

Richard Hill
Fleet Safety & Improvement Manager



Together We can
 Save millions
 of lives.



**DECADE OF ACTION FOR
 ROAD SAFETY 2011-2020**

www.decadeofaction.org

The Company

VolkerRail Ltd, provides a wide range of contracting services to the railway industry in the UK and Ireland with a mixed fleet of approximately 400 vehicles. VolkerRail have implemented a holistic approach to work-related road safety and are committed to continuous improvement, aiming to implement the new ISO 39001 Road Traffic Safety management system standard when available.

VolkerRail recognises the need to engage with employees and promotes the road safety message beyond the workplace.

“Let’s win the hearts and minds of all employees to ensure a safe return home”

VolkerRail

Helping to steer Managers and Drivers in the right direction

The 'Hearts and Minds' approach to fleet safety

The image is a composite. The top portion shows a highway with several safety signs: 'Drugs and alcohol awareness', 'Summer Driving', 'AIM', and 'Eco-Safe driving' with the subtext 'How to reduce your carbon footprint'. The bottom portion shows a car's dashboard with a steering wheel. A circular diagram with eight blue arrows points to various safety strategies: 'Promote honesty', 'Safe driving pledge', 'Driver health medicals', 'Management training', 'Risk assess and develop', 'Review and learn', 'Monitor performance', and 'Promote honesty' (repeated at the top). A 'fleetsafetyforum AWARDS FOR EXCELLENCE winner' logo is in the bottom right corner of the dashboard area.



Let's win the hearts and minds of all employees to ensure a safe return home.



- Driving licence checks
- Safe driving pledge & behavioural agreement
- Risk assessment and appropriate categories included on permit to drive
- On road familiarisation

VolkerRail

SAFE DRIVING PLEDGE AND BEHAVIOURAL AGREEMENT

VolkerRail is committed to reducing and managing occupational road risk and the risk to other road users whilst driving on company business. This Safe Driving Pledge and Behavioural Agreement is a requirement of all company drivers and is a proactive measure to improve Road Safety.

The issue of a safe driver's handbook and a driving permit to authorised drivers is only part of our commitment to improve and maintain our high standard of driving performance.

It is VolkerRail's duty to ensure all company related driving is safe, legal and authorised. Consequently we employ an agency (Intelligent Data Systems) authorised by the DVLA to assist the company in a programme of driving licence audits. Enclosed with this agreement is a mandate to complete to give your consent to obtaining information held by the DVLA database. Please return the completed mandate together with this safe driving pledge and behavioural agreement to HR. Both documents together with copies of your photocard & licence should be returned to HR.

Road Vehicle Driving Permit

Serial No. 2523

Issued to: Andrew Adlesee

Driving Licence No.: DRIVE7648373SAFELY

Emp ID.: 007

Valid Until: 11/04/2022

Remember, you are representing the company whilst driving on behalf of VolkerRail LTD. Drive safely and responsibly. We all 'Drive to Arrive'.

To report driving incidents call VRCG - 01724 578399

VolkerRail

Cars

Small Vans (Ford Connects)

Large Vans (< 3.5T)

Crew Bus/Minibus (Up to 8 seats)

Minibus (Up to 17 seats)

7.5T (3.5T to 7.5T)

LGV (More than 7.5T)

RRV >7.5T (LHD Wiring Train)

Conditions:

1. This permit must be carried whilst driving VolkerRail vehicles.
2. The holder shall only drive VolkerRail vehicles authorised above.
3. This permit is only valid until the date shown overleaf
4. This permit is the property of VolkerRail and must be returned on request.
5. The holder must adhere to all rules of the Safe Drivers Handbook

Issued by VolkerRail, Carolina Court, Lakeside, Doncaster, South Yorkshire, DN4 5RA, England



- Eyesight checks
- Drivers occupational health checks
- Wellbeing education
- External advice on medication (on-call chemist)

Fatigue management

Fatigue is one of the leading underlying causes of injury in the workplace and at home.

Overriding a vehicle, driving or not sleeping well for long periods may be a sign of fatigue. It is a state of tiredness in which you are unable to think clearly and react quickly. It is a state of tiredness in which you are unable to think clearly and react quickly.

