

Happy New Year 2019



Global  
Infrastructure  
Group

Issue 17 2019

# GLOBAL NEWS



**In this edition....**

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## Foreword

**O**nce again, may we take this opportunity to personally thank all our staff for your efforts in 2018 and wish you, along with your families, all our clients, and suppliers, a very happy and prosperous new year!

We start the new year very much full of optimism, with a strong orderbook and a number of new clients and opportunities to develop in 2019 and beyond. We have worked tremendously hard this last year to extend our core in-house capabilities and therefore position our business as a strong tier 2 contractor across the three entities. As always, our continued success can only be achieved via the hard work and effort of the entire Global family and this truly is a testimony to our commitment to enhance our service delivery across our group of Companies.

In the UK we have successfully delivered our first major Principal Contractor opportunity for the design and build (Civils) on behalf of Network Rail, on the Feltham Re-Signalling Project and are now working through substantial variation works awarded to ourselves.

- We have also successfully delivered (to date) the Civils and E&P works associated with Felixstowe Branch Capacity GRIP 5-7, Paddington to Reading and the civils to support the new Sub-Station on the Potteric Carr project.
- We have also been confirmed as the preferred bidder for the high profile Barking Riverside project to deliver both the Civils and E&P requirements on this major infrastructure scheme in the east end of London.

In Ireland, we have had considerable success in the award of a number of key opportunities including the renewal of our frameworks for M&E and Utilities such as the award of the Limerick Junction Station – Installation of new platform and footbridge (Civils) on behalf of Irish Rail.

- On behalf of Imagine (Telecomms), we have secured the installation of LTE (4G) throughout the country. Full turnkey service including design, build, rigging, commissioning, and integration.
- A major M&E opportunity again with Irish Rail is the Heuston Valet Plant (H.V.P) Mechanical & Electrical (M&E) Renewal Works to replace the existing life expired M&E systems which are installed throughout the valeting plant building.

In Australia, we have had similar success with the award of a number of high profile frameworks, such as:-

- Vic Track - 3-year framework JV with Dali Wireless of Hong Kong who supplies telecom solutions to numerous industries including rail to supply their equipment and to provide 24/7 support services for the supply and installation of their equipment on the Vic track Network which includes safety critical equipment for station Police officers.
- ARTC - Australian Rail Track Corporation. Provision of civil engineering construction & maintenance services to the Network. ARTC operates the largest freight Network in Australia with over 11,000Km of Freight Networks and is about to embark on a \$9 billion-dollar investment on the network over the next 5 years.
- MTM – Awarded 3 Frameworks for Minor Works, OSC – Electrical & Electrical Systems and Maintenance V/Line – Awarded a 3-year framework with an option to extend for 3 additional years to undertake Civil Engineering and maintenance works across the VLine Network in Victoria.



- THALES – Awarded the contract to support THALES on the North West Rail link Project in Sydney to deliver Electrical & Telecommunication services to support the UGL/NSW Government Upgrade Project.

Successes like these do not happen by chance! Our focus, willingness to deliver and most of all the professionalism, attitude and sheer determination of our whole team, across the globe, contributes hugely to meet our 'best in class' ambitions. The continued success the Company has experienced this far could not be fully appreciated without the support, hard work and commitment of our staff, supply chain, and partners to ensure our business objectives are delivered professionally, safely and in a consistent manner. We are particularly proud of our history to date and in particular how our wider team continues to execute our objectives and responsibilities in such a positive, pro-active and inclusive way. This is real testimony of our commitment to our core principles and culture enhanced by working together and with others to achieve our defined objectives.

Our safety record once again is testament to the fantastic work our HSQE team, management, safety coaches and all our people do in a very professional and diligent manner throughout the year to create and foster a working ethos at the Global Infrastructure Group that is second to none and ensure we all go home safely every day – Thank you all and we can now look forward to a promising and positive 2019 with optimism. The GIG Group will continue to pursue excellence in 2019 by combining our core strengths to create opportunities, guided by our corporate vision of “contributing positively to the rail industry and the environment”. This combined with our corporate values whereby we seek to empower our people to work collaboratively as part of a greater team in a responsible, passionate, safe and professional manner to collectively deliver a 'first class service' to our clients.

Finally, thank you all for being such a great team to work with and for one we can count on.

