

Look out for each other this winter



Keep each other safe

Winter safety advice can often tell us things that we already know. For example, we all know that pavements and roads become slippery in cold and wet weather, and we should take extra care. Even though we know this, more accidents happen in the winter months because many of us forget the risks we take when we're in a rush.

We need to look out for each other and highlight dangers to make sure that we all get home safely every day.

Our actions affect others

Whenever there's an accident, however small, it affects you, the people around you, your colleagues, and even your family. So when you act in a safe way it ensures that everyone connected to you is safe too.

Something to think about:

By challenging your colleagues' unsafe behaviour, you're looking out for them and, in turn, the people they care about.



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Winter driving

- Drive safely.
- Look after your vehicle.
- Watch out in low winter sun.

Slips, trips and falls

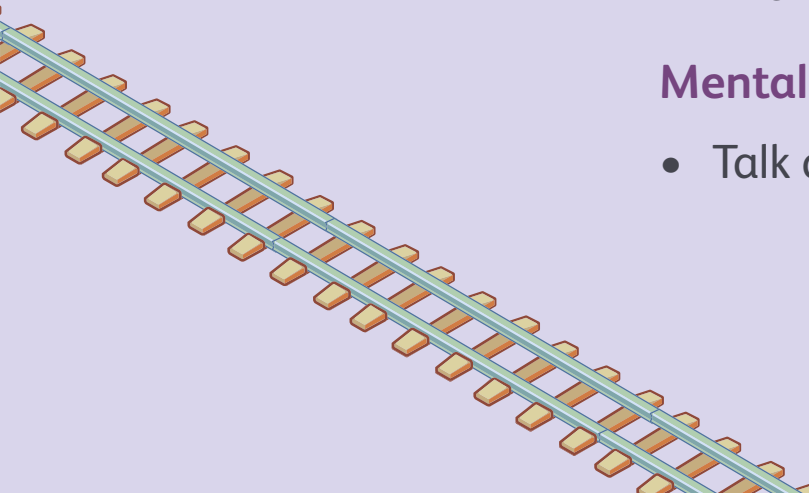
- Avoid slips, trips and falls.

Drugs and alcohol

- Know the limits.

Mental wellbeing

- Talk about mental wellbeing.



Winter driving



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Drive safely

It's easy to forget the risks we take whilst driving, especially if you're in a rush to get to your destination. It's just not worth it, especially when winter weather increases the dangers to you, your passengers, other drivers, and pedestrians.

