



Global  
Infrastructure  
Group

Issue 19 2019

# GLOBAL NEWS



In this edition....

- Project News
- Safety Stand Down
- Introducing 'Chime' Time...

BARKING RIVERSIDE

## Foreword

**W**elcome to the Global News Magazine we have a really interesting mix of articles for you again in this edition. There are lots of activities taking place across the Global family as you will read in the pages ahead. I particularly like to see the growing number of staff numbers reaching the ten-year milestone with the business. As we enter the Summer of 2019, I thought it was worth reflecting on some of the achievements that we made in Spring and look forward to the challenges and opportunities that lie ahead in the coming months.



Here in Ireland, **Global Rail Services** continue to experience the growth we have seen in the last couple of years and have now reached the stage where we need to extend our Head Office to make room for our growing team. It's both an exciting and challenging development while we continue to deliver for our clients. On the project front, the Platform Extension Project in Limerick Junction station reached a major milestone in April with the successful installation of the precast concrete footbridge by tandem crane lift. Heuston Valeting Plant Mechanical & Electrical Renewal Works is another large project being delivered by the team and is now well progressed. **GRA Networks** assisted our client Imagine Broadband to deliver on its commitment to have 100 sites live by Summer 2019, with our site in Clonmel being site number 100. We will continue to support Imagine with its national network rollout, delivering superfast broadband to thousands of businesses, homes and communities across regional and rural Ireland.

On another telecoms project we managed to obtain permanent power connections for two of our clients at a shared site in Emlagh, County Meath which were on diesel powered generators for over ten years and despite encountering many obstacles were finally delivered in April 2019, much to the delight of our clients. This will assist hugely in reaching their targets to lower their carbon footprint and reduce operational costs.

In the UK, **Global Rail Construction Ltd** have been awarded the Barking Riverside Extension Civils and E&P Package of Works and the programme is now underway. This is a really significant package of works for the business as part of a larger £200m project for the overall scheme. We have recently completed Phase 1 of the Feltham & Wokingham Re-Signalling Project and are now tendering for the next phase of these works. This widely commended project has been a real success for the business in our role as Principal Contractor. We have also recently completed the combined Civils and E&P Package of works on behalf of Alstom for the Paddington to Reading Project which is the enabling works for HS2 into Old Oak Common Depot.

In Australia, **Global Rail Australia Pty Limited** recently launched a new Track Construction Division. The division will be managed by Richard Needham, who has recently joined the business in the role of Rail Manager. This new division will specialise in aluminothermic welding, track construction and maintenance, including the delivery of safe working services, inspection and track handback. This now enables Global Rail Australia to provide a range of track construction maintenance and renewals services to our clients from component exchange through to major re-railing activities.

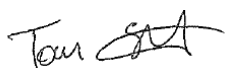
**GRA Networks** have also taken on a new team member, Sean Stevens, who will be managing the Telecoms Business in New South Wales (NSW). Sean brings with him a wealth of industry experience both in Australia and overseas. We would like to wish the best of luck to Sean and Richard in their positions.

As already outlined and as you will read in the pages that follow, we have achieved a lot in recent months. However, these successes would not be possible without the sheer dedication, hard work and commitment by all the Global family members.

Your input is critical to everything we do, from tendering right through to design, team work, safety behaviours, communication, planning and final execution are extremely important factors in delivering a safe and successful project.

So, on behalf of the business I would like to say a big **“Thank You”** to everyone for your efforts which are really appreciated.

Enjoy your read of edition 19 of our publication “Global News”



**Tom Staunton**  
**General Manager**  
**Global Rail Services**  
**Ireland**



**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.





## Principal Contractor Global Rail Construction Successfully Completes Feltham Phase 1

### Successful Completion Of Our Feltham Phase 1 PC Contract On Behalf Of Network Rail



Having commenced works in July 2017, our Rail South Project Team, led by our Senior Project Manager Patrick Rouse, have completed the design and construction of civil engineering works, which form part of a major re-signalling project to renew life expired signalling, telecoms and power assets for Network Rail (NR) covering 80 track miles, comprising the renewal of 538 Signalling Equivalent Units (SEUs).

**Global Rail Construction** has worked collaboratively with Network Rail throughout the project and this has led to the delivery of an exemplary project, one which has an outstanding approach to safety and the environment, been fully compliant and shared in lessons learnt across the entire project team.

This is echoed by Global Rail Construction's PRISM scorecard – Network Rail's assessment tool, which is used to gauge contract performance of both the client and PC contractor teams during large rail infrastructure projects – the last PRISM score for the project showed an average score of 4.43 out of 5. Throughout the project, Global Rail Construction's in-house design and construction teams have sought to deliver solutions to challenges, working closely with their NR counterparts to ensure a high quality service. This can be verified by the fact that all handback works and snagging have been completed and that all as-built records and H&S file documentation has been submitted.

**Global Rail Construction** has always sought to provide a positive approach in supporting Network Rail throughout the contract. The final completion date was ensured through close liaison and management of workload priorities during possession planning and a pro-active approach to achieving the very best solution for all parties.

The entire project team, with head office support as required, worked hard to fully understand all lineside and neighbour issues and always sought the fullest mitigation measures at all times – this included pro-active management of intrusive works such as noise notification works throughout the project lifecycle.

The team developed several processes to aid its HSQE performance too, enhancing behaviours through an open, learning culture and providing an overall positive approach to safety from all levels of staff, including supply chain partners. During the project, there was some great collaboration between GRCL and NR for joint safety engagement through Safety Stand Downs, which provided a vehicle for positive participation by the whole team. Close call innovation in the form of a 'WhatsApp' Group was also fully embraced during the project and is now very much part of business as usual for the entire GRCL operation.