Warmest Regards,

Marco Lombardelli & Ivan Holloway



#### **Passionate**

Committed in heart and mind to whole-heartedly embrace our core values and culture, without exception.



#### **People**

Growing our organisation from within, promoting and empowering our people, inspiring them to be the best they can be.



#### **Professional**

At all times we act with integrity, providing quality service, reliably and responsibly.



#### **Teamwork**

Working collaboratively whilst supporting and respecting each other's views.



#### **Responsible**

To consistently deliver quality, on time, safely and to budget whilst protecting our communities and the environment.



## Project Updates

**Global Rail Australia** has recently been appointed by Thales to provide electrical services on the Sydney Metro Northwest Project. The project involves works on a rail link to the north-western suburbs of Sydney. The project involves upgrades to approximately 13 km of the existing Epping to Chatswood Railway Line and the construction of 23 km of a new rail line with the construction of 8 new stations i.e. Cherrybrook, Castle Hill, Showground, Norwest, Bella Vista, Kellyville, Rouse Hill, and Cudgegong Road. The project also includes the construction of a new dedicated Operations Control Centre (OCC); and a new Rapid Transit Rail Facility.



### EMERGENCY RESPONSE DRILL FROM ELEVATED WORK PLATFORM

To help keep safety at the forefront of people's minds and demonstrate the company's commitment to workplace health and safety GRA held an Emergency Response drill evacuating all our Riggers from the EWP. Our practical evacuation drill was designed to test and validate our emergency procedures and proved a very successful exercise and beneficial to all.

The best defense in an emergency situation is well-trained people. A well-rehearsed and practiced evacuation drill can save lives. The scenario was set whereby the controls were presumed not to be working. Using rescue equipment, with the aid of a secondary safety line, the Riggers abseiled from the bucket lowering themselves to the ground.

**Well Done To All Who Participated**



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## Project Updates

### Elphinstone Tunnel IBC Upgrade - Regional Rail Connectivity Project

Under a VICTRACK occupation, **Global Rail Australia** were engaged by Cellular Asset Management to install a 420m 1-5/8 inch radiating cable within the Elphinstone tunnel in Victoria. Utilising an 8m high rail cherry picker and a flatbed truck on hi-rail for the 1-ton cable drum.

Once the feeder was installed and connected there were 8 hrs of Sweep and PIM testing required on each frequency before the feeder could be activated. The build included civil construction of a new compound and raft slab to suit 2 new ODU's for Optus and VHA which included electrical power connection to the site. Works were undertaken during an extended Occupation of the line. All works were completed in accordance with **Global Rail Australia's** detailed hour by hour program and the track handed back to the V/Line on time.

**Well Done & Thank You To All Involved**



### The Elphinstone Tunnel

**GRA Networks** recently undertook an IBC upgrade for Cellular Asset Management at Elphinstone Tunnel. The Elphinstone Tunnel, operated by V/Line is 385 meters, was built in brick and bluestone as a double-track horseshoe profile tunnel and was completed in 1860. As part of the Regional Fast Rail project in the early 2000's, the double-track line was singled to allow for increased speed and better clearances past heritage structures, although retaining some sections of double track to form long crossing loops.

This IBC Upgrade project comprised swap out of leaky feeder in existing tunnel and preparation of services, groundworks and telecommunication in the construction of an extended western hut compound to facilitate new ODU's. The scope of work involves the following;

- Swap out leaky feeder in the existing tunnel
- Clearing of site area and compound
- Trenching for new power, communication and electrical
- Formation of footings for ODU's
- Installation of fence surrounding compound



Works were undertaken during an extended Occupation of the line. All works were completed in accordance with GRA's detailed hourly program and the track handed back to the V/Line on time.

**Global Rail Australia** has proven experience in deliver of the most exacting projects across a diverse range of service sectors. Our in-house capabilities, our scale and our supply chain partnerships have allowed Global Rail Australia to deliver complex multi-disciplinary projects that make a positive difference to our clients, across the Australian infrastructure industry that we serve.

**Global Rail Australia**  
5 Plane Tree Avenue  
Dingley Village  
Vic 3172  
Australia  
**+61 (0) 3 9551 0465**





## Project Updates

### ESBT Tower Maintenance Framework Batch 4 GRA Networks

**GRA Networks** are nearing the end of batch 4 on the ongoing ESBT Tower Maintenance Framework contract. Batch 5 will be awarded early this year.

