



# READYPOWER

ENGINEERING LTD

NUMBER ONE FOR PLANT HIRE  
OPERATED AND SELF DRIVE HIRE

Date: 27<sup>th</sup> May 2009

## RAILWAY RULES REMINDER

### Contact Lenses

Contact lens wearers working on or near the line MUST have a spare pair of glasses at all times. Also don't forget that if you wear glasses whilst at work then your PTS photo should show you with them on.

If you wear contact lenses at the moment please let Andy Young know on 01189 – 774901 Ext: 206 or alternatively let your Rail Manager know.

If anyone starts to wear contact lenses in the future, make sure you have a spare pair of glasses and let your Rail Manager know so we can update our records.

### Changes in Medical Circumstances

If your medical circumstances change you have a duty under the Sentinel Scheme Rules to keep us informed. Conditions like high blood pressure, development of epilepsy, any type of diabetes, a loss of hearing in one of both ears, the onset of seizures, or anything else that could affect how you work are required to be notified to us as your employer.

### Prescription Medication

Should you need to start taking medication normally available on prescription from your doctor, you need to inform Readypower of this and also declare it at any railway worksite you work on.

This ensures that in the event you are tested of alcohol and drugs that the results are consistent with any medication declared. For example strong painkillers containing Codeine will show up as a positive result on a D&A test so it's important to keep everyone informed. Some medication will make you drowsy or affect your judgement and if this is the case you need to make us aware of this. ALWAYS READ THE LABEL TO KNOW IF IT WILL AFFECT YOU.

All of the information above is contained within the leaflet "Sentinel Scheme Rules for Individuals" and can be downloaded at the NCCA website by visiting <http://www.ncca-sentinel.co.uk/docs/indivrules.pdf>

Andy Young  
SHEQ Director