



# ◀ STEPPING UP WEEK ▶

19-23 October

I'm  
Stepping Up  
for the wider  
community  
**ARE YOU?**



Find out more, contact  
your **Target Zero Leader**

Or email



@crossrail.co.uk

**MOVING HEALTH & SAFETY FORWARD**





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safety

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# STEPPING UP WEEK SCHEDULE



Site: [Redacted]

TZ Leader: [Redacted]

## Monday 19<sup>th</sup> October

### WELL BEING

07:50 PM to Kick Off Safety Week  
(Canteen)

08:00 Stress presentation  
(Canteen)

09:00 – 15:00 Stress related health check  
(First Aid Room)  
Clarity

Highlight: Occupation health site walk Clarity & TW

## Tuesday 20<sup>th</sup> October

### MANUAL HANDLING

7:50 TZ leader to outline the day  
(Canteen)

08:00 Safe Lifting  
(Canteen)

13:30 Manual Handling – Effects on the body  
(Canteen)

Highlight: Manual handling behavioural tour with Stuart Unthank

## Wednesday 21<sup>st</sup> October

### DIET & EXERCISE

7:50 TZ leader to outline the day  
(Canteen)

08:00 Stretch and flex exercise  
(Canteen)

13:30 Healthy Eating  
(Canteen)

Highlight: Operative lead site walk

## Thursday 22<sup>nd</sup> October

### HAV'S & DUST

7:50 TZ leader to outline the day  
(Canteen)

08:00 HAVS TBT  
(Canteen)

13:30 Dust Presentation  
(Canteen)

Highlight: Site visit with CRL & TW Health & Safety Team

## Friday 23<sup>rd</sup> October

### SURVEY

TBA: PM to conclude week And 'Have your say' survey results  
(Canteen)