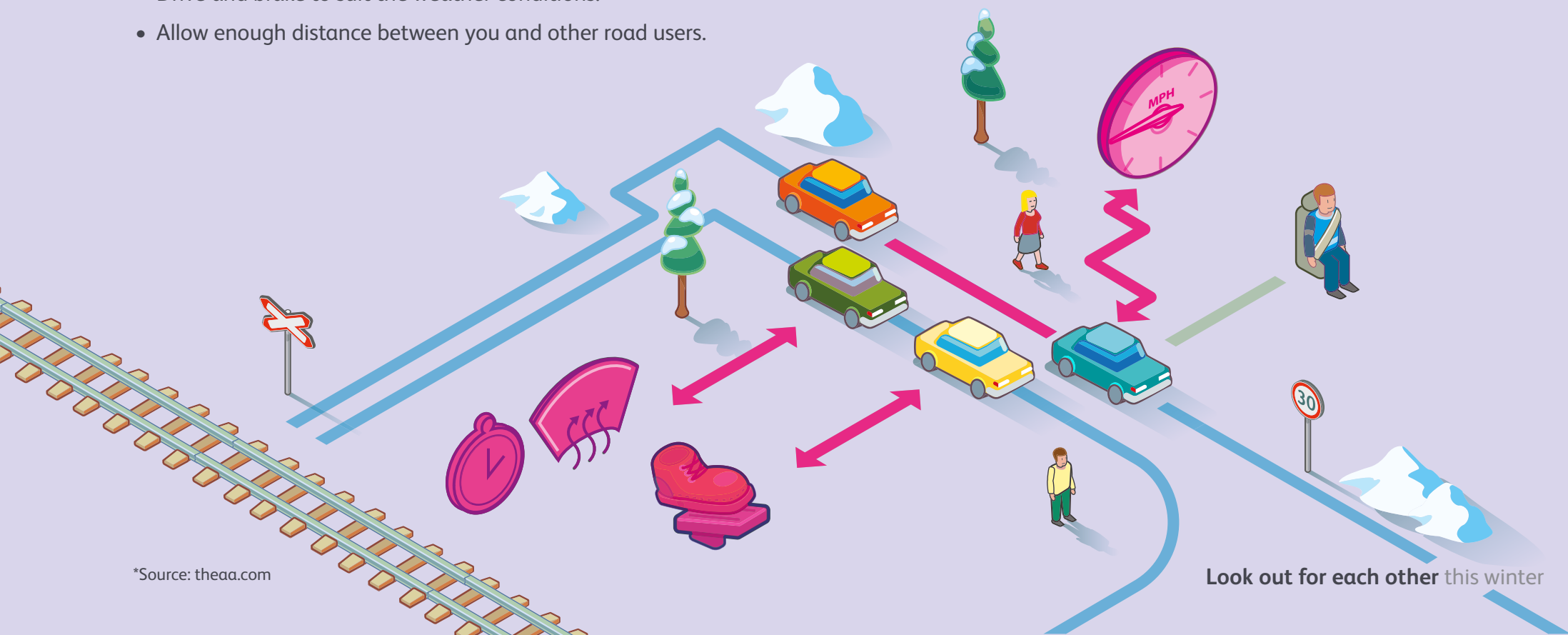
Safety tips

Driving safely in winter can be as simple as sticking with the basics:

- Allow time to demist your windscreen and clear all vehicle windows to ensure you have full visibility before setting off.
- Drive and brake to suit the weather conditions.
- Allow enough distance between you and other road users.

Did you know?

Stopping distances increase by up to 10 times in the snow and ice.*



*Source: theaa.com

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Look after your vehicle

It's easy to think that because your vehicle has been running fine up until now, that nothing needs doing to it before winter sets in. Although, something as small as low tyre pressure can have a huge impact on your ability to stop in an emergency. So, always be prepared.

Safety tips

Make sure your vehicle is ready for winter by carrying out these simple checks:

- Tyre pressure (refer to the vehicle manual).
- Tread depth (3mm is the minimum for Network Rail, but it can vary vehicle to vehicle, so check the manual or fleet vehicles' wheel arch to be sure).
- Wipers (make sure that they effectively clear the screen).
- Windscreen washers (check they are working and fluids are topped up with 50 % water and 50 % anti-freeze screen wash).
- Lights (check they are all working and clean).
- Engine coolant (check level of anti-freeze).
- Keep de-icer, an ice scraper and warm hi-vis clothing in your vehicle.

Did you know?

You can visit the Fleet Connect page for more driver training and to order winter tyres.

<http://Connect/Communities/NDS/RoadFleet.aspx>



If you have an accident, call the 24 hour helpline: 0845 600 6767

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*Source: rospa.com

Watch out in low winter sun

The low winter sun can dazzle even the most confident and experienced drivers. The glare can easily impair your vision and cause you to miss signs and lights, or pedestrians crossing the road. If you can't see very well, chances are that other road users can't either.

