

Personal Track Safety

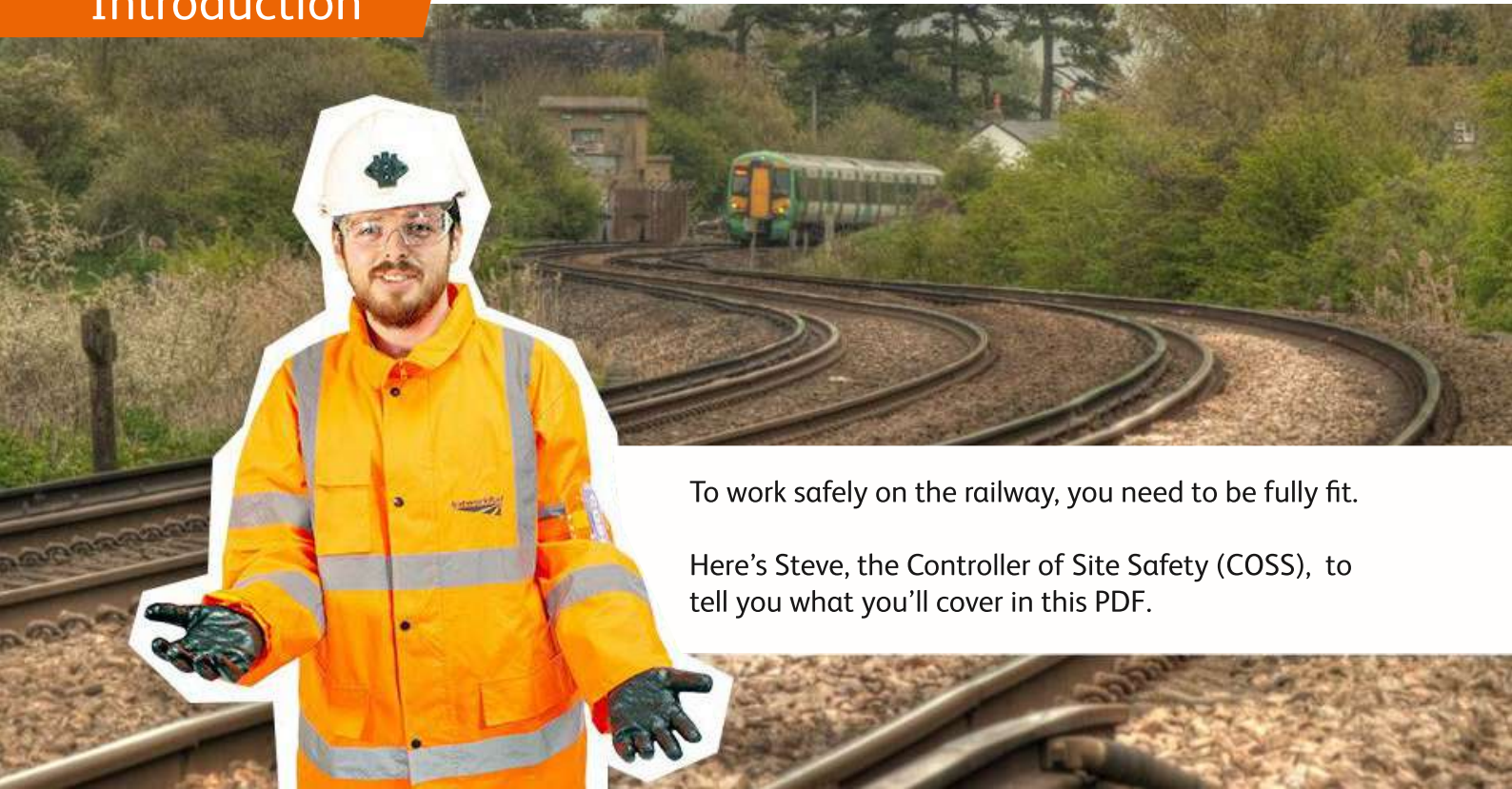


03

Fit for work?

Fit to work?

Introduction



To work safely on the railway, you need to be fully fit.

Here's Steve, the Controller of Site Safety (COSS), to tell you what you'll cover in this PDF.