Global Rail Construction's Managing Director, Marco Lombardelli also added:

***"I am truly delighted with the outcome of this significant railway civil engineering project. This 21 month project required great expertise and a meticulous approach to worksite planning from an experienced civil engineering team, in order to keep the project on track. To then complete this snag free was an incredible effort.***

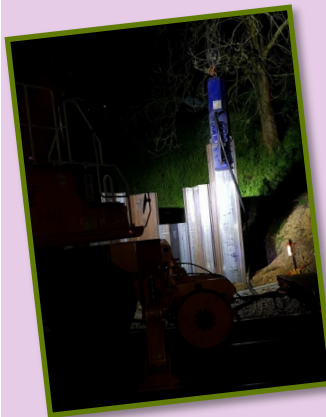
***Having an in-house team of design engineers, project managers and civils installers, coupled with a dedicated supply chain, without doubt enabled solutions to be quickly and effectively formed – providing programme and cost surety."***

## Felixstowe Capacity Enhancement E&P and Ancillary Civils

Pre- Christmas works were completed on time to enable our client, VolkerFitzpatrick, to meet the first key date and part commissioning of the 650v Signalling Power Supplies. Works are now nearing completion to Points Heating and Ancillary Civils including installation of Points Heating Cubicles, Transformers, Trackside Connection boxes and points heating strips.

Works to all signal staging have recently been completed and sheet piling to earth retention are also nearing completion.

Final 650V power supply modifications to Trimley PSP were successfully undertaken over week 09 (25-27 May 2019)



More recent pictures from our  
**Global Rail Construction Ltd (GRCL)**  
Team at Felixstowe...

All piles were installed. Vortok at the UTX area were delivered and installed. All RRV's were unloaded and off tracked & program.

***Thank you to all the GRCL Team for their hard work & dedication in completing these works on behalf of our client VolkerFitzpatrick***





Global  
Rail  
Construction

## Project Updates

### Global Rail Construction Secure E&P and Civils Works on Barking Riverside Extension

**Global Rail Construction Limited** are delighted to announce their award of the E&P and ancillary Civil Engineering works for the joint venture of Volker Fitzpatrick and Morgan Sindall (VFMS), who were successful with the award for the construction of the 4.5 km extension to the Gospel Oak to Barking line.

Works include the modification of the existing railway lines from Barking station over a stretch of 3km with a new 1.5km railway viaduct extension from Renwick Road overbridge to the new terminus station. This will involve constructing an embankment ramp up to the new concrete viaduct supporting a 2-track railway extension into the heart of a new residential development at Barking Riverside.

In addition to the civils and E&P scope of works, GRCL will also be supplying all materials handling and logistics management for their works, RRV's as required, site haulage and the provision of all HV comps and assessors including all necessary SMTH testing staff to support the works and enhance their self-delivery capability.

GRCL's Operations Director, Sean Donaghey, who played a large part in the successful bid, added: ***"This is great news for GRCL and shows the continued growth of our multi-disciplinary offering. This is a prestigious contract for the company and we look forward to working collaboratively with VFMS to deliver a safe, high quality service, in order to meet the project timeframe."***

***Many thanks to all of the GRCL team for their efforts in securing these works."***



**VolkerFitzpatrick**

**MORGAN  
SINDALL**



**Global Rail Construction** 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 Construction to deliver complex multi-disciplinary projects that make a positive difference to our clients, across the UK infrastructure industry that we serve.

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## Project Updates

### DONCASTER (Potteric Carr) SUB-STATION & COMPOUND BUILD

Our **Global Rail Construction** team on our Doncaster site have been busy installing the deep drainage along Mallard Way.

This will allow the water from our attenuation tank in our substation to flow into the mother drain. This drainage is installed using the Shorco trench box system. This allows the team to dig to a depth of 2.2 meters and install the pipes and manhole safely. Our experienced Machine Driver, Mark Eldred, is taking the lead on this and is also operating the 22 ton Hitachi machine which is required to drag the boxes along the trench.

The new HV cable route which commences at the substation, will bring power to our Switch Farm trackside. For these works we are using a vacuum excavator, which is supplied to us by Rattigan Plant Hire, this allows the team to work around any unknown services safely and reduces the possibility of service strikes.



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For online support join vClub at [validium.com](https://validium.com)

An Employee Assistance Programme (EAP) is an invaluable tool for any organisation, ensuring that good mental health is promoted and facilitated, as well as minimising the impact of any external distractions on employees' abilities to function or focus while at work. Validium EAPs integrate several clinically proven counselling programmes with an array of specialist work/life services. Provided alongside a unique, proactive approach to account management and promotion, Validium delivers a service that is highly visible within the customer organisation, is trusted by employees, is fully utilised and, most importantly, provides great results for employees.





Global  
Rail  
Construction

## Promoting An Accident-Free Working Environment Through Close Call Reporting

### Our Commitment To Close Call Reporting

As a business there is a recognition that our health and safety management system should embrace in a holistic way; the interactions between the working environment; equipment; systems and procedures as well as the people in order to provide a commitment-based safety environment. **Global Rail**

**Construction Ltd (GRCL)** are committed to eliminating all hazards and mitigate all risks across all our projects and demonstrates our clear commitment to ensuring that our safety vision '**everyone arrives for work healthy and leaves for home safely everyday**' is adhered to. The Health and Safety policy with associated arrangements including close call reporting provide the opportunity to effectively raise and close out all issues identified in our working environments. Close call reporting also serves as a measure that enables us to monitor any unsafe act or condition that may have resulted in an incident, personal injury, or damage to property and/or equipment.

