



red rock  
electrical

L I M I T E D

Issue 8, November 2018

## NEWSLETTER

### Mental Health Issues in the Work Place

Stress, anxiety and depression has become a major topic within health and safety at work. Severe or mild, we will all have experienced working with someone who has shown signs of stress.

**The HSE definition of stress is 'the adverse reaction a person has to excessive pressure or other types of demand placed upon them'.**

As an employer, we want to support employees to identify issues and reach workable ways to tackle work-related stress.

### Signs of Stress

Sometimes the signs of stress may stick out like a sore thumb. Other times, people may continue to keep going without realizing they are suffering from stress. Symptoms of stress can affect the way we behave both emotionally and physically.

#### How we may feel

- Irritable, aggressive, impatient or wound up
- Over-burdened
- Anxious, nervous or afraid
- Depressed
- Lost sense of humour
- Neglected or lonely

#### How we may behave

- Finding it hard to make a decision
- Constantly worrying
- Snapping at people
- Biting your nails
- Unable to concentrate
- Drinking more alcohol than usual

#### How we may be affected

- Panic attacks
- Muscle tension
- Problems sleeping
- Sexual problems, such as lost interest
- High blood pressure
- Constipation or diarrhoea

### Dealing with pressure

Try to identify the causes and what you can do to make things better. Ideally, tell your manager at an early stage. If your stress is work-related, this

will give them the chance to help and prevent the situation getting worse. Even if it isn't work-related, they may be able to do something to reduce some of your pressure. Many employees are reluctant to talk about stress at work, due to the stigma attached to it. They fear they will be seen as weak. But please remember, stress is not a weakness and it can happen to anyone.

### Torque Settings

**Torque is defined as a twisting force that tends to cause rotation.**

When working on any switchgear (including MCBs) we must always ensure the terminals are tightened to the correct torque settings, as designated by the manufacturer. This is a wiring regulations requirement and something clients are increasingly asking how quality control is managed. The correct torque settings information for the devices you are working on will be provided by the Contracts Managers.

### Torque Wrenches

Torque wrenches allow the tightening of nuts and bolts to a specific torque value. It was invented by Conrad Bahr in 1918 while working for the New York City Water Department. It was designed to prevent overtightening bolts on water main and steam pipe repairs underground. A torque wrench is used where the tightness of screws and bolts is crucial. It allows the operator to set the torque applied to the fastener so it can be matched to the specifications for a particular application. For large switchgear, ITL ½" Drive Torque Wrenches are available to book out from the workshop via the Contracts Managers.

### Torque Screwdrivers

Torque screwdrivers of a range suitable for use on MCBs / RCBs are a fundamental part of an electrician's tool kit. A quality torque screwdriver is capable of accurately performing all kinds of fastening tasks, as well as providing comfort and ease of use. If you would like advice on choice and purchasing, please contact the office.

### Message from the MD....

As you are aware, we need to make circuits safe before we work on them. To help you do this, we are issuing new Lock-Off kits for every team. These kits contain everything you should need to safely lock-off most switchgear and protective devices you're likely to come across, including MCB locks, hasps, padlocks and all the appropriate signage. Can you please make sure that these kits are used as per your RAMS and are kept in good condition.

As we head into the Winter months and with the weather constantly in the news, I would like to remind everyone that cold weather means we should take extra care when driving. Make sure you are carrying out your vehicle check sheets every week and following winter health checks to help the vehicles run smoothly.

We will soon be sending out details for the Christmas party and this year, we have booked a new venue. I am looking forward to seeing you all there.

Best wishes,

*Matt*

MR. OCTOBER  
Roger Knight



## Get to Know the New Estimator....

James Raper

Place of Birth: *Croydon*

Hobbies: *Weightlifting and Powerlifting*

Favourite Restaurant: *Wagamama*

If you weren't an Estimator, what would you be: *In the Army*

Interesting Fact: *Had a photograph published in the Daily Mail*



### Dates for the Diary!

Works Xmas Party: **Friday 14<sup>th</sup> December 2018**

Office Closes: **4pm Thursday 20<sup>th</sup> December 2018**

Office Opens: **Wednesday 2<sup>nd</sup> January 2019**



## Sustainability Supplier Award

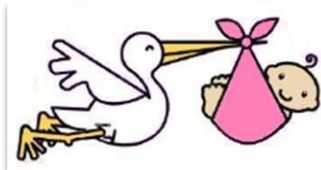
**Space Engineering Services** have been awarded Sustainability Supplier of the Year by foodservice company Bidcorp, following the successful installation of a CO<sub>2</sub> refrigeration system for the **Bidfood** depot in Basingstoke.

The project was Space Engineering's first CO<sub>2</sub> installation and they took the time to thank **Red Rock Electrical Ltd** for the quality of the workmanship provided by employee's **Huw Davies** and **Jeremy Williams** in the design of the control panel.

## Congratulations to...



Aron Jackson who married Clare at the Withycombe Village Church in Exmouth.



**Congratulations...**  
to **Brendan Nedelec** who welcomed baby **Freya** into his family in October.

## New Faces...

James Raper - Estimator  
Tom Beagent – Electrician  
Aaron Probert – Electrician's Mate  
Connor Devlin – Electrician

**Welcome to the Red Rock Team!**



*Red Rock Electrical Ltd are proud sponsors of  
Teignmouth RFU Under 10s Team  
2018 – 2019 Season*