

Safe Work Instruction

Lookout Working Worksite Protection for Lithgow Bravo Frame routine network maintenance activities



DOCUMENT NO.	D2022/4077
WORK DESCRIPTION	Routine network maintenance activities
WPP Number	WT4B 10178
SCOPE:	<p>This SWI is applicable for the worksite protection arrangements using lookout working concerning routine network maintenance, defect management and repair of assets within the limits specified below and in the attached plan.</p> <p>Work activities include:</p> <ul style="list-style-type: none"> Routine preventative and corrective work such as inspections and maintenance as appropriate for the type of protection being applied as part of this plan.
AUTHORISATIONS:	<p>Protection Officer: Protection Officer Level 1 or higher</p> <p>Lookout: Handsignaller Level 1 or higher, Protection Officer Level 1 or higher.</p>
SAFETY CONTROLS – Lookout Working arrangements:	<p>The nominated worksite location for Lookout Working includes the Up Main West line & Down Main West line between 96.7 Signal to 97.0 Signal</p> <p>The Protection Officer must:</p> <ul style="list-style-type: none"> Establish Lookouts as required to watch for approaching rail traffic from all entry points Establish a Lookout for each track work is being performed on to a maximum of two tracks being worked on at the same time Designate and instruct which safe places the workers are to use as the work is completed along the work route within the worksite limits.
PRESTART REQUIREMENTS:	<p>Protection Officer assessment checklist must be completed before instructions in this SWI are followed.</p> <p>Tools and equipment required:</p> <ul style="list-style-type: none"> Protection Officer requires a phone to contact the Signaller. Lookouts require a high-visibility arm sleeve and a whistle / horn.
FURTHER INFORMATION:	<p><i>NWT 300 Planning work in the Rail Corridor</i></p> <p><i>NWT 310 Lookout Working</i></p> <p><i>NPR 711 Using Lookouts</i></p> <p><i>NPR 751 Calculating Minimum Warning Time</i></p> <p><i>NGE 200 Walking in the Danger Zone</i></p> <p><i>NLA 218 Lithgow</i></p> <p><i>Lookout Working Prohibited Locations Register</i></p>

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Protection Officer assessment checklist

Protection Officer's name:		Yes (Tick if Yes)
This document has not expired 12 months beyond the issue date.		
SWI details and protection arrangements have been reviewed and validated for the assessed worksite location, including: <ul style="list-style-type: none">On-site safety assessment has been completed for relevancy of works being undertakenThe required protection details, environment and tasks are unchanged from the details of this SWI		
The Protection Officer and Qualified Workers deploying qualifications are current and have practiced in the last 6 months. If not practiced, then a Rail Safety Coach must be contacted for guidance.		
Corridor Safety Number	Protection Officer Signature	Date

Warning



If an above item does not apply, the Protection Officer must not use this Safe Work Instruction. A new worksite protection plan must be completed in accordance with NRF 014 Worksite Protection Pre-work briefing and NRF 015 Worksite Protection Plan.

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Worksite Protection Pre-work Briefing

Briefing date: / /

Protection Officer Details

name signature contact No.

Work location: **Lithgow Bravo Frame**

Scope of work:

Worksite protection: **Lookout Working** Refer to Worksite Protection Plan for details

Hazards (e.g. Site specific hazards identified, including physical environment, human errors, plant and equipment)	Controls (to be implemented to eliminate or reduce the risk to the lowest practicable level)	Person responsible for Control
Approaching rail traffic	Lookouts must be trained and competent to perform lookout duties. Lookouts must be rotated if performing lookout for extended periods of time Workers to remain within worksite limits as set out in this procedure. Lookouts must be placed as per protection plan Workers are to stop work and move to a safe place immediately on being warned by the lookouts	Protection Officer & Lookout
Adjacent live lines	Lookouts must provide warning when rail traffic is approaching from the adjacent line in either direction.	Protection Officer & Lookout
No safe place in platform limits	Workers must not enter the Danger Zone within the platform limits of Lithgow Station.	All
Two-way running / multiple entry points into worksite	One Lookout placed watching each direction before work starts. Lookouts are to warn workers of approaching rail traffic, including rail traffic entering or travelling within the worksite. Workers are to stop work and move to a safe place.	Protection Officer & Lookout
Obstruction to Minimum Sighting Distance	Lookouts must have two independent audible warning devices that can be heard by workers over any noise generated by adjoining/surrounding worksites. Lookouts are to provide warning if their line of sight is obstructed by adjoining/surrounding worksites.	Protection Officer & Lookout
Adjoining/Surrounding Worksites	Lookouts must have two independent audible warning devices that can be heard by workers over any noise generated by adjoining/surrounding worksites. Lookouts are to provide warning if their line of sight is obstructed by adjoining/surrounding worksites.	Protection Officer & Lookout
Access to / Egress from worksite	Access and egress points must be agreed prior to entering the danger zone, consideration should be given to ease of access and safest possible entry and exit points.	All
Slips, trips, falls and hazards carrying equipment	Protection Officer will assess and instruct when it is safe for workers to use <i>NGE 200 Walking in the Danger Zone</i> to move to the worksite or safe place.	