GRA Networks are continuing to carry out climb downs on all ESBT structures, reporting and signing off on both the integrity of the structure, the quantity of equipment installed and the quality of the installations on the structures on the Safety Extranet System.

Recently we facilitated the treatment & removal of Fallopia Japonica otherwise known as Japanese Knotweed. Japanese knotweed is the most aggressive, destructive and invasive plant in the UK and Ireland. If not eradicated promptly it can cause severe damage.



### LTE Imagine Contract Awarded To GRA Networks

We are delighted to announce that **GRA Networks** have been selected as one of the preferred contractors for the LTE Installation and Decommissioning Projects for Imagine Broadband Ireland.

The objective of the project is to provide high-speed broadband to rural Irish communities and provide:

- Genuine broadband speeds of up to 70Mb
- Reliable wireless connectivity
- 20GB of daily data
- Free local and National calls.

The work will include the installation of Advanced LTE (4G) throughout the country. We are responsible for all aspects of the build from rigging (copper feeders and Fibre/RRU solutions), maintenance and remedial works, installation, commissioning, decommissioning (select sites to make room for a more streamlined service) and integration.

Works are currently in progress and we have a schedule forecast up to and into next year.





## AWARD WINNERS

### GRA Networks Australia Awarded “National 2018 Best Technical Service Award” for Huawei Australia

We are thrilled to announce that **GRA Networks** has scooped the “National 2018 Best Technical Service Award” for Huawei Australia.

**Ivan Holloway CEO of GRA Networks said proudly:**

*“This would not be possible without all the hard work and dedication of the entire team and shows how far we have come as a business over the last few years. We look forward to successfully deploying for Huawei and our various clients across the country, ready for the next big Telecoms Rollout, 5G!”*



**GRA Networks** is a full service telecommunications contractor and provides a comprehensive range of services from upgrading existing infrastructure to building new mobile phone towers and other wireless network infrastructure.

The range of services on offer include:

- 3G and 4G equipment installation and commissioning
- IBC and DAS systems installation and commissioning

- ‘Green Field’ builds
- Wi-Fi network installation and commissioning
- Transmission links installation and commissioning
- Earthing systems installation and testing
- Fibre and copper networks distribution and transmission networks
- Tower construction, retrofit, maintenance and inspection
- Condition surveying and reporting
- Emergency response
- Operation and maintenance services
- Consultancy services

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## AWARD WINNERS

### Higher Distinction for Global Rail Services at All Ireland Safety Awards 2018

**Global Rail Services** in Ireland, has achieved further success, with a higher distinction award at the 27<sup>th</sup> All Ireland Safety Awards.

With health, safety and people wellbeing central to their everyday approach, **Global Rail Services** were highly commended for their continuous improvement in occupational health and safety management.

This performance is achieved through the implementation and maintenance of an occupational health and safety management system which meets and is fully accredited to the requirements of OHSAS 18001:2007.



By promoting a safety culture through a series of events such as this, the National Irish Safety Organisation (NISO) are able to award those organisations who make a positive impact on the lives of their workers and the stakeholders they engage with.

Set-up to create conditions where Irish workplaces are among the safest and healthiest in Europe, the National Irish Safety Organisation Limited (NISO), provides:

- Leading information, advisory and training services.
- The promotion of a culture of excellence in workplace health & safety.
- A leading role in advancing the national health & safety agenda.
- Helping members develop a culture of health and safety in their workplace

A delighted **Tom Staunton, General Manager** of **Global Rail Services**, who is pictured being presented with the award, said:

*"Global Rail Services places people at the heart of what they do, from their employees, clients and supply chain partners, to their neighbours and the wider community. Our daily aim is to minimise the impact of our activities on all project stakeholders and the wider environment, to ensure that we operate a successful business in a way that is safe, sustainable and socially responsible. The principles of corporate responsibility are an intrinsic part of our business and are central to our long-term strategy. "I'd like to thank all of our team for their efforts and do please keep up the great work you are doing!"*

### Main Building Roof Renewal Works at Colbert Station Limerick

Roof renewal works at Colbert Station Limerick commenced in early October and are due to continue into this year. The works consist of removing the existing roof finish off the office building and re-roofing including associated building and M&E works. The station, which was built in 1858 and is home to four rail routes, has had extensive upgrading and refurbishment in the last few years including a new pedestrian plaza replacing the car park at the front of the station, construction of a new bus station and significant refurbishment to the station interior.