### Our Approach To Close Call Reporting

To ensure that everyone working for the business buys into the business' close call process. The initiative is first briefed out to all new personnel during their induction. Likewise, the information is also incorporated into the project induction. Internally, the business has developed and implemented the following tools to provide a fully encompassing system that enable all close calls to be reported to our QSE Department. The tools include;



**WhatsApp Platform** – to enable events to be recorded in real time;



**Hard copy close call cards** – to be completed and handed to the supervisor immediately;



**Verbal reporting forms** – to report close calls verbally or by phone call;



**Emails** – to allow close calls to be reported in real time;

The tools enable all operatives to raise close calls in real time, rather than reporting a close call event at the end of the shift. This allows the workforce to respond to events more quickly and helps cultivate a culture of proactive and preventative safety rather than reactionary risk management with potential for more serious consequences. Furthermore, the close call reporting is completely non-punitive and if desired by the persons reporting, can be anonymous. Moreover, the reporting culture also reinforces opportunities to identify and control hazards, reduce risk and prevent harmful incidents. There are incentives in place for close call reporting which further enhance a positive culture and recognise and reward the participation of our entire workforce. The QSE and Project Management team review all close calls reported in the period and select 'best close calls for the month award'. The nominated individual receives a gift voucher for their contribution. For example, for the total close calls reported in 2018, the Company Directors donated a £1,000 cheque to the Railway Benefit Fund.





## What Happens When Close Calls Are Reported

All close calls received are recorded and analysed to identify trends in accordance with the GRCL Close Call Management process. Issues that require further intervention are discussed with Project Managers in order to close out and provide the necessary feedback to the individual or group that raised them.

Moreover, where interventions are required from our clients, we will forward close calls received to them on a monthly basis. GRCL QSE Department work closely with the client team to ensure that where possible all close calls forwarded to the clients are closed out and responses received on a timely manner in order to communicate feedback effectively to the workforce.

## Benefits Of Our Close Calls & How We Continuously Improve

There are several benefits associated with close call reporting. Proactive analysis of close calls then enables the operations as data is categorised to identify any potential hazards or risks and to develop solutions to mitigate. Below, is the outline on how close calls are used to continuously make the working environment safe for both our internal staff and subcontractors' staff, reducing accident/incidents; gaining feedback on performance and ultimately improving our safety management systems.

All close calls that are reported help show us where current weaknesses may exist in our safety system. As close calls occur more frequently than reportable events, our continuous monitoring helps us to identify trends, consider them and provide necessary improvements, prior to any potential accident.

For example, during the Phase 1, Feltham Re-signalling Project, the frequency of close calls raised on cut 5 gloves suitability enabled the project to provide waterproof gloves for the works.

Reported close calls are used to monitor changes in safety over time. It is likely that higher frequencies of events increase the sensitivity for detecting new failures as well as existing ones. Thus, through regular reporting, we can constantly adapt to the conditions that change gradually over time and being able to predict other more unexpected events.

Monitoring close calls also helps to uncover hidden conditions that were previously not exposed by looking at reportable accidents alone. Hidden conditions such as design defects, gaps in supervision, unworkable procedures, and inadequate training that may be present for years before they combine with local circumstances to result in an accident. Through a robust and proactive approach to close call reporting, the business identifies hidden conditions that are more likely to be consistent across a range of events over time and mitigate them.

In conjunction with the above benefits of close call reporting, the information is again used to improve systems of work such as, Work Package Plans and Task Briefings; training our workforce, develop policies and procedures; and ultimately establish an accident-free work environment across our business.

## Project Updates



### Vline – Merbein Undertrack Culvert

**Global Rail Australia** were engaged by VLine to install a new undertrack culvert at Merbein, which is located approx. 6 hours from Melbourne in regional Victoria. The works were completed under a full occupation over the course of four days.



### VLine – Little River Station – Platform Repairs

**Global Rail Australia** recently completed critical platform repairs at the Heritage listed Little River Station.

The station is located one hour outside of Melbourne and is operated by VLine. The works were completed under a 60 hour occupation, the works involved demolishing the existing structure, installing a new pre-cast retaining structure, installation of

blue stone masonry and heritage brick work.



**Global Rail Australia** has been working with VLine for a number of years and have carried out a diverse range of projects including bridge replacements, culvert installation, station upgrades and systems installation works.



**Avetta**



**Global Rail Australia** has proven experience in delivery 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.

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## Global Rail Australia Launches New Rail Division for Track Construction & Welding

**Global Rail Australia** Pty Limited is pleased to announce the launch of its new Track Construction Division.

The division will be managed by the company's latest team member – Richard Needham – who has joined the business in the role of Rail Manager.

This exciting new division, will specialise in aluminothermic welding, track construction and maintenance, including the delivery of safe working services, inspection and track handback.



Global Rail Australia have a number of in-house experts, that are able to cover every aspect of track construction maintenance and renewals from component exchange through to major re-railing activities. These teams have proven project delivery for a vast range of rail clients; providing bespoke solutions to meet their requirements.

Global Rail Australia is part of the Global Infrastructure Group and is a household name in Australia, as a provider of design, construct and commission services for clients across a wide range of engineering and infrastructure industries including Mainline, Metro and Light Rail Systems and Utilities, whilst also offering general contracting and building services in the commercial and industrial sectors.

