

CABLE PULLING



METHOD OF WORK

Ensure a Risk Assessment is carried out and control measures put in place.

Note: Persons engaged in works must be accredited in "Safety Underground", and ensure works are completed in accordance with client specifications.

1. All works must be completed in compliance with the Safety at Street Works and Road Works Code of Practice (NRSWA Red Book).
2. Inspect all plant and equipment prior to use to confirm it is fit for purpose.
3. All chamber and manhole openings must be adequately guarded and protected throughout works. Always Monitor for Gas when working on the underground network.
4. Always adopt good manual handling techniques when pushing or pulling duct rods through the underground network, do not exert excessive force when rodding ducts or pulling cable.
5. Using fibreglass duct rods, prove the duct route and confirm capacity within the network, rodding from chamber to chamber.
6. Always attach a draw rope to duct rods before pulling them back out of the duct network.
7. If blockages in the network are encountered, mark the location accurately and contact your supervisor / line manager.
8. A method of two-way communication must be in place for cable pulling activities, i.e. 2-way radios.
9. Position cable drum and trailer in a safe manner adjacent to the chamber. Where cable drum trailers are being used, deploy stability jacks and secure handbrake. The position of the cable drum should allow the cable to leave the drum and enter the duct in a smooth continuous curve, minimising excessive bending or kinking of the cable. Do not exceed the maximum bend radius.
10. Where required, rollers / guides should be fitted to the edges of the chamber and bell mouths fitted to the duct end to prevent damage to the cable or ducts.
11. Do not leave chambers open and unattended unless deemed necessary to complete works. All edges of the chamber must be closed off using interlocked gate guards/barriers.
12. Securely attach cable to draw rope (or winch where required) to the cable using the correct method for cable type. Apply duct lubricant to duct mouth and cable to prevent damage caused by abrasion during pulling.
13. Commence cable pull in a smooth and continuous manner, always monitor pulling to avoid exceeding maximum pulling tension.
14. Where it has been deemed necessary to fleet cables during pulling, this must be done in a safe / guarded location to prevent trip hazards.
15. On completion of cable pull, always mark / label the cable accordingly and seal the ends.



HAZARD IDENTIFICATION

- Live Traffic
- Pedestrians
- Manual Handling
- Slips, Trips, Falls
- Weils Disease (Leptospirosis)



PLANT, EQUIPMENT, MATERIALS

- Gate Guards, Barriers, Signs, Cones
- Gas Monitor
- Lifting Keys /Hydraulic / Mechanical Lifter / Roller Bar
- Duct Rods and Attachments
- Cable Drum Stand / Trailer / Winch
- Cable Rollers / Bell mouths / Guides
- Duct Lubricant.
- 2-Way Radio (or equivalent)



EMERGENCY ARRANGEMENTS

- Ensure you are familiar with point of work emergency arrangements.
- All work vehicles to carry First Aid Kit and Fire Extinguisher.
- Gas leaks must be reported to the relevant network operator.



ENVIRONMENTAL

- Switch engines off when vehicle or plant is not in use.
- Keep noise to minimum levels where possible.
- Always remove waste and excess cable from site and dispose correctly for recycling.



PPE REQUIREMENTS

PPE items shown below must be available and worn during this task.



COSHH

Refer to COSHH Assessments for further information

Cable Lubricant	