It's not just the amount or quality of physical work that will be affected. Your concentration, alertness and coordination will be affected and your response time will be slower.

VolkerRail recognizes the symptoms of fatigue, including slow reaction times, loss of concentration, and loss of alertness. It is important to recognize the signs of fatigue and take steps to manage it. This includes taking regular breaks, staying hydrated, and getting enough sleep.

The table below gives a high-level overview of the symptoms and signs of fatigue and the steps you can take to manage it.

Warning level	Lower level of fatigue	Higher level of fatigue
Low	• Difficulty concentrating • Slower reaction times • Increased risk of errors	• Irritability • Difficulty making decisions • Loss of alertness • Increased risk of accidents
Moderate	• Difficulty concentrating • Slower reaction times • Increased risk of errors	• Irritability • Difficulty making decisions • Loss of alertness • Increased risk of accidents
High	• Difficulty concentrating • Slower reaction times • Increased risk of errors	• Irritability • Difficulty making decisions • Loss of alertness • Increased risk of accidents

Occupational Health Safety and the Environment

More people become ill as a result of their work than are killed or injured in industrial accidents. Most diseases caused by work do not kill, but involve years of pain, suffering and discomfort, affecting quality of life.

VolkerRail will issue posters throughout the week outlining the main topics of occupational health and safety. For more information and advice please contact the HSE team.

Approximately 1 million people suffer a workplace injury each year.

Studies done in 2008 show 1.2 million people who had worked in those 12 months (11 million hours).

The Railway Industry reported 3850 instances of occupational ill health per 100,000 employees in a 12 period.

This was reported to:

- 3470 for all industries
- 3740 for the transport industry in general
- 3530 for transport drivers and operators
- 4800 in construction

Types of Illnesses to Health caused by work are:

- Noise
- Vibration
- Chemicals
- Exposure to temperature, pressure and humidity
- Stress
- Smells, strains and pains
- Tools, weapons and fumes
- Working conditions - Shiftwork
- Manual Handling

VolkerRail Driving Posture and Ergonomics

Good posture plays a key role in the prevention of back pain. However, any posture, no matter how good it is, could ultimately lead to discomfort. Therefore, it is important to establish your sitting position and take frequent breaks to help delay the onset of discomfort. Ergonomics and key aspects of the vehicle control system are important to prevent that the greater the number of adjustable features within a car, the greater the likelihood of achieving a good and comfortable posture.

Look for certain features in a car, for example:

SEATING

Generally a comfortable and supportive seat with:

- An independent height and tilt adjuster
- Electronic lumbar level controls. Ensure that the lumbar level mechanism is easy to use and positioned such that poor posture is not encouraged.
- Ensure the seat material does not create discomfort and that all parts of the body receive adequate support.

(a) WRONG (b) RIGHT

(a) Bad posture when driving

(b) Good posture when driving. Use cushions to experiment if you need a higher seat or support in the small of your back.

Correct posture when driving



- Manager workshops
- Telematic training (behavioural improvements)
- Accident investigation training
- Fleet safety policy explained
- Manager's attitudes can influence drivers behaviours