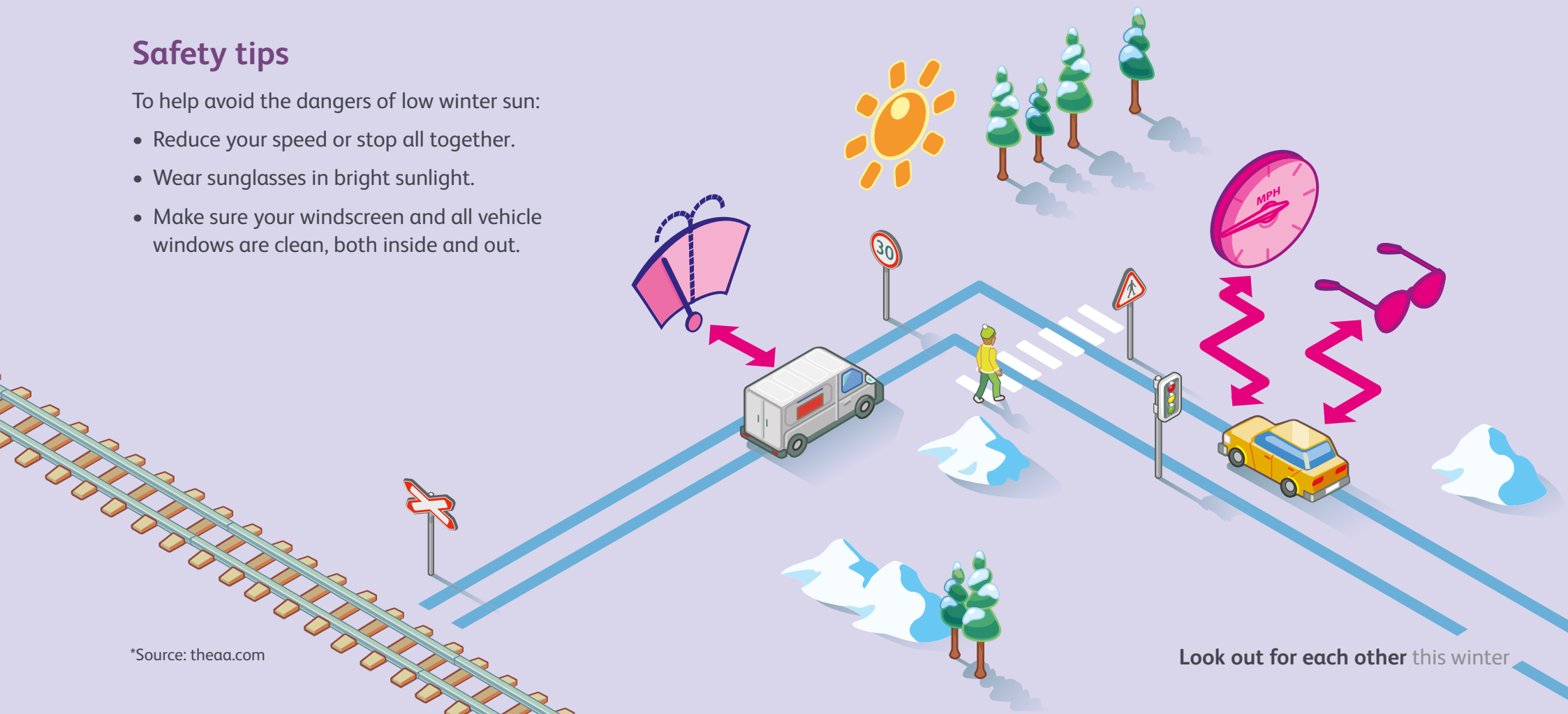
Safety tips

To help avoid the dangers of low winter sun:

- Reduce your speed or stop all together.
- Wear sunglasses in bright sunlight.
- Make sure your windscreen and all vehicle windows are clean, both inside and out.

Did you know?

