



WORK PLACE FATIGUE POLICY STATEMENT

1. [Sword Construction UK Ltd](#) recognises that the management of fatigue is crucial in ensuring the health, safety and wellbeing of our workforce.
2. We will comply with the requirements of Railways and other Guided Transport Systems (Safety) regulations and the Network Rail Company Standards for the management of fatigue and working hours.
3. We will identify all safety critical workers and other persons affected by fatigue.
4. Procedures, management systems and controls are in place to manage and control the risk of fatigue within the company, including the:
 - Workplace Fatigue Policy
 - Health & Safety Policy
 - Procedure on Managing Fatigue
5. Managers will not plan work arrangements for personnel who are fatigued or are likely to become fatigued during the work period.
6. Any employee must not commence or continue work if he or she is fatigued to such an extent that their condition may prejudice his or her safety, or the safety of others.
7. Under the policy, employees must:-
 - Not work more than twelve hours in any one shift
 - Not work more than 72 hours in a calendar week
 - Have a minimum rest period of 12 hours between booking off and booking on for consecutive shifts
 - Not work more than 13 shifts within any 14 consecutive days

Travelling will be limited to a maximum of one hour to and one hour from the work site where shifts are of 12 hour duration.

8. In respect of Rail works working hours will be monitored in accordance with Network Rail Company Standards NR/L2/ERG/003.
9. This policy will be reviewed at a minimum annually, when circumstances indicate a change is needed or when legislation is introduced that necessitates change.
10. This statement will be displayed prominently at all sites and workplaces and the information contained within this Policy will be explained to all employees and brought to the attention of all Contract personnel.

Signed

A handwritten signature in black ink, appearing to read "Ian D Sword".

Ian D Sword
Managing Director

Date: 8th March 2019