

Message from the MD...

2020 is shaping up to be another busy year for us. Along with our continued framework rollout for Aldi, I have some exciting new local projects to share with you. Following a successful tender, we will be carrying out a full electrical installation on a brand-new primary school in Plymstock. The design and build were completed by our office and works are due to start early this summer.

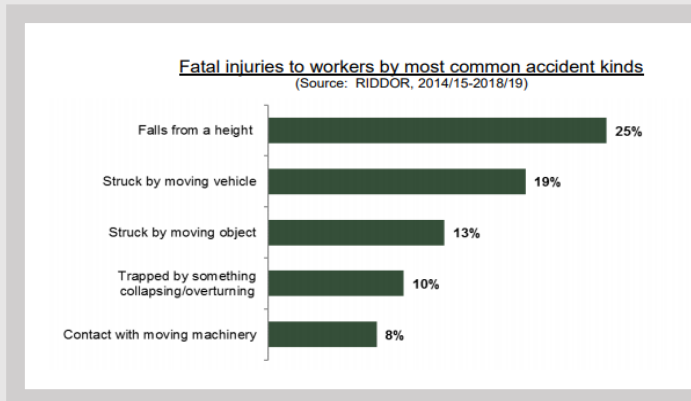
Another new build job starting in the summer time will be a student accommodation building in Exeter. Consisting of 31 apartments, we will again be carrying out the full electrical installation on this job.

At our company meeting in January, you were asked to start providing weekly Site Audit Pro job progress reports. Reviewing them in our fortnightly meetings, I have been pleased with the standard of the reports I have seen. Whilst some of you have taken to this new procedure well, there are others who are yet to get into the routine of producing these reports regularly. This should be considered as part of your job role. If any of you need extra help with using the App, please let your contracts manager know, as extra training can be provided. The aim of completing these site audits are to help all of us throughout a project. Running alongside the job programme, they will highlight where we are in terms of that particular project. They will show where we are being held up and can be used as evidence when claiming variations. Our hope is that by completing these along with live programmes, we will avoid some of the issues we have encountered in the past.

Aside from work, one thing I would like us to achieve as a company this year is a fundraising event for charity. Plans are in the early stages for a challenge we will be looking to hold. I really would like us all to come together on this and do something great. **Stay tuned for details!**

Best wishes,
Matt

PROTECTING YOUR HEADS



In the UK, according to RIDDOR statistics, being struck on the head by moving, flying or falling objects accounted for 13% of worker deaths between 2014-2019 and 10% of all non-fatal injuries in 2019.

One of the main reasons for this statistic is that construction workers still have a tendency to take off their hard hats when they feel uncomfortable or worse, they don't wear them at all. Hard hats must not only fit comfortably but also provide the highest level of safety to protect our greatest asset.

Our brains contain 100,000 miles of blood vessels and 100 billion neurons enabling us to make 35,000 decisions every day. That's 2,000 decisions per hour. One every two seconds. The skull protects the brain from most damage and layers of membranes and fluid provide extra padding. But even with all this natural protection, injuries still happen. A traumatic brain injury (TBI) is any blow to your head that's hard enough to affect the brain. Brain damage can affect everything you do, from thinking to moving. A TBI can be mild or severe. A concussion is an example of a mild TBI and recovery from this is pretty quick. A severe TBI however, can do enough damage to knock a person unconscious and can even lead to a coma or death.

AVOID BEING DEALT A KNOCKOUT BLOW



This worker was injured when a piece of metal fell from height. The metal bounced off the hard hat and broke his shoulder/collar bone in several places. He could easily have been killed if he hadn't been wearing his hard hat.

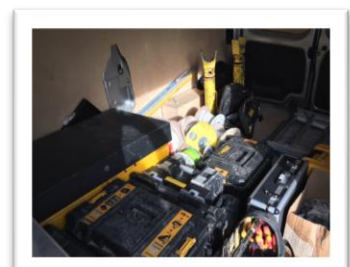
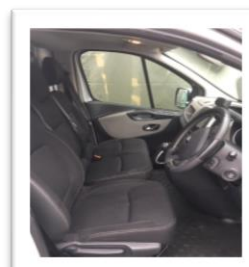
The head is our most valuable tool, which is why it's so important to protect it!



Vans: clean driving!

Operatives are the face of the company and should take pride in their appearance, this includes the state of the vehicles they are driving. Our vans are sign written and whether you are driving or parked on site, your works van represents the **red rock** brand. It is a requirement of all employees who are driving company vehicles to complete and return a weekly vehicle check sheet, which records any damage or faults that require attention. Failure to report issues when they first appear can lead to more serious faults. Employees are also responsible for ensuring that the vans they are using are kept clean and tidy – **inside and out!** A vehicle should never be returned back to the office in a bad condition. Every van should go out clean and tidy and return in the same way. Treat each van as if it were your own and allow all colleagues to travel in a clean environment. When taking over a vehicle from another driver it's important to complete a handover sheet, which includes stating the condition in which you obtained the van in. Checking the condition of the company vans is also now an important part of our SHE reports. Managers and Supervisors will be checking the vehicles regularly and dirty drivers will be named and shamed. We win work based on our reputation and little things like vehicle cleanliness and employee appearance all contribute towards the **red rock** image.

