACH** and **BEYOND** mean
- Know where you are in relation to a fixed point (normally a signal)
- Know that fixed point's relationship to the traffic direction
- Be able to give information and receive instruction



Staying alert and staying safe as a Lookout

- *When acting as a Lookout make sure you know your safe place to stand*
- *Make sure your mobile is switched off*
- *Stay alert and carefully watch for approaching trains*
- *Be aware of your surroundings and don't put yourself in danger*

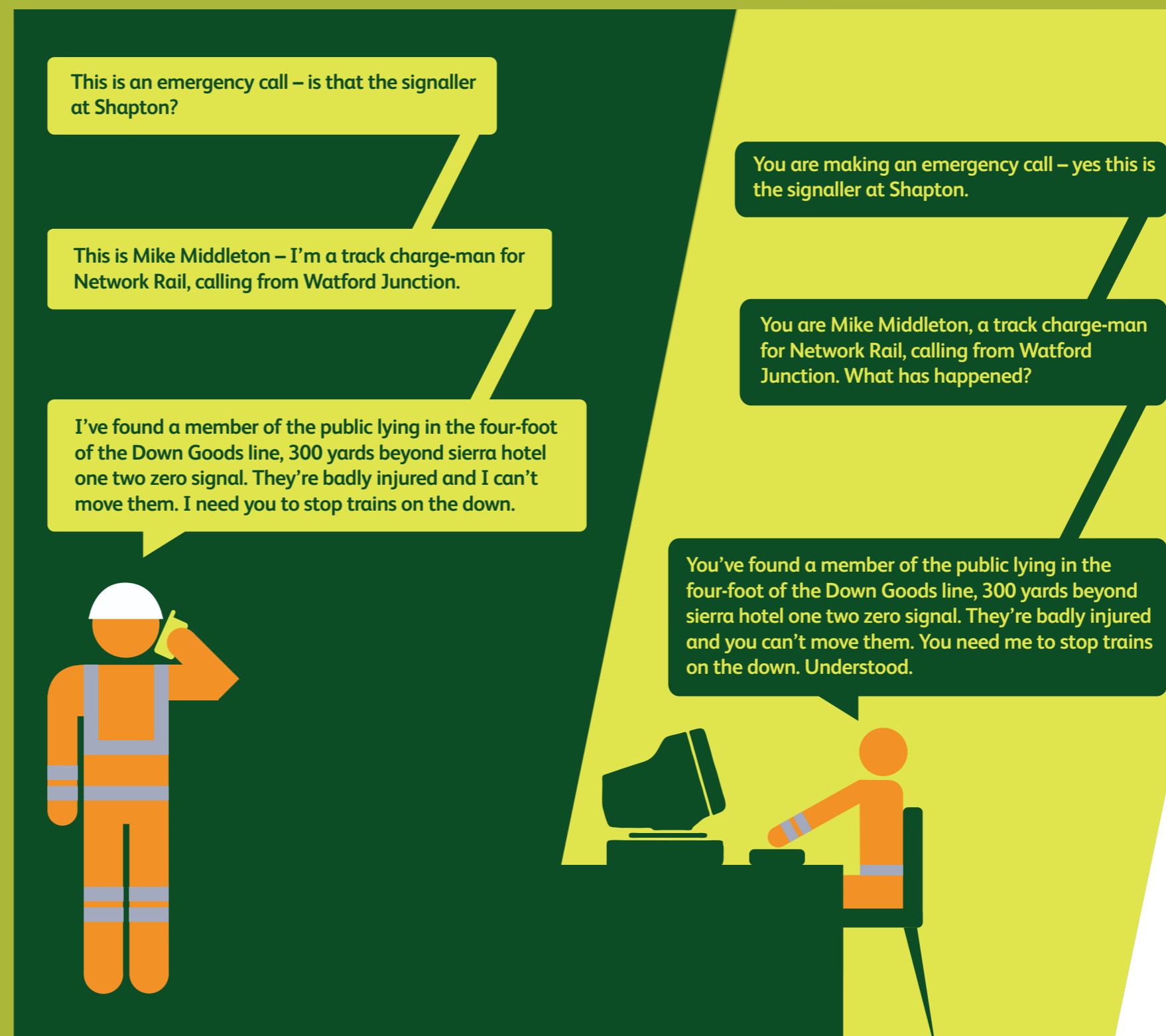


During the work

- *Communicate clearly*
- *Follow instructions*
- *Keep focused and don't distract other team members*
- *Report anything unsafe*

