

Task Control Sheet

Unloading ballast from Sidetipper or
Autoballaster

TCS No: TCS005
Issue: 1

Key Risks !

- Working on or near the line
- Electrocutation
- Manual Handling
- Slips, Trips & Falls
- Train derailment
- Ballast Dust
- Entrapment

Personnel Involved

E&P	
S&T	
Track	✓
Operators	✓
Property	

Tools / Equipment

Hand Tools

Head / Hand Torches (if required)

Plant / Engineering Train

Engineering Trains

Key Risks	Controls	Implemented By
Electrocutation (DC areas)	<ul style="list-style-type: none"> • In areas equipped with 3rd or 4th rail DC electrified conductor rail equipment (CRE), the CRE on line(s) on which the ballast delivery is taking place and all adjacent line(s) within 4 metres of the line(s) on which the rail is being delivered/recovered shall be ISOLATED. 	COSS / SWL / Team leader / operators
Electrocutation (AC Areas)	<ul style="list-style-type: none"> • In areas equipped with AC electrified overhead line equipment (OLE) there is no requirement to ISOLATE the OLE for the normal operation of ballast delivery. • Operators shall not work above wagon floor level. 	COSS / SWL / Team leader / operators
Struck by train	<ul style="list-style-type: none"> • All staff shall access the track in accordance with their duties and in accordance with all modules of the Railway Group Standard GE/RT8000 Rule Book. • Authorised walking routes shall be used where available. • Only access and egress the track through authorised access point. • All COSS / SWL shall provide a site specific briefing on all hazards, the Safe Work Pack (SWP), including the position of safety, lines open to traffic, the line speed and access to and from the worksite. • Wear Hi visibility clothing at all times in accordance with the Network Rail Personal Protective Equipment Policy. • When walking to and from worksites face oncoming traffic where possible. • Always maintain the safe distance from the running lines. • Do not walk in the 4 foot or on the sleeper ends. • ES shall confirm that prior to them starting work the Train Driver receives an appropriate safety brief for their role and activities within the worksite. 	ES/ Train Crew / Planner / COSS / SWL / Staff / PICOP ES / SWL
Train Derailment	<ul style="list-style-type: none"> • When emptying ballast from train clear communication shall be established and maintained between the train crew and the ES • Clear instruction shall be established between the ES and the staff emptying ballast to do so in a controlled manner. • Doors shall be closed and locked before running over S&C. 	ES / Train crew
Hand Tools	<ul style="list-style-type: none"> • All tools shall be checked and inspected so they are in good condition prior to use. • The tools being used shall be correct for the task. 	ES / Train Crew
Manual Handling	<ul style="list-style-type: none"> • All staff shall be trained and informed in manual handling techniques. • Apply pressure to the door releases in a controlled manner (no jerky movements). • Manual handling risk assessments shall be carried out for all manual 	All staff / ES / POM

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	<p>handling activities.</p> <ul style="list-style-type: none"> •When hopper doors are found to be jammed seek assistance, if unable to release doors report to ES/POM. •Gloves shall be worn. 	
Slips, Trips & falls from train	<ul style="list-style-type: none"> •Three points of contact shall be maintained with wagon steps /handrail. •Sound footings shall be achieved when accessing and alighting the wagons. Do not let go of the handrail until footing is assured. •Train shall be completely stopped before accessing or alighting. •Be aware of distance from bottom step to ground and suitability of the point of alighting e.g. catch pit embankment area etc. •Associated risks of staff supervising the drop on site. 	All staff
Loose ballast	<ul style="list-style-type: none"> • Remove loose ballast from train before sending off site, as detailed in the Rule Book. 	Team leader / staff
Noise	<ul style="list-style-type: none"> •Correct use of the authorised PPE, including approved and appropriate hearing protection. •Observation of the agreed exclusion zone. 	All staff
Working in tunnels	<ul style="list-style-type: none"> •All worksites shall be provided with temporary or permanent lighting. •All employees shall be provided with personal lighting e.g. torch or headlamp when working in darkness or tunnels. •The COSS shall brief all staff on the hazards of working in darkness / tunnels and check that appropriate controls are in place. 	All staff / COSS
Sun	<ul style="list-style-type: none"> •Protect skin from sun rays with lightweight clothing & sun blocker. •Drink water / fluid to prevent de-hydration. 	Line manager / Team leader / staff
Visibility	<ul style="list-style-type: none"> •Do not start work if visibility on site does not provide appropriate waring time for a safe system of work. •In fog / mist leave the worksite in a safe condition and move to a position of safety. 	Line manager / Team leader / staff
Cold	<ul style="list-style-type: none"> •Warm clothing shall be worn underneath high visibility PPE. •Drink warm / hot drinks on breaks where possible. 	Line manager / Team leader / staff
Wet	<ul style="list-style-type: none"> •Wet weather high visibility clothing shall be worn. •Suitable protective footwear shall be worn. 	Line manager / Team leader / staff
Lack of welfare facilities	<ul style="list-style-type: none"> •Welfare facilities shall be considered in the work planning stage and provided as and when required. •Welfare app displays the nearest welfare facilities. 	Line manager / planner
Ballast Dust	<ul style="list-style-type: none"> •A Risk Assessment shall be undertaken to establish what PPE is required. 	COSS/ Machine Operator/Driver
Entrapment	<ul style="list-style-type: none"> •Exclusion zones shall be maintained at all times. 	All

PPE Required by NR / Maintenance Policy

 <p>Wear Head Protection</p>	 <p>Wear Foot Protection</p>	 <p>Wear Hi Visibility Clothing</p>	 <p>Wear Safety glasses to BS EN166.F</p>
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Additional PPE Required by Task Risk Control Sheet



Wear Hand Protection suitable for the task



Wear hearing protection



Wear Face fitted FFP3 or RPE

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