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Mobile phone distraction	Mobile phones use is not permitted in the danger zone unless being used by maintenance staff for critical maintenance communications or recording of defects.	All

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Worksite Protection Plan – Lookout Working

Signaller details

Protection Officer details

Planned duration

Workplace Supervisor details:

Type of work:

Worksite location (tick the tracks that apply)

On the ☐
 ☐
between and

Worksite assessment

Has the Lookout Working Prohibited Locations Register been consulted? Yes ☐

Warning method

Minimum Warning Time Calculations

Maximum track speed

Number of Lookouts used Position of Lookouts to

Number of additional Lookouts* used Position of Lookouts to

Note - Lookouts are relocated to positions within these KMs as workers move along the worksite.

2 sec	+	3 sec	+	10 sec	= Minimum Warning Time (MWT)	15 sec	85 km/h	354 metres
2 sec	+	3 sec	+	10 sec		15 sec	75 km/h	312 metres
2 sec		5 sec		10 sec		17 sec	75 km/h	354 metres
2 sec	+	3 sec	+	10 sec		15 sec	70 km/h	292 metres
7 sec	+	5 sec	+	10 sec		22 sec	70 km/h	428 metres
2 sec	+	3 sec	+	10 sec		15 sec	25 km/h	104 metres
See Time (S)		Move Time (M)		Safe Time	(S+M+10 sec = MWT)	Track speed		Minimum Sighting Distance as calculated

Note – Additional MWT calculations can be recorded in the Protection Officer's Diary.

Where are the safe places identified for the Lookouts and the workers?

Lookouts:

Workers:

Ensure the workers have been briefed about these work details Yes ☐

The following diagrams, notes and detailed instructions are to be read and followed as part of this worksite protection plan for Lookout Working.

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INSTRUCTIONS:

1. Protection Officer briefs workers about the worksite protection arrangements.
2. Protection Officer contacts **Lithgow Yard Box Panel** and tells the Signaller about the use of Lookout Working between **96.7 Signal to 97.0 Signal** on **Up & Down Main West Lines**
3. Workers enter rail corridor via gate **W00 156.047 U**, located on the Up side off **Railway Parade**.
4. Protection Officer places Lookouts watching for rail traffic approach in both directions at the designated locations.
5. Workers start work up to where Lookouts are located or where they can't effectively warn workers.
6. Workers move to a safe place.
7. Repeat steps 4 – 6 until workers complete work from **97.0 Signal** finishing at **96.7 Signal**.
8. Once work is complete, all workers move into a safe place.
9. Protection Officer recalls Lookouts.
10. Protection Officer contacts the Signaller at **Lithgow Yard Box Panel** to end Lookout Working

ADDITIONAL DETAILS

Two-way running / multiple entry points

Lithgow Yard is a two-way running area. Rail traffic movements can occur in any direction.

A Lookout is placed watching both directions and must provide warning for any rail traffic approach. Workers must move into a safe place when Lookouts provide a warning regardless of which line the rail traffic is approaching on.

Obstruction to Lookout's Minimum Sighting Distance

Lookout must provide warning to workers when Minimum Sighting Distance is impeded by rail traffic on adjacent lines. All workers must remain in a safe place until Lookout can re-establish Minimum Sighting Distance.

LOOKOUTS



Image 1: View of Down direction Lookout at **155.515 KM** in the 6 foot.



Image 2: View of Up direction Lookout at **156.010 KM** in the Down Cess.

KEY LOCATIONS



Image 3: Access/egress gate **W00 156.047 U** and Emergency Assembly Point.

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INSTRUCTIONS: 96.6 Signal Maintenance

1. Protection Officer briefs workers about the worksite protection arrangements.
2. Protection Officer establishes Lookout and additional Lookout watching for rail traffic approach at the designated locations on Lithgow Platform. (See below and diagram)
3. Workers start work
4. Workers move to a safe place.
5. Repeat steps 3 – 4 until workers complete work at **96.6 Signal**
6. Once work is complete, all workers move into a safe place.
7. Protection Officer recalls Lookouts.

ADDITIONAL DETAILS

Two-way running / multiple entry points

Lithgow Yard is a two-way running area. Rail traffic movements can occur in any direction.

A Lookout is placed watching both directions and must provide warning for any rail traffic approach. Workers must move into a safe place when Lookouts provide a warning regardless of which line the rail traffic is approaching on.