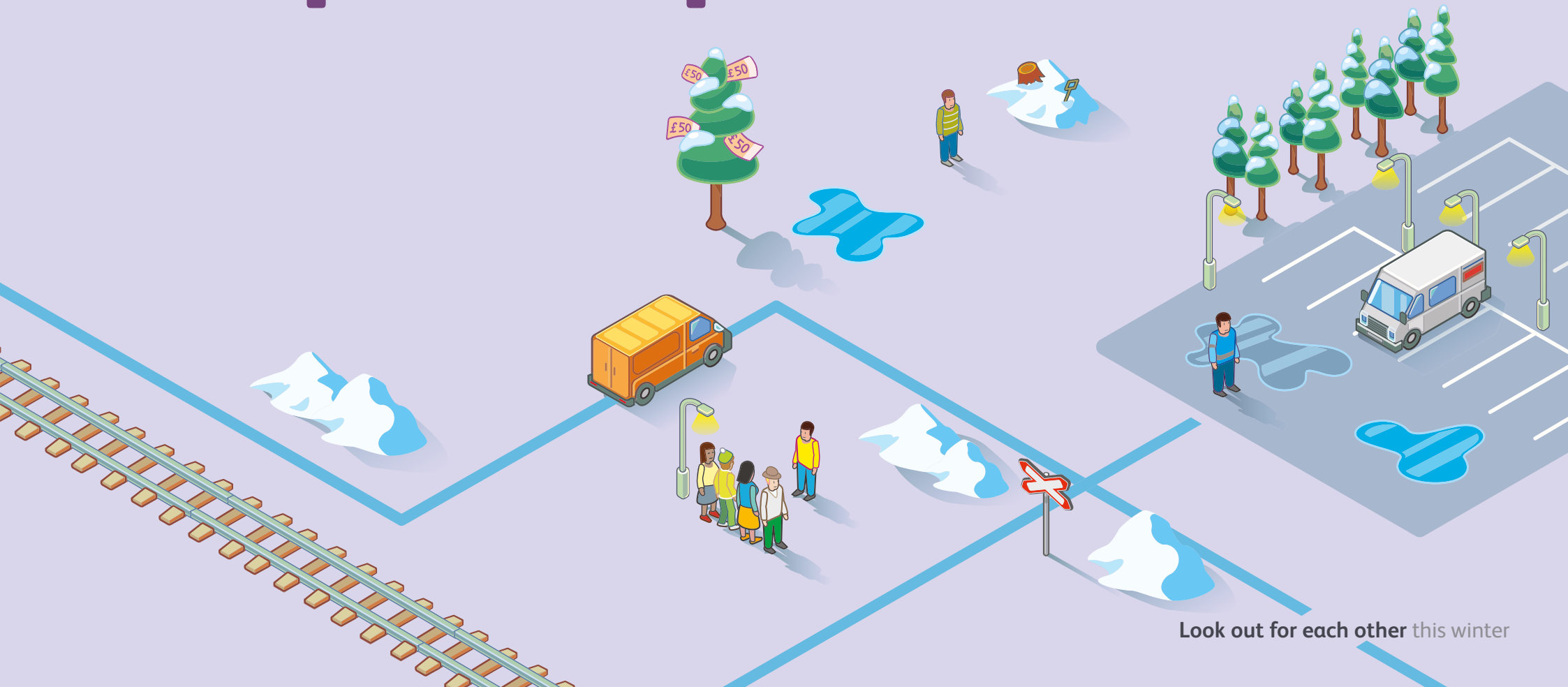
Sun glare has contributed to an average of 28 road deaths per year in the UK since 2010. This includes pedestrians.*



*Source: theaa.com

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Slips, trips and falls



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Avoid slips, trips and falls

When you know your environment so well, it's easy to overlook the subtle dangers that winter brings. At this time of year, wet or icy surfaces and less daylight can cause accidents that not only affect you.

