



CURRENT CONNECTION

Your January Health and Safety Newsletter



CREATING A SAFE AND HEALTHY FUTURE OF WORK

Let's Partner to Improve our Health and Safety Culture



December 2019 OHS Highlights

FRESH LOOK

The Power Station on Anegada received a makeover with improvements such as new AC units; painting of the office, control room and plant area; new windows and window treatments.

12 DAYS OF CHRISTMAS

Staff were encouraged to participate in workstation stretches during the 12 working days leading up to Christmas. There was participation from the Finance and Administration departments. In the end, team Administration won first prize.

100% SAFETY CONSCIOUS

Mr. Clevan Thomas an Operator at Pockwood Pond was the first awarded Safety Champion. He was awarded for his 100% response to the health and safety assessment for plant operation.

WE ARE COMMITTED

The Transmission and Distribution department was awarded for being the most committed department to the accomplishment of health and safety objectives during the year 2019.

10-4 - WE ARE CONVERSING

We were able to make the relevant amendments to our two-way radio communication system in Chalwell. Test were executed and we are back up and running.



January Highlights



The 100 Days of Wellness program was launched January 15, 2020 with an staff information memo and activity poster.



The team at Pockwood Pond began to harvest their first crops as part of their Eat What You Grow program. Pictured is Mr. Greaves who is the one who conceptualised the project.



The first Lunch and Learn was held on the topic Healthy Ways to Eat to Prevent and Control Diabetes. The presenter was Dr. Sharlon Lewis.



The first workout session was held on the Long Bush grounds and continues every Wednesday evening.

January 2020 Highlights



The Mechanic Shop received a face lift and the reconstruction of the roofs over both the Two Post and Four Post lifts.








The Management Safety Leadership program was launch with the execution of three inspections conducted in Anegada, Inventory Management Unit and the Long Bush Sub-Station.



Health checks for staff were executed in Long Bush and at the Pockwood Pond Power Station. Staff were given nutritional guidance from the Nutritionist who was present.

Know Your Serving Size

How to count servings

Vegetables			
Calories	Visual cue		
1 cup broccoli	25	1 baseball	
2 cups raw, leafy greens	25	2 baseballs	
Fruits			
Calories	Visual cue		
½ cup sliced fruit	60	Tennis ball	
1 small apple or medium orange	60	Tennis ball	
Carbohydrates			
Calories	Visual cue		
½ cup pasta or dry cereal	70	Hockey puck	
½ small bagel	70	Hockey puck	
1 slice whole-grain bread	70	Hockey puck	
½ medium baked potato	70	Hockey puck	
Protein/Dairy			
Calories	Visual cue		
3 ounces of fish	110	Deck of cards	
2-2½ ounces of meat	110	¾ deck of cards	
1½-2 ounces of hard cheese	110	⅓ deck of cards	
Fats			
Calories	Visual cue		
1½ teaspoons peanut butter	45	2 dice	
1 teaspoon butter or margarine	45	1 die	

Step Challenge



February 3-7, 2020

1. Each Department should enter in order to win.
2. Employees should submit their daily steps to their Supervisors who will verify them based on the evidence from their cellphone, Fit-bit or Apple watch.
3. All steps will be tallied at the end of the week.
4. Prizes will be given for the department with the most steps and the individual with the most steps.

Email tabulated steps to melony.james@bvielectricity.com by Friday January 8, 2020 at 5 p.m.