

Hello and welcome to the Summer 2019 edition of our Newsletter.

With the changeover in Network Rails Control Period just behind us it has resulted in a quieter period through the middle of 2019.

Over the past few months we have been very busy tendering new works, some of which will go live in the coming months and extend into 2020 and beyond. The overall spend for CP6 is greater than what the industry experienced in CP5 and we are confident it will be a busy period. To prepare for the future we are continuing to invest in training for all our staff and new plant to support the projects.

In June 2019 we opened a small office in Bristol to support our growth in the Southwest and South Wales. There is huge commitment from Network Rail, Government and the Welsh Assembly in this region over the next ten years and we hope to extend this office onto a depot in the future.

We have now commenced our P-Way and OLE scope at Barking Riverside for the VolkerFitzpatrick Morgan Sindall JV. This will be a challenging project over the next two years but will help to reinforce our status as a leading multidiscipline rail systems contractor. The project is being delivered by Transport for London to connect the new Barking Riverside development to the London commuter lines. Works have also started on the Trafford Line in Manchester where the Metrolink is being extended to the Trafford Centre. This along with other ongoing works on the Metrolink continues our proud ten year association with the Manchester Metrolink.

Our investment into “the pod” app continues with the recent launch of two more mini apps covering Take 5 and Site Inspections. The feedback from our clients on this development has been excellent and I ask that all staff continue to use it and lead the way with the PALS message.

Thank you and enjoy the Summer 2019 edition.

Paul O'Donnell

Founder and Managing Director
Pod-Trak



Operations & Project Progress



Stephen Given
Operations Director



Adam Stanbury
Operations Director



Gary Dillon
Operations Director



Paul Johnson

OLE Contracts Manager

“

I would like to thank all our staff for the hard work they have put into the delivery”

Railway Electrification - OLE

Starting with the WAML project; all works have now been completed with the final planned works being completed during week 10 over the weekend of the 1-2 June.

The TGW project works are ongoing with Pod-Trak supplying eight fully manned machines carrying out wiring and registration works, each in their own sections.

The planned works with Cleshar at Ilford Depot have been delayed due to the design works that need to be completed for the track alignment with works due to be completed before the end of the year.

The temporary works in Dublin have now been completed to allow commencement of the building works. Once these are complete we will revisit site to install the new wall fixings and remove the temporary pole and fixings.

Works have commenced on the Trafford Line in Manchester where the tram network is being extended to the Trafford Center.

Following on from the call out we attended in Birmingham we have now received a tender to price for the maintenance of the City's tram system.

Work on the Barking Riverside project is now in full swing and to date we have installed over half the piles required for the job.

I would like to thank all our staff for the hard work they have put into the delivery and for the excellent work and safety culture that has been adopted by all.



Gary Toth

ETE/ETM Contracts Manager

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The ETE Division delivered all the client's requirements within time, specification and on budget

Railway Electrification – ETE

It has once again been a very busy period for the ETE division. We have been supporting numerous electrification projects across the South and in Scotland.

Pod-Trak's ETE Division were contracted to install the conductor rail and associated supports on behalf of Story and SPT on the Glasgow underground system.

SPT required extensions to their Glasgow depot which included a new test track. The systems existing bespoke conductor rails are steel with an "angle iron" type construction. These rails are historic and can no longer be procured. Brecknell Willis aluminium conductor rail was designed to facilitate the new layouts. Although the timescales for completion were limited, the ETE Division delivered all the client's requirements within time, specification and on budget.

The ETE teams are currently supporting OSL Global and TfL with signalling TSS and OSS installations between Richmond & Gunnersbury. Pod-Trak are contracted to create Gaps in the associated 4th rail to enable the signalling equipment installation. The works include disc cutting and removing the negative conductor rail, welding on new LUL spec ramp ends and installing a continuity jumper cable. The works are ongoing, however many of the gaps have now been completed following the Pod-Trak / Novus Rail AFC design specifications.



