

# Public Safety & Wellbeing

Week 6





# Public Safety

Just like lifeguards watch over everyone at the beach, our teams must keep people safe on and around the site many are unaware of the potential dangers.

## Key practices:

- Identify and control hazards that could affect co-workers, visitors, or the public
- Ensure work areas are clearly signed and secure, especially when unmanned
- Look out for each other: check in with teammates and encourage safe practices
- Promote wellbeing by managing fatigue, stress, and workload during busy periods

## Why it matters:

Protecting the public and our colleagues builds trust and ensures everyone makes it home safe, everyday. We need to make sure we look after ourselves so we can look after each other.

# Ensuring the Public's Safety

Some of the ways we manage our sites to protect members of public from our site works include:

- Traffic and pedestrian management
- Securing access gates
- Manage site access and vehicle movements
- Barricading and flagging
- Warning signage
- Heavy Vehicle National Law (HVNL) and Chain of Responsibility (CoR) compliance

# Traffic & Pedestrian Management

For work sites that would have a considerable impact on nearby roadways and live traffic, we are required to prepare a Traffic Management Plan (TMP) which considers:

- Type of work to be performed
- Road environment
- Traffic demand and accommodation
- Suitable traffic control measures
- Provision for vulnerable road users and special vehicles (i.e. buses)



# Traffic & Pedestrian Management

Implementing Traffic Guidance Schemes (TGS) support short-term road occupation, which are set-up at the start of shift and removed at the completion of each shift.



# Site Access & Vehicle Movements

Some of the ways in which we manage site access and vehicle movements at our work sites are by developing, communicating and implementing site-specific traffic management plans:

- **Vehicle Movement Plan (VMP)** to manage vehicle movements entering, leaving and interactions with all other road users, particularly pedestrians, cyclists and traffic with right of way.
- **Pedestrian Management Plan (PMP)** to manage deviations of the existing footpath in the long term, consideration should be given to footpath users night and day when construction activities are not present.

# Site Access & Vehicle Movements

Key strategies to consider when planning:

- Prioritise the separation of light and heavy vehicles by designating separate entry and exit points.
- Install barriers or dividers to create distinct lanes or pathways.
- Use clear signage to guide drivers.
- Allocate specific times for heavy vehicle operations to avoid peak light vehicle traffic.
- Enforce different speed limits for light and heavy vehicles in shared zones.

Why it matters:

- **Safety:** Reduces the risk of collisions between vehicles of different sizes and speeds.
- **Efficiency:** Minimises traffic congestion and improves flow for both vehicle types.
- **Compliance:** Meets regulatory and project-specific requirements for vehicle management.
- **Reduced Wear and Tear:** Prevents damage to road surfaces and infrastructure caused by heavy vehicles.

# Barricading

Barricading and Signage Selection Matrix is used to determine the type of barricading and signage and other controls required for an activity.

- **Solid barriers** – constructed of material and erected so that it cannot be walked through.
- **Hard barriers** – constructed of scaffold tube or other materials (metal, timber) that do not flex.
- **Soft barriers** – constructed of plastic tape, chain, etc., suspended from stands or fixed to structures.



# Signage

- Construction worksites (at entry and on-site)
- Emergency exits
- Areas where specific PPE is required
- Pedestrian and traffic management
- High risk work activities
- Confined spaces
- Hazardous substances and dangerous goods storage areas



# Heavy Vehicle Law (HVNL) & Chain of Responsibility (CoR)

The law recognises that there is a chain of responsibility in regard to heavy vehicles. This means that multiple parties in the supply chain are responsible for the safety of transport activities in the following areas:

- Mass, dimension and loading of vehicles
- Speed compliance
- Fatigue management
- Vehicle standards and maintenance

Any party in the chain who has the ability to control and influence the transport activity is responsible for safety on the road.

Key strategies to prevent a breach of CoR:

- Ensure rosters and schedules do not require drivers to breach working hours or speed limits and allows for adequate rest breaks.
- Provide drivers with accurate load weights and dimensions prior to loading.
- Ensure loads are adequately placed, secured or restrained.
- Use vehicles with on-board truck weighing systems or install on-site/offsite weighbridges.
- Ensure contracts do not provide incentives for early delivery or penalties for late deliveries.
- Report any unsafe or defected vehicles.



# Fitness For Work

# Fit For Work

## Alcohol & Other Drugs

D4C expects everybody working on our sites to arrive before the start of shift fit for work. This includes not being under the influence of drugs or alcohol.

- Random drug and alcohol testing is conducted on all D4C sites.
- Drug and alcohol testing is completed with workers involved in any HIPO (high potential) or serious incidents/near misses.
- For cause testing is also conducted at D4C sites

Disciplinary action including termination of employment may result to personnel returning a non-negative drug or alcohol test (**above 0.00 BAC**) result.

