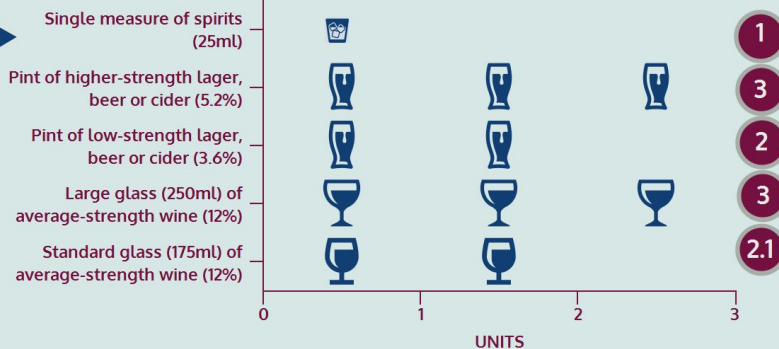


GO SAFE – DRUGS & ALCOHOL

Know your units!

Myth

Prescription drugs are safe - you can't get addicted to them.



Know your limit!

Men



should not regularly drink more than 3-4 units of alcohol a day

Women



should not regularly drink more than 2-3 units of alcohol a day

The current UK drink driving limit is 35mg of alcohol per 100ml of breath. The Network Rail alcohol limit is 13mg of alcohol per 100ml of breath - considerably lower!

(NHS recommendations. "Regularly" means drinking these amounts every day or on most days of the week)

The guideline for the legal UK drink-drive limit is three to four units for men, and three for women. However, this is not an exact science and you will know your limits better than anyone else. So if after one you feel tipsy, then it's better to be safe than sorry and stay out of the car.

Prescription / Over the Counter medication



Individuals on medication of 'over-the-counter' drugs should inform their employer. Some drugs can affect performance and ability to work and can show as positive results when testing is undertaken.

These include some brands of Anti depressants, Cold and flu remedies, Hay fever remedies and other anti-histamines, Painkillers, Sleeping pills, and Tranquillisers.



Myth

Coffee and a cold shower will sober you up

Short-term effects

On average, it takes about one hour for your body to break down one unit of alcohol. However, this can vary, depending on:

- your weight
- whether you're male or female
- your age
- how quickly or slowly your body turns food into energy (your metabolism)
- how much food you have eaten
- the type and strength of the alcohol
- whether you're taking medication and, if so, what type

It can also take longer if your liver isn't working normally.

This means that if you drive the day after an evening of drinking, you could be over the legal alcohol limit!



If you drink a large (250ml) glass of wine, your body could take about three hours to break down the alcohol, depending on factors.

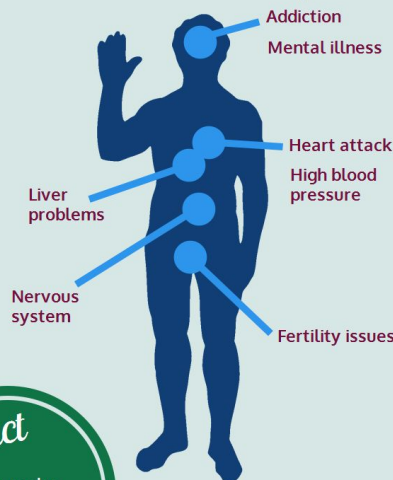


If you drink one pint of beer, your body takes about two hours to break it down.

One pint of strong lager is equivalent to three units, so this will take longer.

If you have a few drinks during a night out, it can take many hours for the alcohol to leave your body. The alcohol could still be in your blood the next day.

Long-term effects



Some drugs are more addictive than others and some people get addicted more easily. Some drugs can trigger underlying mental health problems and make existing ones worse.

Health problems associated with heavy drinking include, liver problems, reduced fertility, high blood pressure, increased risk of various cancers and heart attack. The effects of alcohol on your health will depend on how much you drink. The more you drink, the greater the health risks.

It is possible to die of a drugs overdose from over stimulating the heart and nervous system, which can lead to a heart attack. Drugs affect how your brain works, so regular use can make concentration and learning very difficult. Frequent use can have a negative effect on your fertility.

Fact

The only cure is time!

Myth

Natural drugs are safer than synthetic ones.

In the workplace

BAD DECISIONS

Alcohol and drugs can cloud judgement or slow reaction times which could lead to an individual harming themselves or others.

