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HAVE YOUR SAY

Do you have any feedback on this issue?

Do you have something you would like us to feature in our next Newsletter?

If so please email ami@mpi.ltd.uk



MPI SAFETY AWARDS

Safety is paramount in the Rail Industry, as such MPI choose to reward good safety practices with our MPI Safety Awards.

Pete Newcombe was nominated Week 20 Close Call Champion from Volker Rail which was identified as one of Volker Rail's Top 5 Close Calls that week. As a thanks from MPI, we presented Pete with an MPI Safety Award. A donation was also made to a charity of his choice, Cancer Research UK.

Kevin Roberts was nominated for an MPI Safety Award by Mark Gledhill, Installation Manager at Siemens. Whilst observing drainage works being carried out by a different company, Kevin became concerned that an operative working beneath machinery in an excavation was working unsafely and there did not appear a suitable plan was in place to rescue the operative should there be an accident. Kevin raised his concerns by questioning the works Supervisor, however nothing was done so Kevin then raised the matter with Mark Gledhill as well as raising a PI. A supervisor was sent down to site and he praised Kevin and agreed the work was being carried out unsafely, work was stopped and statements were taken. Mark said the supervisor was really pleased that Kevin had the courage and conviction to question the safety of the works, it is not exaggerating to say Kevin may have saved someone's life that day. A really good example of members of our workforce living and breathing the 4 Steps. As a thanks from MPI, we presented Kevin with an MPI Safety Award and a charity donation. Kevin chose for his donation to be made in remembrance of Ged Murphy, a well liked and respected member of the S&T Installation team who had worked for MPI for many years.

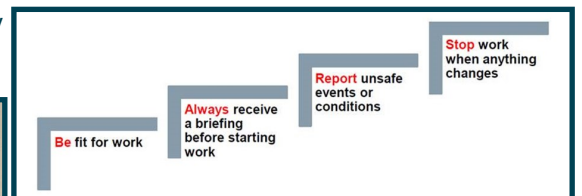
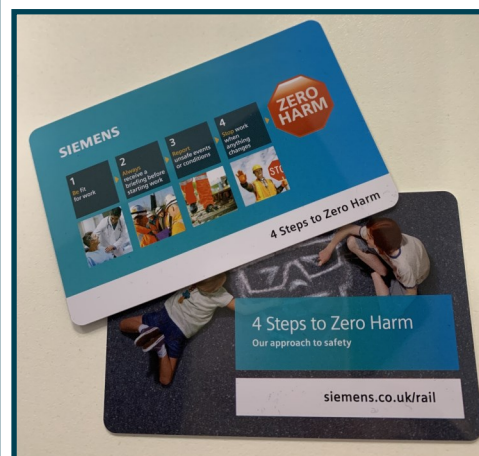


If someone you know deserves an MPI Safety Award, please send your nomination with details of the reason why to Rail@mpi.ltd.uk.

REMINDER OF 4 STEPS

We have been advised by Siemens of some incidents on site recently where contractors have been unaware of the **4 Steps to Zero Harm** and have therefore been stood down.

Please can you ensure that you are fully aware of the **4 Steps to Zero Harm**.



No contractors should be working without having been briefed on these prior to start.

You should also have been issued with a **4 Steps to Zero Harm** reminder card (as pictured left) which you should carry with you at all times. If you have misplaced your card, we can arrange for another to be sent. Contact our Compliance Team on 01992 501111 to request one.

MEET THE TEAM

Over the next few issues we will be running Q&A sessions with members of the team to give you an insight into our Team.



MEET PETE POWER

Pete has worked for MPI for 24 years and runs our internal training courses along with acting as our Mental Health First Aider. He always has a smile on his face and is willing to help.

What is your role at MPI and how long have you been doing this role?

My posh title is Technical Director (or general dogsbody). I have been with MPI since 1996. My role has developed from recruitment through to training and of course mental health support.

Describe a typical day in your role?

Trick question me thinks! My days do vary. Of course there is the training aspect. Writing, updating and delivering any of the 28 courses that MPI offer to the Rail, Engineering and Aviation Industries. I also carry out all audits and updates required by Aviation Clients. Support of our dedicated Fuel Tank team as well as supporting both internal and external staff with any mental health needs. I also spend some time liaising with the HSE to ensure all health and safety requirements are met and maintained.

What keys skills are required to do your job?

My first instinct is to say having a thick skin! But seriously the main skills are communication, empathy, the ability to listen and of course having a sense of humour.

What 3 values do you try your best to promote?

Honesty, support and understanding.

What attracted you to obtaining your Mental Health First Aider qualification?

I really do believe that I have been lucky in life and it is important to give back. I am in a position where I can support those who may have problems that affect many aspects of their lives. In this I am supported by MPI for which I am grateful.

What did you do prior to joining MPI?

