



# ◀ STEPPING UP WEEK ▶



I'm Stepping Up,  
make sure YOU  
get involved!



Stepping Up Week will take place from 27 April to 1 May 2015. Find out how you can get involved by contacting your local 'Target Zero Leader' or email [██████████@crossrail.co.uk](mailto:██████████@crossrail.co.uk)

To find out more contact your **Target Zero Leader**

████████████████████



**MOVING HEALTH & SAFETY FORWARD**



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**MOVING HEALTH & SAFETY FORWARD**

# Target Zero and Stepping Up Week Implementation Plan

Contract No:

**EXAMPLE**

## Stepping Up Week 4 (27<sup>th</sup> April to 1<sup>st</sup> May)

### Monday

07:30 Opening Speech  
SOS briefing + Respect the Basics Golden Rule briefing.

07:30 Healthy breakfast smoothie

08:15-08:45 Stretch and Flex

08:00-16:00 Bike and rowing challenge

13:00-16:00 New CRL induction (office staff)

08:00 -16:00 Scaffold hazard spotting competition



### Tuesday

07:30 SOS briefing + Assess the Risks Golden Rule briefing.

07:30 Healthy breakfast pot

08:15-08:45 Stretch and Flex

10:00-15:00 Eyesight and hearing checks



### Wednesday

07:30 SOS briefing + Check the Site Golden Rule briefing.

07:30 Healthy breakfast fruit

08:30-09:30 Spill response training

12:30 – 13:00 Princes Trust success stories presentation

13:00-14:00 COSHH Awareness training

15:00-16:00 Noise awareness

14:00 PTSD briefing by veteran



### Thursday

07:30 SOS briefing + Follow Site Requirements Golden Rule briefing.

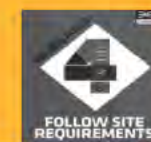
07:30 Healthy breakfast smoothie & Sugar free lollipop

08:00 -16:00 New CRL induction (site) 2 sessions across 2 days

11:30 – 14:00 British Heart Foundation interactive stand

0830 and 1400 Lifting Operations and incidents on Crossrail

14:30 T- Clarke Electrical Safety introduction



### Friday

07:30 SOS briefing + Support each other Golden Rule briefing.

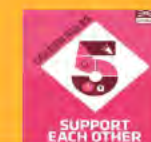
07:30 Healthy breakfast pot

08:00-09:00 CBS Consequence briefing

11:30 Samaritans interactive workshop

12:00 Gordons wagon – blind spots exercise

16:00 Closing Speech





# Stepping Up Week

## Opening Message (27<sup>th</sup> April 2015)



# AGENDA

- INTRODUCTION
  - OUR PERFORMANCE
  - TARGET ZERO
  - YOUR ROLE
  - STEPPING UP WEEK ACTIVITIES
- 
- A large yellow arrow pointing right, containing the agenda list. The arrow is set against a white background that is itself on a dark orange background. The arrow has a white outline and a white arrowhead.



**“NO-ONE  
IS SAFER THAN  
ANYONE ELSE.”**

# ◀ H&S PERFORMANCE UPDATE

◀ For more information on H&S Statistics visit:  
<http://www.crossrail.co.uk/sustainability/health-and-safety/>

**Lets look at how Target Zero  
and the Golden Rules have  
changed**





## Our principles



- We all have the right to go home unharmed every day.
- We believe that all harm is preventable.
- We must all work together to achieve this