Emergency call procedure



























- Stay calm, speak clearly and be specific
- Give your name
- Give your job title
- Name your employer
- Specify your exact location
- Specify your telephone or radio call number
- Give details of the accident / incident
- Identify which lines are definitely blocked and which lines could be blocked
- State which emergency services are needed



The Phonetic Alphabet

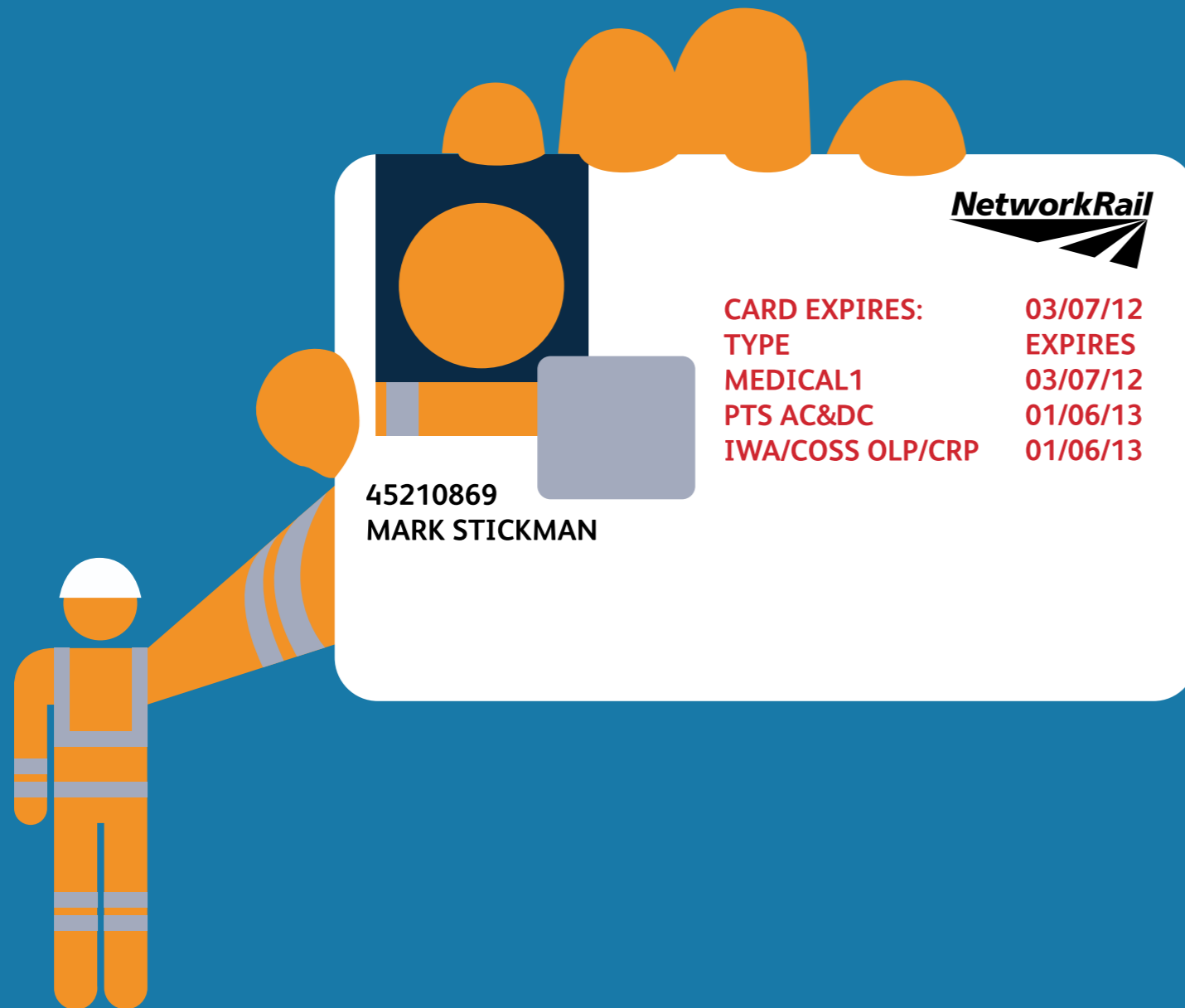
- Speak clearly
- Always repeat back messages or instructions
- Make sure you've been understood

