

ARTC FATAL & SEVERE RISK PROGRAM

LIFESAVING BEHAVIOURS

NO ONE IS HARMED AT WORK
OR ON OUR NETWORK



ARTC

ARTC



NO HARM

WE TAKE CARE.
WE LOOK OUT FOR EACH OTHER.
WE FIND SAFE WAYS.



NO HARM IS ABOUT MORE THAN BEING PHYSICALLY SAFE.
IT'S ALSO ABOUT TAKING RESPONSIBILITY FOR WHAT WE DO
AND HOW WE ACT IN THE COMMUNITY, IN THE CORRIDOR AND
AROUND THE OFFICE.

FATAL & SEVERE RISK PROGRAM

The ARTC Fatal & Severe Risks have been developed from the analysis of incident and industry data to address fatal and severe risk events on the ARTC Network.

WE WILL ALWAYS:

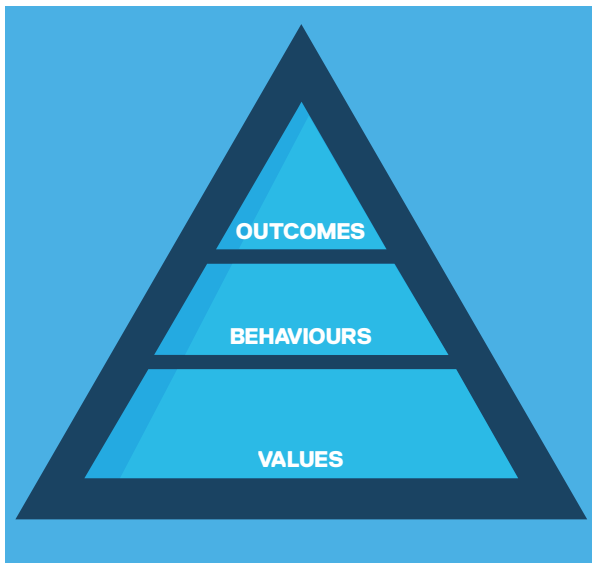
Present ourselves FIT FOR WORK, free from alcohol, drugs and are not fatigued.
WEAR the correct PPE for the task required.
Ensure we are TRAINED and COMPETENT for the task.
STOP work if the task cannot be performed safely.
STOP work when we see an UNSAFE ACT – take responsibility for our own safety and that of others.

STOP AND THINK

What am I about to do?
What can go wrong?
What can I do about it?

REPORT all HAZARDS and NEAR MISSES to

hv-sct@artc.com.au (Hunter Valley)
hazard@artc.com.au (Interstate Services)
safetymatters@artc.com.au (Support Divisions)



FATAL & SEVERE RISK

01

VEHICLE ACCIDENTS (INCL RRV)



LIFE SAVING BEHAVIOURS

**I WILL ALWAYS
BE FIT FOR
THE JOURNEY
AND DRIVE TO
THE CURRENT
CONDITIONS**



WHAT DOES FIT FOR THE JOURNEY MEAN?

- You are not impaired by medications, drugs, alcohol or fatigue.
- You are capable and licenced to drive and safely operate the vehicle.

WHAT DOES DRIVE TO CONDITIONS MEAN?

- Adjust driving to suit the environment in which you are to drive.
- Applies to public roads and non-public roads.
- Fog, rain, twilight, darkness, wildlife, pedestrians and traffic create hazardous conditions.

MANAGING RISKS - WHAT CAN YOU DO?

- Always plan your journey and breaks.
- Always wear a seat belt and do not use a mobile phone when driving
- Do not speed and always maintain safe braking distance between vehicles.
- Limit travel in darkness to essential work.
- Ensure loads are within vehicle rating, effectively secured and load distribution is correct.
- Do a pre-start inspection on the vehicle, including wheel nut indicators.
- Always secure the vehicle when not in use.
- Ensure access tracks are fit for use and ensure correct recovery equipment is carried.
- Identify and protect unsafe access tracks and report to your supervisor.

MANUAL HANDLING



LIFE SAVING BEHAVIOURS

I WILL ALWAYS LIFT AND WORK WITHIN MY OWN CAPABILITY AND IMMEDIATELY REPORT ANY SPRAIN OR STRAIN TO MY LEADER SO IT CAN BE MANAGED EFFECTIVELY



WHAT IS MANUAL HANDLING?

- Where you lift, lower, push, pull, carry or move an object.
- Can involve repetitive, sustained or sudden movements

MANAGING RISKS - WHAT CAN YOU DO?