RESPECT  
THE BASICS



ASSESS  
THE RISKS



CHECK  
THE SITE



FOLLOW THE  
REQUIREMENTS



SUPPORT  
EACH OTHER

**5 new behavioural  
based Golden Rules**



PEOPLE & PLANT



WORKING AT HEIGHT



LIFTING OPERATIONS



CONFINED SPACES



SPRAYED CONCRETE LINING

**9 common High Risk  
Activities**



BREAKING GROUND



ENERGISED SYSTEMS



FIRE/HOT WORK



RAILWAY OPERATIONS



**SO LET'S LOOK AT OUR  
HIGH RISK ACTIVITES**



# HIGH RISK ACTIVITIES



PEOPLE & PLANT



WORKING AT HEIGHT



LIFTING OPERATIONS



CONFINED SPACES



SPRAYED CONCRETE LINING



BREAKING GROUND



ENERGISED SYSTEMS

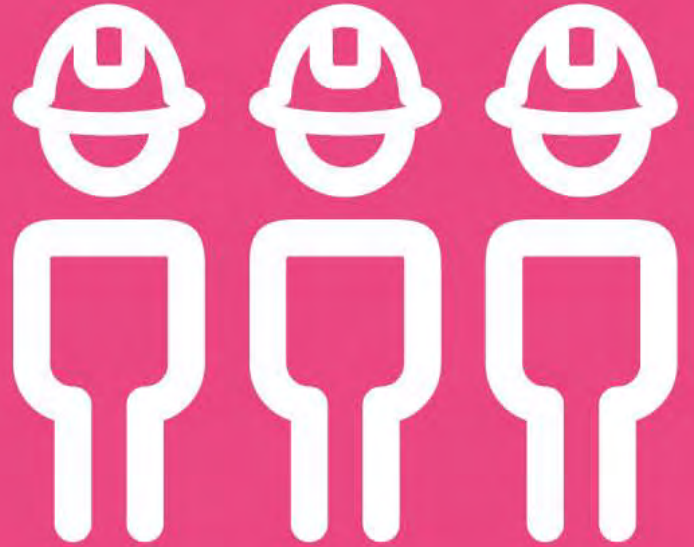


FIRE/HOT WORK



RAILWAY OPERATIONS

**LET'S DO  
THIS TOGETHER**



# Everyone



- **Listen** to your site manager, supervisor and co-workers on health & safety issues.
- **Own** Health and Safety.
- Give **feedback** when asked or if you see something wrong.
- **STOP** something if it is **UNSAFE**,
- Be **accountable**. Don't walk by. Report unsafe practices.
- **Supervisors** will discuss, with their teams, what the changes mean locally.



# Leadership Commitment...



The SHEL T Team



## ◀ STEPPING UP WEEK ▶

Team Crossrail,

In the last year almost fifty percent of our contracts have completed their work without a single lost time injury proving that Target Zero is achievable. These sites have managed this outstanding performance by working collaboratively and through their passionate belief that all harm is preventable.

Unfortunately there have still been a number of individuals working on Crossrail that have been injured, on occasion seriously. This is unacceptable and highlights that we all need to do more, to ensure everyone goes home unharmed every day.

This Stepping Up Week, we will be launching our updated Target Zero and the key changes to our Golden Rules. Behaviour has been identified as a key factor in incidents across the project and the new rules reflect this. We want everyone on Crossrail to understand the Principles, Golden Rules and High Risk Activities of Target Zero and this Stepping Up Week has been designed with this in mind.

This, our fourth Stepping Up Week, will take place from 27th April - 1st May 2015 and we want everyone to get involved. Please take the opportunity to participate in the activities planned for your site, think about what the new Golden Rules mean for you and what you can do personally to help achieve Target Zero.



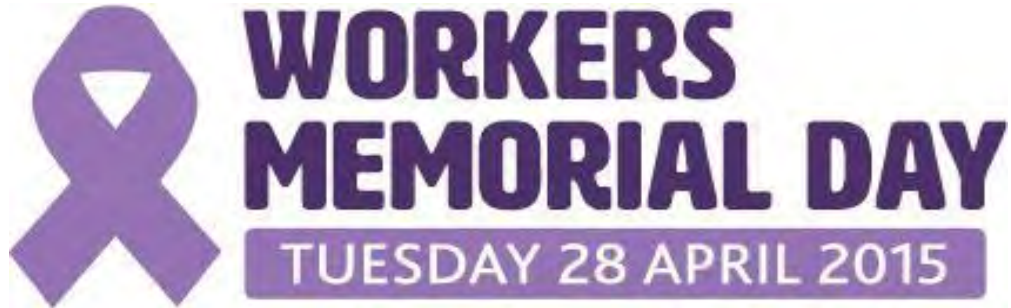
Your SHEL T team.