Letter code word

ALPHA	BRAVO	CHARLIE	DELTA	ECHO	FOXTROT	GOLF	HOTEL	INDIA	JULIET
A 	B 	C 	D 	E 	F 	G 	H 	I 	J 
KILO	LIMA	MIKE	NOVEMBER	OSCAR	PAPA	QUEBEC	ROMEO	SIERRA	TANGO
K 	L 	M 	N 	O 	P 	Q 	R 	S 	T 
UNIFORM	VICTOR	WHISKY	X-RAY	YANKEE	ZULU				
U 	V 	W 	X 	Y 	Z 				

Digits

ZERO	ONE	TWO	THREE	FOUR	FIVE	SIX	SEVEN	EIGHT	NINE
0 	1 	2 	3 	4 	5 	6 	7 	8 	9 



Green square means you are newly qualified in PTS.



Red triangle means you must be accompanied when on the infrastructure.



Blue circle means you have a colour vision defect; this prevents you holding some competencies.



The letter (P) before a qualification indicates that it is probationary.

Understanding and checking Sentinel Cards

- Recognise what a card looks like
- Understand the symbols on the card
- Make sure the card you are checking is valid
- Always check yours before going on or near the line

General well-being

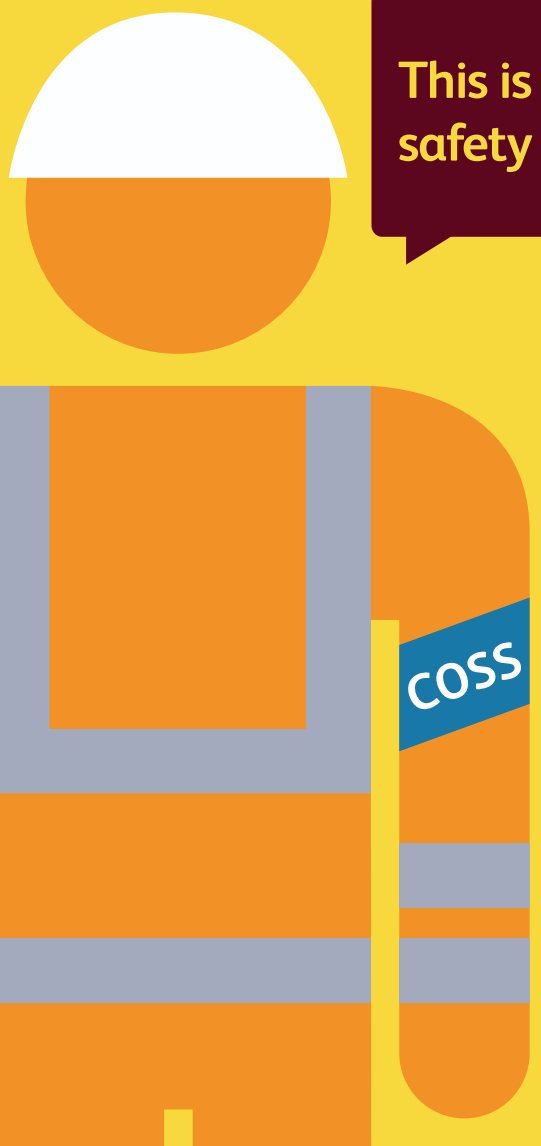
- *Look after yourself*
- *Exercise and eat well*
- *Beat viruses by washing your hands with warm water and soap*
- *Remember Care First, we all have times when we need to talk to somebody – 0800 174 319*




Going on or near the line

- Always be alert
- Don't let conversation or mobiles distract you
- Wear the correct PPE for the work you are doing
- Report anything unsafe





This is the
safety briefing



I have a
question

COSS briefings

- *Plan what you are going to say*
- *Be engaging*
- *Listen, encourage and respond to questions*
- *Make sure people understand and have all the information they need to carry out the work safely*
- *Check the group's understanding by asking them questions about the briefing*

ZERO TOLERANCE



- *No amount of alcohol or drug use is permitted*
- *It applies to office workers as well as those trackside*
- *Random tests will happen*
- *Test positive and you could lose your job*