

## James Adshead – Principle Health and Safety Manager, IP Track, Network Rail



James Adshead is the Principal Health and Safety Manager for IP track within Network Rail. James has worked for Network Rail for ten years. Before that he was an operational officer with the London Fire Brigade for 30 years. He has been involved in Health and Safety for almost twenty years. Initially responsible for provision, maintenance and use of RPE and PPE within the London Fire Brigade and later all aspects of safe working practice since joining Network Rail he has been responsible for maintaining safety and safe working practice within the Operational Maintenance function, IP Signalling and IP Track where he leads a team of Health and Safety professionals covering a portfolio worth £3.5 billion.