Safety Breakfast to follow the Overview of the week including Safety Awards

Information here



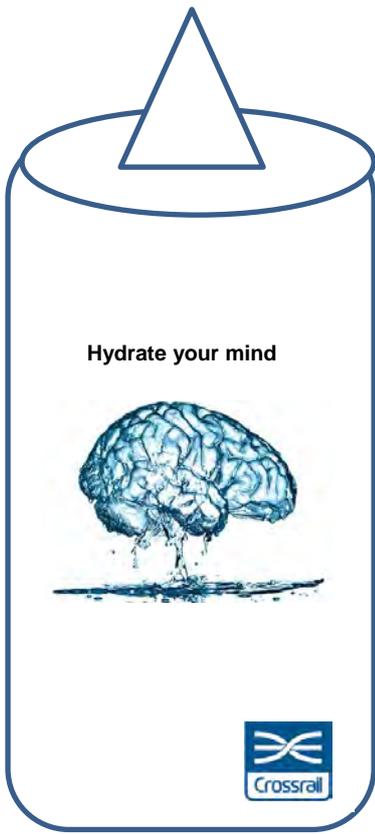
**Front of mug**



**Back of mug**



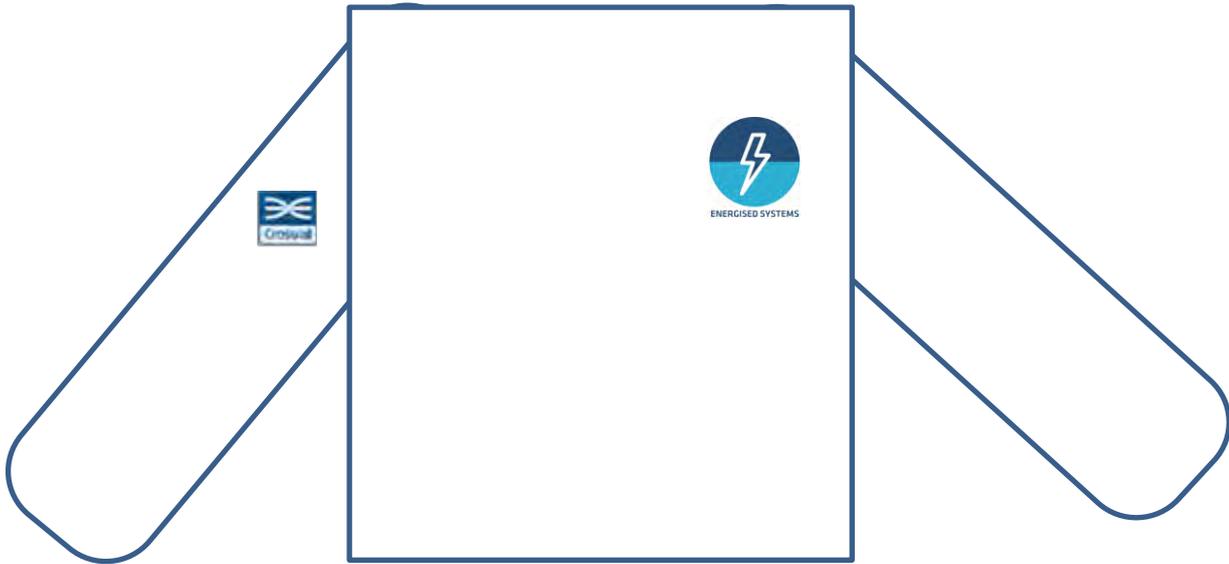
**Inside mug  
at bottom of  
cup**



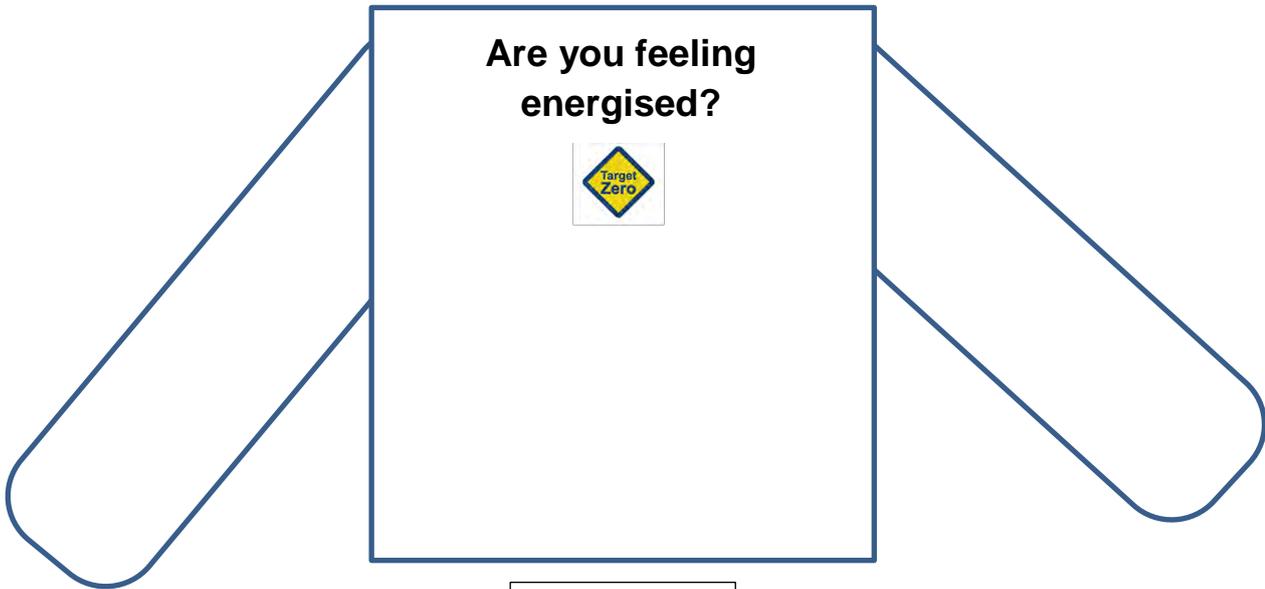
**Front of  
water-bottle**



**Back of  
water-bottle**



**Front of T-  
Shirt**



**Back of T-  
Shirt**



BREAKING GROUND



Crossrail

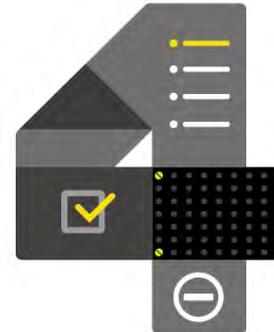


Target  
Zero

Outside leg of sock

Inside leg of sock

Front of sock



# Stepping Up Week

## Leadership Opening Message

### (19<sup>th</sup> October 2015)



# Leadership Commitment...



Your Safety and Health Leadership Team



## ◀ STEPPING UP

Team Crossrail,

Since the last Stepping Up Week, we have continued to see a steady improvement in our health and safety performance, with five contracts currently delivering without a lost time injury for over a year and reducing accident rates across the project. Our focus on safety incidents is proving successful and we know all of you will continue to maintain vigilance to maintain and even accelerate this improvement in safety.