- Get assistance from others when you need it.
- Use mechanical aids wherever possible.
- Always know and lift within your ability.
- Ensure you are trained in correct manual handling techniques.
- Always assess the risks of manual tasks.
- Ensure correct PPE is being worn for the task being undertaken.
- Ensure frequent rest breaks and job rotation to avoid repetitive injury.

FATAL & SEVERE RISK

03

STRUCK BY RAIL TRAFFIC



LIFE SAVING BEHAVIOURS

I WILL ALWAYS USE OR AUTHORISE THE SAFEST WORK ON TRACK AUTHORITY TO SUIT THE TASK BEING PERFORMED TO PROTECT THE WORK GROUP USING CLEAR AND CONCISE COMMUNICATION



WHAT IS A WORK ON TRACK AUTHORITY?

- A work on track authority is an authority granted by network control in order for your workgroup to perform work on track.
- Always use the safest work on track authority to suit your task.

MANAGING RISKS - WHAT CAN YOU DO?

- Ensure clear and concise communications are maintained with Network Control.
- Always ensure the location of the work group is clear and understood.
- Where necessary appropriate blocking facilities to protect the workgroup are in place.
- When using plant and machinery consider the risk to foul the adjacent line.
- Ensure you actively participate in the worksite protection plan briefing.
- Wear correct PPE and high visible clothing for the task.

RAIL TRAFFIC COLLISION



LIFE SAVING BEHAVIOURS

I WILL ALWAYS ENSURE THE CORRECT ROUTE IS PLANNED AND PRIORITISED CLEAR OF CONFLICTION USING CLEAR AND CONCISE COMMUNICATIONS



WHAT IS CLEAR OF CONFLICTION?

- A condition that is free of a collision with anything else occurring.

WHAT IS CLEAR & CONCISE COMMUNICATION?

- You understand what you need to communicate.
- You use a means to convey a brief message that is to the point and understood by the person you are communicating with.
- You stick to the point and keep it brief.

MANAGING RISKS - WHAT CAN YOU DO?

- Always ensure train movements are planned safely.
- Always communicate briefly and clearly and have the receiver repeat your message to confirm communications.
- Always use signalled routes where available.
- Always ensure Proceed Authorities are planned and prioritised.
- Always respond to equipment failures and warning alarms by initiating a timely response.
- Always ensure all rail traffic in the section is identified confirming the correct train in the right location.
- When using an un-signalled route confirm there is no conflicting rail traffic or set routes set and that points are set and locked for the intended.

FATAL & SEVERE RISK

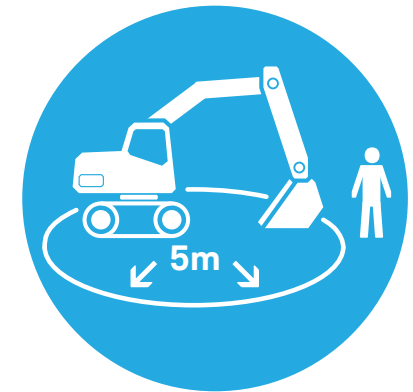
05

STRUCK BY MOBILE PLANT



LIFE SAVING BEHAVIOURS

I WILL ALWAYS STAY CLEAR OF MOBILE PLANT EXCLUSION ZONES UNLESS I HAVE BEEN AUTHORISED TO ENTER



WHAT IS A MOBILE PLANT EXCLUSION ZONE?

- The no go area surrounding operating mobile plant. (Minimum 5 metres).
- Should be identified by visible bollards or signage.

MANAGING RISKS - WHAT CAN YOU DO?

- Always ensure adequate supervision is provided where mobile plant is being used.
- Always establish and keep out of exclusion zones unless authorised to enter.
- Always maintain visual and verbal contact with the plant operator when authorised to be in the exclusion zone.
- Ensure you are competent and authorised to operate the specific mobile plant.
- Always complete pre-start inspections on the mobile plant ensuring mobile plant warning devices are working correctly.

FATAL & SEVERE RISK

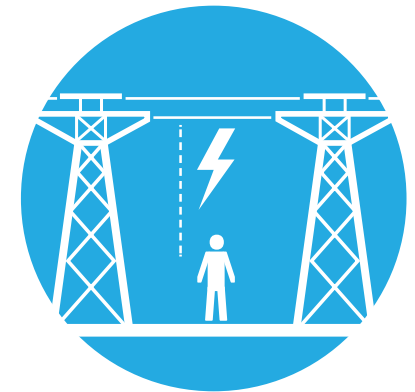
06

CONTACT WITH ELECTRICITY



LIFE SAVING BEHAVIOURS

I WILL ONLY WORK ON OR NEAR ELECTRICAL EQUIPMENT THAT HAS BEEN ISOLATED AND TESTED FOR DEAD UNLESS AUTHORISED



WHAT IS EXTRA LOW VOLTAGE?

