SMO UKI

Rail Safety Week #RSW24 "Why Don't You?" ideas

Rail Safety Week is taking place this year w/c 24th June when as Siemens Mobility, we join with the whole industry in focusing on rail safety for all.

This year we are broadening our approach to focus on Environment, Sustainability and Social Value (Tuesday 25th June), Occupational Health and Wellbeing (Wednesday 26th June), Workforce, Passenger and Public Safety (Thursday 27th June).

Recognising the huge diversity of workplaces in which we all work, and listening to feedback from many of you regarding previous events, we are not proposing a one-size fits all solution of how to support each of these days. Instead, below are some ideas for you and your teams to consider for your particular work area (depot/factory/site/office). Although we would like all workplaces to do at least one thing on each day, don't feel constrained by this list – why not come up with your own ideas instead?

Happy planning! 😊
Robin Gibson
Head of EHS

Tuesday 25th – Environment and Sustainability

- Gather a team together and arrange a litter pick around your workplace, and the locale
- Invite a local wildlife trust in to do a talk to the workforce on local biodiversity
- Hold an environmental hazard/good spot challenge where all those who raise an environmental hazard/good spot (on Notify) are entered into a prize draw
- Pull a team together to carry out an inspection of measures in place on the project to help protect the environment – for example spill response, protection of biodiversity, or energy efficiency measures
- Go plastic free in the office or at home for the week
- Create a STEM partnership with the local school or college
- Encourage green travel for a week (cycle / train / walk to walk)
- Carry out a check on bins in your area to ensure waste streams are correct – wrong waste in bins can reduce our recycling rates and cost more money for waste disposal
- Gather a team to walk around the department/offices on an energy efficiency drive – for example, turning off screens and equipment not in use, removing chargers from sockets when devices not being charged, etc.
- Include employees' families by holding an environmental themed fun facts sheet or poster/colouring competition for their young ones

Wednesday 26th – Occupational Health and Wellbeing

- Invite a local Yoga/Pilates teacher or Gym to come in to run a session with the workforce during the day (it's a win/win as it could be good promotion for their business)
- Arrange for some fitness equipment (i.e. exercise bike) to be bought to site and carry out a fitness challenge
- Set up a step challenge for the day to see who is the most active member of the team
- Provide fruit and other healthy food options for meetings/break times
- Hold a healthy eating cooking competition
- Arrange some health or wellbeing checks to be carried out during the week
- Organise a local lunch and learn on a well-being topic. Maybe one of your team has shown an interest or a passion they would be willing to share with their colleagues to help them with a healthy lifestyle?
- Arrange support group sessions to talk about key health issues (e.g. women's group to talk about menopause, men's group to talk about prostate cancer)
- Ask your local MHFA or Wellbeing champion to hold a drop in session at your Depot/Site/Office to give advice of support that is available for those who are needing help
- Give out treats with messages on support available (e.g. lollipops with labels showing EAP and Optima contact details)
- Arrange support group sessions to talk about key health issues (e.g. women's group to talk about menopause, men's group to talk about prostate cancer).
- Include employees' families by holding a health/wellbeing themed fun facts sheet or poster/colouring competition for their young ones
- Use your volunteering days to support others – As a team, office, site, region look at group volunteering opportunities. Consider activities which will provide our staff with a sense of wellbeing and providing something back to our local communities.
- Identify local walks, parks, nature reserve's and encourage teams and individuals to access in their lunch breaks, after work, as group sessions. Maybe think about creating a well-being notice boards with these displayed.

Thursday 27th – Safety (Workforce/Passengers/Public)

- Pull a team together to carry out an inspection of security measures to keep out members of the public or trespassers (including for example walking the boundary protection)
- Contact local Speedy/Hilti branch to bring in some tools to demonstrate to the team how to use them safely
- Pull out the outputs from an accident/incident, review these together with the actions and carry out checks to ensure that they are embedded
- Hold a workshop where people bring their tools to have safety checks carried out
- Hold a safety hazard/good spot challenge where all those who raise a safety hazard/good spot (on Notify) are entered into a prize draw
- Hold a series of inspection tours focusing on for example calibration of equipment or PAT status
- Have a "shift-start safety stand down" for all to double check their work areas for hazards before starting work
- Invite work colleagues from another department to do a safety walk through as a fresh pair of eyes – they might spot hazards or issues that you have become blind to
- Include employees' families by holding a safety themed fun facts sheet or poster/colouring competition for their young ones