The company already operates across a number of disciplines, which include civil and structural engineering incorporating maintenance and renewal, building, mechanical, electrical and power; now adding track construction to its suite of services, and provides a full test and commission service, for rail and wider infrastructure industry clients.

Global Rail Australia is able to offer either divisional specific disciplines, or a fully managed turnkey solution across its range of activities including design and specialise in the installation, commissioning and testing of critical rail infrastructure.

Global Rail Australia's in house expertise and flexible management approach, based on our decades of engineering experience and delivering solutions has resulted in us providing a value added service. We have successfully delivered a range of projects for a variety of clients in both the public and private sectors, including rail network operators through to major infrastructure organisations.

A delighted CEO Ivan Holloway, also added:

***"The addition of a track construction division allows us to provide a more comprehensive and effective delivery model to the Australian railway sector. To do this, **Global Rail Australia** has secured the necessary expertise, to be able to provide the essential know-how to deliver track construction works either as a standalone discipline, or as part of a wider multi-disciplinary contract.***

***"Over the years, we have seen **Global Rail Australia** grow into a partner of choice in the rail market. We want it to be seen as an innovative business that invests in both its technology and its people for the future.***

***We believe that our lasting relationships and the diverse, yet flexible multi-disciplinary offering of **Global Rail Australia**, will continue to underpin the company's growth and provide the very best value for money service for our clients."***





Global  
Rail  
Australia



sydneyMETRO  
northwest

### Global Rail Australia'

engagement on the Sydney Metro Northwest project has been further extended with 5 additional stations added to

our scope. The project is now nearing completion, the system is scheduled to open to the public on the 26<sup>th</sup> May.

Our client is currently commissioning the system and the new driverless trains, with over 180,000km of testing complete. Testing has also involved calibrating the system with the platform screen doors and loading one train with more than 100 1,000-litre tanks of water to simulate customer loads.

When the new system opens to the public later this month, Metro Trains Sydney will run the new metro trains every four minutes at peak times at full operational mode in the North West – that's 15 trains an hour each way, with the ability to run even more in the future.

The metro systems includes 13 railway stations between Tallawong and Chatswood and 4,000 new commuter car parking spaces.

**Global Rail Australia** have been engaged by Thales to install the communications system on the project.

## Project Updates



Our vision is that everyone arrives for work healthy and leaves for home safely, everyday.

## Project Updates



### Imagine LTE Rollout

**GRA Networks** are continuing with the rollout of high speed wireless broadband in rural areas across Ireland on behalf of Imagine. We have recently completed Imagines 100<sup>th</sup> site in Tinnakilly Co. Tipperary.

This challenging rural site required over 150m of ducting for ESB (Electricity Supply Board) connection as well as new concrete plinth for Imagines new base station cabinet.

Despite the challenges, our team built, rigged and brought the site on air in five days.

This milestone site for Imagine brings high speed broadband to a rural community in Tipperary that has no other provider in the area.



### Ireland

GRA Networks have recently completed a new build for Three Ireland at Ardrahan CIE site in Co. Galway. The build included civils, electrical and rigging solutions.

GRA have rigged for all technologies offered by Three on this site including 2G, 3G and 4G.

This site, among others, are a direct result of GRA Networks close relationship with Irish Rail.

All CIE sites require Irish Rail supervision due to their close proximity to live rail tracks. All of our riggers are PTS trained and we have an annual permit for work on rail which gives us a unique advantage when it comes to working near live rail systems. As a result GRA are now Three's preferred contractor for all CIE sites.





## Project Updates

### Global Rail Services

### Successfully Installs 20m Long PCC Footbridge at Limerick Junction Station

**Global Rail Services** are delighted to announce their successful installation of a new Precast Concrete Footbridge at Limerick Junction Station.

The footbridge is a staggering 20m long and weighs in at nearly 100 tonnes and was installed utilising 1nr 500 tonne crane and 1nr 300 tonne crane lifting in tandem, in order to install the structure to its final resting place.

The works were safely completed on the 10th April 2019, during a mid-week night TIII possession of the railway between 11pm to 5am.

The footbridge installation works were fully managed and co-ordinated by Global Rail Services' Project and Site Management Team in conjunction with supply chain partners, Shay Murtagh Precast, who supplied the bridge, and Kavanagh Crane Hire.

Global Rail Services are managing and delivering these works as part of a new €2.5m project at Limerick Junction on behalf of Irish Rail. The complete rail project involves construction of a new 260m precast concrete platform, the production, delivery and installation of the new Precast Concrete footbridge, stairs and lift shafts on piled foundations including all associated structural steelwork and all associated electrical and station/platform infrastructure.

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. Works are being completed both between trains and during railway possessions and are due to continue until June 2019.

**Congratulations and a very big thank you to all involved** for their dedication and many months of hard work, to ensure the safe and successful completion of this very important project milestone.