You must:

- Arrive at work free from the effects of alcohol and drugs.
- Safety critical workers e.g. Railway PTS trained staff must agree to take a random drugs and alcohol test if asked.
- Seek appropriate medical advice about any drug and alcohol related problem you think may be developing.
- Inform the Health and Safety Manager if you are taking prescribed medication which could affect your behaviour or might have health and safety implications.

The use of illegal drugs and the misuse of alcohol can put individuals, work colleagues and sites at risk: As an individual you are expected to be responsible for taking care of yourselves and others.

RECKLESS BEHAVIOUR

Alcohol and drugs can also make the user feel invincible, putting themselves or others at risk of injury.

You must not:

- Commence work if you are under the influence of drugs or alcohol.
- Come to work in an unfit state as a result of consuming alcohol.
- Stop an agreed course of treatment for an alcohol or drugs related problem without good reason.
- Possess or supply any illegal drug in the workplace.
- Drive company vehicles whilst under the influence of alcohol or drugs.

Getting help

If you think you might have or may be developing a drugs or alcohol dependency issue ask for help immediately. Tell your Line Manager or Health & Safety Manager who will deal with your issues confidentially and can arrange to support you through a rehabilitation programme.

If you don't ask for help and subsequently fail a drugs or alcohol test, your dependency cannot be taken into account and we will not be able to provide you with support.

Remember it will be too late if:

- You are involved in an accident or incident
- You fail a drugs and/or alcohol test

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Drugs - The facts

Different drugs (including alcohol and tobacco) act on different areas of the brain and alter its chemical balance. It's these changes that cause the feelings and sensations people get when they take drugs.



The effect of drugs varies from substance to substance and it is not possible to say exactly how a particular drug will affect someone. Drugs can be more harmful for young people because their bodies and brains are still developing.

The same drug can also have very different effects at different times, depending on its purity (which can vary a lot) and the person's mood, health, circumstances and surroundings.

Different types of drugs are grouped by their main effects and fall into three categories:

Drug group	Drug
Stimulants (uppers)	Cocaine Speed
Depressants (downers)	Alcohol Heroin
Hallucinogens	Cannabis LSD Magic Mushrooms

BURIED SERVICES



We undertake site investigations which penetrate ground which often contains buried services. Records of the locations and depths of such services are often limited, misleading or not available at all.

Excavations and drilling of any scale in the vicinity of such services poses a significant health and safety risk to the workers involved, the services themselves and to the facilities served. Their disruption is costly and dangerous so it is vital that procedures taken ensure that they are not damaged and that they do not themselves cause damage, injury or death.



10 Typically there are over 10 strikes of electrical services every year in the UK which cause major injuries.



20 There are over 20 injuries classed as "7+ day injuries" caused by service strikes that result in the injured person being away from work, or unable to do the full range of their normal duties for more than 7 consecutive working days.



50 There are over 50 fires or explosions caused by service strikes reported each year.

THINK!

PLAN the work before starting:



CONFIRM location of services and trial holes



CHECK all equipment, including calibration status.



CHECK competencies and training of all those involved.



EVALUATE the significance of the findings for the works.

ASK for information:



CONFIRM receipt of original drawings from statutory undertakers, not just composite plans.



CHECK for local knowledge.



CHECK that all team members are briefed.

ASSESS!



CHECK for services using a Cable Avoidance Tool (C.A.T.) and generator



MARK up utilities clearly



TRACE visible evidence of cables and pipes, such as access chambers and boxes and reinstated trenches and correlate with records and other findings.

GO!

Excavate using safe digging practices:



TOOLS: use insulated tools and do not use forks, picks or bars.



Cut and dig to the side of known services, not on top.



WEAR the correct Personal Protective Equipment (PPE)



Continual CAT scanning as excavation proceeds.



No breaking out of cables buried in concrete.



Follow the PERMIT TO DIG process.



More information:

HSG47 Avoiding danger from underground services (Health and Safety executive) - www.hse.gov.uk/pubns/priced/hsg47.pdf

If you do not have current certificates to confirm competence, ask your manager about C.A.T. & Genny training courses!

