



Tracking Progress

FORWARD FROM CHRIS HAIGH

2017 seems to be flying by and developments at Haigh Rail are happening at a similar pace. In this edition of Tracking Progress, you'll read about two new divisions that are now fully operational within the company.

Haigh Resourcing is building a trusted reputation within the building, construction and rail sectors for the supply of labour. It also undertakes civil engineering works and de-veg projects throughout the UK. Find out more at www.haighresourcing.com

Haigh Haulage provides a valuable and cost effective service for both rail and non-rail customers. Read on, or visit www.haighhaulage.com for full details.

A little earlier this year we were proud to complete our first project as full Principal Contractor's Licence holders. Read about our success at Watford Junction inside this edition.

We are also celebrating the promotion of valued team member Dan Foster to Engineering Director of our Track Division.

As we approach the start of summer, the outlook for Haigh Rail – and the multiple services we now provide to the rail and non-rail sectors – is very bright indeed. Until the next edition of Tracking Progress, I wish you all the best.

Chris Haigh



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Haigh Resourcing – Labour, Civils and De-Veg



Haigh Resourcing, Haigh Rail's newest addition to its core offering, has made a strong start following its recent formation.

Under the stewardship of experienced duo Keiran Clarke and Ed Anderson, Haigh Resourcing, which supplies personnel to the building, civil engineering and rail sectors within the construction industry, has already secured a number of orders.

The team is aiming high and looking to extend its offering across the construction industry by supplying high-quality resources to support the UK's most important infrastructure projects.

Haigh Resourcing understands that it is not just about finding people with the right skills and experience it is also about finding people with the right attitude.

It aims for seamless long-term supply contracts with its clients, whether supplying civil engineering gangs, plant operators or railway critical staff. Its resourcing motto is 'Our People Are Your People.'

Haigh Resourcing offers our clients a flexible approach to UK construction resourcing and can be engaged in many different ways, from a single resource to a complete gang.

This, coupled with our ability to supply both general construction and rail markets, gives Haigh Resourcing a point of difference in industries where high quality and reliability are of paramount importance.

www.haighresourcing.com



First PCL Project Completed at Watford



Haigh Rail is pleased to announce the completion of its first project as a Principal Contractor's Licence (PCL) holder – at Watford Junction.

Working directly for Network Rail on this major re-modelling project, the completed scope of works included track bearer installation works and the management and delivery of lineside civil engineering works.

This is an outstanding achievement – one which is testament to the company's wholehearted commitment to railway assurance. The completion of the project at Watford Junction marks a new era for Haigh Rail and we look forward to future collaboration with Network Rail and our industry partners to extend our core track renewals and maintenance offering into current and new rail markets.



Haigh Haulage – another new division

To underline the growth of Haigh Rail in recent months, we have also added a haulage provision to our company offering. Haigh Haulage offers a valuable and cost-effective service for both rail and non-rail customers.

The basis of our service is a new Scania R Series (R450 LB 8x2*6 HSA). Its modified body includes a 40-tonne/metre Effer crane, which is able to carry RRV trailers in its rail gauge running rails.

It has a purpose-built, removable rail-carrying frame that can transport 8 x 60-foot rails. The truck features a twin sleeper cab, a Euro 6 engine and Beaver tail fold flat ramps, providing plant access and all the latest industry safety systems. The wagon is equipped with twist locks for the movement and handling of containers.

Our fully compliant haulage service is available for clients in all industry sectors. In addition to our core rail provision, we work with general hauliers and lift and shift companies, container companies, utility companies, and plant and civil engineering companies – all of which benefit from our valuable expertise, experience and equipment.

www.haighhaulage.com





Dan Foster – Engineering Director

Congratulations to Dan Foster, who has been made a Board Director at Haigh Rail. Previously Professional Head of Track, Dan has been promoted to the position of Engineering Director for the Permanent Way Division.

Dan joined Haigh Rail Ltd. in March 2015 and looks forward to employing his vast industry experience to help the company to go from strength to strength.

The division carries out a vast array of Permanent Way projects from major S&C renewals to minor sleeper changes and everything in between. With a dedicated Welding Division to collaborate with, Dan has used his skills, experience and dedication to deliver the very highest quality of work since joining Haigh Rail in March 2015.

Dan began his career at Balfour Beatty Rail Maintenance and Jarvis Maintenance before moving to GrantRail. Since then he has worked at Carillion Rail, Babcock Rail and Amey Sersa – handling a wide range of multi-disciplinary projects including S&C renewals and Permanent Way engineering.

www.haighrail.com/track-maintenance-renewals/



Safety at the Forefront

In one of the most safety-critical industry sectors in the world, it is our responsibility to put the safety of our employees and everyone who comes into contact with our projects above all else.