## Worker Emergency ID

**Global Rail Services** are rolling out a new safety item which is a worker emergency helmet ID sticker.

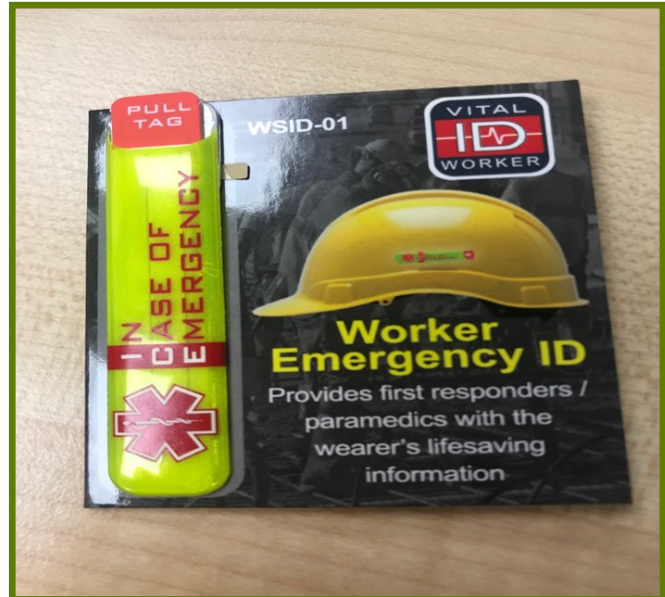
This helmet sticker is called an **ICE** sticker (In Case of Emergency) and provides first responders / paramedics with the wearer's lifesaving information.

These helmet ID stickers are extremely useful in emergency interventions and are part of our duty of care.

To use simply complete the card with a fine tipped permanent marker, fold card and insert into the ID sleeve.

Peel off backing paper on the rear to reveal adhesive and then apply to the left-hand side of your helmet.

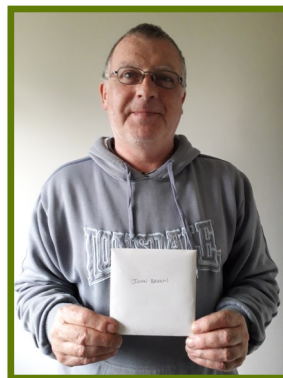
Information you put on the card would include your name, any medical information (medication you take, or conditions you may have), emergency contact numbers etc.



# *Congratulations!*

**Global Rail Services** recently introduced an initiative for Driver Safety where there will be an award given on a monthly basis to the driver with the overall highest safety score.

Here are the winners of February and March.....



**John Breen**  
(Chargehand)  
February  
Safety Initiative Winner



**Stefan Aspataritei**  
(General Operative)  
March  
Safety Initiative Winner

### SHARE YOUR NEWS

Tell us what's happening or send us your pictures or videos.

[globalnews@grcl.co.uk](mailto:globalnews@grcl.co.uk)



## Introducing Your New App.....

**Built For The Construction Industry,  
By The Construction Industry**

**HELPING TO KEEP SITES SAFE**

For too long productivity in the industry has been stagnant (whilst nearly every other sector has increased) and we wanted to use technology to bring about change.

From July 2019, Global Rail Construction are introducing a cloud-based platform for both desktop and smart phones keeping everyone connected in real time.

Chime's platform is a cloud-based solution that is made up of a web app (accessed on desktop computers) and smart phone apps. They fully sync with one another in real time keeping you all connected.

This mobile app enables everyone at Global Rail Construction to stay connected no matter where they are. The app is fully synced with the platform and is incredibly easy to use so that any operative will be able to clock in and out of site / take photos / log site notes and get access to the Global Rail Construction contacts directory.

### Key app features include:

- ◆ Simple Clock In / Out
- ◆ Photo / Geo-location for Security
- ◆ Record Site Notes
- ◆ Log Key Events
- ◆ Take Photos
- ◆ Contacts Directory
- ◆ Clock In / Out Any Operative
- ◆ Authorise Timesheets ON THE GO
- ◆ Daily Record Sheets
- ◆ Log Key Events
- ◆ Take Photos
- ◆ Contacts Directory
- ◆ Ability to Complete Essential Global Rail Construction Forms & Checklists ON THE MOVE

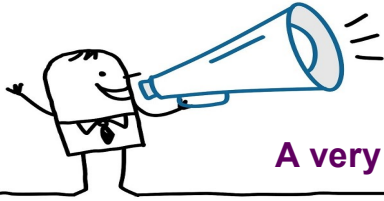


Chime's platform enables the creation of personalised checklists and forms. The forms can be completed either on the smart phone apps or on the web app (desktop). Once completed these can then be converted to pdf documents.

We shall be building the forms listed below which means less paperwork, saves time and allows operatives to complete these forms on the go.

- ◆ Quality, Safety, and Environmental Inspection / Tour Record
- ◆ Corrective Action Request - Defects
- ◆ Plant & Equipment Transfer Note
- ◆ Daily Diary Record
- ◆ Supervision Checklist
- ◆ Vehicle Daily Checklist

**We Shall Keep You Updated On The Introduction Of This App & Ensure You  
Receive The Relevant Training So You Can Utilise The App To Its Fullest Ability**



# Staff Updates

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



**Avril O'Neill**  
**Administrator**



**Ken Macdonald**  
**MEP Project Manager**



**Richard Needham**  
**Rail Manager**



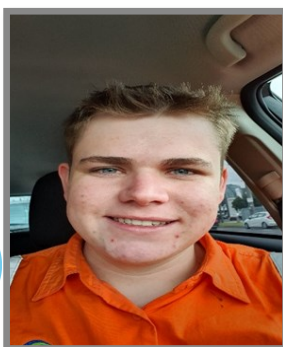
**Aidan Smith**  
**Telecommunication  
Technician**



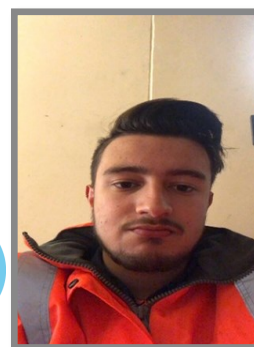
**Sean Stevens**  
**Telecommunications  
Project Manager (NSW)**



**Paula Crook**  
**Accounts Assistant**



**Nicholas Howland**  
**Telecommunications Apprentice**



**Brandon Xuereb**  
**Telecommunications Apprentice**



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or videos.

