

# Thameslink Programme Health & Safety – Good Practice 005

## Family Day at Bermondsey Dive Under

### Overview/Description

As part of the Bermondsey Dive Under (BDU) team's strong belief in an Injury Free Environment (IFE), family is always number 1. The importance of family and a good work life balance is a key player in the successes of creating an injury free environment. The team brought their families along to their workplace to see what's going on behind the scenes.

Our Injury Free Environment help's us to energize a stronger safety culture through a more personal approach with our teams. This has created a more family feel within our job that all of us look forward to coming to.

In August 2015 a total of 56 family members came to see the extent of the BDU works that their family members were undertaking.



On arrival each family were greeted with brunch and soon afterwards a fun presentation and quiz outlining the job and safety on the railways. A mini bus was taken to site to get a proper look at what was going on as well as using the mission room to demonstrate what we have been doing the past year.

### Benefits

The children could see where their Mum and Dad's spend their days as well as the parents feeling a sense of pride to show off their workplace and meet their friends.



Very positive feedback was given from the entire workforce on site.

"The day was really great and I felt so proud to show my family what I do on a daily basis and for them to be familiar with where I come to work. My girls had a great time playing with all of the other kids and all of the activities that were organised for them".

*Sukhvinder Dhaliwal (Gogs) - Danny Sullivan*

More importantly the Family Day reminded us that we all have families to go back to and motivate us even more to maintain our work safe - home safe mentality.