“ In this section, you'll find out what you need to do to make sure you're at your best when out on track. Our work isn't easy and one little mistake can be fatal. You need to be paying attention all the time, and you can only do that if you're fit and well.

That's why we're required to have regular medical assessments. We also need to be aware of other things that could affect our fitness and our safety.

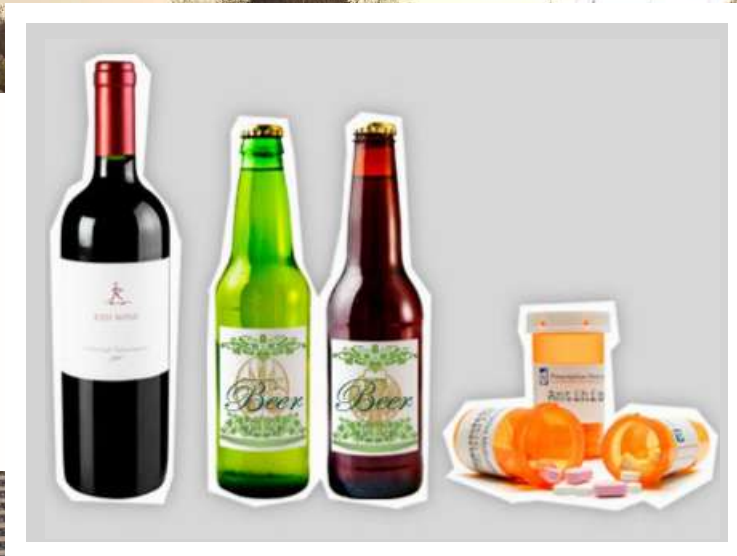
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Fit for work?

Drugs and alcohol

You won't be surprised to be told that you must not drink alcohol, take illegal drugs or misuse legal drugs while you're actually on duty.

But Network Rail's Drugs and Alcohol policy goes further than that.



Network Rail has a zero tolerance policy on the misuse of drugs and alcohol. Our limit on alcohol is 29mg alcohol per 100ml of blood – much stricter than the drink-drive limit of 80mg per 100ml.

You are responsible for managing your lifestyle and ensuring that when you report for duty you are fit and able to work and not in contravention of the Drugs and Alcohol Policy in any way.

How does it work?

Because our work is so safety critical, our alcohol limit is much lower than the drink-drive limit. We often take random tests and will arrange for you to be tested if we suspect you are under the influence of drugs or alcohol.

It's your responsibility to manage your lifestyle and ensure that you are always fit for duty when booking on. This includes not having any alcohol in the last 12 hours or having taken any illegal substance. Some drugs remain in your system for a long time after having been taken, and their effects can take a long time to wear off. So, if you're taking medication (prescribed or over the counter) you must tell your COSS or Safe Work Leader.

