

Message from the MD...

Easter is upon us and work has really started to ramp up. The estimating team has been extremely busy over the last couple of months. It's a good problem to have and we've already started to bring in new people to help with the heavy workloads.

I've been informed that speeding offences captured on our fleet trackers were on the high side last month. We all know the dangers of speeding. Some of us will have experienced the annoyance of having to pay fines or received points on our licence. You should also be conscious of the impression you give to other motorists when driving in our sign written vans, not to mention the high cost of fuel at the moment. I look forward to reviewing the improved figures next month.

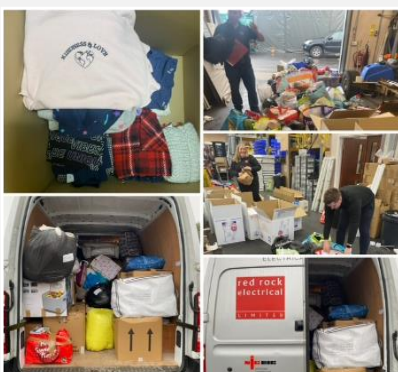


There has been a drop in the number of Site Audit Pro reports submitted recently and I urge you all to keep up to date with those.

I was really happy to get involved with the organising of a donation run to the Poland-Ukraine boarder last month. Three **red rock** vans made the 2,684-mile round trip filled with essential supplies, such as toiletries, clothes, sanitary products, toys and food. On top of all the supplies, over £6,000 was also raised. Thanks to everyone who got involved and helped out.

Best wishes,

Matt



MOBILES 2022 Get to know the new law!

It is now illegal for motorists to use a handheld mobile phone under virtually any circumstance while driving.

In spite of tougher penalties coming into force in 2019, figures suggest that one in 200 drivers still handle their phones while their car is in motion.

From Friday 25 March 2022, motorists are breaking the law if they use a handheld mobile phone behind the wheel - as the government closes a loophole previously exploited by dangerous drivers to escape conviction. This means you cannot hold a phone or similar device in your hand to follow a map, read and send messages, make or take calls, use the Internet, take a photo, or change a music track. It is also illegal to use a handheld phone or similar device when supervising a learner driver.

Anyone caught using their handheld device while driving could now face a fine of up to £1,000 as well as 6 points on their licence or a full driving ban.

The only exemption to the law is the allowance of contactless payments such as those at a drive-thru, so long as the vehicle is stationary. In genuine emergency situations, when it is necessary to call 999, or there is no safe place to stop, some flexibility will also be shown. Devices can be used handsfree while driving if secured in a cradle, allowing sat nav use. Drivers must however always take responsibility for their driving and can still be charged with an offence if the police find them not to be in proper control of their vehicle.

The Facts

- Drivers using a hands-free or handheld mobile phone are slower at recognising and reacting to hazards.
- You are 4 times more likely to be in a crash if you use your phone.
- Your reaction times are 2 times slower if you text and drive using a hands-free phone than if you drink drive, and this increases to three times if you use a handheld phone.
- Even careful drivers can be distracted by a call or text – and a split-second lapse in concentration could result in a crash. At 30 mph a car travels 100 feet in 2.3 seconds!
- 17 people died in crashes involving drivers distracted by phones in 2020. A further 385 were injured and 114 people were seriously injured and in such collisions.

ACCESS EQUIPMENT

Hire companies are dishing out additional charges or fines for equipment that is left in dirty inadequate states or are missing items. Below is an example of a machine which was returned to its hire company covered in debris. Both baskets had to be removed to get to the rubbish that had slid under the basket's floor, resulting in additional labour costs.



Another common complaint from access hire companies is when they turn up for collections to find machines have been left with no charge. Instances of this kind have a knock-on effect to our jobs. On top of extra charges, they can result in aborted collections and delays. It's just as important to have lifters collected on time as it is delivered. Hired in equipment should always be treated with respect and left in the condition it was delivered in. There should never be a cause for additional charges of this nature.

Amendment 2 to BS7671:2018

On 28th March 2022, the second Amendment to the 18th Edition was released. The new book (brown this time) is filled with important updates.