Operations & Project Progress



Stephen Given
Operations Director



Adam Stanbury
Operations Director



Gary Dillon
Operations Director



Steve Bispham
Contracts Manager

Civil Engineering North

The last quarter saw the completion of the NEC drainage project for Murphy & Sons. The lads have performed well under the supervision of Adam Meek. We have received great feedback from the Client which should see further drainage works awarded by Murphy in the near future.

Works are continuing on Phase 3 of the Blackpool North NWEF for Volker Rail with further works being awarded since the completion of our current scope. We are continuing to build on our relationship with Volker Rail.

Together with AD Communications, the completion of 125km of route survey for Mersey Rail has put us in a great position to gain the award of another upcoming 130km cable installation project. We will continue to work with and support AD Comms to secure further route works on the Mersey Rail project.

On the Manchester Metrolink our current scope has now been completed. Thales have already approached us to assist on further projects which have been priced so fingers crossed these will be awarded soon.

We are tendering a lot of work around the Northwest and are close to securing two projects on MerseyRail which will commence in the coming weeks.

As always, thank you to all concerned for your continued hard work.



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Thales have already approached us to assist on further projects which have been priced”



Cathal O'Sullivan
Contracts Manager

Civil Engineering South

The second quarter of 2019 has seen a number of jobs reach completion; the Felixstowe Earthworks and Bridleway footbridge projects have been completed with all key milestones achieved and the new loop line being commissioned into use on 29th May.

This has seen the Pod-Trak civils team deliver 1.6km of track formation including 800 meters of new embankment, 1 No. UTX, 1.6Kms of CESS walkways, and the installation of 30 No. Foundations to take the new bridleway bridge structure.

The second quarter has also seen our projects at Rickmansworth REB project coming to practical completion as well as the Amersham REB project at substantial completion awaiting the physical REB units to be installed prior to Pod-Trak's demobilisation as part of the London Underground/TFL 4 Line Modernisation scheme for our client SSE.

On the WAML project following 18 months work where we have seen the civils team deliver 5.5 Km's of formation, 2 kms of track drainage, 5 No. UTX's and the installation of bottom ballast and the construction of 3 No. new bridge structures. The new line was commissioned into service on 2nd June.

Works have commenced on the Hither Green Signal Renewals. This involves the delivery of Civils related signalling works through the Hither Green Bramdean Sidings and Grove park compounds providing new signalling routes through four platforms on behalf of our client Balfour Beatty Rail which involves platform excavations, installation of multi-duct route and reinstatement of platforms during mid-week nights and weekend possessions.



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The Felixstowe Earthworks and Bridleway footbridge projects have been completed with all key milestones achieved”

Operations & Project Progress



Stephen Given
Operations Director



Adam Stanbury
Operations Director



Gary Dillon
Operations Director



Tom Fitzgerald
P- Way Contracts Manager



Andy Pearce

P-Way

After a very busy period at Felixstowe, we successfully opened the new loop line at 03:54 on Wednesday 29th May. This was the culmination of 18 months of hard work by the team and the new loop line will allow increased capacity of freight entering and leaving Felixstowe Port.

Works are now well underway on the Docklands Light Railway and the first track renewal successfully took place in week 7 at South Quay. This is the first of 8 sites to be completed over the next 6 months.

Over a busy Easter weekend the team, along with Volker Fitzpatrick, worked hard to successfully deliver the replacement of two bridges at Caroline Street and Devonport. The replacements took place simultaneously during a 100 hour possession. We have received praise from both the client and Network Rail on the way the works were delivered.

The Barking Riverside Extension works have now begun and the first of many possessions took place during week 2. The renewal of 300m of track was the first of the 6.4km of renewals taking place over the next two years.

This will be my last newsletter as I will sadly be leaving the company in June. The past seven years have been fantastic, I am immensely proud of the team and what we have delivered in my time. I wish you all the best for the future and hope to stay in touch with you all.