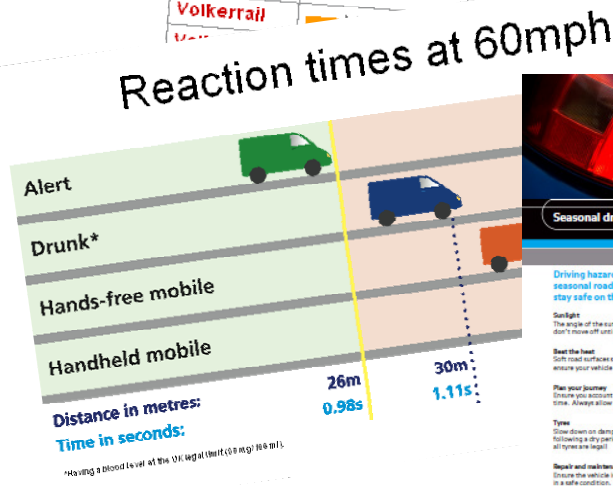
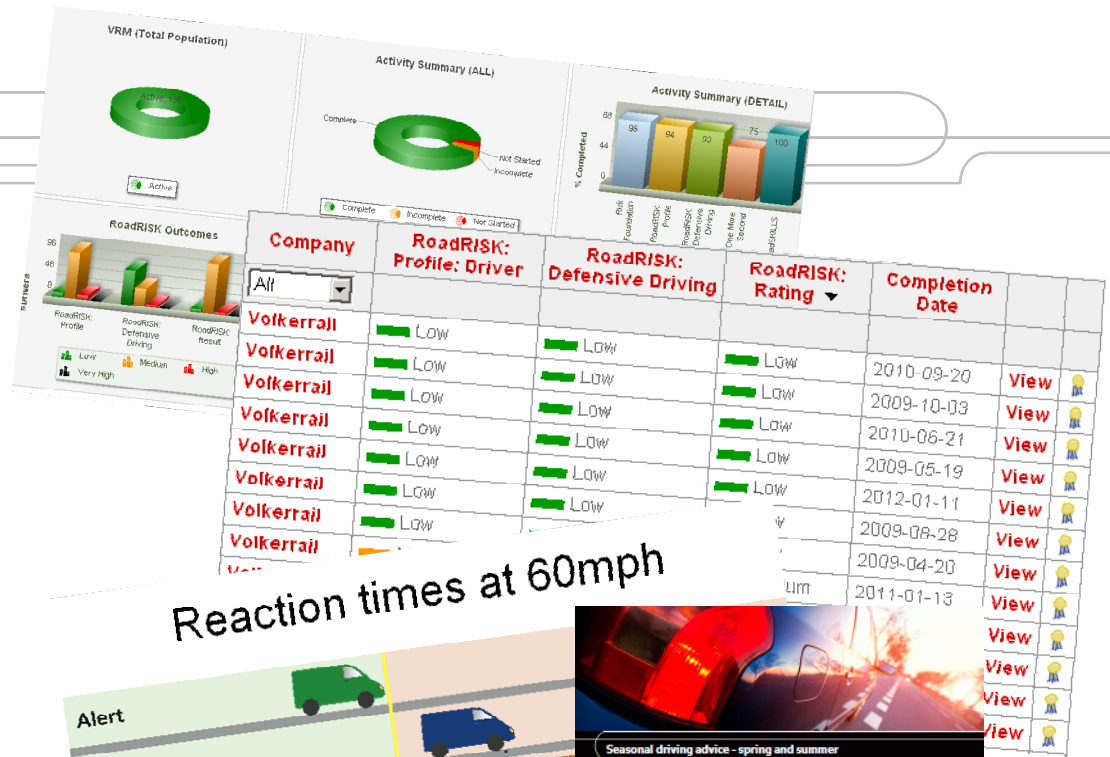
 A presentation slide for "Driving Observations The Key to Defensive Driving" presented by Richard Hill. It features the VolkerRail logo at the top left and the Fleet Safety Forum Awards for Excellence Winner logo at the top right. The slide includes the text:

- Driving Observations
- The Key to Defensive Driving
- Presented by Richard Hill

 At the bottom, there is a navigation bar with the text ">> Drive to Arrive Program >> Reducing Occupational Road Risk" and the VolkerWessels company logo.


Risk assess and develop

- On-line and on-road risk assessments and training
- Drivers workshops
- Campaign and educational posters, leaflets, news alerts etc
- Telematics to improve driver behaviours



Seasonal driving advice - spring and summer

Driving hazards change with each season. Please take care and drive to the seasonal road conditions. Here are some helpful tips and advice to help you stay safe on the road this summer.

Sunlight
The angle of the sun will frequently hinder your vision. Remember if you can't see due to low lying sun, don't move off until you are 100% confident.

Beat the heat
Soft road surfaces such as tarmac can overheat in hot weather so adjust your stopping distances accordingly. Also ensure your vehicle is well ventilated. Use air-conditioning or open a window to combat fatigue.