However, we need to ensure we do not forget that we need to show similar focus on improving our health and wellbeing. 666,000 people die each year worldwide from Occupational Cancer circa 8000 in the UK alone. In addition, in 2013/14, there were 240,000 reported cases in the UK alone of work-related illnesses such as stress, anxiety and depression. These statistics are clearly shocking and remind us that not all harm is immediately visible. There is more we can all be doing to look out for the wellbeing of others and more we can do for our wider community, to ensure their health and wellbeing isn't affected by the works that take place on our sites.

During Stepping Up Week 5, from the 19th - 23rd of October, we are focusing on Health and Wellbeing. These dates align with the London Health and Wellbeing Week as well as the European Week for Health and Safety. Therefore, we are asking sites to promote positive Mental Health and Wellbeing during this week with a special emphasis on the Worker, Workplace Safety, Wider Community and Wellbeing in general.

We want everyone to get involved. Please take the opportunity to participate in the activities and workshops planned for your site and during this time remember the diverse nature of our workforce; there are different languages, abilities, cultures and genders working on Crossrail so we want to ensure all activities are inclusive to everyone on site.

Step up for your community, step up for your colleagues, step up for workplace safety and step up for Welfare. Step Up for Stepping Up Week.

**Safety and Health Leadership Team.**



# AGENDA

- INTRODUCTION
  - HEALTH & WELLBEING
  - OUR PERFORMANCE
  - STEPPING UP WEEK ACTIVITIES
  - YOUR ROLE
- 
- A large yellow arrow pointing right, containing the agenda list. The arrow is composed of three nested shapes: a white outer arrow, a yellow middle arrow, and a white inner arrow. The text is positioned to the left of the arrow's shaft.

# Have your Say



**◀ HAVE YOUR SAY ▶**  
*Health, wellbeing and safety survey*

We need **YOUR** feedback and ideas to achieve world class health, wellbeing and safety



Have Your Say Survey open from 28 August to 11 September

Scan	Contact	Email
	your local site admin <input type="text"/>	<a href="mailto:targetzero@crossrail.co.uk">targetzero@crossrail.co.uk</a>

MOVING HEALTH & SAFETY FORWARD



Have your say  
To find out what is driving health, wellbeing and safety amongst the workforce and provide a set of reports and recommendations on next steps and interventions

# Health and Wellbeing



Use this Stepping Up Week to improve your understanding of what factors can improve your wellbeing and overall health.

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and wellbeing  
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**MOVING HEALTH & SAFETY FORWARD**



# ◀ H&S PERFORMANCE UPDATE

◀ For more information on H&S Statistics visit:  
<http://www.crossrail.co.uk/sustainability/health-and-safety/>

► Sites to add content here to focus on (but not restricted to):

- Activities during the week.
- How operatives can get involved.
- Visiting other sites / schedules.
- Prizes up for grabs during activities (Target Zero merchandise).
- Site specific focus on Target Zero (if any).

## AGENDA

- 
- A graphic for the agenda, featuring a large white arrow pointing right on a dark blue background. The arrow has a yellow border and a yellow fill. Inside the arrow, the word 'AGENDA' is written in white. Below the word, there is a list of four items: 'INTRODUCTION', 'OUR PERFORMANCE', 'STEPPING UP WEEK ACTIVITIES', and 'YOUR ROLE'. The text 'STEPPING UP WEEK ACTIVITIES' is highlighted with a red rounded rectangle.
- INTRODUCTION
  - OUR PERFORMANCE
  - STEPPING UP WEEK ACTIVITIES
  - YOUR ROLE

**ARE YOU  
STEPPING  
UP?**

**Target  
Zero**

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MOVING HEALTH & SAFETY FORWARD 

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MOVING HEALTH & SAFETY FORWARD 