MOVING LONDON FORWARD



# Everyone



Remembrance for all those killed through work while at the same time ensuring that such tragedies are not repeated

This year the theme for the day is "**removing exposure to hazardous substances in the workplace**"

**Minute Silence** – Please join together on the 28th for a minute silence to be held at midday if shift patterns allow, or other appropriate time that ensure as many as possible are able to pay respect to those that have lost their lives.





# Stepping Up Week 4 – Canada Square schedule

## Monday 27 April – Friday 1 May



### Monday

#### Opening Message

Time: 09:30

Location: Level 28  
Breakout Area

#### Guest Speaker

Time: 10:30 -11:30

Location: Level 28  
Breakout Area

#### DSE – Drop-In Session

Time: 14:00- 15:30

Location: 28BM06 &  
28BM07



### Tuesday

## WORKERS MEMORIAL DAY

#### Target Zero & Golden Rules

Time: 09.00

Location: Level 30 Breakout  
Area

#### Workers Memorial Day – Minutes Silence (12.00)

#### Lunch & Learn - Health Energies (Mental Health Focus) (RPS)

Time: 12.30-13.30

Location: Level 28 Breakout  
Area

#### Nutritional Advice Clinic (RPS)

Time: 13.30 to 16.30

Location: 28BM06  
& 28BM07



### Wednesday

#### Target Zero & Golden Rules

Time: 10: 00

Location: 28 BM 06 &  
28 BM 07

#### Health and Safety Table Quiz

Time: 11:00

Location: Level 28  
Breakout Area

#### Get Active – Organised Walks/Runs Locally

Time: 12:00

Location: Meet at  
Level 28  
Reception



### Thursday

#### Target Zero & Golden Rules

Time: 10:30

Location: 29 YM3

#### Health & Golden Rules Tool Box Talk

Time: 11:30

Location : 29YM3-10 AV

#### London Fire Brigade – Home Fire Safety

Time: 12:30

Location: Level 28  
Breakout Area

#### Watt Bike Challenge



### Friday

#### Golden Rules Treasure Hunt

Time: 10:00 – 12: 00

Location: 29 – L&D RM 2

#### Closing Message

Time: 14:30

Location: Level 28  
Breakout Area



# Get Involved at Canada Square



After this...



**Monday, 28BM6/7**

Toolbox Talks by Dr. DSE

2:15pm, 2:50pm,  
3:20pm



**Tuesday, 10:00, 30<sup>th</sup> BOA**

Target Zero and the Golden Rules

**Tuesday, 12:30, 28<sup>th</sup> BOA**

Lunch & Learn

Health Energies

(Mental Health Focus)

**Tuesday, 28BM6/7**

Nutritional Advice Clinic

1:30pm

# Get Involved at Canada Square



## Wednesday

**W**alking the **W**alk at **W**ork

Meet between  
at 12:10



and



## Thursday, 28<sup>th</sup> Floor

**Burning calories all day!**

(without a Hot Works Permit)

5-minute sessions.

Prizes galore!



 **Nuffield Health**

## Friday

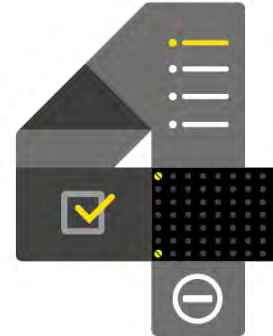
**Golden Rules Treasure Hunt**

**10:00 – 12:00**

**29<sup>th</sup> Floor – L&D Room 2**



**ARE YOU  
STEPPING  
UP?**



## Stepping Up Week

Closing Message – 1<sup>st</sup> May 2015





**THANK YOU**  
for making our  
Stepping Up Week a  
Success!

**Lets Look at what has been  
happening across Crossrail**



# TZ & Golden Rules Launch



Opening  
Leadership  
Messages at  
all sites



Focus on the  
new Golden  
Rules



PUTTING  
OUR GOLDEN  
RULES AT THE  
HEART OF  
TARGET  
ZERO





# Jason Anker



Guest Speaker at  
C412, C502,  
C512 and  
Canada Square



# Slips, Trips and Falls Workshops



C305, C340 &  
C512

# Health and Fitness



Thursday 30th April 2015.