Global  
Rail  
Services

## Project Updates

### GLOBAL RAIL SERVICES Installing New Platform & Footbridge Limerick Junction Station

**Global Rail Services** has commenced works on a new €2.5m project at Limerick Junction on behalf of Irish Rail. The project involves construction of a new 240m precast concrete platform, the fabrication and installation of a new steel footbridge on piled foundations and all associated electrical and station/platform infrastructure at Limerick Junction Station. The overall objective, via the implementation of this scheme, is to deliver improved journey times and provide timetable enhancements on the Dublin-Cork and Dublin-Limerick lines, which are currently restricted by a platform conflict at Limerick Junction.

These important works will provide time savings for down trains scheduled to stop at Limerick Junction of 4.8 minutes, which affect 13 Cork trains/day typically and one direct Tralee train. There will also be an average time saving of 11 minutes for all Limerick passengers connecting to and from Cork services at Limerick Junction. Works will be undertaken between trains and railway possessions and are due to continue until June 2019.

**Global Rail Services** have already set up a safe working compound and delineated the site from the railway corridor in order to commence works. The new down platform will remove constraints and speed restrictions associated with the current single platform, which caters for Dublin to Cork/Kerry services in both directions.

**Global Rail Services** General Manager Tom Staunton, commented on this new project: ***“We are delighted to have secured and commenced delivery of this contract on behalf of our long-term customer Irish Rail. 2018 was a great year for our operations in Ireland and we look forward to continuing our successes in 2019, through implementation of another important railway project that will provide daily benefits to all stakeholders that use these routes.”***



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## CITY CENTRE RESIGNALLING PROJECT PHASE 4

**Global Rail Services** are continuing work on Phase 4 of the City Centre Re-signalling Project (CCRP) which is the fourth and final stage of the upgrading of commuter rail services for the Greater Dublin Area. The primary focus of this project is the replacement of signalling equipment which is becoming life-expired and for which maintenance is becoming increasingly costly. Recent works involved installing a cantilevered steel platform structure in Store Street and Spencer Row.



## HEUSTON VALETING PLANT

**Global Rail Services** are pleased to announce that they have acquired an exciting project at Heuston Valeting Plant to carry out mechanical & electrical renewal works.

This 5 month contract commenced on the 17th December 2018 and the works involved are:

- ◆ The refurbishment of plantrooms to 1 hour/ 2 hour fire rating.
- ◆ The removal and disposal of ALL existing M&E services and making good of existing surfaces throughout the valeting plant.
- ◆ The installation of new Mechanical, Electrical & Fire services and systems throughout the valeting plant building.
- ◆ The installation of BMS / MCC control panel, associated supply & control cabling.
- ◆ The installation of vent extract systems in the valeting plant.
- ◆ The installation of a new heating and water supply system.
- ◆ The installation of pipes, containment and cabling for all Mechanical, Electrical and Fire service.
- ◆ The provision of new electrical distribution systems.
- ◆ The provision of L1 Fire Detection & Alarm system.
- ◆ Decommissioning and removal of existing Mechanical & Electrical services and demolition of existing boilers.
- ◆ Installation of new Heating, HWS, and CWS services to offices, welfare and toilet facilities including new sanitary wear.
- ◆ Installation of new power, lighting, fire, voice, data services to all offices, welfare and public facilities.
- ◆ Commissioning & testing system and issue of O&M manuals.
- ◆ Provision of a 3 year service maintenance contract post installation.







## Project Updates

### Carlow Station Platform & Bridge Lighting Installation

**Global Rail Services** have been awarded the contract to install new cabling and containment in the form of galvanised conduit to the bridge area at Carlow Station. The existing platform lighting on both platforms will be re-cabled, terminated and old mounted luminaires replaced.



### GREENFIELD SITES



**Global Rail Services** are excited to be working with a new client 2RN.

2RN distributes and transmits the programme services of RTE Radio and Television,

TV3, TG4, and Today FM.

Works include the design, supply, construction of Greenfield sites in Drogheda and Wicklow.

