



Issue 9, March 2019

## NEWSLETTER

### Respiratory Protective Equipment (RPE)

Work activities may result in harmful substances contaminating the air in the form of dust, mist, vapour, gas or fume. Many workers wear respirators or breathing apparatus to protect their health in the workplace. These devices are collectively known as respiratory protective equipment (RPE). Respirators filter the air to remove harmful substances and breathing apparatus provides clean air for the worker to breathe.

### Face Fit Testing

RPE cannot protect a wearer if it leaks and as people come in all shapes and sizes it makes it unlikely that one type of RPE will fit everyone. Face Fit Testing will ensure that the equipment we use is suitable for each employee. The test checks that a face mask matches the wearers facial features and seals adequately to their face.



### In-house Testing

Dave Pearce is our company face fit tester. Dave was trained by SSG in the correct fitting and testing procedures. Training was carried out in accordance with the HSE guidance document HSE282/28 and using 3M FT30 (bitter) & FT10 (sweet) qualitative test kits. All site employees at **red rock electrical** will receive Face Fit Testing.

### Eclipse P3 Nuisance Odour Respirator

New in stock, the **Eclipse P3 R Nuisance Odour Respirator** combines a particulate filter with an activated carbon cloth to provide the ability to remove low level odours. With twin filters, these ready to wear half masks are approved to European standard. Latex and silicone free, they are lightweight and comfortable to wear. The new masks are available in sizes S/M and M/L.



### Let's Talk Beards

Many masks rely on a good seal against the face so that, when you breathe air in, it is drawn into the filter material where the air is cleaned. If there are any gaps around the edges of the mask, 'dirty' air will pass through and into your lungs. Facial hair (stubble and beards) can be a cause of gaps between masks and skin breaking the seal and rendering the protection ineffective. Therefore, being clean-shaven is your best bet for achieving ultimate protection.

### Benefits

The main benefits of wearing a mask is that it helps prevent illness, specifically the development of illnesses which could affect airways. Wearing a mask can reduce the risk of respiratory disease and stop the symptoms associated with the inhalation of hazardous substances at work e.g. coughing, wheezing, shortness of breath, chest tightness or difficulty in breathing.

***Your mask can protect you – Stay healthy!***

### *Message from the MD....*

*Just a quick reminder from me on the importance of testing our work:*

*Please always ensure you have dead tested a circuit prior to energisation, and live tested it prior to the final connection of equipment. This is how we ensure the circuit is safe for use and confirm correct polarity. It's a fundamental part of what we do as electricians and we must never become complacent, no matter how much pressure is on to get something live!*

Best wishes,

***Matt***

### *Guess the Artist...*



*Which talented red rock employee created this painting?*



**Langstone Antiques Fair**

Sunday 12<sup>th</sup> May 2019

10:30am – 3:30pm

Langstone Cliff Hotel, Dawlish Warren, EX7 0NA

# RED ROCK FUNDRAISERS 2019

*Imogen Acres* will be running her 2<sup>nd</sup> half marathon in June. She is aiming to beat her last race time of 1 hours 47 minutes.



*If you would like to support Imogen on the day or by way of sponsorship please contact the office for more information.*



*red rock* Superheroes **Nick Gidley** and **Dan Luxton** have signed up to take part in a 10K **Superhero Run** in Exeter on Sunday 16<sup>th</sup> June 2019. Money raised will go to **Exeter Age UK** a charity serving local people with the help of the Age UK family. Their mission is to improve later life for everyone in Exeter by providing life enhancing services and vital support.

**Good Effort Guys!**

*If you have an article or event you would like featured in our newsletter or any ideas for our next edition, please send them to: [emmat@redrockelectrical.co.uk](mailto:emmat@redrockelectrical.co.uk)*



**Are you aware of the changes?**

### Existing Gold Card Holders:

If you currently hold a standard gold card, providing your card does not become more than one year out of date, you can continue to renew your card as normal without the 18th Edition or the obligation to sign up to Registered Electrician status. If you gain the 18th Edition but do not wish to sign up to Registered Electrician status, you can still have BS7671:2018 endorsed on the rear of your card as normal.

**Installation or Maintenance Electricians** who hold a current and valid gold card, issued for the first time prior to January 1st 2019, but who do not hold the 18th Edition, will be able to continue to renew their card as normal. The only change is that from 1st July 2019 they should renew within 12 months of card expiry. Furthermore, current cardholders who gain the 18th Edition but do not require Registered Electrician status can still have BS7671:2018 endorsed on the rear of their card as normal.

By 01 July 2019 all current **Registered Electricians** with 17th Edition BS7671 need to have achieved a qualification in the 18th Edition of the Wiring Regulations (BS7671:2018).

### New Gold Card Applications:

Anyone applying for an Installation or Maintenance Electrician gold card for the first time will be required to sign up to Registered Electrician status. This means the applicant must be qualified to the 18th Edition of BS7671 and sign up to a Code of Professional Practice, in addition to holding the minimum qualifications required for the card.

### Labourers:

New requirements mean you will need to meet the below criteria when you renew/apply for a Labourers card:

**Route 1:** If you already have a JIB-approved electrical theory qualification such as C&G 2365, 2330 or 2360 (or EAL equivalents) this will be accepted for your Labourer card. You will also need to pass the ECS Health, Safety & Environmental Assessment.

**Route 2:** If you don't hold a JIB-approved electrical theory qualification, you'll need the successful completion of ONE of the following Health & Safety courses:

- CCNSG Safety Passport – National Course or Renewal Course
- Safety Pass Alliance (SPA) Core H&S Course
- IOSH Working Safely (IOSH Approved Centre Classroom invigilated exam only – not online)



**Emma Tanner** is putting on her gloves again for another charity boxing event. Money raised from the Fight Night will be donated to **Cardiac Risk in the Young**. **CRY's** vision is preventing young sudden cardiac deaths through awareness, screening and research, and supporting affected families.

<https://www.thebigsheep.co.uk/events/fight-night/>  
<https://www.c-r-y.org.uk/>



Hopefully the majority of **red rock** employees will agree that the standard of accommodation has significantly improved over the last year. This, in part, has been due to the introduction of the online service **Airbnb**. Instead of an uncomfortable sofa bed in a Travelodge twin room, our accommodation bookers are increasing able to find houses to rent, which can offer not only a more pleasant night's sleep, but facilities such as a kitchen and washing machine.

**Airbnb** was the idea of two San Francisco roommates, who in 2007 could not afford the rent on their loft apartment. They decided to put an air mattress in their living room, turning it into a bed & breakfast. Today, the global company has offices in 21 cities around the world and boasts a total of 2.9 million Hosts. Hosts offer places to stay in the form of a spare room or entire home.

In short **Airbnb** offers a "home away from home" and guests are expected to leave the homes in the condition they find them. For every booking Hosts/Guests give feedback for other site users to view. For that reason, it is essential that we receive good feedback in order to encourage other Hosts into accepting our future booking requests.

We were so pleased with how respectful these guests were. They were great at communicating at every step of the way. They left our house in an immaculate condition and even cleaned up after themselves before they left. We would definitely welcome them back again. Perfect guests!

**- Actual feedback for red rock employees!**