I left school as a fresh faced innocent 16 year old and joined British Aircraft Corporation as an apprentice aircraft fitter working on the Concorde project. I was lucky enough during my time with them to be seconded on various working parties both in the UK and overseas working on various projects, not sure at which point the innocence began to wane. I had a couple of promotions and was also selected to attend various courses to enable me to give support to those suffering from things such as stress and substance abuse.

Finally, talk to us about your interests outside of work:

WOW, that's a leading question! Have to be honest that as I have got older (not necessarily more mature) my interests have changed. Of course family and spending time with the grandkids although as they say it's nice to give them back at the end of the day. I am a bit of a wine buff and also love to cook, a bit of an enthusiastic amateur in the kitchen but not all of my experimental recipes work, just ask the dog! I like to travel and these days it is more about the great places in the UK. I find reading relaxing especially anything historical and also love antique fairs and flea markets.

Further details on the courses Pete and his team can provide are detailed below. For more information please contact our Filton office on 01179 312549 or our Hertford office on 01992 501111.

MPI TRAINING

Our low-cost, workshops can help you to meet regulatory and statutory requirements quickly by changing behaviours, reducing human error and increasing safety, quality and efficiency in the workplace.

Whatever your training need, we have a fast-track solution, and if you need a new course we'll write it for you, making sure it's uniquely tailored.

With over 20 years in the sector, we'll equip your teams with the right skills and knowledge. Our extensive programme includes Human Factors, Fire Awareness, Emergency First Aid, Working at Height, Manual Handling, COSHH, Stress Management and much more.

Our dynamic interactive workshops can be delivered on-site, ensuring minimum disruption to productivity. We'll also help you to track and manage individual staff certification.

Our trainers are experienced and well established, having worked in the industries we serve. They provide a 'hands-on' approach to training and are able to transfer theory into easy to understand sessions.

A combination of tools are used to ensure that our workshops are practical, inspiring and enable newly acquired skills to transfer back to the workplace. Our approach plays a significant part in overcoming real problems that individuals, or the business may be experiencing and allows the delegates to work together in a safe environment.



Photo taken prior to Covid-19 outbreak. All courses are now delivered following Covid secure measures.

We provide a broad range of workshops including:

- ⇨ Human Factors – Initial
- ⇨ Human Factors – Refresher
- ⇨ Fuel System Safety, SFAR 88 Phase 1 & 2
- ⇨ Electrical Wiring Interconnection Systems IAW AMC2022
- ⇨ Enhanced Zonal Analysis Procedures
- ⇨ FOD- Foreign Object Prevention and Management
- ⇨ Manual Handling
- ⇨ Working at Heights – Theory, Safety and Legislation
- ⇨ Environmental Awareness ISO 14001
- ⇨ Confined Spaces
- ⇨ Fuel Tank Entry (Dry Tanks)
- ⇨ Fuel Tank Entry (Wet Tanks)
- ⇨ Risk Assessments
- ⇨ Dynamic Risk Assessments
- ⇨ COSHH Awareness
- ⇨ MEDA – Accident/Incident Investigation Methods
- ⇨ Composite Material Working – Theoretical
- ⇨ Situational Awareness in the Workplace
- ⇨ Stress Management
- ⇨ Fatigue Management
- ⇨ Health and Safety in the Workplace
- ⇨ Fire Warden and Fire Awareness
- ⇨ Emergency First Aid
- ⇨ Mobile Elevated Working Platforms – Theory
- ⇨ Financial Implications of Accidents and Incidents
- ⇨ SPWEE
- ⇨ Small Tools

For more information please contact our Filton office on 01179 312549 or our Hertford office on 01992 501111.

ACCESS TO NETWORK RAIL STANDARDS

These standards are now freely available to anyone working in the industry.

You must add your limited company registration number into the Membership Box, this applies the 100% discount so you don't get charged.

To access them visit:

https://global.ihs.com/csf_home.cfm?&csf=NR

Once you click on the link it will provide full instructions on how to access them for free.

If you don't have a Limited Company please contact rail@mpi.ltd.uk and we will assist you.

Please do not use MPI's registered number as the standards will not go direct to your email and we cannot redirect.

If you have already been issued with a specific MPI email address to access the standards via IHS Markit's Engineering Workbench platform then you can continue to use that process as normal.

If you have any queries please email rail@mpi.ltd.uk and use IHS Standards as the subject.

How Are You?

The effects of Covid-19 on our mental health is worrying. Mental health issues related to lock down and the pandemic are especially hard for people already suffering with depression.

Please keep a look out for your family, friends and colleagues that might be struggling.

Helplines

MIND: 0300 123 3393

(9am-6pm Monday to Friday)

or text 86463

Samaritans: 116 123

(24 hours a day, free to call)

MPI also has a Mental Health First Aider if you, or someone you are concerned about, are experiencing a mental health issue or emotional distress.