Plan your journey
Ensure you account for road works or bank holiday traffic especially when travelling long distances and at peak time. Always allow time for a rest break.

Tyres
Slow down on damp roads. Tyres can hydroplane on a layer of water and can cause you to lose control especially following a dry period. Remember rubber is the only part of the vehicle which is in contact with the road. Ensure all tyres are legal.

Repairs and maintenance
Ensure the vehicle is regularly serviced and has valid MOT. This will assist your vehicles reliability and ensure it is in a safe condition.

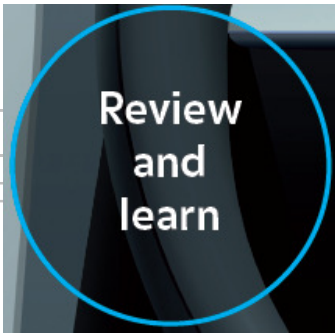
Keep extra water on board
Keep an extra vessel of water in your vehicle in case fluid levels need topping up. Also make sure you carry drinking water to keep yourself hydrated and cool.

Vision
Ensure you keep your windscreen and glass clean to reduce the risk of glare and maintain maximum vision.

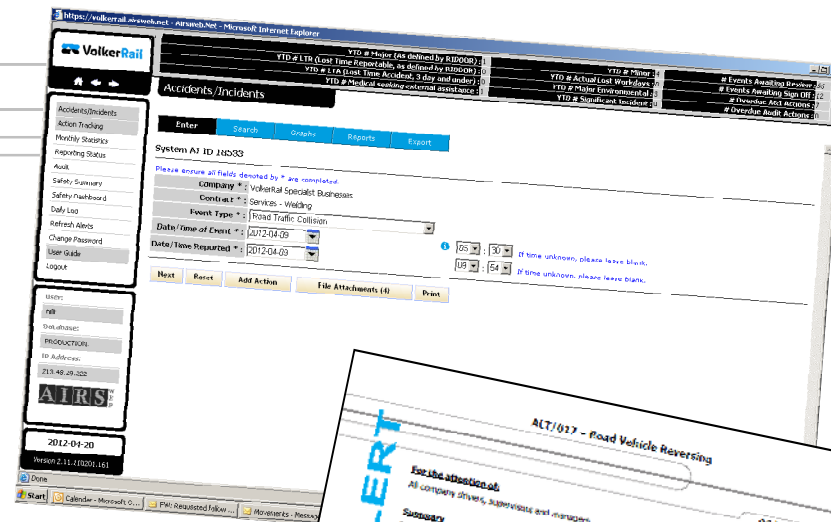
For further information or advice on road safety please contact Richard Wessels, fleet safety and improvement manager on 07460 102684 or richard.wessels@volker-rail.co.uk

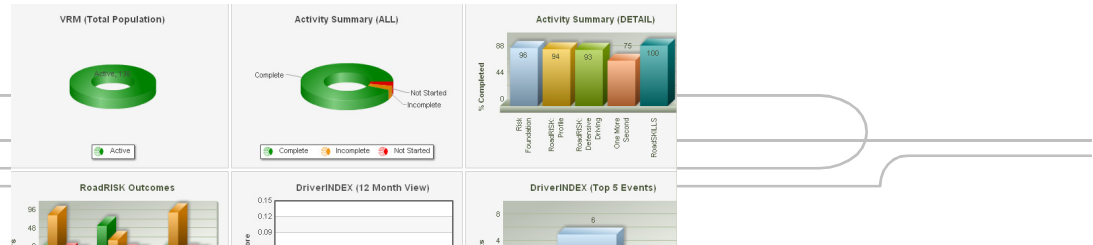
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AIM



- All incidents reported to control room
- All incidents are investigated
- Drivers risk assessed post incident and developed
- Processes reviewed, what went wrong beyond the driver? Underlying issues?
- Incident information shared with employees and stakeholders to prevent re-occurrence



