

The Highways Safety Hub Team would like to wish everyone a Merry Christmas, Happy Holiday and Happy New Year

It's easy to get overwhelmed and exhausted at this time of year, but it IS possible to navigate through Christmas and New Year without falling victim to stress, illness or accidents around the home.

It has not been the easiest of years for all of us but relax, don your Christmas jumpers and follow these simple steps to experience an enjoyable Christmas:



- 🎄 **Plan ahead** - write lists, plan timings and make sure everything is organised (on paper, at least!).
- 🎄 **Clear your desk** – we know that not everyone will be able to take time off work over the festive period, so if you do have a few days away from the office, then try to enjoy a break from work demands – set your Out of Office and Voicemail and enjoy a day or two without emails
- 🎄 **Delegate** – don't forget, you can't do everything and others shouldn't expect you to – get everyone involved and ask for help if you need it
- 🎄 **Take time out** – make sure you take time to rest, recover and enjoy the holidays
- 🎄 **Focus on you** – try to do something just for you; read a book, find a quiet corner to take time out or just a walk outside can lift your spirits
- 🎄 **Avoid accidents in the home** – don't take chances with your safety. Slow down and don't cut corners when it comes to kitchen safety, heights or home electronics.

Let's also remember that, for some, Christmas can be a difficult time and even more so in the current pandemic situation. There are a number of organisations who can provide support over the festive period, including Mind, whose website is full of wellbeing tips and the NHS Moodzone.

A good News Story to Begin this Month's Issue

Positive intervention by a Traffic Management operative on the M62/J10-12 Smart Motorway Project

Lewis Williams, a TM operative for Chevron TM, is pictured (right) after receiving his BMJV SHEQ award

Lewis's story is that in the early hours of Sunday 22 November 2020, he assisted a member of public who was in real distress and was wanting to end his life.

After seeing a man in distress, Lewis approached and invited him to sit in his works vehicle where it was warmer, and so that they could talk.

After several minutes of having a conversation with the man about the situation that was making him feel like he did, Lewis managed to calm him down. Lewis recalls that changing the conversation to take the man's mind off the situation, caused the man to stop crying.

It turned out that the man used to work in traffic management and so the two of them had something in common.

Lewis continued talking to the man and keeping him relaxed until the police arrived. A police officer then talked to the man for several minutes, before taking him from the scene to a Hospital local to the project, for further assessment, help and assistance.



Thank you from the Project Team – Lewis You are a Star!

Ultra-low carbon concrete" has been used on a motorway project in the UK for the first time.

The repair job on behalf of M25 operator Connect Plus M25, produced 77% less CO₂ emissions than using regular concrete would have done.

The Cemfree mix had been used on smaller projects since 2016 before it was applied on a section of the M25 at the Woodford West Viaduct, in East London.



A team from Jackson, concrete supplier DB Group and Axtell scaled up the use of Cemfree using a volumetric mixer or mobile concrete batching plant.

The truck-mounted volumetric mixer was used instead of a conventional fixed batching plant which would have been installed next to the motorway with higher costs and reduced environmental benefits.

Jackson highways director Paul Watson said: "Our work has proven that we're able to supply the low-carbon material at no extra cost, and without having to place a large order with a ready-mix supplier, which makes the material far more accessible to use on the M25.

"We hope this marks a turning point on the M25, and the wider highways sector for using low carbon alternatives."

Cemfree is made without Ordinary Portland Cement (OPC), a core component of conventional concrete whose production emits around 8% to 10% of the world's greenhouse gases.

"Cemfree removes the need for OPC completely using 95% ground-granulated blast-furnace slag and a 5% alkali activator instead," Watson said. "The CO₂ value of Cemfree is 114 kg/tonne, 77% lower than conventional mixes."

He added: "It's widely acknowledged that the construction sector is often slow to adopt new materials or try new ways of doing things.

"The challenge with introducing Cemfree is raising enough awareness of the benefits, and sharing best practice widely, to encourage others to try the material on their projects."

Giving Something to the Community

The Project Director together with some of the Westwood Roundabout & Technology Team and Highways England's Emma White spent the morning of Saturday 7th November helping to transform an unloved and under used space within a local community into a beautiful pocket park which can now valuably contribute to the longer term regeneration of the area.



The Withington Ward area is one of the three most densely populated wards within Manchester with an abundance of public space and no green spaces within the immediate area. The poor design of the original space had resulted in an over dominance of unsightly tarmac paths and little in the way of seasonal colour, planting, habitat/nature encouragement, children's play or well-conceived seating. The area had been primarily used as a pedestrian shortcut which suffered from anti-social behaviour and littering.

The re-model and re-invigoration of Parsonage Pocket Park will now help to address several different needs of this local community and is already being utilised by them.

Thank you to everyone that contributed especially those that gave up some of their weekend to get involved in this project. You all did a wonderful job and it was great to see such team spirit during these difficult times. A special thanks to Rowlawn for providing the turf free of charge and Jewson's Civils Frazer and Minister for kindly contributing.

Raising the Bar Checklist

This will help check compliance with the guidance by highlighting significant elements. A link is posted below that will direct you to the Highways Safety Hub website where there are also a lot of interesting items.