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## Global Rail Construction Passes OHSAS 18001 Audit With Flying Colours

**Global Rail Construction** has successfully completed this year's 3-day OHSAS 18001 [surveillance] audit of our Health and Safety management system. We are pleased to note that we did not receive any non-compliances. During the audit an opportunity for improvement (OFI) was identified, this will be addressed going forward as part of our continuously improving culture.

Furthermore, the auditor recognised the work we do as a company, our Health and Safety programmes and approach to delivering our safety vision that **'everyone arrives for work healthy and leaves for home safely every day.'**

A special thank you to Peter Coleman, Head of Compliance, for his hard work and dedication and to the rest of our teams for their continued support of our management systems.

**Global Rail Construction** is committed to complying with legislation to ensure the highest standards of safety are achieved and maintained. Health and well-being is central to our approach.

**Global Rail Construction's** safety management ethos is based on risk assessment and control throughout our operations. We constantly endeavour to provide a safe place of work, with safe and maintained plant, equipment and systems of work.

This approach is enhanced through the provision of appropriate information, instruction and training on and off site, ensuring safe use of materials and substances and by diligently working to prevent accidents.



### Global Rail Construction Attend The Institution of Railway Signal Engineers 55th Annual Dinner

The IRSE is the professional institution for all those engaged in or associated with railway signalling and telecommunications, train control, traffic management and allied professions.



The IRSE 55th Annual Institution Dinner, took place at The Savoy, London on Friday 26 April 2019. Jim Cuell (Commercial Director), Sean Donaghey (Operations Director), Nick Turner (E&P Project Manager) & Nick Ansell (Business Development Manager) attended the evening on behalf of Global Rail Construction Ltd.

The Guest of Honour for the evening was Mike Brown MVO, Transport Commissioner for Transport for London. The evening comprised of pre-dinner drinks and networking, followed by speeches from key individuals and a three course meal. The evening finished with further networking opportunities to meet existing & potential new clients.

A lovely evening was had by all.





## Confidential Reporting for Safety

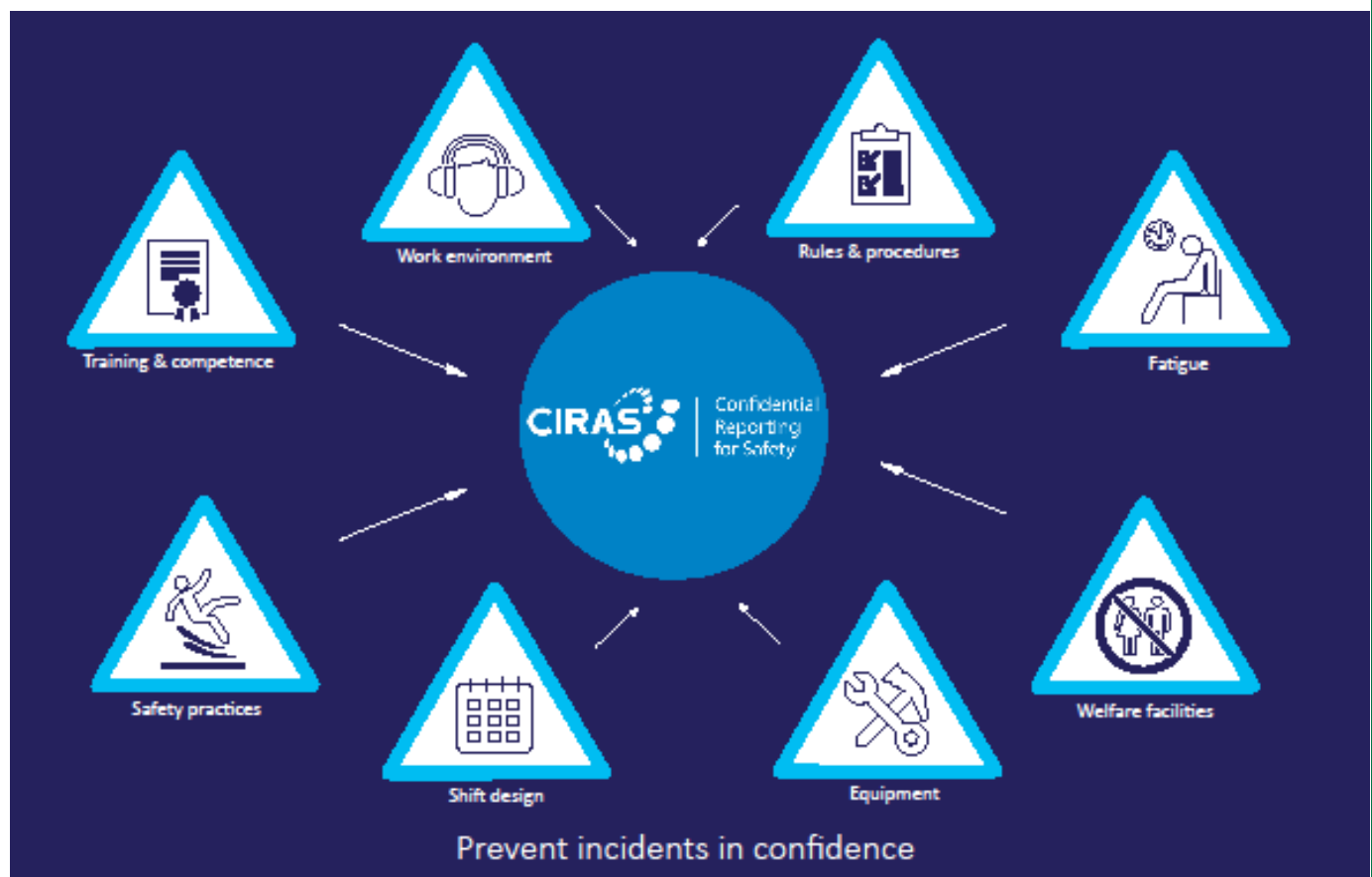
### CIRAS—the Confidential Incident Reporting and Analysis Service

#### What is CIRAS?

CIRAS not only captures health, safety, security and environmental concerns raised by individual workers, it also seeks a constructive response from the companies concerned.