That's why we give all our employees access to the latest training and safety information, and use the best equipment and PPE.

We also display safety posters to ensure everyone at Haigh is fully aware of our approach to safety on all matters from slips, trips and falls to driving fatigue, manual handling to drugs and alcohol.

SAFETY AT THE CENTRE OF EVERYTHING WE DO



Our core values



Safe

Creating a safe work environment is critical to the success of our business. All persons that come into contact with our activities have the right to feel safe.



Responsible

We strive to do the right thing for our clients, our people and the communities in which we work.



Quality

We look to create a continuously improving quality culture. We encourage positive behaviours and a questioning attitude while doing our work, which motivates us to help each other and resolve problems quickly.



People

We empower our people to challenge the norm. We ensure that they have the right skills and knowledge to deliver our activities efficiently and effectively for the joint delivery of work.



Collaborate

We promote collaborative behaviours between our people and those of our clients. These extend to the alignment of objectives, processes and structures for the joint delivery of work.

Alcohol and drugs

As a responsible employer, we take an extremely serious view on alcohol and drugs, in line with industry and government legislation.



We do not allow alcohol or drugs to be consumed in the workplace under any circumstances. We take all reasonable steps to prevent employees, agency workers and contractors carrying out work-related activities, if they are considered to be unfit or unable to undertake the work as a result of drug or alcohol consumption.

We carry our random and evidence-based tests to uphold our zero-tolerance policy. We also offer a confidential advice and support service for any employees with alcohol or drug problems.

Slips, trips and falls

Slips, trips and falls are the most common cause of injury in the workplace. We offer the following advice to our employees, helping them to stay safe in the workplace:



- When crossing the track, step over all rails – heel-to-heel.
- Beware of overnight undergrounds; it may take tripping hazards.
- Do not walk on roughing unless absolutely necessary.
- Beware of broken or displaced lids.
- Do not step on conductor rail guard boards.
- Beware of heavy conditions, sleepers can become very slippery.
- Never cross the track where there are point crossings, they may move and trap your foot.
- Floor edges, stairways, openings and ducts, etc. must be protected – covers must be marked 'Danger Hole, Floor'.
- Practice good housekeeping to ensure that tripping hazards are eliminated.
- Use a handline lamp when necessary if walking in the dark or in tunnels.
- Always walk on authorised walking routes where available.
- Always use approved points of access.
- Always suitable footwear, which supports the ankle.

Driving fatigue

Fatigue is one of the most serious, yet easily preventable, hazards in the workplace. In complying with Network Rail's standard NR/L2/ERG/003 (control of excessive working hours), we are making a serious commitment to keeping our staff, and all road users, safe.



We encourage all employees to take the following simple steps to minimise the risk of fatigue-related accidents:

- Make sure you are fit to drive. Do not begin a journey if you are tired. Get a good night's sleep before embarking on a long journey.
- Plan your journey to take sufficient breaks. A minimum break of at least 15 minutes after every two hours of driving is recommended.
- If you feel sleepy stop in a safe place. Do not stop on the hard shoulder of a motorway.
- The most effective ways to counter sleepiness are to drink, for example, two cups of caffeinated coffee and to take a short nap (up to 15 minutes).

Manual handling

Almost 25% of all injuries at work are caused by accidents during manual lifting.



The checks that should be carried out before lifting are:

- Always use mechanical handling methods instead of manual handling if possible, e.g. forklifts or pallet trucks etc.
- Know your capabilities, only tackle jobs you can handle.
- Can you handle the load yourself, do you need assistance?
- Is there a clear pathway with good lighting to the work area?
- Make sure you are fit to lift. Do not lift a load that is too heavy for you. Get a good night's sleep before embarking on a long journey.
- Plan your journey to take sufficient breaks. A minimum break of at least 15 minutes after every two hours of driving is recommended.
- If you feel sleepy stop in a safe place. Do not stop on the hard shoulder of a motorway.
- The most effective ways to counter sleepiness are to drink, for example, two cups of caffeinated coffee and to take a short nap (up to 15 minutes).

The checks that should be carried out before lifting are:

- Always check you know the weight of load before lifting.
- Wear gloves to protect against cuts and punctures.
- Wear safety boots to protect from falling loads.
- Carry out a trial by rocking the load from side to side, then try lifting a small amount to get the feel for it.
- Finally, the good handling technique we promote amongst our colleagues is as follows:
- Stand reasonably close to the load, feet hip width apart, one foot slightly forward pointing in the direction you're going.
- Keep your knees and keep your back straight.
- Get a secure grip on the load.
- Breathe in before lifting as this helps to support the spine.
- Keep the load close to your body.
- Don't carry a load that obscures your vision.
- Lift slowly and smoothly.

