POL012 Managing Fatigue Policy Statement



As Managing Director of Pyramid Builders Ltd, I have accepted the Network Rail Policy on Managing Fatigue and as a consequence have now implemented my own policy for my staff and operatives, including sub-contractors who work or may work on the Network Rail Controlled Infrastructure.

I have taken into account Regulation 25 of the Rail and Other Guided Transport Systems (Safety) Regulations 2013, and provided that employees and sub-contractors adhere to the provisions of this policy, they will normally be able to demonstrate compliance with the Regulations.

I will take all reasonable steps to ensure that employees or contractors are made aware of the contents of this statement, together with the relevant sections of the Group Standard and the implications therein.

Furthermore, as a responsible employer, we have in place procedures to prevent, in so far as it is reasonably practicable, an offence under Railway Regulations and a monitoring process to measure the progress of such procedure.

No employee or sub-contractors shall in so far as reasonably practicable undertake work for such number of hours as would be liable to cause them fatigue, which could endanger safety.

It also identifies the minimum expectations with regards to discharging our duty under the Health and Safety at Work Act 1974 relating to the management of work and travel time.

It is a requirement of the company that the working time of employees and sub-contractors comply with the accompanying Control of Fatigue Procedure.

This Procedure details the requirements for managing fatigue and working hours. It applies to all employees and sub-contractors who undertake safety critical work within the Network Rail Managed Infrastructure.

Specific requirements are set out for Managers or other identified roles who:

- Have responsibility for the rostering and/or management of staff who undertake safety critical work, and/or
- Are responsible for arranging, placing, controlling and monitoring of contracts involving undertaking safety critical work on Network Rail Managed infrastructure.
- The scope of this standard includes controls for:

Working hours

Exceedance of working time limits

- A worker exceeds 60 hours working in a rolling seven-day period. This shall be classified as a Level 1 exceedance.
- A worker exceeds 72 hours of working in a rolling seven- day period. This shall be classified as a Level 2 exceedance.
- A worker receives less that 12 hours break between booking off from their shift/ period of duty and booking for their next shift period of duty.
- A worker works more than 13 consecutive turns of duty in 14 rolling days.
- A worker works when they are expected an FRI Calculation Fatigue score of 35 during daytime and 45 during night-time hours.
- A worker works when they are expected to exceed an Fri risk score of 1.6 (regardless of daytime or nighttime working)
- A worker exceeds 14 hours door to door.

Design and risk assessment of working patterns

Management of fatigue

Monitoring & review of arrangements for managing fatigue & working hours.

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It is recognised there may be occasions when there is an urgent requirement to exceed the working time limits, on these occasions the Contract Managers/Supervisors may authorise the restricted hours to be exceeded only in exceptional circumstances subject to completion of a suitable and sufficient risk assessment, including the mitigation measures to be implemented where appropriate.

Liam Clear Managing Director Pyramid Builders Ltd

September 2023

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