

## CONTROL OF FATIGUE POLICY

*This policy supplements the health & safety policy statement.*

Any employee must not commence or continue work if he or she is fatigued to such an extent that their condition may prejudice his or her safety, or the safety of others.

Managers will not plan work arrangements for personnel who are fatigued or are likely to become fatigued during the work period. Managers and supervisors are authorised to prevent any employee from commencing work or continuing to work if they believe the person is fatigued.

To contribute to improved safety performance through the control of fatigue limitations on hours worked will be applied.

Employees must:-

- Not work more than twelve hours in any one shift.
- Not work more than 72 hours in a calendar week.
- Have a minimum rest period of 12 hours between booking off and booking on for consecutive shifts.
- Not work more than 13 shifts within any 14 consecutive days.

If working for Transport for London or on the London Underground

- The longest shift will be 12 hours.
- The minimum rest between shifts will be 11 hours.
- The maximum days that can be worked between rest periods are:-
  - 6 consecutive days followed by a rest period of not less than 24 hours.
  - 12 consecutive days followed by two consecutive rest periods each of not less than 24 hours.
  - Within any 14 day period, two rest periods each of not less than 24 hours.

### Exceptions:

Walker Traffic Management employees will have a minimum rest period of 11 hours between shifts.

Calculating the total hours and shifts worked must include the hours worked for another supplier and on all infrastructures.

Travelling time will be limited to a maximum of one hour to and one hour from the work site where shifts are of 12 hour duration. Where travelling exceeds this the working hours will be adjusted accordingly.

Recording and monitoring will take place weekly using the working hours data. In instances where the above has been exceeded the Contracts Manager will firstly complete both a R13 Excess Working, a HSE 58 Observation record and fatigue assessment forms to ensure that identified employees who have exceeded the working hours are fit for current duties. All forms to be returned to Human Resources.

In respect of Rail works all work on the rail infrastructure will be in accordance with Group Network Rail and Network Rail (HS1) Limited standards.

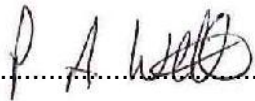
In respect of Rail works working hours will be monitored in accordance with Network Rail Company Standard NR/L2/ERG/003 and NR/GN/INI/001 - Guidance on the Management of Door to Door Work & Travel Time, NR/L2/OHS/003 Fatigue Risk Management (when fully released) and LUL standard S1548 Safety Critical Work.

Exceedance of these hours in emergency situations shall only be permitted once the risk of fatigue has been assessed and an acceptable outcome achieved.

The implementation of this policy is the responsibility of the Managing Director, assisted by the Health & Safety Manager and other members of his management team.

This policy will be reviewed and evaluated annually unless there are changes in legislation when it will be reviewed and updated in accordance with those changes.

Signed:

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Dated: 7<sup>th</sup> December 2018

Phil Webb  
Managing Director

# FATIGUE

The policy has also been produced as a separate document and is on the Company Website at [www.walker-construction.co.uk](http://www.walker-construction.co.uk)