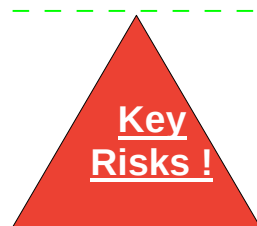


Task Risk Control Sheet

Stressing (CWR) & Stress Monitoring(Not CWR)

RCS No: NR/L3/MTC/RCS0216/TK42
Issue: 2



- Struck by Train (1)
- Electrocution (3)
- Manual Handling (12)
- Slips, Trips and Falls (13)
- Noise (16)
- Hot Work
- Use of Jacks

Personnel Involved

E&P	
S&T	
Track	✓
Off Track	
Property	

Tools / Equipment

Hand Tools Rail Jack Side & Under Rollers Rail Saw/Disc Cutter
Stressing Kit (CWR) Welding Equipment (CWR) Gas Cutting Equip. (CWR)
Thermometers Fire Extinguisher Stressing Equipment

Plant

Trolley

Task Risks	Controls	Implemented By
Key Generic Track Risks	<ul style="list-style-type: none"> • See Generic Track Risks NR/L3/MTC/RCS0216/TK00,3.11,12 and 15 	
Manual Handling	<ul style="list-style-type: none"> • Sufficient staff shall be used for lifting • One person shall co-ordinate lift 	Team Leader /Staff
Use of Jacks	<ul style="list-style-type: none"> • Equipment shall be inspected prior to use for good condition • Operate jack by adopting the correct stance to the jacks position • Jack shall have a firm base • Check jack has been maintained and is within service date • Body parts / clothing and team members shall be clear when lowering • Do not stand on jacked rail 	Team Leader / Staff
Welding	<ul style="list-style-type: none"> • Flame retardant PPE shall be worn • Welding masks shall be worn 	Welding Supervisor /Team Leader
Dust Silicates & Welding material	<ul style="list-style-type: none"> • COSHH Assessments and controls shall be available 	Team Leader
Electrocution	<ul style="list-style-type: none"> • See Risk Control sheets NR/L3/MTC/RCS0216/GA20 Working Adjacent to DC Electrified Rails Risk Level 1- 5, • See Task Risk Control Sheet NR/L3/MTC/RCS0216/GA21 - Working Near Electrical Overhead Line Equipment 	Line Manager / Team Leader / Staff
Cutting Rail	<ul style="list-style-type: none"> • Eye Protection shall be worn • Ear Protection shall be worn • Warning System shall be implemented (ie Touch Lookout) • See Risk Control Sheet NR/L3/MTC/RCS0216/SP01 - Use of Rail /Non Rail Disc Cutters 	Team Leader / Staff
Drilling Rail	<ul style="list-style-type: none"> • Eye protection shall be worn • Hand protection shall be worn for swarf/burrs • See Task Risk Control Sheet NR/L3/MTC/RCS0216/SP15 - Use of Rail/Sleeper Drill for controls and HAV information 	Team Leader/Staff

Task Risk Control Sheet

Task Risks	Controls	Implemented By
Use of Stressing Equipment	<ul style="list-style-type: none"> See Task Risk Control Sheet NR/L3/MTC/RCS0216/SP13 - Use of Permaquip/Geismar THR542 Stressing Equipment for controls and HAV information 	Team Leader/Staff
Use of Trolley	<ul style="list-style-type: none"> See Task Risk Control Sheet NR/L3/MTC/RCS0216/SP08 – Use of Manual Trolleys/Rail Skate/Scooter 	Team Leader/Staff
Communication form filling	<ul style="list-style-type: none"> Shall be done in a position of Safety 	Team Leader / Staff
Fire	<ul style="list-style-type: none"> Remove flammable debris AFFF Fire extinguisher shall be available at site 	Team Leader/Staff

PPE Required by NR / Maintenance Policy

				<p>Team leaders have the delegated authority to decide that safety glasses need not be worn based on on-site risk. This decision shall be recorded on the SSOWPS pack.</p> <p>This does not supersede the requirements for eye protection detailed on relevant Task Risk Control Sheets.</p>
Wear Head Protection	Wear Foot Protection	Wear Hi Visibility Clothing	Wear Safety glasses to BS EN166.F	

Additional PPE Required by Task Risk Control Sheet

						
Wear Hearing Protection	Wear Hand Protection	Use Welding Mask	Wear Flame Retardant Protection			