



H.R.L
HAIGH RAIL LIMITED
Railway Engineering Contractors

Tracking Progress

FOREWORD FROM CHRIS HAIGH

This summer has been an exciting one for Haigh Rail, with lots of new projects and plans coming into fruition.

One of the biggest of these projects has been the launch of our new Training Division – **Haigh Training** – led by Nick Grazier, a highly experience and motivated training professional. With our brand new training school now open and with our outstanding rail and construction industry relationships and of course Nick's expertise, I look forward to the opportunities this venture will bring the wider Haigh business.

Our Resourcing Division has also introduced its **Vegetation Management** service, broadening the opportunities for our skilled teams to assist on infrastructure projects across the UK.

At Haigh Rail, we have always kept our focus firmly on safe working practices. In this issue, you can read about our S.H.E.D. initiative, which is helping to ensure that our teams get SAFELY HOME EVERY DAY.

The growth of our business has been underpinned by our successful track maintenance and renewals work. This is attributed to the excellence of our in-house Permanent Way and Welding teams, led by Dan Foster and Mick Downing respectively and has prompted me to promote Dan to join the board of directors. I really hope that you enjoy this issue, and thank you all for your continued support.

Chris Haigh



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Haigh Training - New Business

Haigh Rail is delighted to announce the launch of its Training Division – **Haigh Training** – which will provide a cost-effective and high-quality alternative training school, covering extensive First Aid, Water Safety and Rescue, Manual Handling and Fire Safety courses.

Our courses are taught with traditional teaching methods using the very latest techniques and practices; we believe learning should be enjoyable as well as educational. We aim to provide the essential practical knowledge and experience, to enable each delegate to complete their course – equipping them with the necessary tools and confidence they need.

Haigh Training is approved to deliver regulated First Aid and Pool Safety qualifications through Quallsafe Awards and the RLSS (Royal Life Saving Society) and has already been busy delivering First Aid and Pool Safety

qualifications in Norway and Spain, Italy and France to name a few.

Local courses have also been released, with our brand-new **training calendar** and new website ready to go.

We have also developed an initiative “The Safest Business Estate Around.” Haigh Training wanted to lead by example and have raised funds for an Automated External Defibrillator (AED) for the community and businesses at Momentum Place, Bamber Bridge. The AED will soon be on order and installed very soon!

We would especially like to thank the following companies: Robovent, Rhino Installs, Ad Options Ltd, The Fire Barn, The Detailing Shack, Withnell Car Sales, Avalon Doors and Awings Ltd, Solargen Energy, Preston Sports Clinic, Ultimate Identity, Traders Warehouse and First Controls Ltd.



Appointment of Nick Grazier

Haigh Training has appointed an experienced Training Manager – Nick Grazier – to oversee this new and exciting area of operation.

Nick has held various operational and training positions during his career and was recently the Mandatory Training Manager for David Lloyd Clubs, a nationwide role, delivering a variety of courses and conducting club visits for compliance purposes. His day-to-day responsibilities included planning, managing and delivering Water Safety, First Aid and AED courses across the business, for 100 clubs.

Nick will also manage the internal training requirements for Haigh Rail and its business operations and will be further developing the offering to cover the mandatory Rail Certification, Tools and Plant Training and also Permanent Way training.

Nick is an outstanding UK training professional and we all wish him enormous success in supporting both our internal requirements and the wider business community.



Vegetation Management

We are pleased to announce that the outstanding growth and success of our **resourcing division** has led to us launching a distinct vegetation management service.

Haigh Vegetation management will help to maintain both rail and non-rail infrastructure across the UK, offering a safe and secure vegetation control service to our clients.

The addition of this service allows us to offer a complete service package to our rail clients, complementing our labour and civils, permanent way, welding and haulage capabilities.



Haigh Rail Completes First PC Contract

Haigh Rail was awarded its first contract with Network Rail as a Principal Contractor Licence (PCL) holder at Watford South Junction at the end of 2016. This success came only a few weeks after the announcement of the company's provisional PCL status.

After previous contracts working for Siemens on the Watford Remodelling Project, railway infrastructure contractor Haigh Rail acted as a Principal Contractor in its own right for the final quarter of the project.