I will be handing over the day to day running of the P-Way division to Andy Pearce and I know you will all make him feel really welcome.



Brian Gildea
Infrastructure Projects
Contracts Manager

Infrastructure Projects

This quarter has seen a number of Infrastructure projects completed or nearing completion.

Leytonstone Platform and Drainage works for LUL is now undergoing NOWRI handover inspections.

The Paddington Gateline project for MACE is now complete except for some minor design change works being completed during the first week of June for Linbrooke and lastly – the Felixstowe Telecoms works for Volker Fitzpatrick are now 100% complete and in the process of being final accounted. All three projects have been challenging and all have returned profit. Well done to the team – Michael Brown and Matt Ardley at Felixstowe and Sam Maddison, Lawrence McGettigan Jnr and Ricky Conlon at Paddington and Leytonstone.

We have won an electrical and air conditioning upgrade project at Paddington for Linbrooke. We have a number of new and pending projects at Heathrow – the largest of which is the Portal Upgrade design and build project. We have engaged in a partnership with Neil Anand of IPS Designs to assist us in the design element. We have also secured the PC role in the TTS concrete upgrade works where we will be managing Prestec in the delivery of specialist concrete repair services but works will not commence until October.

We have recently engaged with Siemens to deliver some remedial works to the GSMR Radio system within Heathrow and we have signed a framework agreement with JCDecaux to undertake installation works within Heathrow airport.

More updates hopefully on new business within the next quarter!



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Operations & Project Progress



Stephen Given
Operations Director



Adam Stanbury
Operations Director



Gary Dillon
Operations Director



Simon Cofield
Head of Plant

Heavy Plant

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for the first time
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In the last quarter we have further invested in our on-track plant to support our present fleet - these new additions are a Richter and Mullen Ballast brush and a Komatsu D37 PX-23 Road Rail Dozer.



The Dozer is fitted with a Trimble 2D / 3D laser guided control system and both these items meet the requirements of RIS-1530-PLT Issue 6 and will be utilised on ongoing and future P-Way contracts, reducing the need to cross hire these items of plant any longer. The brush is also passed out for use in conductor rail areas.

The dozer has already been used on the Barking Riverside contract over several weekends and is proving to be an excellent addition to the fleet. Further shifts will be covered on this contract, with enquiries also being received for possible work in Ireland. The Ballast brush was used for the first time at Felixstowe during week 10 with no reported issues.

The planned upgrade to RIS-1530-PLT Issue 6 has been completed at Aquarius, on the Kawasaki Mule and trailer. This is a personnel carrying machine capable of carrying up to 6 people, including the operator and a trailer which has a capacity of almost 1t. This is ideal for use in worksites that are over a long distance with little or no access close by. There is planned long term external hire of this machine due to start shortly.



Liam Sheridan
Transport Manager

Plant and Transport

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We all need
to play
our part!

We head into the third quarter of 2019 with continued vehicle fleet upgrades. The latest addition to our vehicle fleet has been the purchase of two new Ford Fiesta Car Derived Vans (CDV).



With euro 6 engines, these vehicles have quieter running engines and eco drive mode, which help us achieve our FORS requirements for continued fleet renewal and to help lower fuel emissions.

We are now nearing completion of the installation of Vision Track combined tracking and dash camera systems across our entire fleet. There has already been a major reduction in vehicle over speeds within the past two months resulting in Zero incidents being reported for vehicles who have exceeded our company threshold.

Our next target area is to reduce the amount of time a vehicle is left idling. Idling is when the engine is switched on but the vehicle is not in motion. Idling increases the amount of exhaust fumes in the air. These fumes contain harmful gasses, which is bad for the environment, contributes towards climate change and are linked to asthma and other lung diseases.

