

# An important message about fatigue from Rob



everyone  
home safe  
every day

**Hello everyone,**

Whether you work out on the frontline or in one of our offices, drive a company vehicle as part of your role or even operate plant, you need to be awake and alert to do your job safely. Managing fatigue is everybody's responsibility and we're all responsible for making sure we get home safe every day.

Fatigue isn't just about working too many hours, it can be caused when we work against our body clock, take certain medications, have health conditions, get insufficient rest or just not enough quality sleep and that can build up over time. It's not just about feeling tired.

If we're tired, we're more likely to make mistakes and our performance is impacted; that means we're also more likely to have an accident. The RSSB tell us that in our industry fatigue is a factor in 20% of high-risk incidents and it was indeed a factor on the 15th Feb 2023 when 2 people were involved in a road traffic accident when they were travelling home having worked on one of our sites.

Remember you have the authority to stop work if you believe that either yourself or someone else is suffering from fatigue.

I need everyone to be aware of the Fatigue Management standard (NR/L2/OHS/003) regardless of your role. The standard applies to everyone within Network Rail and our suppliers working on Network Rail infrastructure. [You can find information online](#) so if you're not up to date, this is your opportunity to take 5 to do the right thing and get familiar.

Safety is an area which I'm extremely passionate about, not just because of my frontline experience but because I recognise that by putting safety education at the forefront, you can become a role model for others, fostering a safer work environment where everyone gets home safe every day. You'll therefore see many more updates from me on various topics of safety in the weeks to come and I look forward to



**Rob Cairns,**  
**Regional Managing Director**

receiving your feedback and suggestions of how we can all play a part in creating a safer Wales and Western

Stay safe

**Rob Cairns**

Regional Managing Director

**Give us your feedback on this message:**



Great



Okay



Poor

This update is provided by the Wales and Western Communications team. For any queries, please contact [walesandwesterncomms@networkrail.co.uk](mailto:walesandwesterncomms@networkrail.co.uk)



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