They are not therapists or psychiatrists but they can give you initial support and signpost you to appropriate help if required.

Our Mental Health First Aider is

Pete Power

MHFA & Stress Counsellor

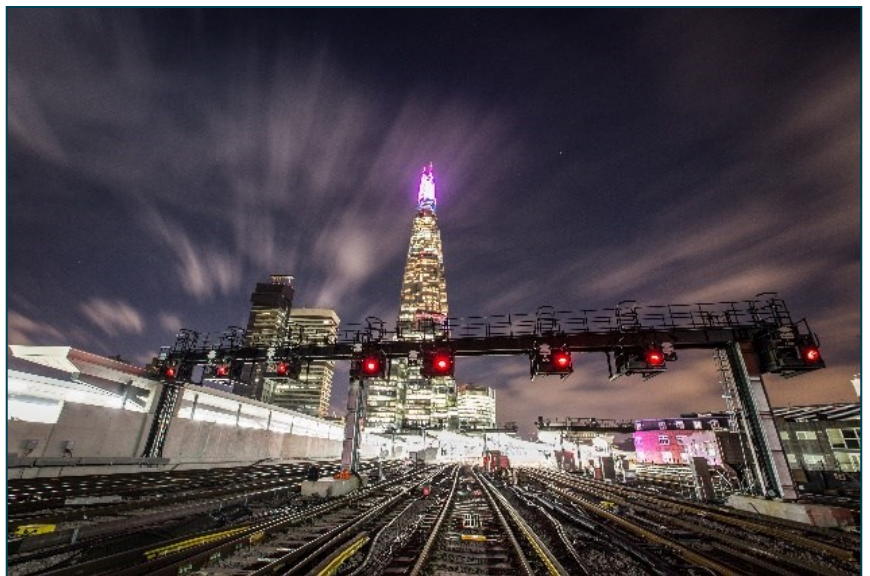
M: 07885 732217 / E: peterp@mpi.ltd.uk

PHOTO COMPETITION

We are looking for all budding photographers to take part in our quarterly photo competition.

We are looking to capture a snapshot on the Railways, either out on Track, In the Workshop or the Office.

All entries should be emailed to Rail@mpi.ltd.uk with some background details on the photo.



Obviously, caution must be taken when taking photos that you are in a safe place to do so and that you have permission for what/who you are taking photos of.

The best will be published in the next newsletter and will win a prize of a £25.00 donation to the charity of their choice.

All entries for the Nov-Dec issue must be received by 10th December to be considered.

Happy Snapping.

Sentinel Improvements

The latest Sentinel improvements have arrived. Changes are being made to improve the Card Holder and Administrator user experience of the online system and mobile App. Please ensure you download the latest version of the Sentinel App to benefit from the latest improvements.

What do I need to do to the Sentinel App on my mobile?

For COSSs / PICs: Please update the APP manually prior to going on site or after your shift to prevent losing swipe in data.

You are advised to disable auto-updates via the Settings menu on your mobile device temporarily in advance of the APP update and download the APP when you have no team swiped in.

You should also ensure that any card swipes recorded whilst offline are uploaded to Sentinel prior to installing the update. You can do this simply by launching the APP when online.



ARE YOU TAKING ANY MEDICATION?

Any medication you are required to take either over the counter or prescription must be checked if you are required to work in a safety critical role.

MPI have a subscription with Express Medicals so we can run a check for you for any medication. Even if it is just some antibiotics for toothache or tablets you have taken after you have been feeling unwell – please do let us know.

We would also like to remind you of our Drug and Alcohol policy, more information can be found on this in our rail handbook at <https://www.mpirail.uk/service-rail-notice.asp>

If you aren't sure if you've previously notified us of some medication you have been taking ongoing, please give us a call and we will be able to let you know if this has already been checked for you.

If in doubt always ask us to check.

To notify us of new medication either:
Return a Medication Notification Form [MPI 104]
or
Call our Compliance Team on 01992 501111.

You will also need to inform your line manager/supervisor where you are working.

INTERTRAIN TRAINING COURSES



As part of the governments track and trace program for Covid-19, Intertrain requires a completed track and trace form to be completed and emailed to them for each delegate booked onto a training course.

When booking a course with them you will be sent the form to complete & return before you attend the course by our Training team. Please ensure this is returned ASAP.

For further information please contact the Training Department on 01992 501111.

CLOSE CALLS

With regards to Close Calls, we ask that they are reported directly to the client you are working for at the time of identification in the first instance.

Once the client has been informed you may also report to MPI but please ensure you make sure the client is aware first.

To report a close call to MPI contact the office on 01992 501111 or, if out of office hours call our On Call Number: 07502 223051. Please note both numbers DO NOT accept text messages.