Local authorities have the power to issue a £20 fixed penalty for emission offences and stationary idling under The Road Traffic (Vehicle Emissions) (Fixed Penalty) (England) Regulations 2002. All company drivers have recently been briefed regarding Idling and the facts around the issue. All drivers are also currently completing the FORS e-learning module “LoCITY: Time to clean up – learning for drivers”

This e-learning module helps to give us a better understanding of how important it is for us to help reduce vehicle idling and the impact it has on the air we breathe. We all need to play our part! Drive Safely!

Operations & Project Progress



Stephen Given
Operations Director



Adam Stanbury
Operations Director



Gary Dillon
Operations Director



Brian Gildea
Contracts Manager

Pod-Trak Infrastructure Ireland

The large project at Centerparcs in Longford for SSE is nearing completion.

The network we installed is now under test and all original contract works are complete. We are undertaking some additional works and we have also undertook the works to repair elements of the network which were damaged during the main contractors central village works. The estimated final account has been submitted so we are approaching final handover. The project has proved extremely challenging – mainly due to major construction delays in the central village handover – this in turn delayed our access to equipment rooms and infrastructure. A big thanks to Ian Melly for managing these issues on site and getting us over the line.

As reported last quarter we have been nominated as preferred supplier for SSE Airtricity on a district heating scheme in Tallaght, Dublin – this project is under scope expansion at the moment so I hope to be able to report on potential start dates and values during the next quarter.

Lastly – we were to be notified within the first two weeks of June on the DART maintenance tender – hopefully we will be able to confirm good news on this in the next Newsletter.



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Clodagh Connolly
HSQE Director



Skin Cancer



Over the last thirty years, rates of malignant melanoma (the deadliest form of skin cancer) have risen faster than any of the current ten most common cancers.

Most skin cancers are caused by overexposure to ultraviolet (UV) radiation from the sun or sunbeds. Anyone can develop skin cancer, but some people are more likely to get the disease than others. These people tend to have one or two of the following:



Skin cancer facts:

Skin cancer kills more men than women.

- Skin cancer kills more men than women.
- Five people per day get skin cancer from sun exposure at work
- Skin cancer is the most common form of cancer in the UK, with over 100,000 non melanoma skin cancer cases and over 12,800 malignant melanoma cases diagnosed each year.
- Spending more time in the sun increases the risk of developing skin cancer.
- Outdoor workers are twice as likely to get skin cancer as people working indoors

Stay protected:



Cover Up: Wear long, loose clothing to keep the sun off your skin



Seek shade whenever possible, as well as during your breaks



Protect your head, face, ears and neck



Use sunscreen with at least SPF 30 and reapply regularly.



Stay hydrated: Drink water frequently



Be skin safe: Check your skin regularly for any unusual moles or spots. Report and changes to your skin or moles to your GP.

Why early diagnosis is important?

It can take 10 – 30 years for skin cancer to appear, so people who haven't always protected themselves from the sun could still be at risk. Finding skin cancer early can save lives.

It is important to report unusual changes to your moles or skin to your doctor.

Safety Matters



Clodagh Connolly
HSQE Director

More new Apps on the Pod

Two new features have been added to 'The Pod'!