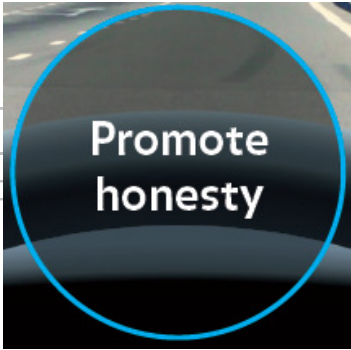


Company	RoadRISK: Profile: Driver	RoadRISK: Defensive Driving	RoadRISK: Rating	Completion Date		
All						
Volkerrail	Low	Low	Low	2010-09-20	View	
Volkerrail	Low	Low	Low	2009-10-03	View	
Volkerrail	Low	Low	Low	2010-06-21	View	
Volkerrail	Low	Low	Low	2009-05-19	View	
Volkerrail	Low	Low	Low	2012-01-11	View	
Volkerrail	Low	Low	Low	2009-08-28	View	
Volkerrail	Low	Low	Low	2009-04-20	View	
Volkerrail	Medium	Low	Medium	2011-01-13	View	
Volkerrail	Medium	Low	Medium	2011-11-21	View	
Volkerrail	Medium	Low	Medium			
Volkerrail	Medium	Low	Medium			
Volkerrail	Medium	Low	Medium			

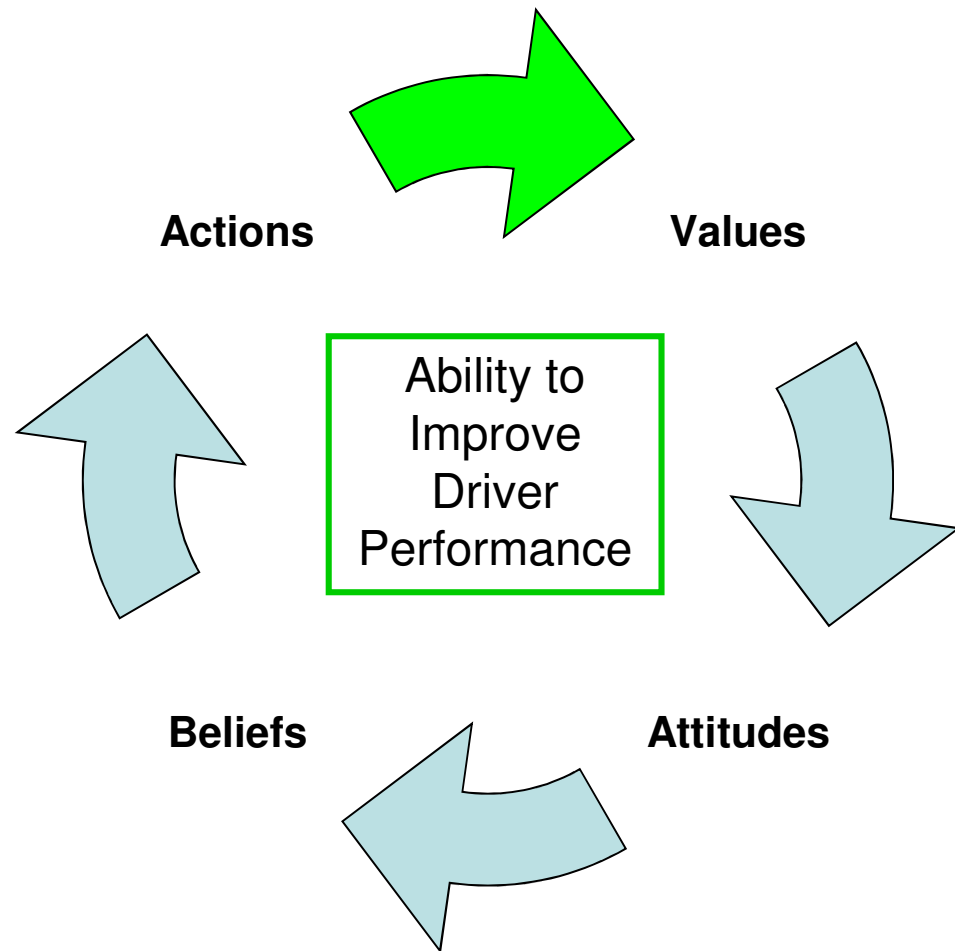
- Driver, Business & Company performance
- Performance reported through the company
- Processes/policy reviewed
- Processes audited
- Consistency of actions for incidents
 - risk assess & develop
- ISO 39001 Road Traffic Safety compliant
- Senior Management involvement with all performance to ensure support