The scope of this project includes the construction of access tracks, compound, equipment plinths, security fencing, ducting, supply and erection of towers and cabins, plus any other civil requirements.

**Global Rail Services** has proven experience in delivering some of the most exciting projects across a diverse range of service sectors. Our in-house capabilities, our scale and our supply chain partnerships have allowed Global Rail Services to deliver complex multi-disciplinary projects that make a positive difference to our clients, across the Irish infrastructure industry that we serve.

#### **Global Rail Services**

Unit 516a Grants Rise  
Greenogue Business Park  
Rathcoole, Co Dublin  
D24 FH56  
Ireland  
**+353 (0) 1 458 8540**

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# A Day in the Life of .....

In this issue, we meet Colin Ford, QSE Advisor for Global Rail Construction. We find out a bit more about him....



**Describe yourself in 3 words?** Caring, dedicated and impulsive.

**What is your typical day like?** I get up early and go to the gym before work, then I feel ready for any challenges I might get thrown at me. Once I get home I normally put my feet up and binge on a Netflix show or two. Weekends....normally swimming and getting terrorised by my children.

**Why did you pick this job?** I wanted to make a difference, I had worked with the same group of people for the last ten years at Carillion and wanted to see if I could stand on my own two feet and Global Rail Construction seemed perfect for me.

**What's the best part of your job?** When people come to me with an issue and I am able to help them make a difference.

**What is the most challenging part of your job?** People not following processes they are aware of and then cutting corners.

**How do you spend your free time?** Gym, visiting family and getting beat on Mario Kart by my boys

**What was your dream job as a child?** Assistant to Willy Wonka.

**If you could have dinner with anyone dead or alive who would it be and why?** Yoda- it would have to be at my place as he lives in the middle of a dirty swamp and I am all about health and safety.

**If you could know the absolute and total truth to one question, what question would you ask?** Are we alone?

**What social stigma does society need to get over?** All of them....sexuality, racism, Religion, the way our society is so 'PC'.  
People should live their life's how they want to and keep their opinions to themselves.

**What is the greatest lesson you've ever learnt?** Listen and always make your own opinion on people.

**What's your best childhood memory?** Going exploring with my brother and dog.

**Would you like to learn any new skills?** I would like to learn to fly.

**What is your vice?** White chocolate.

**Where is your favourite holiday destination?** I haven't found a favourite place yet but I'm looking.

**What is your favourite film genre?** Martial art films - old school dubbed.

**What do you feel most proud of?** Producing three beautiful children with good heads and hearts.

**What is your favourite cuisine?** Indian food, made by my Mother.

**Do you have any hidden talents?** I can do a mean Elvis on Karaoke.....

**What things cheer you up or make you happy in life?** Days out with my partner and children, listening to music and eating junk food.

## Project Updates



### IP Signalling Southern Newsletter



#### Feltham & Wokingham Project

Over the 29<sup>th</sup> Sept. to 1<sup>st</sup> Oct., the Feltham and Wokingham project team had a stellar weekend, installing 7 signal piles, 3 concrete signal bases and 10 signal structures (achieving more than initially planned). They also under difficult conditions, installed a 2 track Under Track Crossing. The team encountered ground water and sand which made excavation extremely challenging. In addition, they undertook Ground Investigation surveys at one signal base and examined another to confirm its suitability plus they cleared materials from the site between Thames River Bridge and Richmond Station. On top of this the team delivered a significant volume of materials plus an excavator to Whitton Station and erected protection fencing on the platform so that platform duct works can happen during the daytime over the next 2 weeks. The team undertook a significant amount of work which all incurred challenges, but I'm proud to say the work was delivered safely, successfully and on time. Well done to the team with particular thanks to Steve Deeprise, Dave Baker and Mark Taylor.

It is exciting to see our Feltham Project featured on the Network Rail Signalling Southern Newsletter.

**Well done to all the team for delivering exceptional work to the project.**

Keep up the good work!



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The team at Potteric Carr are continuing their great work with further concrete pours to the first lift of the transformer pen walls.

