



## Health and Safety Updates

### *Mobile Phone Driving Laws*

It's illegal to use your phone while driving or riding a motorcycle unless you have hands-free access, such as:

- a bluetooth headset
- voice command
- a dashboard holder

The law still applies to you if you're:

- stopped at traffic lights
- queuing in traffic
- supervising a learner driver

***If your engine is running, your phone should be nowhere near your hands or eye line.***

### *Hands Free*

You are allowed to use a phone if it is fully hands-free – you're not allowed to pick it up and operate it even momentarily.

*The police still have the power to stop you if they believe you have been distracted by using a mobile phone while driving, even if it's fully hands-free.*

### *Using a Phone as a Sat-Nav*

It is no excuse to say you're simply following the mapping on your hand-held device. The mobile phone law specifically refers to this, stating it is illegal to use a hand-held mobile to follow a map. If you wish to use smartphone navigation or a mapping app, fix the phone to the windscreen or dashboard, so it's in clear view for use while driving, without requiring you to hold it.

### *Penalties*

- You can get 6 penalty points and a £200 fine if you use a hand-held phone.
- You can also be taken to court where you can:
  - be banned from driving or riding
  - get a maximum fine of £1,000 (£2,500 if you're driving a lorry or bus)
- If you passed your driving test in the last 2 years, you'll lose your licence.

### *Red Rock Policy*

**It is our Company policy that you should not use any mobile phones whilst driving. You should pull over to the side of the road in an appropriate place before making or receiving any telephone calls.**

### *Fatigue – Don't Drive Tired!*

- Research suggests that almost 20% of accidents on major roads are sleep-related
- Sleep-related accidents are more likely than others to result in a fatality or serious injury
- Peak times for accidents are in the early hours and after lunch
- About 40% of sleep-related accidents involve commercial vehicles
- Men under 30 have the highest risk of falling asleep at the wheel

### *Red Rock Policy*

- **DO NOT DRIVE if tired.**
- **Always take regular breaks from the vehicle.**

### *Other Guidelines to Remember*

- It must be emphasised that you must never drive under the influence of alcohol, or drugs, including medicines which may affect your driving.
- Use seat belts at all times and comply with local traffic conditions.
- Always drive within the speed limit and reduce speed where weather conditions required you to.

***Employees represent Red Rock Electrical when in our branded vehicles and will at all times drive courteously and in a non-aggressive manner.***

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

*With the tragic news earlier this month that 3 young workmates died when their work van overturned on the A38, I want to focus this month's newsletter on driving safety.*

*While the cause of their accident is still to be confirmed, the weather conditions that day left a rain-slicked road.*

*We can all be guilty at times of lapses in concentration or not adjusting our speed as quickly as required. Let this accident be a reminder to all of us to adhere to all road safety rules, take as much care as possible when driving ourselves and others giving us all the best chance of making it home safely to our families every night.*

*Best wishes,*

*Matt*

## Red Rock Sponsors Treble Winning Football Team!

Dawlish United U16 Girls sponsored by Red Rock Electrical, have enjoyed a record-breaking unbeaten season full of silverware.

### Season Honours:

- DEVON GIRLS LEAGUE U16 CHAMPIONS
- DEVON FA GIRLS U16 CUP WINNERS
- DEVON GIRLS LEAGUE CUP WINNERS



### Season Facts:

- MOST WINS IN A SEASON - 19
- MOST GOALS SCORED IN A SEASON - 108
- LEAST GOALS CONCEDED IN A SEASON - 12
- MOST CLEAN SHEETS IN A SEASON
- SCORED IN EVERY GAME - NEW RECORD!
- ONLY CONCEDED MORE THAN ONE GOAL IN A GAME ONCE - NEW RECORD!

## You ask, we deliver.....

A request for notices of new/returning faces was received following our last newsletter.

**New:** Rachael Wilson – After spending the last 18 years working as a finance consultant for a Technology Services company in Bristol, Rachael has joined our office team as our new Accounts Administrator. Moving to Exeter in March she has settled into the area well and enjoys cycling and canoeing along the local rivers. Please say hello to Rachael when you are next visiting the office, so she can start putting faces to names.

**Returning:** Kieran Jones – After a couple of years away from the company, Kieran has made his return to the Red Rock team. *Welcome Back Kieran!*

**Come-back rumours:** Can you hassard a guess?

Please send any ideas/thoughts for future editions to Emma: [emmat@redrockelectrical.co.uk](mailto:emmat@redrockelectrical.co.uk)

MR. MAY  
Ashley Jones



**A new company website is currently in construction.  
Stay tuned for further updates!**

### New Qualifications Gained:

Adam Luxton: CITB Site Supervisor Safety Training Scheme  
Ashley Jones: PASMA  
Jeremy Williams: PASMA  
Ian Canham: CITB Site Safety Plus  
Ray Grunsell: CITB Site Safety Plus  
Aron Jackson: IPAF

## In other news.....



**Now available in the warehouse:  
2 x DeWalt DCS350 Rod Cutters**