#### CIRAS:

- Is totally independent from any subscribing member
- Covers transport organisations across the United Kingdom
- Receives health, safety, security and environmental concerns from all employees
- Ensures employee personal information is always kept confidential
- Liaises with the subscribing organisations
- Facilitates resolutions to issues raised
- Provides personal feedback to the employee about their initial concern
- Shares lessons learnt via our website and newsletters.



Report hotline:  
0800 4 101 101

Report textline:  
07507 285 887

Freepost: CIRAS  
[www.ciras.org.uk](http://www.ciras.org.uk)



## Well Done Jim.....

Jim Cuell, Commercial Director (GRCL), completed the London Landmark Half Marathon in

record time, for him.

***"I am pleased to confirm that I completed the London Landmarks Half Marathon and was delighted to just break under the 2hr target in 1hr 58min 04 secs.***

***A massive thank you to all those that sponsored me and at the last count the total was just shy of £1,750.00"***

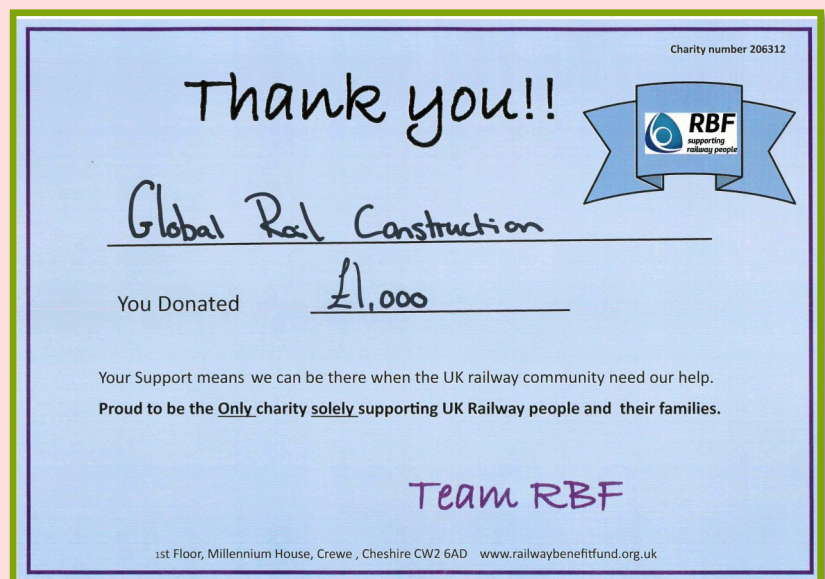


There is still time to donate to this worthy cause, just click on the following link.....

<https://fundraise.cancerresearchuk.org/page/jims-giving-page-33>

## CLOSE CALL DONATIONS TO RAILWAY BENEFIT FUND (RBF)

Thanks to your Close Calls and GRCL Directors donating for each Close Call recorded, we have raised a fantastic £1,000 for the Railway Benefit Fund (RBF). RBF are the industry's charity and are here to support people like you, whether you are a current or former railway employee. RBF can help you through a variety of problems. Nobody can predict the future, and offering that peace of mind within your industry is the RBF. Assistance is provided in many forms, on a short or long term basis and is specifically tailored to an individual's situation.



**Help is only a phone call away**

**0345 241 2885**

[info@railwaybenefitfund.org.uk](mailto:info@railwaybenefitfund.org.uk)  
[www.railwaybenefitfund.org.uk](http://www.railwaybenefitfund.org.uk)

RBF don't believe that what works for one person, will work for the next. They don't operate on a 'one size fits all' system. They understand that each person who seeks their support needs bespoke care and advice. The charity offers financial assistance, practical help and wide-ranging advice, **all in the strictest of confidence.**



## GLOBAL RAIL SERVICES 'BAKE OFF'....

Staff in the Dublin office have been holding a "Global Bake Off" again this year which kicked off in March and will run until July. Each week one person brings in some homemade baked goods for tasting. Once all bakes have been completed a secret vote will be undertaken to crown the worthy winner. There has been some tough competition with peoples competitive side starting to show!

Here are some photos of cakes already baked to date.....



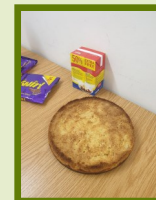
**Lemon & White Chocolate cake**  
(Rachel Walsh)



**Strawberry & Fresh Cream Easter Chick Meringue Nests**



**Chocolate Cake**  
(Peter Moran)



**Apple Crumble**  
(Damien Carroll)

**HCPT Group 149** is a local group serving the needs of children from St. Albans and the surrounding areas and is run with the full support of the parish church of St. Bartholomew's. Every year the group work to raise sufficient funds to take up to ten local children to Lourdes in France during the week after Easter.

The children come from all walks of life and have a huge variety of needs, be they social, physical, emotional, economic or simply a combination of any of these.

