

Task Risk Control Sheet

Change Sleepers Timber and Concrete

RCS No: NR/L3/MTC/RCS0216/TK54
Issue: 3

Key Risks !

- Struck by Train (1)
- Electrocution (3)
- OTP (9)
- Manual Handling (11)
- Slips, Trips and Falls (12)

Personnel Involved

E&P	
S&T	
Track	✓
Off Track	
Property	

Tools / Equipment

Hand Tools

Duff Jack

Sleeper Drill

Plant

RRV

Lifting Equipment

Section A – All Risks Timber and Concrete Sleepers

Task Risks	Controls	Implemented By
Key Generic Track Risks	<ul style="list-style-type: none"> • See Generic Track Risks NR/L3/MTC/RCS0216/TK00 1, 3, 9, 11 and 12 	
Use of RRV	<ul style="list-style-type: none"> • See relevant Risk Control Sheet NR/L3/MTC/RCS0216/MP** • See Risk Control Sheets NR/L3/MTC/RCS0216/MP05 – Transit of OTP with/without a Machine Controller present • Maintenance of vehicle and checks shall have been completed 	Team Leader/MC
Lifting Equipment	<ul style="list-style-type: none"> • Condition shall be checked prior to use • See Task Risk Control Sheet NR/L3/MTC/RCS0216/GA06 – Assisted Lifting 	Team Leader / Staff
Drilling	<ul style="list-style-type: none"> • Eye protection to BS EN166.B and hand protection shall be worn for protection from swarf/burrs • Allow drill bits / grinding wheels to cool before handling • See Task Risk Control Sheets NR/L3/MTC/RCS0216/SP15 – Use of Rail/Sleeper Drill for controls and HAV information • Only trained competent staff to use equipment 	Team Leader /Staff
Manual Handling	<ul style="list-style-type: none"> • Mechanical means shall be used wherever possible • Minimum of 4 persons for manual lift Timber Sleepers • Minimum of 8 persons for manual lift Concrete Sleepers • One person to control lifting operation • Tools for lift shall be inspected prior to use for damage 	Planner Team Leader / staff
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 Risk Control Sheet NR/L3/MTC/RCS0216/GA21 - Working Near Electrical Overhead Line Equipment 	Line Manager / 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 • Body parts / clothing and team members shall be clear when lowering • Do not stand on jacked rail • See Risk Control Sheet NR/L3/MTC/RCS0216/SP11 – Use of Jacks 	Team Leader / Staff

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Use of ballast gripes	<ul style="list-style-type: none"> Hard hats and eye to BS EN 166.F protection shall be worn at all times whilst in the work area. Ballast lodged in the tines of the gripe shall be removed by hand, not by bashing against the rail head 	All Staff
Trapping hands	<ul style="list-style-type: none"> Correct hand tools and site communication shall be used 	Team Leader / Staff
Section B – Wooden Sleepers Plain Line		
Task Risks	Controls	Implemented By
Change Timber Sleeper	<ul style="list-style-type: none"> RED ZONE Working Shall only be undertaken at line speeds less than 60mph, Green Zone working at speeds greater than 60mph 	Planner/Line Manager/Team Leader,

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	Wear Dust Mask	Wear Safety goggles or visor to BS EN166.B			