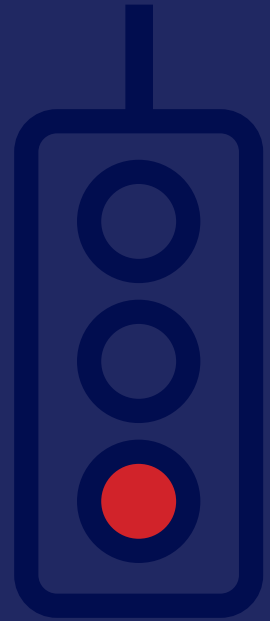


Stepping Up SPAD FOCUS



The rail network

is becoming busy again

FOCUS

Because you may encounter more
cautionary or red signals

More red signals

Means the SPAD risk is greater

IT'S BACK TO BUSINESS
BE PREPARED
STAY ALERT

Stepping Up SPAD FOCUS



ALL CHANGE PLEASE!

Kick the habit

It doesn't take long to build a habit (good and bad), but the railway is about to change:

- Stopping patterns
- Formations
- Unexpected signal sequences
- More red signals
- Route features vegetation and infrastructure

It's easy to make assumptions but this can be a SPAD trap.

So, what do I do?

- Make time for extra checks so you don't get caught out, e.g. double check your schedule card.
- Use Risk Triggered Commentary to minimise risk of assumption and stay alert.
- Use NTS to help anticipation of risk.

Stepping Up SPAD FOCUS

**IF YOU DON'T USE IT,
YOU LOSE IT**



Practice makes perfect

- Some of us will have used our driving skills less recently.
- If you don't carry out a task frequently then they can become difficult to remember or use.
- 'Thinking' tasks (e.g. route/ rules knowledge) are more prone to skills fade than physical tasks.
- Transitioning from one signalling system to another, one traction type to another, or mode of operation.
- Skills you use less, like emergency procedures, are particularly at risk.

So, what do I do?

- Consider the need for refresher training before you return?
- Think about specific tasks or areas where you may experience skills fade.
- Discuss with your manager if you feel a lack of confidence in some skills.
- You are not a robot, so it is OK to ask for help.
- Use NTS to help anticipation of risk.

Stepping Up SPAD FOCUS



SPADS MATTER, START TO FINISH

Beware the first and final 5

- Research found that over 50% of SPADs occur in first or last 5 miles of a journey.
- This can be from external factors like complexity of infrastructure or internal such as thinking about next turn etc.

What to do about it?

- Be alert to the start and finish risks of each journey.
- Be fully prepared for the driving task, allow time for cab set-up – professional driving policies.
- Use NTS strategies such as Short Journey.
- Concept to help maintain focus.
- Be aware of potential internal and external distractions and have a plan to manage these.

Stepping Up SPAD FOCUS



STRESSED OUT? BURNED OUT?

It's been a hard year for everyone

- Stress has been shown to impact on our short-term memory capacity, the ability to concentrate and make decisions.
- 2020/21 has brought an increase in anxiety.
- The return to service will bring an increased workload with distractions of more passengers and services.

So, what do I do?

- It's OK not to be OK – but tell someone and get some help.
- Notice your feelings of stress and intervene before it impacts your role.
- Use NTS skills to help reduce stress and anxiety at work.
- If you feel like you are reaching your limit in your ability to cope, tell your line manager or Employee Assistance Programme.

Stepping Up SPAD FOCUS



WAS THAT MY LAST SIGNAL?

Inside Out

- Research has shown that between 50 – 75 % of SPADs have distraction as a cause.
- Distractions can be internal i.e. thinking about stress caused by the pandemic, bereavements, low morale etc.
- They can also be external such as increased passenger numbers, different services, new stock, platform changes etc.

So, what do I do?

- Have personal strategies or NTS skills in place for areas where you may get distracted, or at certain times of the day.
- Use Risk Triggered Commentary to help stay focussed on the task.
- Use of DRA, AWS sunflower, professional driving policies.
- Park thoughts by making a note of them to help you maintain concentration.
- Talk to manager or Employee scheme if you need help anxiety at work.

Stepping Up SPAD FOCUS



SPADS DON'T TAKE A HOLIDAY

Spring into action

Data shows an upward trend in SPADs from February to November, with peaks in April and July. We need to be aware of this as we return to service, and these hazards include:

Brighter sunlight

The sun is brighter and positioned higher in the sky during spring and summer – this can change the readability and visibility of signal aspects.

Warmer weather

The risk of dehydration is higher during the warmer months and can impact on sleep, concentration and memory.

Lifestyle

As the lockdown restrictions are lifted, we'll gradually be able to do more.

Distractions

New works, construction and other potential distracting lineside features.

So, what do I do?

- Introduce checking strategies and use cab blinds and sunglasses appropriately.
- Open a window in your cab for ventilation and keep hydrated.
- Notice thoughts related to activities outside of work that impact driving and manage these accordingly.
- Consider using a strategy like Risk Triggered Commentary to maintain focus and minimise distractions.