- Does not exceed 50 volts alternating current (50 Vac) or 120 volts ripple-free direct current (120 V ripple-free dc)
- Found in some rail signal communications (level crossing signals)
- 120 volt ac signalling equipment is NOT extra low voltage.

MANAGING RISKS - WHAT CAN YOU DO?

- Always isolate and TEST for DEAD before you touch.
- Ensure you maintain safe approach distances to electrical services.
- Only competent and authorised workers are able to assess electrical risks and perform electrical work.
- Always identify the correct location of overhead and underground services.

FATAL & SEVERE RISK

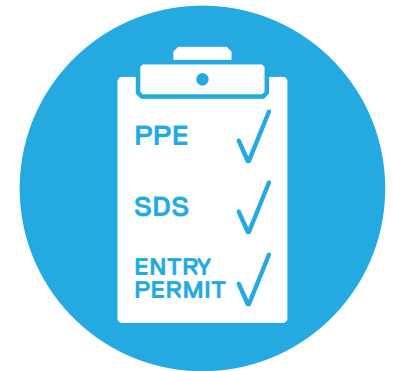
07



HAZARDOUS CHEMICALS, HOT MATERIALS AND CONFINED SPACES

LIFE SAVING BEHAVIOURS

**I WILL ALWAYS USE
THE CORRECT
PPE FOR THE TASK
AND COMPLY WITH
CONFINED SPACE
ENTRY PERMITS**



WHAT IS A CONFINED SPACE?

- Places that are usually not designed for people to work in.
- Have poor ventilation and hazardous atmospheres are common.
- Not always obvious to identify the hazards.

WHAT ARE HAZARDOUS CHEMICALS?

- A substance, mixture or article that can harm you.
- Can cause immediate and long term health effects.
- Exposure by inhaling, skin contact or ingestion.

WHAT ARE HOT MATERIALS?

- Materials that have been heated using an energy source.
- A result of welding, grinding or soldering activities.
- Can also include heated water in the kitchen.

MANAGING RISKS - WHAT CAN YOU DO?

- Always refer to the Safety Data Sheet and GHS labelling for safe use, handling and storage.
- Always use a confined space entry permit.
- Ensure you identify, select and use the correct PPE for the task.
- Always maintain adequate ventilation.

FATAL & SEVERE RISK

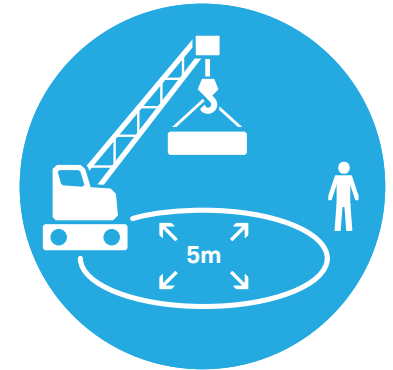
08

CRUSHED BY A CRANE OR LIFTED LOAD



LIFE SAVING BEHAVIOURS

I WILL ALWAYS STAY CLEAR OF POTENTIAL 'CRUSH ZONES' OR 'SUSPENDED LOADS'



WHAT IS A CRUSH ZONE?

- A position where you can be crushed by one or more moving objects.

WHAT IS A SUSPENDED LOAD?

- An object that is temporarily raised, lowered, moved and hangs above the ground.

MANAGING RISKS - WHAT CAN YOU DO?

- Always plan the lift and assess the risks.
- Only use plant that is designed to lift or suspend the load.
- Always establish and keep out of exclusion zones.
- Ensure you are competent to operate the lifting plant.
- Always conduct pre-start inspections on the lifting plant.
- Ensure you are competent to select, inspect and apply slinging techniques.
- Always ensure effective communication with plant operators.

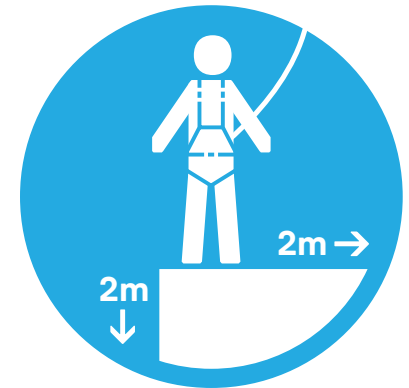


FALL FROM HEIGHT



LIFE SAVING BEHAVIOURS

**I WILL ALWAYS
USE ADEQUATE
PROTECTION
WHERE I CAN FALL
MORE THAN 2M
OR WITHIN 2M
OF AN EDGE**



WHAT IS ADEQUATE PROTECTION?