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LOOK OUT BELOW

**DIG SAFE
DRILL SAFE**



TELEPHONE LINES

GAS MAINS

ELECTRICITY CABLES

WATER MAINS

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**ALWAYS WEAR
THE CORRECT
PPE**



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rig checks

Be aware of overhead services and if required agree positioning of rig with statutory undertakers.

cable percussive drilling rig

- perceived risks:**
- manual handling
 - working at height
 - entrapment
 - head strikes
 - stability e.g. rig toppling
 - noise from percussive driving
 - overloading e.g. of the winch resulting in cable snap
 - impact by drilling tools
 - slips, trips and falls
 - fuel/oil leaks

Check that legs and cross-bar are set up correctly and are level to minimise toppling risk.

It is recommended that non-rig operatives DO NOT step within ~10m of the drilling rig when operational.

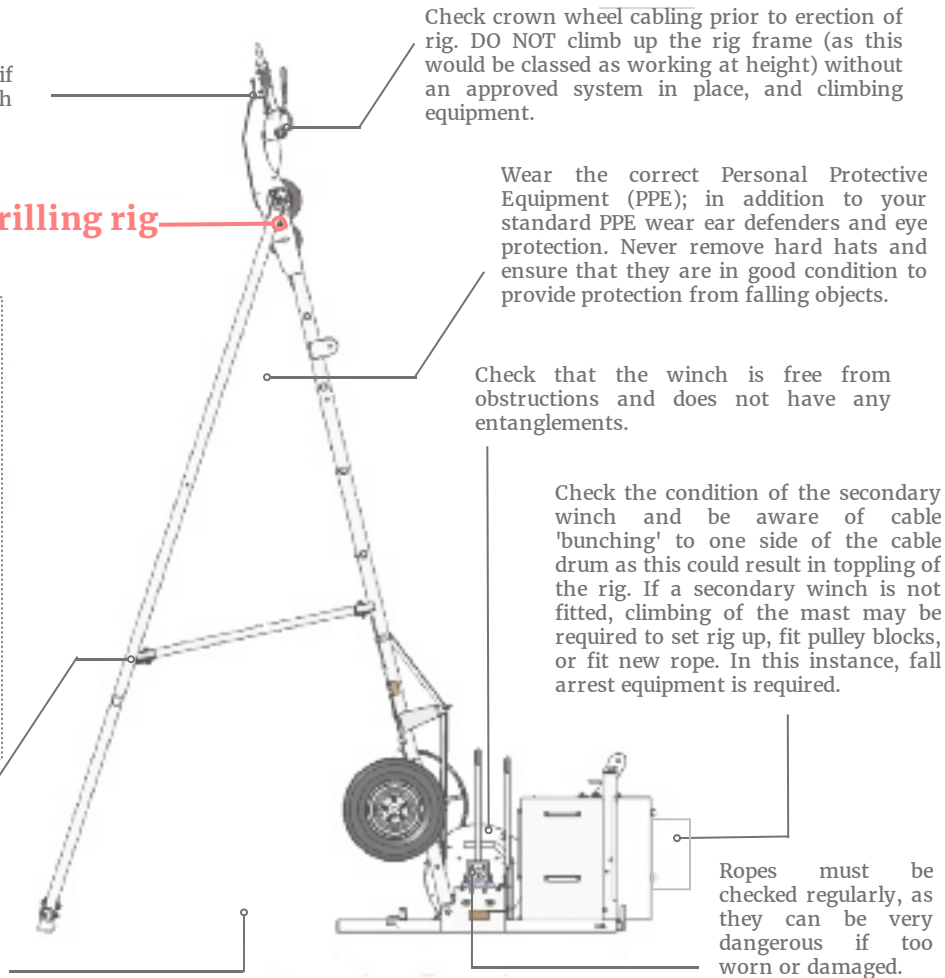


Image: Dando 200 MK2 Cable Percussive drilling rig, courtesy of Dando Drilling International.

