

News April 2021

Mindset Monthly Theme for April "Have the Right Information"

Toothill Substation



In March, our Power Team in collaboration with our Supply Chain partners SPI Piling successfully installed 40nr 10m x 355m dia tubular piles for an elevated switchroom for our client SSEN at Toothill Primary Substation in Swindon as part of our Major Connections Framework. By using a fast-track solution Instalcom was able to safely deliver these works within 4 days as opposed to the original 10 day programme. Despite the works being completed within a relatively small footprint with the added complexity of being within a live and operational 132kV site and adjacent to the Paddington to Cardiff Main Line the project is progressing well. The Instalcom Engineering Team implemented a strict and rigorous vibration monitoring regime utilising equipment with type 1 precision grade Sound/LEQ analysis which proved to be a fast, accurate and efficient method of ensuring full compliance with Network Rail's requirements. Since the successful installation and testing of the tubular piles, these have been trimmed to cut off level and pile caps welded, and Instalcom's Civils Team have excavated and cast the reinforced concrete foundations. We are now finalising the design, detailing and fabrication of the structural steel and cladding in conjunction with our client and erection on site is to commence late April.

Design & Build Leeds Station

The Design & Build of the Leeds Access Gate within an existing boundary wall station owned and operated by Network Rail was successfully installed by our Rail Engineers adjacent to Platform 7 at Leeds Station and handed back to the NR Major Station Asset Team with no remedial works. The access gate provides safe access for maintenance staff working on the recently installed telecoms equipment. The Senior Project Manager from Network Rail provided our Rail Team with the following feedback; "It has been a pleasure to work with Kevin and the team during design and delivery of the works. Works have been completed to a high standard. Providing the rail and road interface, and a seamless service to achieve requirements/delivery has been greatly appreciated." The works are part of the scheme to support the Network Rail Trans Pennine Initiative (TPI) enabling their LNE Telecom Engineers to undertake planned commissioning works.



SA001 Overhead Line Training

Instalcom Project Delivery Managers were amongst the group who completed the SA001 Overhead Safety course at the Instalcom Centre of Excellence (ICE) Training Centre. The course covers three modules including Overhead Safety, Pole Checking and Joint User Poles in a telecommunications environment providing the individuals with the skills and knowledge of the hazards and potential risks associated with overhead line activities and the safety precautions required whilst working at height on ladders and wooden poles, as well as increasing awareness of compliance with health and safety legislations. The course enables learners to be suitability trained and accredited to the National Operational Standards (NOS).

"I had a great couple of days completing this training. Adam made this course fun yet informative and has broadened my awareness of the correct and safe procedures to be followed by our Engineers on site. I look forward to completing further training in the future."



"I found the course extremely fun and informative. The course trainers Adam and Nick are amazing, they train you in a fun and quirky way which ensures you remember the important information that will keep you safe when on site, and with this knowledge I'll be able to make informed decisions on risk management and mitigation measures to ensure the safety of our operatives. It was great to be the first women from Instalcom to attend this course and climb the pole, and although traditionally seen as a male dominated skill, I hope my experience will inspire other women at Instalcom and within the construction industry to explore similar career opportunities. I'm proud to say that I work for Instalcom a business that employs a diverse workforce and provides equal opportunities to all."



Accident Frequency Rate & World Day For Safety and Health at Work

We have achieved an Accident Frequency Rate of 0.5. Accident Frequency Rate = (Number of reportable accidents/total hours worked) x 100000 and this gives us a frequency of reportable accidents per 100000 hours worked within a timeframe period. Accident Frequency Rate is one of the most common metrics to measure performance and progress towards “zero harm”.

Other metrics were highlighted on World Day for Safety & Health at Work (Wednesday 28th of April), an international campaign to promote safe and healthy working across the world at all levels promoting the message of “Anticipate, prepare and respond to crises” focusing on strategies to strengthen national occupational safety and health systems. Aligning with the Instalcom **Mindset theme for May “Assess the Risks”** this focuses on the importance of ensuring risk assessments are in place, completed correctly, are project specific and relevant to the tasks to be carried out in order to mitigate risks which could potentially cause accidents, incidents or near misses.



BT's Openreach Subsidiary



Telecoms regulator Ofcom has given BT go-ahead for a £12 billion superfast fibre investment plan. We have been named one of the 9 Contractors to deliver the infrastructure for ultrafast broadband for BT's Openreach Subsidiary. The Fibre To The Premises (FTTP) plan will connect 20 million homes to superfast broadband by the mid - to - late 2020s. This was decided after the Government released further details of its £5bn Project Gigabit Plan to connect one million hard to reach homes and business with super-fast broadband. Our services will be initially based in **Balham & Kidbrooke**. Up to 510,000 homes and business across Cambridgeshire, Cornwall, Cumbria, Dorset, Durham, Essex, Northumberland, South Tyneside and Tees Valley will be the first areas to benefit from the investment. Then in June, it is expected the government will announce the next steps of procurements to connect up to a further 640,000 premises in Norfolk, Shropshire, Suffolk, Worcestershire, Hampshire and the Isle of Wight.

Mental Health First Aider Training

At Instalcom we are looking to increase the number of Mental Health First Aiders. In March, several employees took part in a two day Mental Health First Aider Course. The course takes place through presentations, group discussions and workshop activities built around Mental Health First Aid Action Plans. The course includes an in-depth understanding of mental health and the factors that can effect wellbeing. You are taught practical skills to spot triggers and the signs of mental health issues, confidence to step in, reassure and support a person in distress, enhance interpersonal skills such as non judgemental listening, and knowledge on how to help someone recover their health by signposting them to further support. There will be a 2nd course on the 11th & 12th of May, and if you wish to become a Mental Health First Aider please make your Line Manager aware. **For course bookings and further information please contact simone.sheppard@instalcom.co.uk**

Marc McAdden, SHEQ Advisor completed the course and says “ It was a really interesting and enlightening course. The two presenters Hughie and Rachel were clearly passionate about the subject and this shone through in their delivery of the sessions coupled with the enthusiasm and experiences of the other course attendees made for an eye opening and thought provoking couple of days. I learnt an awful lot and this training will enable me to listen to people with mental health issues, not only just within Instalcom, but those within my personal life and signpost them to the assistance that require. All too often people suffer in silence and hopefully the roll out of this training within the business will encourage those who have mental health issues to come forward and seek help.”



GAP Partnership Agreement

Instalcom is proud to announce the recent awarding of a strategic 3-year partnership agreement with Gap Group the UK's leading independent equipment hire company. This national arrangement signifies an integral plant, equipment and welfare leasing solution; aiding us in the continued delivery of a flexible, resilient and exceptional service for our clients and their customers. GAP Group has widespread geographical coverage; ideal for complementing our delivery requirements to cover all O'Connor Utilities and Instalcom contracts across the length and breadth of the country. Instalcom have been working closely with GAP since 2014, and we thoroughly look forward to further bolstering our collaborative relationship with this key supply chain partner over the next 3 years and beyond.



If you would like a good news story relating to work, a charity activity or personal achievement to be considered for inclusion within future company newsletters please contact Olivia Woodham E: olivia.woodham@instalcom.co.uk