- Site Inspections
- Take 5

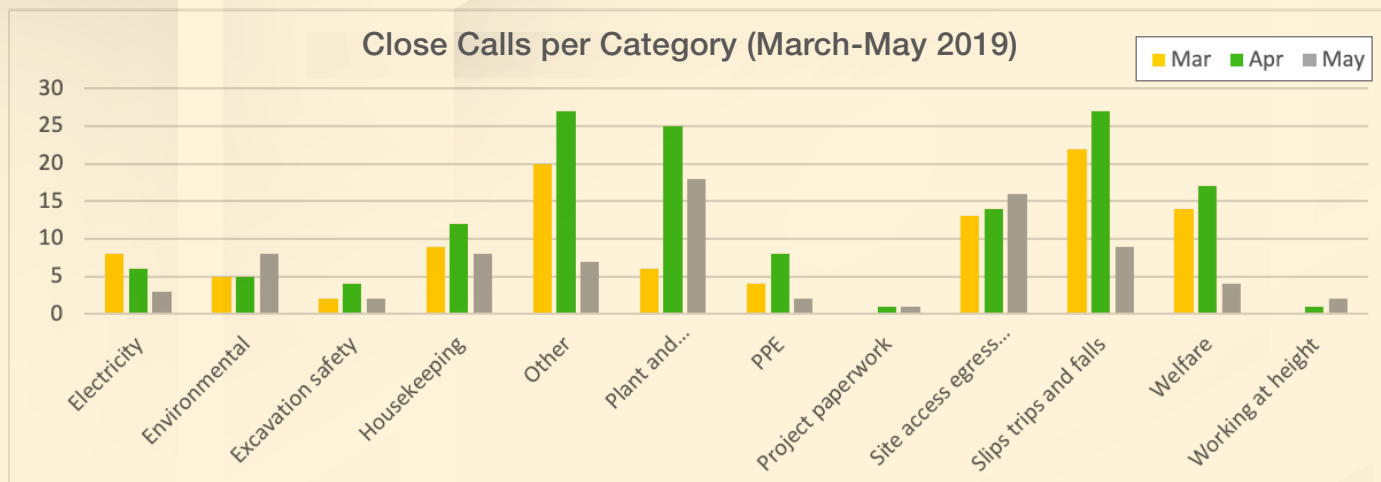
The two features are for the use of Managers and Supervisors to help maintain a Safe Working Site.

Site Inspections have moved from paper to the App as this allows the process to be Live! This means once you fill in the quick and simple Site Inspections the 'actions' will be sent straight to the HSQE team and the Project Managers. The aim of having the App live is to close out actions earlier and more efficiently.

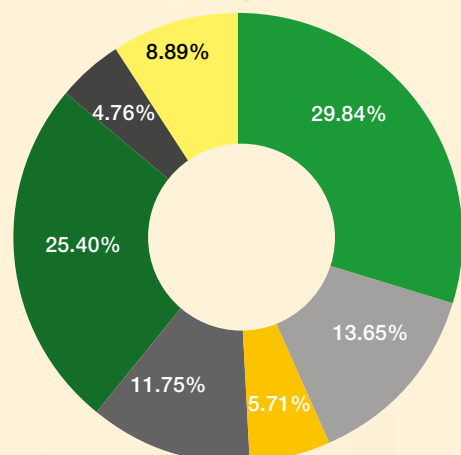
The Take 5 is a pause in the work that is being undertaken to allow the team to reassess the working environment and any risks or hazards that may be present. Time outs can be planned into the works programme or can be unscheduled and called by any member of the team who has a concern and wants to take a step back from the task in hand. Time outs can take as little or as long as needed to resolve any outstanding issues. The overarching objective is that **if it can't be done safely don't do it**. Take 5 on the App is based on PALS.



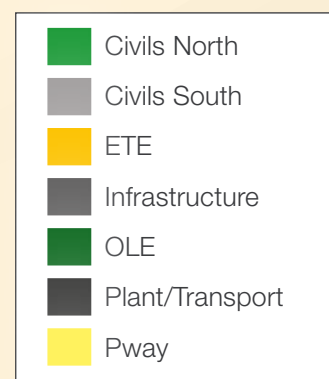
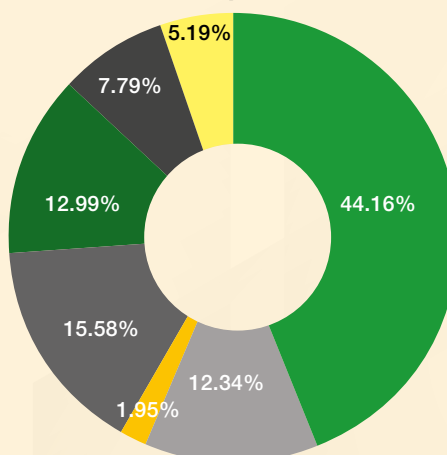
Good and Close Calls Raised (March-May 2019)



Close Calls per division



Good Calls per division



There was one accident in a March, we were accident/incident free in April and there were two incidents in May.