**Well Done & Thank You To The Team**



**Global Rail Construction Ltd**  
is a Principal Contractor and a leading UK provider of  
design and build services to clients in the rail and  
transportation sector



## Project Updates

### RAIL CIVILS SUCCESS FOR GLOBAL RAIL CONSTRUCTION LTD

As part of the Felixstowe Branch Capacity Enhancement Project, **Global Rail Construction Limited** (GRCL) has been selected to deliver further ancillary rail civil engineering works on behalf of Principal Contractor, VolkerFitzpatrick.

These works follow on from GRCL's award of E&P works for the same project. The works will be undertaken during a combination of 36 hour continuous possessions and midweek working and will last for a total of 23 weeks. GRCL's full rail civil scope includes the following and has already involved a number of value engineering solutions being provided in respect of reduced earth retention:



#### ◆ FSP BASES

11No LOC's fixed to staging's,  
29No precast concrete LOC's

#### ◆ SIGNAL BASES

25No signal bases – 7No require major earth retention to an average depth of 10.00m

#### ◆ LOC STAGING'S

11No Staging's fabricated by a specialist supplier, with staging's consisting of 1, 2 & 3 LOC bases.

#### ◆ UTX's

8No & 5No UTX crossings and associated track monitoring, along with associated chambers, using specialist non evasive excavation techniques (Vac EX)

These works have been secured off the back of previously successful works, in respect of the installation of under track crossings and a combined under road crossing with an under track crossing and more recently the delivery of 3No under road crossings, 2No under road crossings at Levington Level Crossing and 1No under road crossing at Morston Hall Crossing. The planning of the works so far has been particularly intense, however, the GRCL team have managed to provide a robust delivery plan to meet and exceed the client's expectations. The works are due for completion in March 2019.

Following a 5 month install period including 42,500m of new power supply cables, GRCL undertook the testing of commissioning and energisation of 42 new functional supply points (FSP's) over a 20km stretch of the Felixstowe to Ipswich branch line including the supply and install of a new PSP at Westerfield.

The operation was carried out successfully and handed over to the client on time at the start of the Christmas blockade enabling the client to bring into use, new and improved, signalling equipment.

As part of the Felixstowe Capacity Upgrade project **Global Rail Construction** successfully delivered & landed the New Westerfield PSP. This was part of a new 650v Signalling Power Upgrade within the network along with 42 no. FSP's, 3 no. PHCC's & upgrade works to existing Trimley PSP.







# WELL DONE PETER



## RISQS

RAILWAY INDUSTRY SUPPLIER  
QUALIFICATION SCHEME

**Peter Coleman** - Head of Compliance for **Global Rail Construction** was nominated and appointed [had the highest number of votes within the respective categories] to form part of the RISQS Supplier Consultation Group.

### So what is RISQS?

Railway Industry Supplier Qualification Scheme (RISQS) is GB rail's supplier assurance scheme which is run by the industry, for the industry, under the stewardship of Railway Safety and Standards Board (RSSB). Buyers of products and services throughout the GB rail industry use RISQS as their supplier qualification service.

RISQS remains central to the safe and cost-effective procurement of railway products and services, providing assurance for 110-plus buyers [including Network Rail, Transport for London, passenger and freight operating companies, rolling stock organisations] to do business with confidence with over 4,300 suppliers.

### RISQS Suppliers Consultation Group

The group is made up of a cross-section of the RISQS supplier community which includes Consultants, Contractors, Major Contractors, Traction & Rolling Stock Suppliers, Training Suppliers, Product Suppliers, Recruitment Companies and Support Services. There is also a Buyers Consultation Group. Each group feeds into the RISQS Committee which is made up from representation from NR, TFL, RSSB, RISQS, the Suppliers Representative and Buyers Representative.

*"The first RISQS Suppliers Consultation Group Meeting took place 15<sup>th</sup> November 2018 at the RISQS/RSSB offices in London and is undertaken bimonthly [every two months]. Being the first meeting it was mainly about setting the scene and purpose for the consultation group. Overall a very positive meeting of like-minded individuals offering an opportunity to shape how our industry suppliers [and buyers] systematically operate and continually improve. And of course, from my perspective, it's good to be part of the opportunity for Global Rail Construction to influence, develop and improve RISQS."*



