



CURRENT CONNECTION

Your October Health and Safety Newsletter



CREATING A SAFE AND HEALTHY FUTURE OF WORK



OHS Department Vision Statment

To promote and lobby for solutions which lead to no accidents, no ill-health and no deaths.

October 2019 OHS Highlights



ANEGADA STAFF TRAINED

All employees at our Anegada location with the exception of two, have been trained in First Aid and AED procedures.

Virgin Gorda training has started and will be completed in November.

ALL ACCOUNTED FOR

An emergency drill was executed at the Anegada Power plant. On the day in question the plant had a roll of 14 persons (7 Anegada staff, 6 Tortola Staff and 3 visitors).

The evacuation was well executed but there is room for improvement.



SHABUNDA - KEEPING THINGS CLEAN

The Substation at Fischer's Cove was in need of external and internal cleaning. When asked, Mr. Wilbert 'Shabunda' Fahie did not hesitate to assist with this huge undertaking. It took him two visits to have the yard and inside cleaned.

Thank you Shabunda for your commitment!!



NO MORE NEAR MISSES

After three (3) near misses at the Long Bush customer car park exit, entry and no entry signs were affixed to reduce the risk of any accident occurring.

Thank you to Ms. Delight Charles for bringing it to the attention of the Department and to Mr. Ralph 'Shampoo' Durant and his team for the swift installation.



WE DID IT!! WE PASSED THE MARITIME AUDIT

The Ministry of Natural Resource, Labour and Immigration executed a table top audit of the emergency and risk reduction procedures of the Pockwood Pond Plant fuel transfer and storage process. This was followed by an onsite risk assessment executed with Sol Caribbean. At the end of the exercise we were above the 75th percentile group which was required to achieve compliance status.

Thank you to Mr. Leslie Allen and Leslie Graham for their assistance.



LET THERE BE LIGHT

The ceiling tiles and light fixtures in the IT Server room have been replaced. Additionally, the area was tidied to allow for better working conditions for the IT Department.

Thank you to Jamal Samuel and Hector Cruz for providing access when it was required.





NEW AND IMPROVED

The Transmission and Distribution Department in Anegada have received their very own bucket truck. The employees were trained on the safe use of the Chevy Silverado Truck, Axion U3410 lift and the Bashlin Safety Harness. Both Mr. Michael Vanterpool and Mr. Kenrick Faulkner have executed the practical training.

LEADING THE WAY

The team at Generation has started and maintained a healthy lifestyle practice. Every Wednesday is dedicated to having a fruit and vegetable lunch. The team not only eat these fruits but engage in healthy conversation around the table.

Kudos to Jerry Jones, Leslie Graham and Enous Prince for leading this charge.



BYE BYE TRIP HAZARD

All stairs and elevations at the Long Bush office have been a scene for trips and falls in the past. The newly affixed high visibility tape will mitigate the risk of falling as it highlights the edges of each riser to ensure employees and guests are aware of the variations in the stairs.



SMOOTHIES FOR A HEALTHIER YOU

Shonda Cameron

Deputy HR Manager/ Health Enthusiast

Green smoothies are a great way to sneak in more fruits and vegetables into your diet. I love green smoothies because they are delicious, easy to make, easy to digest, great at detoxifying the body, they are nutrient packed and the added plug is that they aid in weight loss!

There are so many variations to this recipe that you can never get bored making smoothies.

- 2 Handfuls of Spinach
- 1 Cup Blueberries
- 1 Medium Sized Banana
- ½ cup Quaker Oats
- 1 Scoop Organic Protein Powder (optional)
- 1 Scoop NeoCell Collagen Powder (optional)
- 1 Spoon Wild Friends Collagen Peanut Butter (optional)
- 2 Cups Almond Milk (Vanilla Flavour) / or 2 Cups Purer water



Blend the Spinach or any other dark green leafy vegetable of your choice with the almond milk or water for one (1) minute or until liquefied. Then add all other ingredients and blend until you obtain a smooth creamy consistency.

It has been said that every time you eat or drink, you are either feeding disease or fighting it. This quote by Dr. Peggy Malone, a Health and Wellness Consultant/Coach reminds us that “Those who think they have no time for healthy eating will sooner or later find time for illness.”

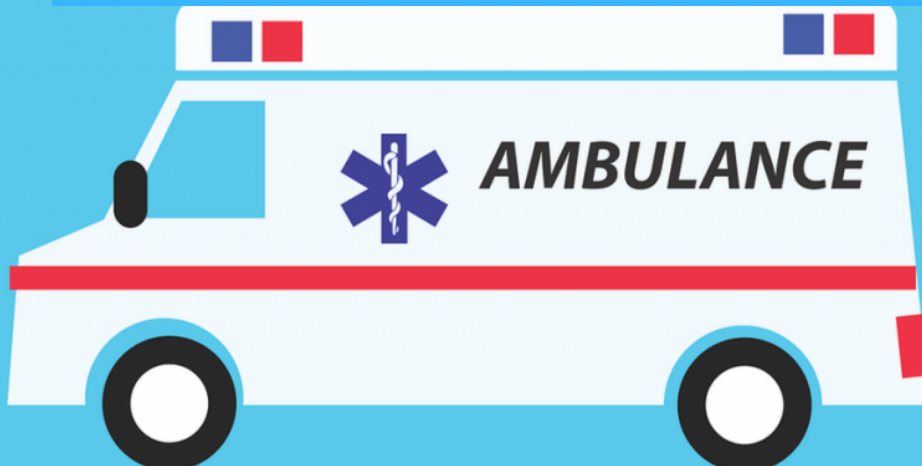
Let this not be you, make the decision today to incorporate more organic fruits and vegetables into your diet.

Follow Shonda on YouTube and Instagram @healthyshonda and you will see all the other lovely combination of smoothies I make.

YOUR MONTHLY QUICK TIPS

Responding to an Emergency

Three C's of First Aid



1

CHECK

Check the scene to ensure it is safe to help and determine if the person is responsive.

2

CALL

Call the emergency service providers.

3

CARE

Care for the injured or sick person by offering first aid or CPR once you are trained.



Never give aspirin or any other medication to another person that is not theirs. Many persons are allergic to aspirins.

Enter to Win May the best team win

1. Circle all the hazards.
2. Call (542-9656) or bring the completed sheet to the OHS Manager with four (4) team members.
3. The team must explain their findings with the OHS Manager.
4. First team to have them all correct wins a gift basket.