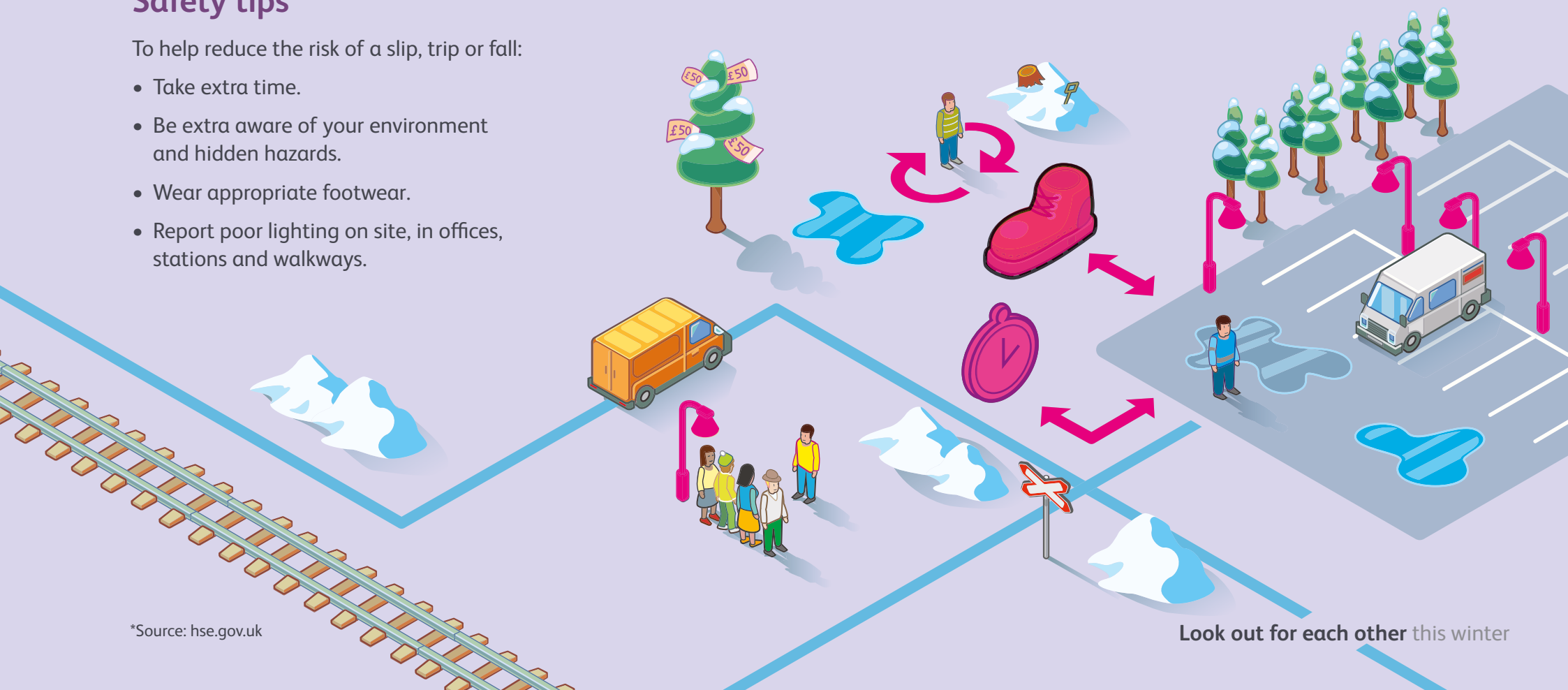
Safety tips

To help reduce the risk of a slip, trip or fall:

- Take extra time.
- Be extra aware of your environment and hidden hazards.
- Wear appropriate footwear.
- Report poor lighting on site, in offices, stations and walkways.

Did you know?

In 2013 in the UK, slips, trips and falls contributed to 40 deaths, over 15,000 major injuries to workers, as well as over 30,000 workers having to take more than 3 days off work.*



*Source: hse.gov.uk

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Drugs and alcohol



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Know the limits

Most of us have had days where we've felt the effects of the night before, but one extra pint on a night out can have serious consequences the next day. If alcohol is still in your system the morning after, think about the impact that could have when driving your colleagues to site or taking your children to school.