Clodagh Connolly
HSQE Director

Close calls of the month March

24/02/19 – PT679 Angerstein Civils South

For raising – An RRV passed on track with high speed. No crane controller in front of RRV. Visibility was less because of fog.

After investigation this was found not to be a Pod-Trak RRV and was passed onto Network Rail to re-brief the team.



Good Call of the Month

25/02/19 – PT728 Birmingham NEC Drainage

For raising – Civils team cat scanned around location of drainage chamber 1 and discovered a redundant buried HV cable. Work was stopped in that area and reported to Murphy.

It was later confirmed the cable was dead but good awareness from the team.

Close calls of the month April

21/04/19 – PT725 Barking riverside OLE

For raising – The batteries in cat scanner is draining constantly, could we purchase rechargeable battery for every scanner in Pod Trak as they last much longer. Removed batteries and put in replacements.

Rechargeable batteries have been purchased for the CAT scanners.

11/04/19 – PT651 KAM OLE Maintenance

For raising – Machines were due to be dropped off at Clayton from Eccles at 0000. Arrived on site at the arranged time and the fitter checked the plant tracker to see where the machines were at 0100 and it showed they were still at Eccles. Machines were collected after the night shift on the 10/04/19 and stated he wasn't picking them up from Eccles and dropping them back off for the Wednesday night shift. I've not had any emails or phone calls regarding this and my shift report from the previous shift states all relevant information. Tried to call on call to rectify this issue and no answer.

Request for transportation and relocating of machines not relayed to the HGV driver from OHL department.



Close calls of the month May

11/05/19 – PT733 DLR Plain Line Renewals

For raising – Tree felling by others adjacent to site. Debris falling onto track.

Reported to DLR site rep Paul Flatt.



29/05/19 – PT725 Barking Riverside OLE

For raising – While on site it became apparent the ready power operator was not competent to carry out the task of erecting OLE main steel. After 1. Nearly losing control of the machine with steel on the end with the potential to harm or kill the staff I had on site.

As the site supervisor I made the call to suspend the day's shift as I didn't feel safe carrying on and putting my staff in danger. I made a call to PTL plant department to make sure there would be a different operator for the remaining two shifts.

Our News

Mighty Hike

On Saturday 8th June, Brenda and four friends completed the 26 mile Mighty Hike along the coast of Brighton in aid of MacMillan Cancer Support.

On the day the ladies were faced with all kinds of inclement weather including 40mph winds and hail stones but despite all that they completed the hike (27.17 miles in total) in 9 hours and 12 minutes with just a few sore feet and muscles to show for it!

MacMillan Cancer Support are an amazing organisation who help people who have been diagnosed with cancer live life as fully as they can, providing physical, financial and emotional support to them and their families along the way.

The total amount raised on the day was £4,711.69 which is fantastic



and will go a long way to helping with the amazing work done by MacMillan.

Well done ladies, from all of us here at Pod-Trak!

Pod-Trak Parents

Big congratulations to two long serving members of the team on recently becoming parents for the first time.

Cathal O'Sullivan whose daughter Ria was born on 27 March weighing in at 7lb 9oz and Hugh McGuire whose little one Elsie Mae arrived on 12 May weighing 8lb 13oz.

Well done both but we are sure it's probably your better halves doing most of the hard work!



MPT Construction Sports Day

A massive thank you to all at Pod-Trak for sponsoring the Sandbag relay event at the MPT Hearts and Minds Construction Sports day.

The event was a huge success and we collectively clocked up 3073 miles raising over £2500 for the British Heart Foundation and Mind.

Thank you again for your kindness and support from all at MPT.