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Depression



Depression is a common mental disorder that causes people to experience depressed mood, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy, and poor concentration.

Half of the people who have depression will experience it once but for the other half it will happen again. The length of time that it takes to recover ranges from around six months to a year or more. Living with depression is difficult for those who suffer from it and for their family, friends, and colleagues. It can be difficult to know if you are depressed and what you can do about it.

Signs and Symptoms

- Tiredness and loss of energy
- Sadness that doesn't go away
- Loss of self-confidence and self-esteem
- Difficulty concentrating
- Not being able to enjoy things that are usually pleasurable or interesting
- Feeling anxious all the time
- Avoiding other people, sometimes even your close friends
- Feeling of helplessness and hopelessness
- Sleeping problems – difficulties in getting off to sleep or waking up much earlier than usual
- Very strong feelings of guilt or worthlessness
- Finding it hard to function at work/school/club
- Loss of appetite
- Loss of sex drive and/or sexual problems
- Physical aches and pains
- Thinking about suicide and death
- Self-harm

If you experience four or more of these symptoms for most of the day, every day, for more than two weeks, you should seek help from your GP.

Eat Well



Your body is like an engine – it needs good fuel in order to work properly. Yet knowing what a healthy diet involves can be confusing.

The best principles of healthy eating are those of the Mediterranean diet that includes lots of vegetables and nuts, moderate amounts of meat and fish, and healthy oils like olive oil.

Scientists have found that eating like this reduces your risk of conditions such as heart disease and cancer. In fact recent research has found that the Mediterranean way of eating is better at reducing the risk of heart disease and heart attack than sticking to a strict low fat diet.

What's a healthy diet?

- Get your 5 a day – this will provide important vitamins, minerals and other nutrients.
- Include starchy foods at each meal – foods like potatoes, bread, rice and pasta. They add minerals, vitamins and fibre needed for a healthy digestive system.
- Choose good fats – we need some fat as it protects nutrients and has other important roles. Try to cut down on unhealthy saturated fats, like butter, pastry, fried food and biscuits.
- Reduced and processed meat – too much red meat may increase your risk of cancer and heart disease.
- Eat more fish – you should eat two portions of fish a week – one of which should be oily fish, such as salmon.

What can you do?

Remember to read the food labels on food packets. These will list the calorie content, salt, sugar, total fat and saturated fat content.

Feeling Positive



Feeling positive, content, and having good, stable moods are all important parts of good wellbeing but, unfortunately, only around 14% of people in the UK report feeling really fulfilled in these areas on a regular basis. There are lots of things you can do to improve your mood, feel more positive and improve your overall sense of mental wellbeing.

Improving Mood

Everyone will have different mechanisms they use to improve mood on a day to day basis, some of which may include:

- Smiling
- Good posture
- Disciplining
- Listening to music

Coping Mechanisms

Maintaining a healthy lifestyle and finding ways to deal with negative feelings in the long term can be difficult. It is also important to make some more long term changes by maintaining a healthy lifestyle and using positive ways of dealing with your negative feelings.

Physical activity

Regular exercise has been proven to reduce stress, ward off anxiety and feelings of depression, boost self-esteem and improve sleep.

Healthy Eating

Have regular meals including protein to keep your energy levels stable, eat three meals a day including meat, poultry, fish, eggs, nuts, and seeds, and drink 2-3 litres of water a day to help regulate energy and stress hormones.

Spending time and sharing thoughts with family or friends can also be that little bit that makes you feel better.

Core Values

Our core values summarise the principles upon which Haigh Rail was founded and which the company continues to uphold at all times. They are:



SAFE

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PEOPLE

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RESPONSIBLE

We strive to do the right thing for our clients, our people and the communities in which we work.



COLLABORATE

We promote collaborative behaviours between our people and those of our clients. These extend to the alignment of objectives, processes and structures for the joint delivery of work.



QUALITY

We look to create a continuously improving quality culture. We encourage positive behaviours and a questioning attitude while doing our work, which motivates us to help each other and resolve problems quickly.

Contact Us



To find out more about Haigh Rail Limited's provision including Track Maintenance and Renewals, Welding, Haulage, Labour and Civils – please don't hesitate to contact us:

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 info@haighrail.com

 www.haighrail.com