The Key Changes Include:

- A new requirement for Arc Fault Detection Devices (AFDDs) in some AC final circuits for installations in some types of higher risk residential buildings;
- the requirement for the fire safety design of buildings to be documented where specific conditions of external influence exist, such as protected escape routes and locations with risk of fire;
 - method for determining the requirements to provide overvoltage protection;
 - changes to identification, labels and notices, such as for consumer units, affecting how safety information is provided to the user of the electrical installations;
 - a chapter on Prosumer 's Low Voltage Electrical Installations, in a new part, Part 8

The Amendment continues to embrace new technologies and Prosumer's Low Voltage Electrical Installations and is an essential update to provide for the safety of electrical installations in the UK.

TEAM SPIRIT: How Playing Team Sports Can Boost Your Mental Wellbeing

Playing sports improves our mood – it triggers the release of chemicals called endorphins, which make you feel happier and more relaxed.

It gives us a boost of confidence - setting team or individual goals can provide heightened feelings of self-worth and confidence.

It improves our concentration - Exercising regularly can bolster mental skills like critical thinking, learning, and concentration abilities. And on top of that, it may help prevent development of certain cognitive and neurological disorders, like Alzheimer's and ADHD.

Playing sports helps reduce stress and feelings of depression - Exercise reduces our level of stress hormones and keeps the development of depression away.

It improves our sleep quality - daily physical activity makes you tired, helps you fall asleep faster, and deepens your sleep as well.

It provides means for socialization - Playing team sports provides the perfect opportunity for social interaction reducing stress.

Health Benefits of playing Football

Football is a sport played by 250 million people in over 200 countries and dependencies, making it the world's most popular sport.

Football counts towards your recommended amount of aerobic activity and brings benefits including reducing your risk of certain chronic illnesses such as heart disease, stroke and type 2 diabetes. It will help improve your overall cardiovascular health and you should see your endurance increase over time if played frequently.

The combination of running, walking, sprinting and kicking can bring benefits including increased stamina, improved cardiovascular health, reduced body fat, improved muscle strength and tone, increased bone strength and improved coordination.

Playing football regularly is also thought to help improve symptoms of some mental health issues like depression and stress, it can lead to increased confidence and self-esteem, and can help to reduce anxiety.



Exwick Villa finished their season second in the league.

Great effort, well done lads!

Health Benefits of playing Rugby

Playing rugby union can significantly improve health and wellbeing, despite the risks associated with the game.

Possible benefits include a reduced risk of type-2 diabetes, some cancers, stroke, heart disease and depression, according to a paper in the British Journal of Sports Medicine.

Improved muscle function, bone health and balance are other potential health gains listed in the study.

Researchers also highlight the positive impact that rugby union – especially in wheelchair rugby and amateur settings – has on mental health and wellbeing. Enhanced cardiovascular, respiratory and metabolic function are further possible health dividends highlighted by researchers. Players of touch, tag and wheelchair rugby appear to benefit most.



Congratulations to Teignmouth RFC Under 16s boys who beat Honiton away 22:27 and are through to the final of the Fisherman's Shield. Good luck in the final!

Incoming...

There are some new faces at red rock in both the office and site teams. Welcome to the company!

Simon Thorne – Contracts Manager

Kevin Andrews – Estimator

Paddy McGuinness – Electrician's Mate

Callam Taylor – QS/Electrician

Ryan Slack – Improver

Tik Tok Famous...

Congratulations to Izzy for reaching 100k followers!



@izzyysimmons

93 Following

100.0K Followers

1.2M Likes



dizzyysimmons

Red Rock on the Socials...

Did you know we have active Facebook and LinkedIn pages? Make sure you give us a follow and a like!



@REDROCKELECTRICAL.LTD



redrockelectricalLtd

Summer Party - Friday 1st July 2022

Back by popular demand

Horse Racing

at

Newton Abbot Race Course



Save the date and keep an eye out for more details!

You asked for it...



After receiving feedback from site teams that the polos are hot to work in during the summer months, we are pleased to confirm that an order has been placed for some lightweight cotton t-shirts. You will all be allocated some when they arrive.