- Hard barrier between you and the fall.
- Hand rails and work platforms.
- Scaffolding and secured ladders.
- Barricades and delineation to restrict access to an edge.

MANAGING RISKS - WHAT CAN YOU DO?

- Inspect the workplace and assess the risks of falling.
- Wherever possible, work from the ground or from a solid construction.
- Ensure you identify and use adequate protection when working at heights.
- Ensure you are trained to work at heights.
- Ensure heights equipment is inspected before use.
- Always plan the work.

CONTRACTOR MANAGEMENT

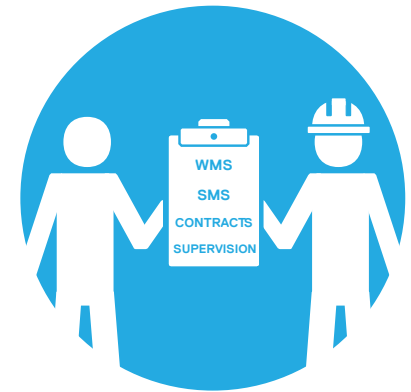
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WHAT WE EXPECT FROM OUR LEADERS



LIFE SAVING BEHAVIOURS

**I WILL ACTIVELY
MANAGE
CONTRACTORS I
AM RESPONSIBLE
FOR TO SAFELY
DELIVER WORK
AND COMPLY WITH
ARTC LIFE SAVING
BEHAVIOURS**



WHAT IS CONTRACTOR MANAGEMENT?

- The process to effectively manage work outsourced to a contractor.
- Requirement to ensure the contractor delivers what has been agreed.

MANAGING RISKS - WHAT CAN YOU DO?

- Contractors are always identified, selected and engaged to meet ARTC requirements.
- Ensure contractors are inducted and have the required competencies.
- Ensure adequate supervision is provided.
- Always consult with contractors to manage the risks.
- Ensure contractor work is performed to required specifications and meets ARTC standards.

FATAL & SEVERE RISK

SUMMARY

01 VEHICLE ACCIDENTS (INCLUDING RRV)

I will always be fit for the journey and drive to the current conditions



02 MANUAL HANDLING

I will always lift and work within my own capability and immediately report any sprain or strain to my leader so it can be managed effectively



03 STRUCK BY RAIL TRAFFIC

I will always use or authorise the safest work on track authority to suit the task being performed to protect the work group using clear and concise communication



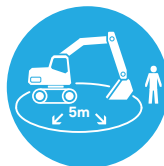
04 RAIL TRAFFIC COLLISION

I will always ensure the correct route is planned and prioritised clear of conflict using clear and concise communications



05 STRUCK BY MOBILE PLANT

I will always stay clear of mobile plant exclusion zones unless I have been authorised to enter



06 CONTACT WITH ELECTRICITY

I will only work on or near electrical equipment that has been isolated and tested for dead unless authorised



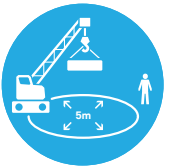
07 HAZARDOUS CHEMICALS, HOT MATERIALS AND CONFINED SPACES

I will always use the correct PPE for the task and comply with confined space entry permits



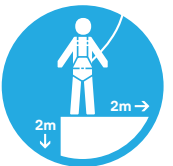
08 CRUSHED BY A CRANE OR LIFTED LOAD

I will always stay clear of potential 'crush zones' or 'suspended loads'



09 FALL FROM HEIGHT

I will always use adequate protection where I can fall more than 2m or within 2m of an edge



10 CONTRACTOR MANAGEMENT

I will actively manage contractors I am responsible for to safely deliver work and comply with at-risk life saving behaviours



FATAL & SEVERE RISK PROGRAM

REPORT ALL INCIDENTS, HAZARDS AND UNSAFE ACTS

(ref Safety Policy)

REPORT ALL NEAR MISS, INCIDENTS AND HAZARDS

(ref Near Miss / Incident / Hazard Report Form)

(Hunter Valley) Send completed form to hv-sct@artc.com.au

(Interstate Services) Send completed form to hazard@artc.com.au

(Support Divisions) Send completed form to safetymatters@artc.com.au

EMPLOYEE INJURY HOTLINE

1800 686 130

EMPLOYEE ASSISTANCE PROGRAM

1300 361 008

In our world, safety is everything. We care about people, environment and communities. It doesn't matter how big or small, doing things safely means doing things right. No one is harmed at work or on our network.