## The Tour D'Ilford.

How fast can your team of four cycle the 8 miles on our exercise bikes?

This is the equivalent Distance from Ilford to Liverpool Street.

Race against each other with a prize for the fastest team on the day.

Don't see yourself as a potential Bradley Wiggins well then have a go anyway as any exercise will benefit your long term health.

**Lycra Optional.....**

Tour  
D'Ilford-  
C828

## Canada Square – Watt Bike Challenge

Burning calories all day!

(Without a Hot Work Permit)

5-miles

Watt  
Bike -  
Canada  
Square



Nuffield Health

OH  
Nurses  
- C512



# Spill Response



C422 –  
Tottenham  
Court Road

# High Risk Activities Focus



**C512 –  
Traffic  
Marshal  
Practical**



**C310 –  
Emergency  
Preparedness**

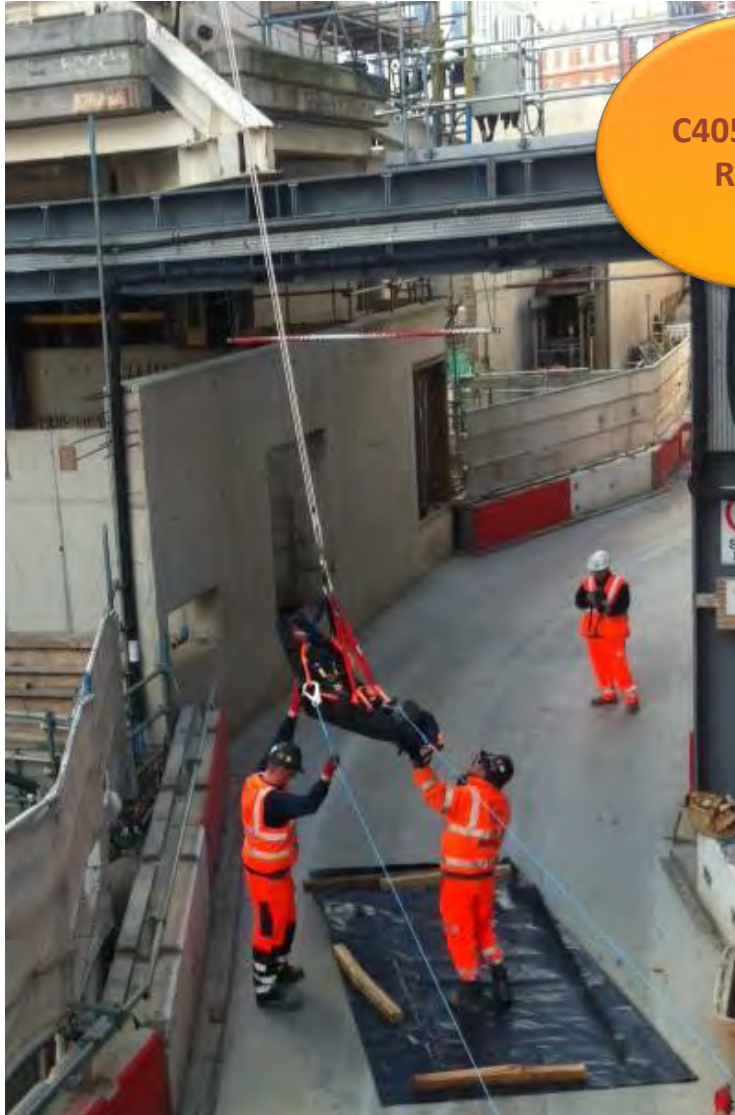


**C305 –  
Californian  
Crossing  
Awareness**



**C510 –  
Emergency  
Responder**

# High Risk Activities Focus



C405– Crane  
Rescue



C305 –  
Lifting  
Hazard  
Spotting



C512 &  
Canada  
Square – Fire  
Workshops

# What's been happening at Canada Square?



Opening  
Message