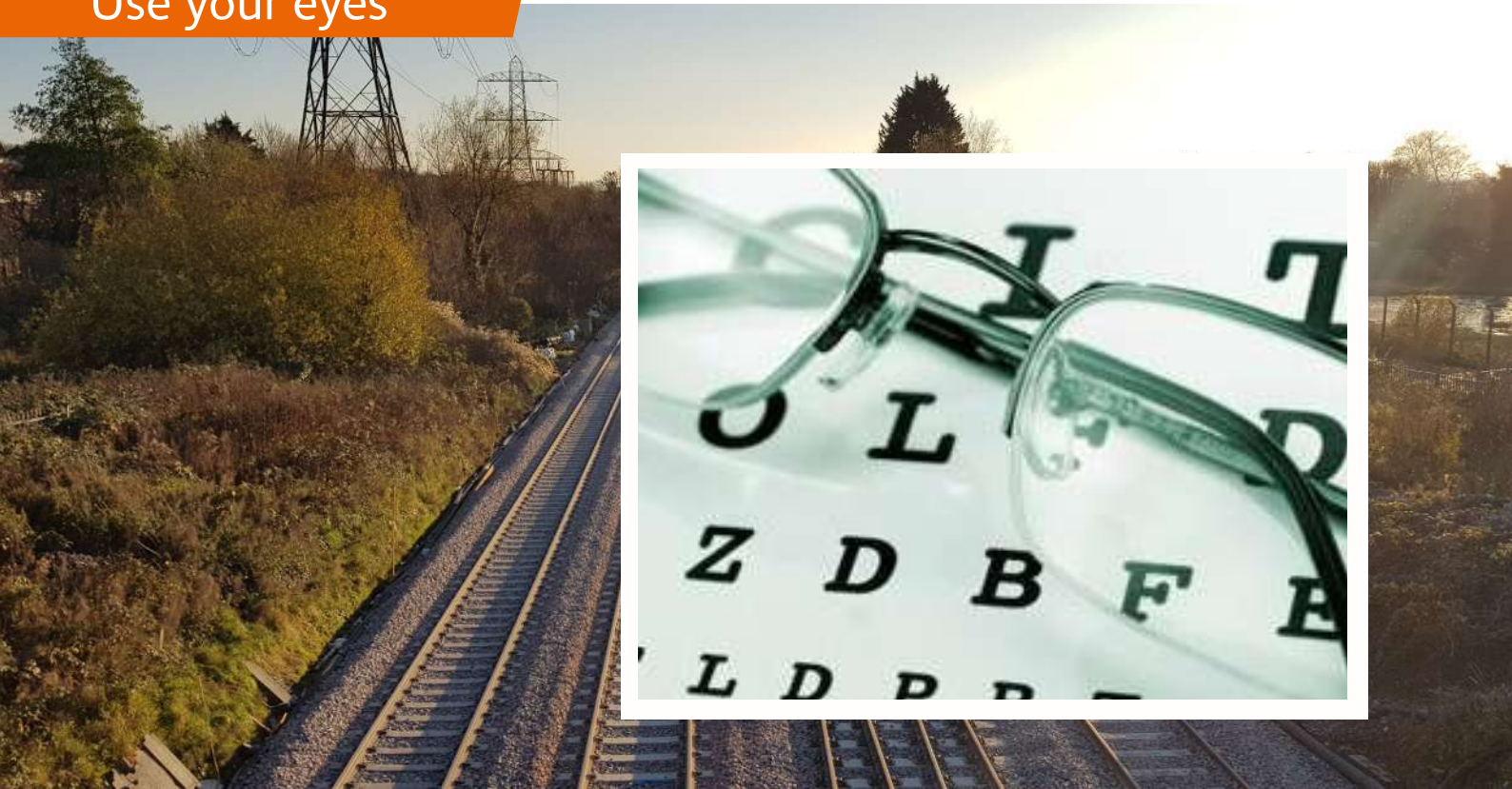
What happens if I break the policy?

Any failure of a drug and alcohol test will mean immediate dismissal and you will not be permitted to work on the railway for a minimum of five years.

You can find out more about our policy on drugs and alcohol on the Safety Central website.

Fit for work?

Use your eyes



In every group working on the railway, a person in charge or Safe Work Leader makes sure there is a system set up for you to work safely. But you must always take care of yourself and be observant for any hazards that may be present.

If you can't see clearly, you can't work safely.

Everyone working on the railway is required to have regular eye examinations and must always wear eye protection when on track – These can be worn over contact lenses. However, if you normally wear prescription glasses, you will either need to be issued with prescription safety glasses, or suitable eye protection that can be worn over your existing glasses.

Sometimes your activity will require you to wear a specific type of eye protection rather than your usual safety glasses.

You should discuss any concerns you have with your person in charge.

Fit for work?

Fighting fatigue

Fatigue is another factor that can prevent you from working safely.
Why do railway workers suffer from fatigue?



It might just be **lack of sleep**.

Most people on average require a minimum of 7 to 8 hours sleep within any 24-hour period.

So, if you're on duty at 06:00 you should be asleep before midnight .



Changing shifts can disturb your sleep patterns.

You need to be aware of this and know how to manage it.



Railway work is physically demanding in **weather**.

But if you're working in wind, rain, snow or a heat wave, it can be exhausting.

Fit for work?