Road traffic safety (RTS) management systems — Requirements with guidance for use

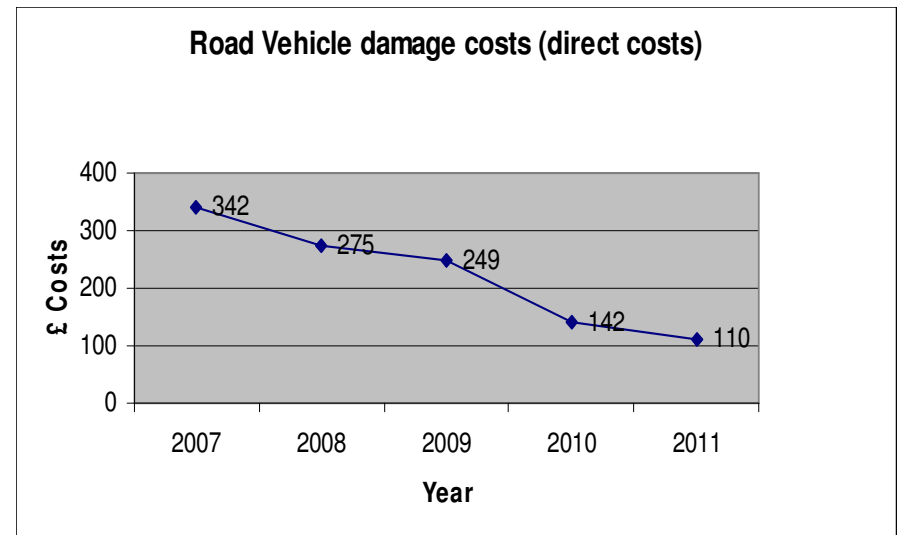
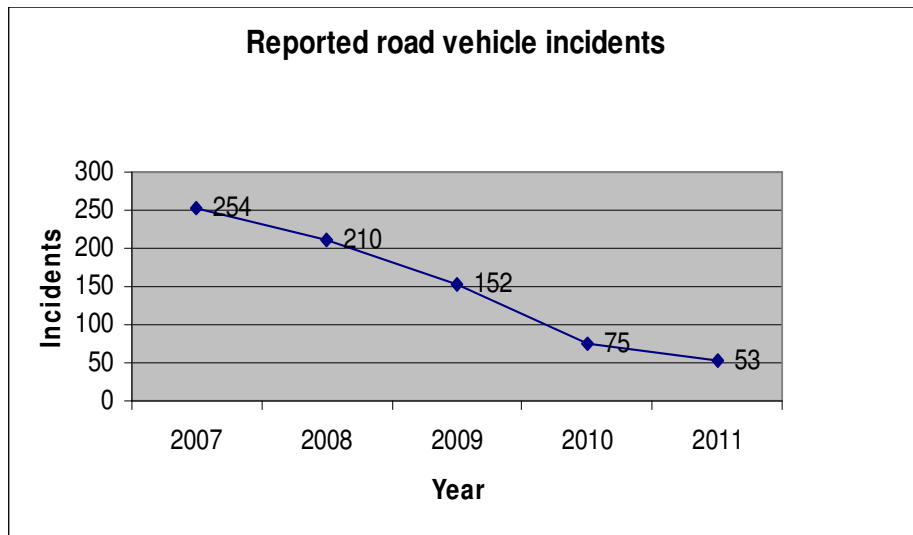


- Employees understand road safety processes and procedures
- Fair actions following incidents
- Processes transparent and clear
- Direct access to Fleet Safety & Improvement Manager
- All parts of the incident reviewed (not just the driver)



The holistic approach to work-related road safety has assisted to reduce company incidents numbers and costs significantly.

Zero injuries from road vehicle activity in 2011 !!



Thank you
Any questions ?



*Together we can
save millions
of lives.*



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