# What's been happening at Canada Square?



**Hazard Walkway – Treasure Hunt**



**Watt Bike Challenge**



**Wellness Kiosk**



**Winner - 118 calories in 5 mins**



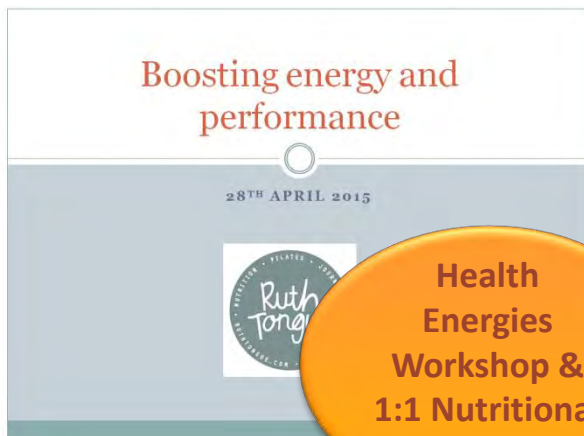
# What's been happening at Canada Square?



Lunchtime  
Walks and  
Runs



H&S Table  
Quiz

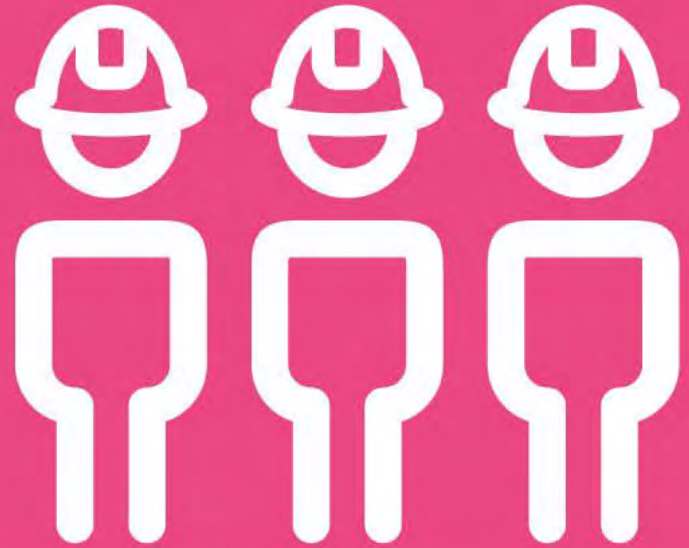


Health  
Energies  
Workshop &  
1:1 Nutritional  
Advice



Quiz  
Winners

**LET'S CONTINUE  
TO DO THIS  
TOGETHER**



# Always Stepping Up....



- ▶ Please continue to 'Step Up' every day.
- ▶ Think about the Golden Rules in all your activities.
- ▶ Understand the High Risk Activities that are applicable to your role.
- ▶ Got an idea / suggestion? Email [targetzero@crossrail.co.uk](mailto:targetzero@crossrail.co.uk)



A STATE OF MIND

# Innovate18 Health & Safety Competition

## Coming Soon....



- ▶ Innovate18 in collaboration with the Health and Safety team are looking for winning ideas
  - ◆ Top 3 ideas will be developed
  - ◆ Prize for winning idea
  - ◆ Free lunch for the site with highest levels of participation
- ▶ Look out for the posters, and get involved
- ▶ Any questions email:  
[Innovation@crossrail.co.uk](mailto:Innovation@crossrail.co.uk)



A STATE OF MIND



**THANK  
YOU FOR  
STEPPING  
UP**