The scope of the works for the overall contract included the supply and installation of 180 hollow bearers. Haigh Rail delivered the full scope of works. The final quarter was particularly challenging, whereby Haigh Rail managed the installation of 37 hollow bearers, relocated a further 2 (incorrectly installed by others) and provided cable management to a further 12 (which were again put in by others, this time without the cables being installed). Haigh Rail also cleared the scrap with the use of an RRV to a designated access point.

Haigh Rail was also responsible for the management of the lineside civil engineering works, which included constructing walkways and they also provided a clear and level site compound, which housed the appropriate welfare facilities for the duration of the works.

The works were completed to the satisfaction of Network Rail during a series of midweek night and weekend possessions of the line. This is an outstanding achievement – one which is testament to the company's wholehearted commitment to railway assurance.



At Haigh Rail safety is our number one priority, and this is highlighted in our new safety initiative:
Safely Home Every Day (S.H.E.D).



SAFELY

Safety is our number one priority. It is our goal for all our employees and sub-contractors to arrive to work SAFELY each and every day.



HOME

Arriving home from a place of work without accidents and incidents is what Haigh Rail actively promotes throughout the business.



EVERY

Every employee and sub-contractor has a duty of care to look after their own safety and the safety of others.



DAY

We endeavour to work towards zero accident-free days to ensure our employees get SAFELY HOME EVERY DAY.



Dan Foster's Promotion Featured in RailStaff

We are pleased to announce that Dan Foster's promotion as Engineering Director has recently been featured in **RailStaff** Magazine. He joins fellow Directors Mick Downing, Claire Webley and Keiran Clarke, alongside MD Chris Haigh on the board.

Dan has an outstanding engineering record in rail delivery, having previously been professional Head of Track. He joined us in March 2015, and has worked for several high-profile rail infrastructure contractors, including Carillion Rail, Babcock Rail and Amey Sersa.

Dan has been instrumental in the successful delivery of numerous track engineering projects for Haigh Rail including a number of complex S&C replacement schemes for Network Rail.

However, Dan and his team are not just about on-site delivery prowess, their skill base also extends to providing constructability advice too. This engineering delivery know-how is currently supporting the feasibility and design process on some of the biggest mainline and metro rail engineering projects in the UK.



The View from Mick Downing and the Value Haigh Rail Welding Brings to the UK Rail Industry



Haigh Rail's in-house **Welding Division** has had a few interesting recent packages of work which have offered different but unique challenges.

Project 1

The Welding team has been making regular visits to the wonderful Isle of Man and achieving some excellent production results. The key to this achievement has been about strategic planning and finding windows of opportunity to undertake uninterrupted activities.

2.5 teams of welders and a weld inspector completed and inspected 24 welds in a single shift, with a second day to complete final grinding and inspection. What a fantastic setting and location to work in!

In order to achieve such great output, Haigh Rail utilised a production line welding process, whereby the basic joint alignment was set in advance, which worked well for for the client.

The project teams also took meals together and shared accommodation on the island, which was invaluable for sharing time and experiences and learning about each other. The added bonus was getting to watch the evening entertainment of the TT Southern 100 Motorbike race, which was a spectacular event!

This collaborative and efficient effort ensured everyone, including the Isle of Man Government, were very happy with the final outcome and outputs achieved.



The View from Mick Downing and the Value Haigh Rail Welding Brings to the UK Rail Industry

Project 2

We are very pleased to be supporting TXM in Newcastle on behalf of Tyne and Wear Metro and their four-year delivery programme of infrastructure renewals.

For the whole of August, the welding team has been heavily involved in delivering a major renewal blockade between Northumberland to South Gosforth.

This has brought many different challenges including reacting and mobilising at short notice by circumstances often dictated during a major renewal programme, with HRL tasked with burning out over a 1000 metres of track on three separate occasions, following large track relays and installing some 60 plus welds.

Project 3

By utilising the collaborative approach that Haigh Rail is so highly regarded for and working with our colleagues from the other Haigh Rail divisions, the welding team has been able to reach new heights and tread new ground with its multi-skilled workforce.

To this end, and with the help of Haigh Resourcing's Divisional Director Kieran Clarke, the welding division has embraced the idea that we can transfer our skills from the safety-critical culture of railway welding into assisting with Geotechnical trials along many of the UK's motorways.