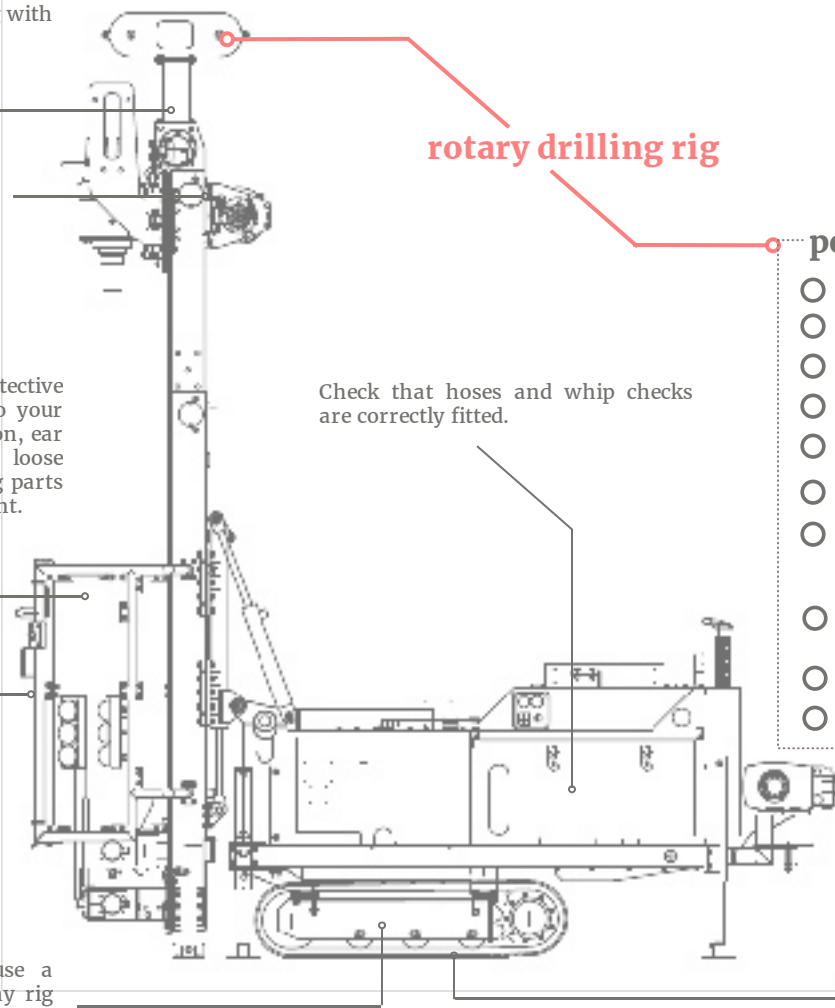
Be aware of overhead services and if required agree positioning of rig with statutory undertakers.

Chains must be checked regularly, as they can be very dangerous if too worn or damaged.

Wear the correct Personal Protective Equipment (PPE); in addition to your standard PPE wear eye protection, ear defenders and avoid wearing loose clothing in proximity to moving parts to reduce the risk of entanglement.

Check guarding is in good repair and in working order.

It's recommended to use a Banksman to control any rig movements.



- perceived risks:**
- high pressure systems
 - maneuverability
 - entrapment
 - entanglement
 - manual handling
 - noise from rotary driving
 - mast height; toppling risk and proximity to overhead services
 - flying debris due to air/mist flush
 - slips, trips and falls
 - fuel/oil leaks

Ensure tracks are unobstructed at all times.