## Stepping Up Week

### Closing Message – 23 October 2015

# Opening Messages



Opening  
Leadership  
Messages



Focus on  
Mental  
Health and  
Wellbeing

# Workshops and Toolbox Talks



**Cancer  
Workshop  
C502**



**Asbestos  
Workshop  
C828**



**Inclusive  
Health and  
Safety  
CSQ**



**Working  
at Height  
Workshop  
TUCA**



# Worker, Workplace Safety, Wider Community, Wellbeing



Emergency  
Crane  
Rescue  
TCR



Litter  
Picking for  
Community  
C828



Resilience  
Lunch and  
Learn  
CSQ



MEWP  
Awareness  
C305



## ‘CONTROL THE CONTROLLABLES’



- Bond Street
- Canada Square
- Liverpool Street

# Golden Rule Awards Go To.....



XXX – C405

RESPECT  
THE BASICS



XXX – C530

ASSESS  
THE RISKS



XXX – C502

XXX – C422

CHECK  
THE SITE



All C435

XXX

XXX

XXX

FOLLOW SITE  
REQUIREMENTS



XXX – C422

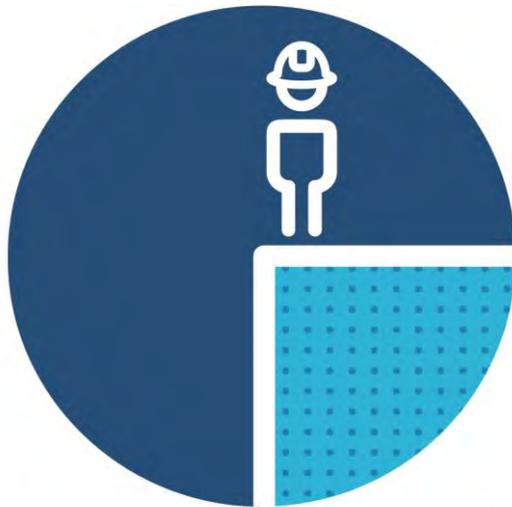
XXX – C422

XXX – C305

SUPPORT  
EACH OTHER



# Maintain our focus



**WORKING AT HEIGHT**



**LIFTING OPERATIONS**

# Have Your Say Survey...part 1



Number of surveys returned

4139

## Health and Wellbeing on Crossrail

- Overall the survey results were positive
- Results highlighted that people aren't always committed to Crossrail
- Further analysis on all results

# Have Your Say Survey...part 2



Number of surveys returned

4139

## The Safety Climate on Crossrail

### Positives:

- Health and safety procedures/processes
- Diversity & Inclusion
- Communication of safety messages

### What drives you to be safe on Crossrail:

- Communication with Management
- Receiving feedback from Management
- Health and Safety procedures being reviewed on a regular basis.

# Stepping Up at Canada Square



Rambling  
visit to  
Mudchute  
Farm



Mental  
Health  
First Aid



# Stepping Up at Canada Square



Smoothie  
Bike!



Inclusive  
Health and  
Safety

'Step Up'  
Class



# Stepping Up at Canada Square



**Pilates at  
Crossrail  
Place**



**Mindfulness  
Workshop**



**World  
Class  
Health &  
Safety**

# Mindfulness Winner....



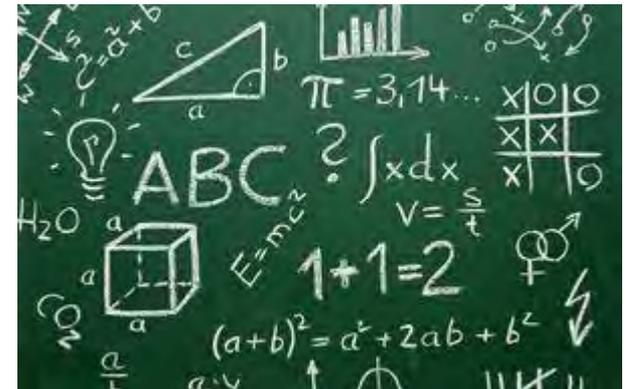
**AND THE WINNER IS....**



# Stepping Up Week in Numbers



- Over 1000 emails exchanged through SUW mailbox
- Over 500 minutes of mindful meditation
- 400 SUW bottles / mugs produced
- 200 miles travelled in the Crossrail YOMP challenge (Thousands of calories burned!)
- 175 Bookings onto 13 SUW activities
- 28 mindful colouring entries
- 10 golden rules 'Safety' awards issued
- **Lots of fun had by all!!**



# Mug Shot



Let's Continue to Support Each Other...



Please continue to 'Step Up' every day.



Got any ideas / suggestions? Email  
[@crossrail.co.uk](mailto:@crossrail.co.uk)

Target  
Zero



**We hope you  
feel Healthy  
and Well.  
Thanks for  
Stepping Up!**