So far so good with a job well done! Our client is happy and our workforce is too. Haigh Rail's Welding Division looks to the future of transferring its skills to support future diversification.

Mick Downing



The View from Duncan Murray and the value of Haigh Rail's Haulage Division

Since its inception earlier this year, **Haigh Haulage** has been delivering high-quality haulage services throughout the UK. We are now an approved haulage provider for A Plant following the completion of an internal audit and also Kimberley Access following the completion of IPAF training. IPAF training allows those trained to load and transport MEWPs for hire throughout the UK.

We have also had some terrific customer feedback for our haulage work on the North Wales Coast Modular scheme, as well as NWEF Phase 3 works from Preston to Blackpool, with the client stating: "Siemens has received a first class service from Haigh Rail and in my opinion there's nothing needed to improve this quality service."

We have also been assisting with the installation of new rail infrastructure at the brand-new Doncaster Rail College, as well as delivering rail sleepers to Birmingham College.

Finally, we are in the process of becoming Bronze accredited with the FORS scheme, which is a transport accredited scheme and demonstrates a commitment to compliance through continual audits completed by FORS.

Duncan Murray



Our recent Personal Wellbeing posters aim to promote a healthy and active lifestyle, as well as a self-awareness of health and wellbeing and the importance of taking time to rest and recover away from work.

SAFETY AT THE CENTRE OF EVERYTHING WE DO



Our core values



Safe

Creating a safe work environment is central to the HRL mission. All personnel are responsible for ensuring the safety of the business and the health of its staff.



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 promote personal excellence and a questioning attitude while driving for the highest quality results possible.



People

We engage our people to challenge the way we work. We ensure that we have the right skills and knowledge to deliver the highest quality, efficiency and effectiveness.



Collaborate

We promote collaboration between our people and those at other sites. There is no siloing of information or expertise. We ensure the best delivery of work.

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 only 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 for their family, friends, and colleagues. It can be difficult to know if you are depressed and what you can do to improve it.

Signs and symptoms

- Tiredness and loss of energy
- Distress that doesn't go away
- Loss of self-confidence and self-esteem
- Difficulty concentrating
- Loss of interest in things that are usually pleasurable or enjoyable
- Thinking all the time
- Feeling that people sometimes view you as a child
- Feeling that you are different and 'out of sync'
- Crying periods - difficulties in getting up at the start of the day
- Very strong feelings of guilt or weakness
- Feeling that you are not working hard enough
- Loss of energy
- Feeling that the way you're working isn't right
- Feeling that you are different
- Physical aches and pains
- Thinking about suicide or death
- Sad face

If you experience several of these signs/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 breast cancer than sticking to a strict low fat diet.

What is a healthy diet?

- Get your 5 a day - this will help provide essential vitamins, minerals and antioxidants
- Choose a variety of foods from each food group - fruits, vegetables, bread, rice and pasta
- Include some fish in your diet - mainly salmon, sardines and oily fish
- Choose good oils - we need these as it provides essential fatty acids that we don't get from our diet
- Reduce on unhealthy, saturated fat - these are found in butter, cream, lard and some meats
- Reduce salt and processed meat - too much salt may increase your risk of cancer, heart and blood pressure
- Reduce on alcohol - too much can increase the risk of liver disease
- Remember to drink water - two litres or of fluid a day - even if you don't feel thirsty

Remember to eat fish 2-3 times a week as advised.

What can you do to eat healthy on food parcels?

There will still be the volume control, salt, sugar, total fat and saturated fat issues.

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 fully 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 can use to improve mood on a day to day basis, some of which may include:

- Sending
- Good posture
- Checklistings
- Listen to music

Coping Mechanisms

Experiencing a stressful (trauma) and finding ways to deal with that trauma in the long term can be crucial. It also requires you to make some more long term changes to your life to ensure you are able to deal with the positive and negative of dealing with your trauma/finding.

Physical Activity

Physical activity is a proven way to reduce stress, reduce anxiety and feelings of depression, boost self-esteem and improve sleep.

Healthy Eating

How regular meals including protein to keep us energised, make sure that those blood sugar levels don't drop too low and that we are getting enough of what we need to regulate energy and stress/hormones.

Spending time and doing something with family or friends can also be the best way to get some sometimes need.

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

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.



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.



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, Civils, Vegetation Management and Training.

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