



CURRENT CONNECTION



Your November Health and Safety Newsletter



CREATING A SAFE AND HEALTHY FUTURE OF WORK



OHS Department Targets 2019

Criteria	Target
Accidents	0
Training Hours	100 per year
Emergency Drills	4 per year
Safety Meetings	24 per year
Inspections	24 per year

November 2019 OHS Highlights

ROLLING SMOOTH

The floor in the control room of the Anegada Power Station has been resurfaced.

FIRE FIRE FIRE

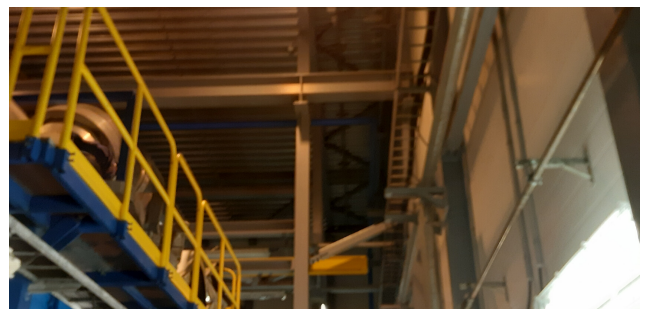
Nine staff from the Long Bush location underwent fire safety training and extinguishment practices.

LEAKS BE GONE

After two weeks of continuous work the roof at the Inventory Management Unit has been replaced and new insulation installed.

PERMIT TO WORK

After discussion with team leaders and supervisors, the permit to work system at Generation has been refined and rolled out. This has been coupled with the use of a lock out tag out (LOTO).



Living Health Lives Celebrating Employee Champions



Mr. Taryll DeSouza provides healthy, nutritious, local natural juices that have just the right amount of sweetness. Black Starr Juice Bar is a must try for everyone!



The soon to be established BVIEC Fitness Champions was envisioned while we walked for the cure and for a healthier life.



Eating clean and local are two goals that Mr. Alton Vanterpool can assist you in achieving. His produce vary from the exquisite purple okras to delicious kale.



Mr. Alton Vanterpool is a jack of many trades. Him and his wife on occasion cook up healthy, delicious, vegan dishes. Let's be in line for their lovely plates!

Living Health Lives Celebrating Employee Champions



Feeding the body with healthy foods and drinks is the message preached and practised by Mr. Rashan Stoutt. Daily you can find him with his bladder wrack seaweed brew.



Water is essential for every bodily function. This is proven daily by Shonda and Symorne as they challenge themselves to drink a gallon per day. Start with your first gallon today!



Being a healthy weight is essential for long life and good health. Shonda and Melony have been smashing hurdles and achieving their weight loss goals. If you contemplate starting, know that you can!



Lets Get Moving



12 Days of Christmas Challenge



back fix

DAREBEE WORKOUT @ darebee.com

Hold each pose for 20 seconds.



shoulder shrug



shoulder stretch



side bend



sea horse



seated twist



wide leg fold



hamstring stretch



fall back

The department that execute these stretches everyday starting December 5th and ending December 20th, wins a department Christmas Cake from Sweet Indulgence Treats and Cakery.



Answer the following questions based on the two previous publications to win a lunch for two.

1. What kind of smoothie does Shonda promote using for good health?
2. Who was responsible for cleaning the Virgin Gorda sub-station?
3. Who were the two generation employees who helped to clean the water tank?
4. In what time frame did the Virgin Gorda staff evacuate their premises?
5. What was erected in Long Bush to help protect and fight fires?
6. Who installed the Entry and No entry signs in Long Bush?
7. What model of truck and lift are now being used in Anegada by the T&D team?

Email your responses to melony.james@bvielectricity.com.