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## Project Updates

Each year, **Global Rail Construction** carry out a safety engagement session where all personnel within the business are requested to take part in the '**5 – Day Pre-Christmas Safety briefings**'. The purpose of this exercise is to ensure that all personnel (both office and site operatives including our supply chain) working on behalf of the business are aware of the challenges the period brings and how we can work safely throughout it. GRCL believes a lot of thoughts go through peoples' minds during Christmas period, which if they are not well managed could lead to undesired consequences, therefore, the need for us not to allow anything to distract us from working safely. Upon careful review of our safety performances in the year, the following topics were considered and briefed out:

- **Day 1** – Take five seconds to think about safety
- **Day 2** – Fatigue
- **Day 3** – Health and Wellbeing
- **Day 4** – Complacency
- **Day 5** – Working through OR shutting down site for Christmas holidays



The above briefing exercise reminded personnel that where their thoughts may be running wild with all plans and activities of Christmas whilst working, they are to **STOP** and **take five (5) seconds** to look around to come back to their present moment while identifying any potential hazard around them. Moreover, with a number of personnel undertaking high risks activities through the 24<sup>th</sup> - 30<sup>th</sup> December 2018, it was important that safety was given the highest priority on site.

Hazards are always with us and do not go away; it is only our awareness of the hazard which goes away which happens when we do not stay focused. We are happy to state that the **5 - Day exercise** was evidenced by zero accident and incident reporting during this period.

***Well done all for taking part in the exercise.***

The **5 - Day exercise** was also topped up with safe start 2019 which was delivered to all personnel upon returning to work on 2<sup>nd</sup> January 2019. The QSE department believe the year 2019 will not be without challenges yet, we believe with everyone's support and cooperation we can make the business a better place to work.

***Please let's continue to keep up the good work.***



## HEALTH & WELLBEING DAY



In December 2018 **Global Rail Construction** employed *The Natural Alternative Health and Wellbeing* to undertake basic health checks of personnel on the Feltham Project. It was conducted as part of the Project Safety Stand Down which was identified on the previous Stand Down which focussed on our workforce Health and Wellbeing. The health checks were undertaken on site in our Kempton Park Site office. This was voluntarily open to all staff on the project including representation from GRCL supply chain partners, Network Rail and Atkins.

Health checks were pre-booked and throughout the day the staff were released from their daily duties to attend a 15 minute appointment. A total of 19 health-checks were conducted and the tests included:

- Blood glucose
- Cholesterol
- Blood pressure
- BMI
- Waist: hip ratio



Following appointments, individuals were given result cards and where test results were outside normal range, the individuals were referred to their GP. Individuals also received advice on how to improve results that were outside the normal range.

Advice included reduction in saturated fats and salt, increase in fibre foods, hydration, increased exercise and relaxation techniques. The overall results of the day were shared with the teams at the site engagement meeting a few days later. The whole process was well received by those who attended and the company is looking into repeating this exercise in the near future.





## GLOBAL RAIL CONSTRUCTION

### SAFETY STAND DOWN - SUMMER 2018

Following our successful Spring Stand down (*Spring into Easter*), the next companywide safety stand 'Summer' took into consideration staff holidays and programmes, so the business agreed to hold the exercise in the second week of September 2018.

The topic for the stand down was the broad topic of Risk Awareness and perception of health and safety. It also offered the opportunity for the business to look into the past 6 month's health, safety and environmental performance and to learn lessons.

The Safety Stand down was attended by personnel from GRCL, Clients and Contractors working for our teams on site. At all sites, operatives got involved and seemed to enjoy the "Spot the *Lifesaving Rule Exercise*". The hazard spotting posters worked very well and seemed to go down well. During the stand down, a number of points were raised and discussed among participants at all sites.

At the Hatfield office, two sessions were conducted to capture the office staff in the stand down. Peter Coleman, Head of Compliance, chose to use an office/stores spot the hazards theme in lieu of the railway exercise planned as this was more applicable to the group. The interaction from the office staff was very good as everyone engaged in the subject.

The whole exercise also provided the opportunity for many of the Safety Coaches and Close Call Champions to carry out their periodic engagement meetings on the day.

A number of people gave their views on the exercise. Derek Fortune, QSE Advisor for the Doncaster project said, *"I was very pleased with the way it went and enjoy working with the project team who are always open to working two-way QSE communication"*.

Sean Cavanagh (Project Manager) *"the presentation was clear, interesting, informative and provoked some lively passionate debate which shows people care about safety. People were showing a willingness to challenge and excellent attitude towards safety engagement"*.