These photos show a great example of a well-kept van, which was recently inspected.



Guess the clean and tidy driver from this anagram: **salmon occur us**

STONE APPEAL

Our very own estimator, James Raper, is hoping to take part in a Highland Games this year.

The Highland Games originates from Scotland and consists of traditional sports such as caber toss, tug o' war and the hammer throw. Along with the games, pipe band displays, dance and the sound of the bagpipes all adds to a spectacular event.

As a strongman fan, James is particularly looking forward to the 'Putting the Stone' event and has been collecting suitable sized rocks to use in his training sessions.



Coronavirus (COVID-19): help prevent the spread.

While **red rock electrical** continues to operate business as usual, we encourage all employees to follow the advice provided by the government to help prevent the spread of this virus. At time of press, the current recommendations are that the following general cold and flu precautions are taken to help prevent people from catching and spreading COVID-19:

- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze - **Catch it, Bin it, Kill it!**
- Put used tissues in the bin straight away
- Wash your hands with soap and water more often and for 20 seconds – use hand sanitiser gel if soap and water are not available and always wash your hands when you get home or into work
- Try to avoid close contact with people who are unwell
- Clean and disinfect frequently touched objects and surfaces
- Do not touch your eyes, nose or mouth if your hands are not clean

Advice is changing daily and we continue to check updates regularly. All employees will be kept informed on actions being taken to reduce risks of workplace exposure. If you believe you might have symptoms of coronavirus such as a continuous cough and/or a high temperature, please call the office for advice and support.

If you need medical advice you should contact NHS 111 Online: <https://111.nhs.uk/>



It is important that you inform the office immediately if any of your work sites are failing to provide adequate hand washing facilities!



LEGOLAND

Ever since David Beckham started showing the world his LEGO builds, we have seen a rise in middle-aged toy fans. Toy spending by adults, for adults, has risen 8% year-on-year and has increased by £30m since 2016. Out of every £9 spent on toys in the UK, £1 is spent by adults buying something for themselves. LEGO is by far the most popular toy for adults. One major reason for the popularity increase is it gives adults a break. Building LEGO provides an escape from the stresses and strains of modern-day living, fulfilling our need to find downtime. Some people believe that this hobby can help reduce or ward off anxiety, while others just find it calming. LEGO offers the possibility of purposeless, pressure-free creativity allowing people to focus, yet relax, whilst improving their cognitive skills.

10 important benefits of LEGO for grown-ups:

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| 1. Improvement of creativity | 6. Encourages teamwork |
| 2. Development of problem-solving ability | 7. Promotes fine motor skills |
| 3. Develops thinking and planning skills | 8. Improves communication skills |
| 4. Develops persistence | 9. Teaches organisation |
| 5. Improves self-esteem | 10. Helps you think outside the box |



red rock LEGO fans - **Ian Canham** chose to build a Bugatti Chiron Sports Car while **Dan Luxton** opted for an Old Trafford re-creation.



David Beckham regularly shows off his LEGO creations on social media

Top LEGO Sets

Ford Mustang 10256 – The iconic 1960s car has a 1,471-piece LEGO version that's one of the most enticing sets of all time. From the meaty front grille (complete with horse motif) to the barred rear lights, everything about it screams Steve McQueen levels of cool. The interior is detailed, plus there's a boot that opens, and you can see the detailed engine under the bonnet. This set costs around £119.99.



Hogwarts Castle – Harry Potter fans will love the features in this 6,020-piece model. The highly detailed collectible offers a rewarding build experience. Hogwarts Castle measures over 22" high, 27" wide, 16" deep and costs £349.99.



STAR WARS Imperial Star Destroyer – At 1.1m long, this giant model is the longest LEGO set ever and one of the most spectacular. Containing 4,784 pieces, it will set you back around £649.99.



AVAILABLE NOW



The office has recently purchased 5 Megger MFT1721 Multifunction Testers that offer CAT IV, fast and repeatable results for 2 and 3-wire non-trip loop testing, auto RCD testing and adding phase rotation. Adjustable continuity and insulation resistance buzzer threshold. 3-phase RCD testing with no earth and current measurement with the optional clamp. Large bright LCD screen display. Testers also bring a 100V insulation test range, true RMS voltage measurement, mV sensor input and Type B RCD testing.

NEW ID BADGES



Throughout last year, a growing number of our electricians were asked to provide company ID badges when arriving at site. Because of this, we have printed new badges for all operatives and office staff who attend site. If you haven't done so already, please collect yours from the office.