<https://www.gov.uk/government/collections/health-and-safety-for-major-road-schemes-raising-the-bar-initiative>

Also consider joining the Twitter group which gives out lots of useful information regarding changes and uploads including the latest safety alerts.

https://twitter.com/highwaysafety2?ref_src=twsrc%5Etfw

Working and driving safely over the winter period

Points to remember whilst working

Take extra care in periods of low lighting (early morning, late afternoon, poor weather conditions) and ensure that task lighting is available

Look after your own safety and that of others around you - stay alert and concentrate on the job in hand

Take particular care when lifting or handling materials and equipment, especially in cold and inclement weather. A third of all accidents in construction involve manual handling

Remember that the wearing of hand protection and light eye protection is mandatory. In cold conditions, appropriate gloves will help to improve circulation and reduce manual handling injuries

Use the correct tools and equipment for the job and check they are fit for use

Review your risk assessment and method statement and ensure you comply with them at all times. If the task changes, stop and reassess – consider the weather / ground conditions

Make sure you wear appropriate clothing, keep warm and stay alert.

Remember: Working in bad weather conditions can affect your decision making.

Points to remember whilst driving:

Driving in winter can present us with extreme weather and dangerous road conditions. This may mean we are faced with increased hazards such as reduced daylight, heavy rainfall, high winds, low dazzling dawn and dusk sun and cold weather with fog, snow and ice.

Before setting off on your journey, check weather updates and think, do you **really** need to drive?

If travel is unavoidable during bad weather, allow extra time to get to your destination or try and wait until conditions improve. Even after roads have been treated via snow clearing or gritting, it's still possible you could encounter slippery spots, so driving with care will reduce the risks to you, other motorists and pedestrians.

Driving Essentials

Check lights are clean and working

Fully charged battery

Top up screen wash

Check tyres and ensure adequate tread and pressures

Check brakes are functioning correctly

Clean windscreen, check condition of wiper blades and replace if





Things to pack:



Water



Warm clothes



Ice scraper



Snow shovel



Torch



Blankets



Boots



De-icer







Food



Fully charged mobile phone (and car charger)

Things to be aware of:

-  **In snow and ice**, drivers should **stick to the main roads** where they can and only travel if really necessary.
-  **In high winds**, there's a particular risk to lorries, caravans and motorbikes, so drivers should **slow down and avoid using exposed sections of road** if possible.
-  **In heavy rain**, drivers should **keep well back** from the vehicle in front, gradually ease off the accelerator if the steering becomes unresponsive, **and slow down** if the rain and spray from vehicles makes it difficult to see and be seen.
-  **In fog**, drivers should **switch on their fog lights** and not use lights on full beam as the fog will reflect the light back. If you really cannot see, you should consider stopping in a safe place until conditions improve.

A Reminder of the No Time to Lose Campaign

A resource to help workers protect themselves from dangerous diesel engine exhaust emissions (DEEEs) was launched by the Institution of Occupational Safety and Health's (IOSH) No Time to Lose campaign.

DEEEs can cause lung cancer, asthma and chronic obstructive pulmonary disease. Worldwide at least 38,000 people a year die from excess diesel vehicle nitrogen oxide emissions.



IOSH's No Time to Lose campaign aims to raise awareness of occupational cancer globally and help businesses take action by providing free practical resources. As part of the campaign, it provided a pocket card for workers with information on how to prevent exposure to DEEEs.

The card advises people working with or around diesel-powered equipment or vehicles to turn off engines if not needed, use tailpipe exhaust extraction systems, use workplace air extraction, wear a mask, and get trained.

It also advises people who drive for work, such as couriers, truck or taxi drivers to close the windows in their vehicle. Studies have found that [1]ventilation settings in vehicles can reduce exposure by up to 75%, and [2]switching from open windows to closed windows and recirculated air in a car can lead to a reduction of 32% of dangerous black carbon particulate exposure in DEEEs.

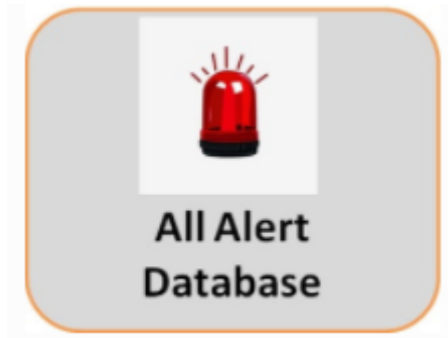
Since the campaign was launched in 2014, around 118,000 resources have been downloaded from the website, 23,000 campaign packs have been distributed to businesses and occupational safety and health professionals, and campaign messages published by the media have reached an audience of over 83 million.

More than 365 organisations from 40 countries are supporting the campaign have agreed to raise awareness of occupational cancer, 130 leading businesses have signed up to the pledge to manage carcinogens in the workplace, and No Time to Lose ambassadors have presented the campaign at more than 250 events worldwide to around 18,000 delegates.

IOSH has also commissioned new research in this area to fill significant gaps in knowledge. It is funding researchers from King's College London to explore the impact of diesel emissions and black carbon on the health of professional drivers.

To find out more about IOSH No Time to Lose campaign and how you can get involved, visit www.notimetolose.org.uk.

Source: notimetolose.org



Safety Alert Database - All Alerts

Safety alerts etc. index listing – Issue 07 (31 Oct 2020)

This database contains **1912no.** document entries, including SHEQ alerts, bulletins, learning, best practice, guidance and other docs, produced onto an Excel File, that provides links to each document.

Although containing messages that cover S, H, E and Q topics, for ease of reference the database is titled **“Safety alerts etc. index listing”**.

To use the database download the excel spreadsheet to your desktop, enable editing and then use sorting columns to find the information you need.

Please ensure your firewall allows access to Google Drive to view linked alert documents.

How to access

- The latest “Safety alerts etc. index listing”, has been posted on the Highways safety hub web site, nested in the alerts tab page; <http://www.highwaysafetyhub.com/all-alerts-database.html>
- It can be used by opening the Excel File copy held on the web site, or by opening after saving a copy onto your own PC.
- To access individual documents from the links in column “G”, users will need internet access – All documents have been uploaded onto the index listing from a Google Drive account