A total of 131 people attended the stand down across all projects.

*Thank you to everyone who took part in the Safety Stand down*

#### HATFIELD



#### FELIXSTOWE



#### RUGELEY



#### FELTHAM





# Staff Updates

**A very warm welcome to our new family members**



**Irina Ulesan**  
Assistant Quantity Surveyor



**Carmel Juanillo**  
Office Administrator



**Brett Tennyson**  
Electrical Supervisor—VIC



**Peter Chan**  
Telecommunication Intern—VIC



**Troy Pfeffer**  
Telecommunications Rigger—NSW



**Mohammed Shaik**  
Telecommunications Intern—NSW



**Joselito Cabudsan**  
Telecommunications Technician—NSW



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***Congratulations to Brendan Towey (Site Controller from Australia) & his fiancée Róisín on their engagement. Brendan popped the question in beautiful Skellig, County Kerry, Ireland.***

***Congratulations to Mark Clannachan (Rigger/Team Leader from Australia) & his fiancée Kirei on their engagement. Mark and Kirei travelled to the romantic Belmond hotel on the Amalfi Coast, Italy.***



Elaine Arundale retired from Global Rail Construction on the 26<sup>th</sup> October 2018.

We shall miss Elaine but she decided the time is now right for her to spend time with her family and enjoy the more relaxed way of life.

We wish you every happiness in your retirement Elaine.

oh ♥ baby



***Congratulations***  
Richard Horsted (GRCL Design Manager) and family who welcomed their fourth child, Ella Mae Horsted, on the 25th October 2018. She weighed 8lb 7oz and all are doing well.

oh ♥ baby



Tony Nieli (GRCL Plant & Vehicle Coordinator) also welcomed his granddaughter Sofia Nieli on the 12th November 2018. Sofia weighed 6lb 3oz and all are doing well.  
***Congratulations Tony & Family.***



# ENTERTAINMENT



**Global Rail Construction** were proud to be the main sponsor for St Albans FC in their prestigious FA Cup tie against Corinthian casuals. Whilst the game ended in a draw, St Albans went through to the next round in the replay. Some of the GRCL employees enjoyed their evening with a nice meal.



IN SUPPORT OF  
**HELP for  
HEROES**



Seven years ago, a close relative of Debby Cambridge (GRCL Site Operative) was in Afghanistan when his armoured personal carrier detonated an improvised explosive device.

Everyone except Debby's relative was killed, although badly injured, he survived.

In seven years he has had a lot of surgery and support from Help for Heroes. So as a way of thanking them, Debby's relative holds a Help for Heroes charity fund raising Black Tie event every year.

This year it was held in the Isle of Wight and they have currently raised over £30,000.

Debby stated *"We will attend every year as a thank you to our service men and women"*.



The teams at the Felixstowe site all pulled together to raise money to help make Christmas a little brighter for some children. They organised a raffle and in just two weeks raised a total of £5,140!! Some companies also donated sacks full of toys.

This was divided between charities *East Anglia Children's Hospice & Nacton Little Oaks Nursery*.

The toys & cheques were delivered on Friday, 14<sup>th</sup> December 2018.

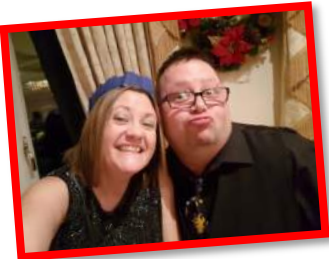
**Thank you so much to all involved**



Global  
Rail  
Construction



Global  
Rail  
Services



Just a few pictures from Global Rail Construction & Global Rail Services  
Christmas parties. Hope you all had a wonderful time





**Global Rail Constructions** (Hatfield & Derby) coffee mornings were a huge success. Thank you to all who contributed. A special thank you to our three Baristas - a job well done.  
**We raised a total of £550.62!!**



**Global Rail Services** held a "Global Bake Off" which kicked off in mid-September and ran until December. Each week one person brought in some homemade baked goods for tasting and a secret vote was done once all bakes had been tasted to crown a worthy winner. There was some tough competition with peoples competitive side starting to show!

**Congratulations To Joint Winners**  
**Stefan Florin (Cheesecake)**  
**&**  
**Sharon Ganly (Lemon Drizzle Cake)**



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