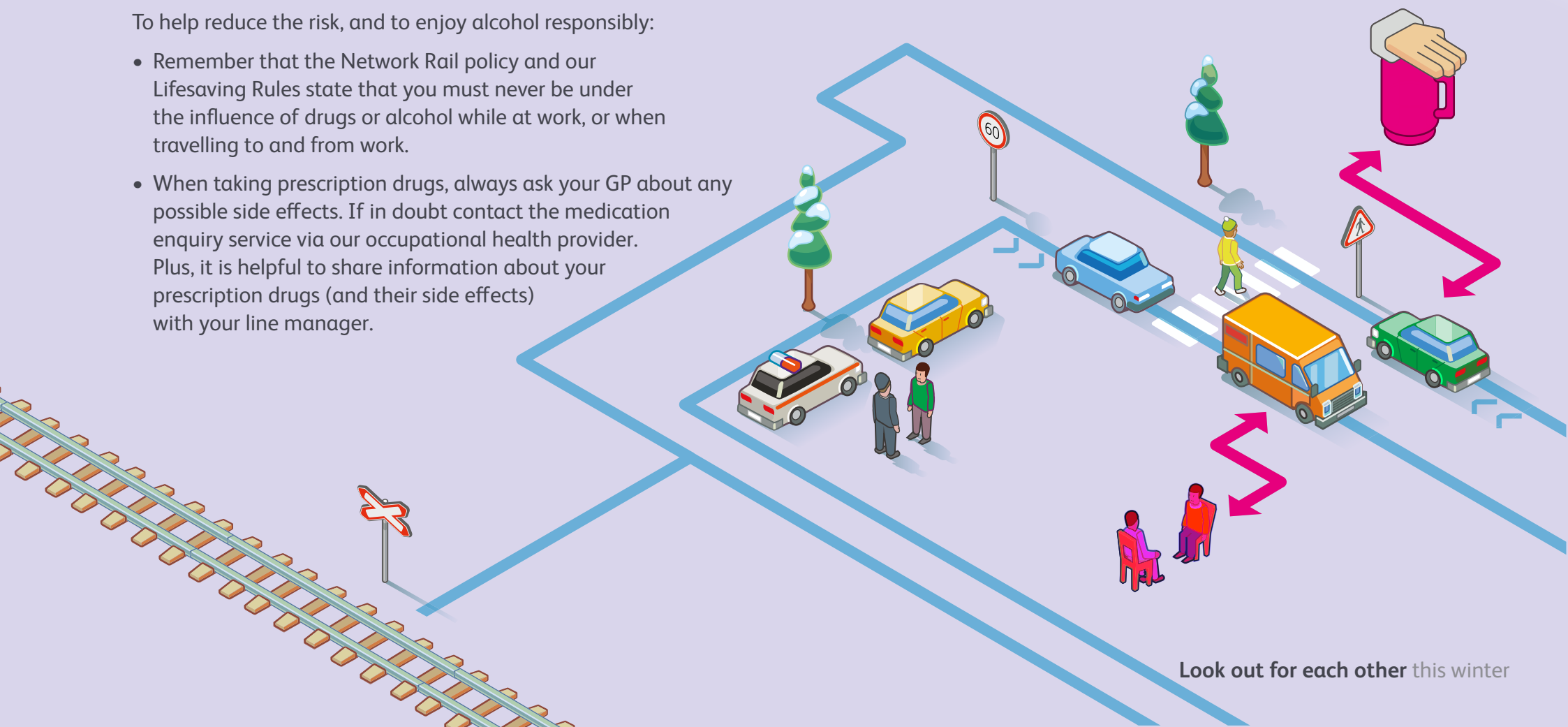
Safety tips

To help reduce the risk, and to enjoy alcohol responsibly:

- Remember that the Network Rail policy and our Lifesaving Rules state that you must never be under the influence of drugs or alcohol while at work, or when travelling to and from work.
- When taking prescription drugs, always ask your GP about any possible side effects. If in doubt contact the medication enquiry service via our occupational health provider. Plus, it is helpful to share information about your prescription drugs (and their side effects) with your line manager.

Did you know?

Network Rail's alcohol limit is one third of the England and Wales drink drive limit.



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Mental wellbeing



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Talk about mental wellbeing

There is often an increase in people feeling low in the winter season. This could be due to post-holiday blues, or something like Seasonal Affective Disorder (SAD) – a condition that is related to depression.

It is important that we are all aware of each other's moods and behaviour. The earlier you talk about how you are feeling, and access the right support, it can help you to remain safe and healthy at work.

Wellbeing tips

To help maintain mental health and wellbeing in the workplace:

- If you notice a change in the mood or behaviour of the people you work with, ask them how they are and if they would like to talk about it.
- If you are feeling low or depressed, speak to someone – a friend, family member, colleague or GP.
- Visit the Health and Wellbeing Portal at safety.networkrail.co.uk

Did you know?

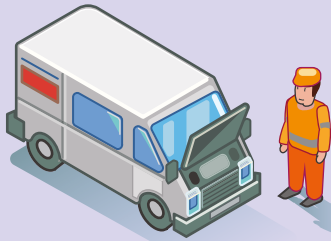
Seasonal Affective Disorder is currently estimated to affect up to 2 million people in the UK.*



*Source: nhs.co.uk

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