Obstruction to Lookout's Minimum Sighting Distance

Lookout must provide warning to workers when Minimum Sighting Distance is impeded by rail traffic on adjacent lines and also by passengers on the platform.

All workers must remain in a safe place until Lookout can re-establish Minimum Sighting Distance.

No safe place within platform limits

There is no easily accessible safe place for workers in the Danger Zone within Lithgow Station platform limits.

Workers must not enter the Danger Zone within the platform limits.

LOOKOUTS



Image 1: View of Up direction Additional Lookout at 155.690 KM on Lithgow platform.



Image 2: View of Up direction Lookout at 155.690 KM on Lithgow platform.

KEY LOCATIONS



Image 3: Safe place for work at 96.6 Signal

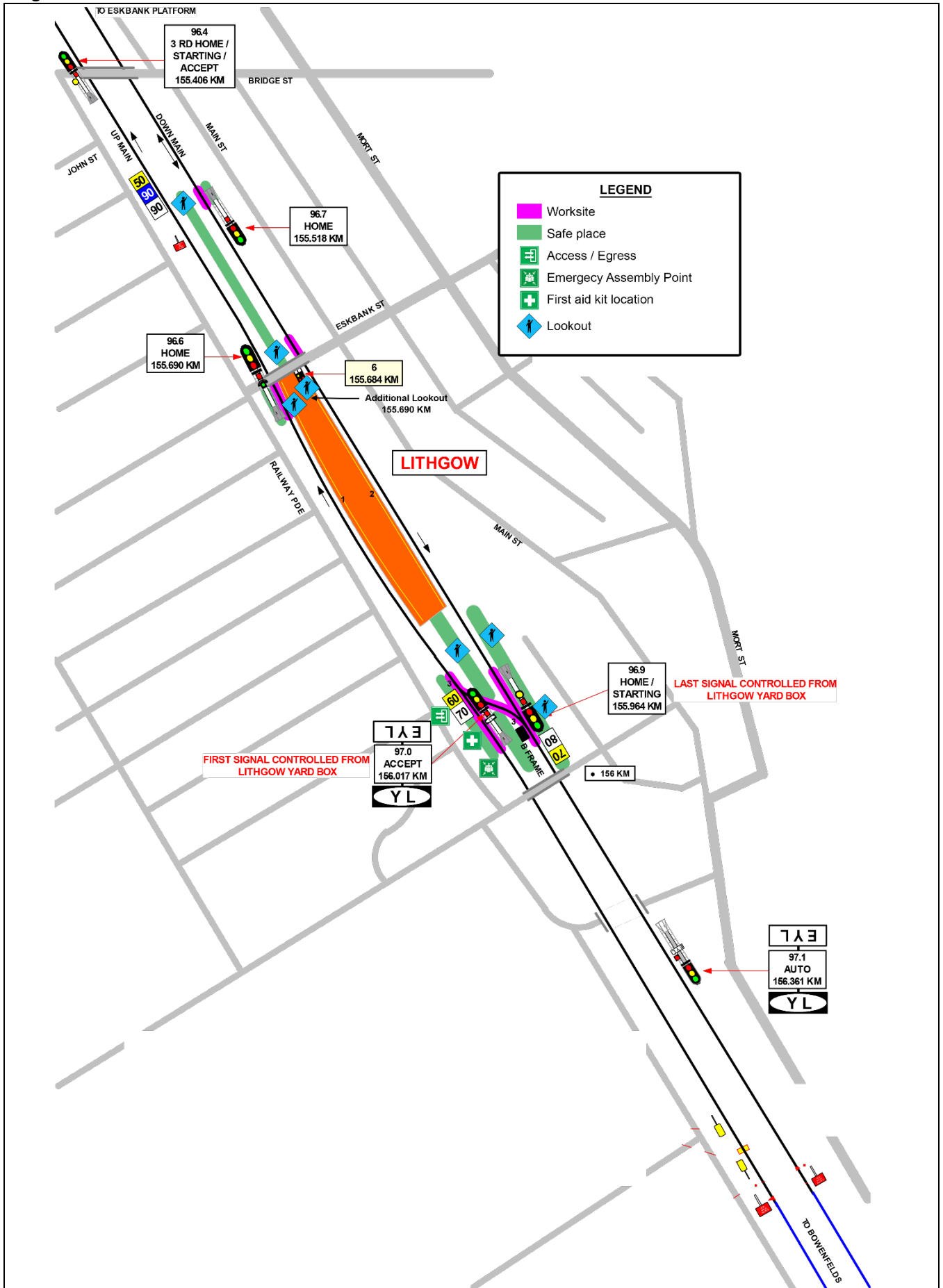


Image 4: Work Location at 96.6 Signal

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Diagram



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