Workers must advise their direct manager as soon as practicable if they are required to take prescription or over the counter medication that could impair their fitness for work. The worker shall obtain a copy of the **D4C Medical declaration form** to be completed by the treating doctor and must provide a supporting medical certificate from their treating doctor attesting that the medication will not impair their ability to work safely.

Further details can be found in *D4C's Alcohol & Other Drug Procedure* on the IMS



DELIVERING  
4 CUSTOMER

**ZERO**  
**DRUG & ALCOHOL**  
**MEANS**  
**ZERO**  
**DRUG & ALCOHOL**

D4C has a **ZERO TOLERANCE** Drug & Alcohol Policy

**RANDOM** drug and alcohol testing is conducted regularly on all D4C and Sydney Water sites.

Anyone who receives a non-negative test result, will be subject to disciplinary action



# Fatigue Management

## Why it Matters

Fatigue impairs physical and mental performance, increasing risk of incidents. It is particularly important to manage fatigue given the high-risk nature of our work. Managing fatigue is WHS law and is a shared responsibility.

## Key Contributing Factors

- Inadequate/poor quality sleep
- Long work hours or insufficient rest between shifts
- Disruption to natural sleep/wake cycle (circadian rhythm)
- Mentally/physically demanding or monotonous work

## Risk Indicators

- Signs: yawning, memory issues, poor coordination, late arrivals
- Triggers: <5 hrs sleep in 24 hrs, awake >17 hrs, feeling drowsy
- Less than 10 hours rest away from work between shifts

## What to do

- Report fatigue concerns to your supervisor

# Tips to Maintain Your Wellbeing



## Plan and Prioritise

Focus on one thing at a time, keep calm and plan ahead. Set priorities, action steps and reminders. Celebrate your progress.



## Join in

Join a club, group, society, gym or whatever you're interested in. Get involved in your community and build strong social connections.



## Engage with others

Make the time to connect with people who make you happy. Ensure you make time to see your family and friends in person.



## Sleep well

Lack of sleep can cause stress and exhaustion. We need an average eight hours sleep to function best. Turn off the TV at least 30 minutes before bed.



## Eat healthy food

Good nutrition is important for your mental health. Eat nutritious, well-balanced meals and drink plenty of water. Search the web for healthy recipes.



## Switch off

Try not to become too focused on electronics such as TV, DVDs, games, mobiles and tablets. Turn them off even for 5 or 10 minutes a day. Take a walk outside or read a book instead.

# Tips to Maintain Your Wellbeing



## **Tune in**

Listening to music for leisure can help you relax and increase creativity, productivity and focus. The right type of music can be calming and reduce stress levels.



## **Cut Down**

Set realistic goals and try cutting back on alcohol and cigarettes. If you want to quit, find support to help you do it effectively and for good.



## **Exercise for your mind**

Exercise can make you feel better and improve your outlook. Move more and sit less. Walk your dog or take a gym class.



## **Seek advice & support**

If things are getting too much and you aren't coping, talk to someone. Contact your EAP, see your GP, call Lifeline on 13 11 14. Reach out to others and ask them if they're OK.

# Documentation Review

As part of the restart process all relevant documentation must be reviewed and discussed before works recommence on site.

Any changes or updates must be documented and communicated to the workforce, including delivery partners (subcontractors).

The following documentation must be reviewed and ensure its relevance for all upcoming tasks.

|             |                                 |
|-------------|---------------------------------|
| GMR         | • Global Mandatory Requirements |
| AMS         | • Activity Method Statement     |
| TRA         | • Task Risk Assessment          |
| SWMS        | • Safe Work Method Statements   |
| Training    | • Certification & VOC's         |
| Permits     | • Validation                    |
| Emergencies | • Emergency Response Procedures |
| Quality     | • ITP's & Check Sheets          |
| Induction   | • Site Specific & Client        |
| E-Learning  | • Mandatory online              |

# Skin Checks

- There are limited appointments still available at Yallah, Homebush and Malabar.
- Please ensure you have completed your questionnaire prior to your appointment.
- If you have an appointment scheduled and are no longer able to attend, please contact your Safety Advisor so the appointment can be offered to another team member.
- If you are unsure of your appointment time, please reach out to your Safety Advisor for confirmation.

## Timetable

Wollongong – Wednesday 28th Jan

Redfern – Thursday 29th Jan

Homebush – Tuesday 3rd Feb

Calderwood – Wednesday 4th Feb

Malabar – Wednesday 4th Feb

Yallah – Thursday 5th Feb



**How can we improve  
public safety in or  
around our site?**