Image: Comacchio GEO 205 rotary drilling rig, courtesy of Comacchio SRL

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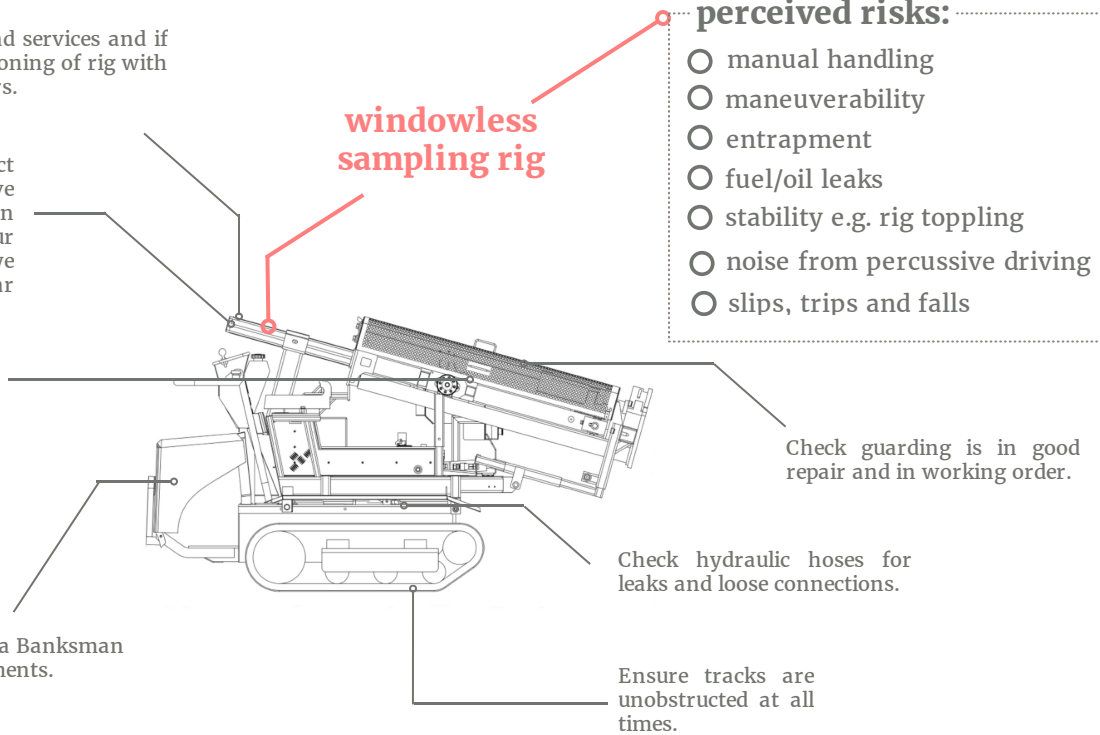


Image: Dando Terrier tracked windowless sampling rig, courtesy of Dando Drilling International.

Site investigation drilling technologies are not a new concept. Archaeologists have found evidence of drilling tools used by the Song Dynasty in China from 960AD - 1279AD to drill wells for salt.

The industrial revolution of the 18th and 19th centuries heralded significant advancements in mining and metallurgy, and with it came innovations in mechanical drilling such as rotary drilling, as well as the demand for them.

Most of today's percussive and rotary drilling rigs use the same techniques developed over a hundred years ago, but with significant health and safety enhancements such as secondary winches, interlocking guarding, emergency stops, chalywn valves, spark arrestors and pressure gauges.

The one factor that remains difficult to control is the human one!

U.K. legislation:

LOLER; The Lifting Operations and Lifting Equipment Regulations 1998

PUWER; The Provision and Use of Work Equipment Regulations 1998

Further details can be obtained from GOV.UK's legislation webpages:

www.legislation.gov.uk/

Geotechnics Ltd documents:

Point Of Work Risk Assessment (POWRA)

RIG CHECKLIST SHEETS; we provide separate sheets for each type of drilling technique.

Safe Working Procedures (SWPs) for each activity.

TRAINING; We train our engineers in Site Supervision and the various drilling techniques.

GO SAFE

With thanks to the following for their contribution:

DANDO DRILLING INTERNATIONAL
www.dando.co.uk/

COMACCHIO DRILLING HI-TECH
www.comacchio-industries.it/en/

JKS BOYLES
www.jksboyles.co.uk/

MACKLINGeotech

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SLIPS, TRIPS & FALLS

In 2013/14 slips and trips were the most common cause of major/specified injuries to employees, with falls from height the next most common.

57%

OF ALL MAJOR / SPECIFIED INJURIES ARE CAUSED BY SLIPS, TRIPS AND FALLS.

Falls from height were the most common causes of fatalities, accounting for nearly three in ten (29%) fatal injuries to workers.

29%



HSE RIDDOR statistics 2013-14

The latest estimates from the Labour Force Survey (LFS3) emphasise the significant impact of slips, trips and falls on the British economy:



A combined estimated number of working days lost per year:

1.5 MILLION

WHAT TO DO:



Be aware of your surroundings

Clean up waste materials and clean up spills immediately



Don't leave tools, equipment and materials lying around - store them correctly!

Consider cable routes and if possible route them overhead



Use handrails where provided



Ensure sufficient lighting is provided to all areas of the site

Wear the correct footwear and keep your boots as clean as possible. Don't spread the mud around!



On rail sites always walk on the ballast and step over rails ballast-to-ballast



Concentrate! Watch where you're walking and don't use mobile phones whilst walking!

REMEMBER! Always report any slip or trip hazards you notice immediately!

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DON'T SLIP, FALL OR TRIP



WATCH WHERE
YOU'RE GOING, AND
KEEP A GOOD GRIP

GO SAFE

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