Work/life balance



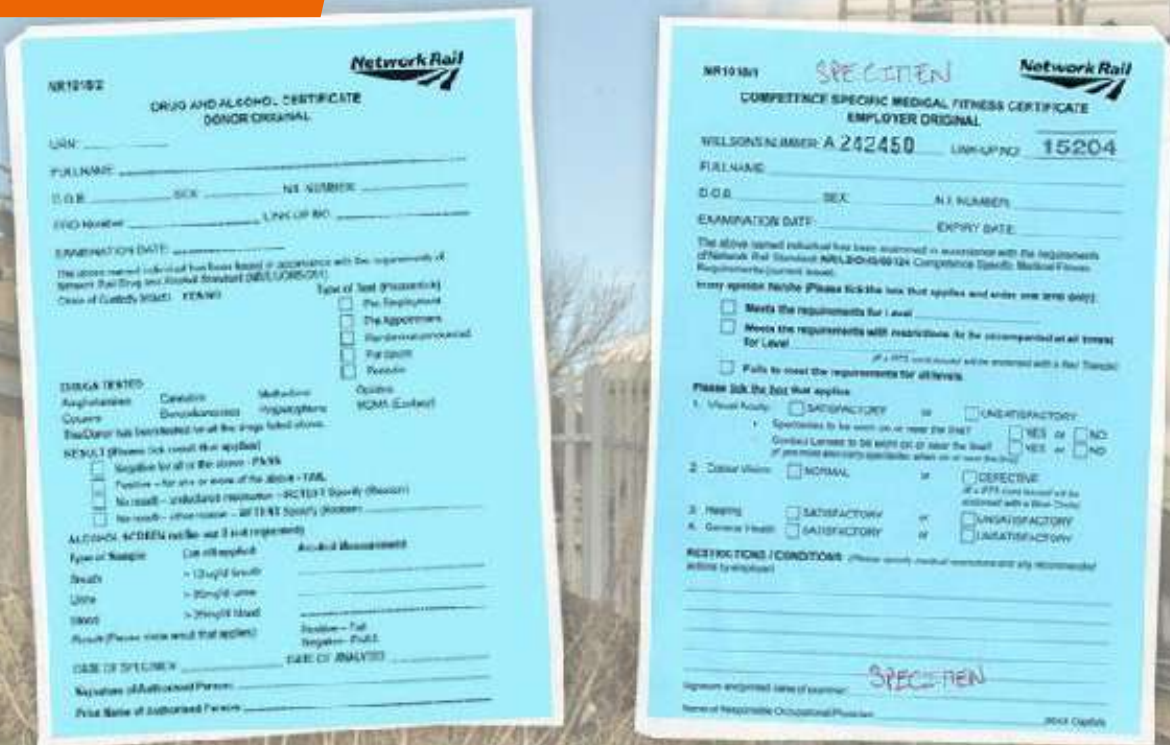
You saw earlier how fatigue could affect your performance. Managing fatigue is one part of managing your **work/life balance**.

If you find shift work disrupts your sleep patterns, work with your manager to space out your shifts so that you have time to adapt. It might help to prepare by going to bed a bit earlier each night before you start your new shift.

If you know you're not fit to work – **don't** work. Inform your manager so that they can make proper arrangements. That will make life much easier - and safer - for everybody.

Fit for work?

Work/life balance



To work on the railway, you need to provide these two certificates.

The **Medical fitness certificate** checks off the following points:

- Eyesight (including whether or not you're required to wear glasses or lenses on or near the line)
- Colour vision
- Hearing
- General health.

The **Drugs and Alcohol certificate** is used to confirm that your blood is free of alcohol and illegal drugs on the day of the test.

The certificate shows:

- the type of sample tested
- the substances you have been tested for
- your alcohol levels.

Fit for work?

Summary



That's the end of this PDF.

Here's Steve with a quick recap.

“

I hope you're now clear about when you are and when you're not fit for work – particularly in relation to use of medication, alcohol or drugs.

And remember, if you're suffering from fatigue, or too ill to work, you must say so. You might feel you're causing inconvenience or delay. But think how much worse it would be if you caused an accident or hurt yourself.

Always use your judgement and keep your COSS or Safe Work Leader and manager informed.

That's the end of this part of the Personal Track Safety (PTS) learning. Please read the other PDFs or e-learning topics in this course before you take the online Assessment.

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