The very simple motto of the charity and of the group is that **'no one gets left behind.'** The children's travel costs and needs are covered entirely by the group and as such the fundraising needs of the group year-on-year are significant, the estimated cost of taking a child to Lourdes is around £800.



This year our Managing Director, Marco Lombardelli, was one of the adults assisting the children to Lourdes. Marco said of his experience *"I have been actively involved in supporting our HCPT Group for nearly 7 years now. To actually be asked to travel on the pilgrimage and help with the children was an absolute privilege for me. The trip itself transforms lives on so many levels with both the parents and the children benefitting from the experience, with many getting opportunities that would not be available to them under any other circumstances. Although the trip was incredibly tiring and hard work, the experience of seeing so many children enjoying themselves, lots of laughter and happiness made the pilgrimage so worthwhile. The children certainly enrich our lives and they teach us so much about ourselves as well. It is an experience that I will truly treasure and hope to repeat again in years to come"*.

From the start of the trip the emphasis is very much on ensuring that all the children have a wonderful fun-filled week. Each child travels and stays with a family group. The groups visit a number of Lourdes attractions, including the Grotto, the house where Saint Bernadette grew up, the "Cachot" where she and her family were living at the time of the apparitions, and some of the many museums in the town.



### SHARE YOUR NEWS

Tell us what's happening or send us your pictures or videos.

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## It's Time To Get Walking.....

You may not realise it, but **May was National Walking Month** and now the evenings are lighter for longer, this makes it the perfect time to get outside, and get walking. Walking has a whole host of different health benefits that you can use to motivate you to introduce walking into your daily lives.

### Walking is good for your heart



Your heart is responsible for pumping the oxygen and blood around your body and keeping all the other organs working. So, we think you'll agree that it's important to keep it in tip top condition! Walking not only strengthens your heart but reduces the risk of heart disease and strokes. In fact, a brisk walk for 30 minutes every day is said to reduce your risk of a stroke by 27%. If this wasn't enough, it also reduces bad levels of cholesterol and increases the levels of good cholesterol too!

### Walking helps you to lose weight



If you are new to exercise, or maybe trying to lose weight gradually to keep it off, then walking is a great form of exercise for you. If you walk at around 2mph for 30 minutes then you will burn around 75 calories, and if you increase this to 4mph this will rise to around 150 calories. 20 minutes of walking a day will burn an incredible 7lbs of body fat a year.

### You can lower your risk of dementia



An older person who walks six or more miles a week is less likely to have problems such as dementia. This is because walking has been proven to prevent your brain from shrinking.

### Walking gives you energy



There are times when you feel more lethargic than others, and if you find yourself in this zone then a walk could do you good. It boosts your circulation and increases the oxygen supply around your body, which in turn will keep you feeling alert and awake.

### It's a full body workout



Many muscles in your body are activated during walking including; calves, glutes, hamstrings, quads and abdominals, so give it a try and give your legs, bums and tum a workout.

### Increase your Vitamin D intake



Here in the UK there are lots of people who are deficient in Vitamin D, the best way to increase your levels of Vitamin D is to get outside in the sunshine. Vitamin D is good for your bone health, as well as your immune system, which is why it is important to try and increase the levels in your body.

### Walking makes you happy



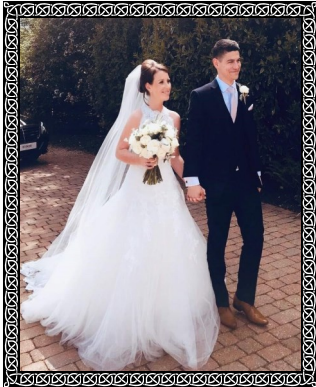
In the same way walking can help you feel energised, it is also great for making you feel happy. A brisk walk can be just as beneficial as taking an antidepressant and can be a great helping hand if you are suffering from depression, anxiety or feeling stressed.

*These are just some of the reasons why you should try to work in more walking to your daily routine. Whether you walk at lunchtime, or start your day with a walk, why not try it and feel the benefits for yourself*





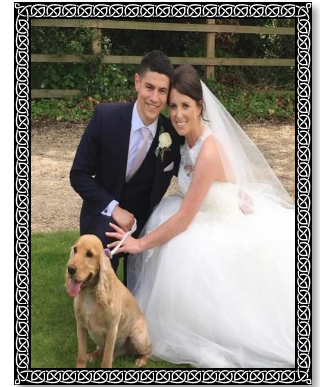
# Congratulations



On the 28th May 2019, Adam Wisker (GRCL Quantity Surveyor) married his beautiful bride, Abby English.

The sun was shining on the happy couple as they celebrated their memorable day with many of their family, friends & Teddy (the dog). We wish you every happiness together.

*Congratulations to Adam & Abby*



**Derek Webb (Proud Father) & his beautiful daughter Victoria**

Derek Webb (GRCL Supervisor) was a very proud father on the wedding day of his daughter Victoria. The wedding took place on the beach at Vera, Almeria, Spain on the 23rd April 2019.

*Congratulations to Victoria & Jason*



**Proud parents Derek & Carol with their daughter Victoria and son-in-law Jason.**



**CONGRATULATIONS TO THE FOLLOWING CELEBRATING  
10 YEARS SERVICE WITH GLOBAL RAIL SERVICES.  
THANK YOU ALL FOR YOUR HARD WORK, DEDICATION &  
LOYALTY OVER THE PAST 10 YEARS.**



**Oliver Brennan  
(Installer)**



**Eddie Gannon  
(Electrician)**



**Ray Collins  
(Commercial Manager)**



**Anthony Redmond  
(Electrician)**



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