



# CURRENT CONNECTION



*Your May Health and Safety Newsletter*



**BUILDING A  
MORE RESILIENT  
SAFETY AND  
HEALTH SYSTEM**

The future of the safety movement is not so much dependent upon the invention of safety devices as on the improvement of methods of educating people to the ideal of caution and safety.

- Walter Dill Scott

*Quote for the  
Month*

# May 2021 OHS Highlights



## MORE SECURE AND SLIP RESISTENT

The rear emergency stairs at the Long Bush facility were replaced and grip tape was also placed at the edges to bolster the no-slip surface.

## INDOOR AIR QUALITY

The indoor air of the Customer service area, cashiers' office, Billing department and the Generation Engineer office was scrubbed and purified to reduce the impact of mold in their air.



## IRON MAN CHALLENGE

The 100 Days of Wellness fitness sessions concluded with an iron man challenge that consisted of, burpees, jumping jacks, hurdles, lunges, push ups, sit-ups, shoulder press, touchdowns, weighted jacks and running. Mr. Cedric King won the challenge with the fastest time for completion.

## HEALTH IS WEALTH

All sites of the Corporation with the exception of Anegada had the final round of health checks to complete the health surveillance program during 100 Days of Wellness program. Massage Therapy was also made available for staff.



## OHS TREASURE HUNT

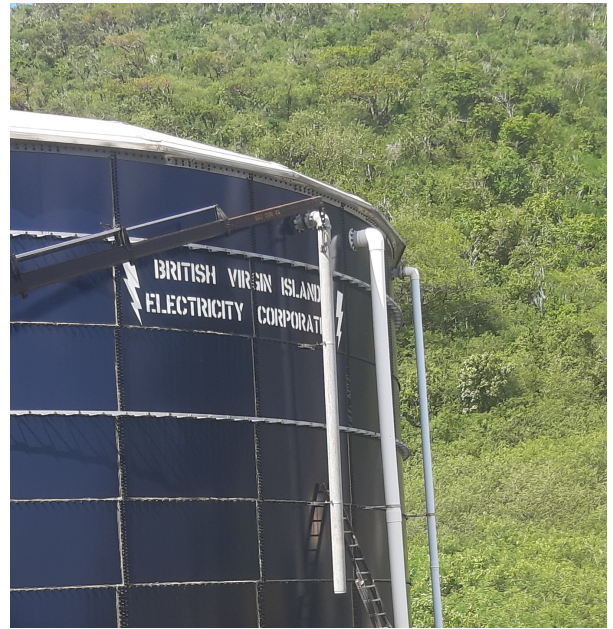
To conclude the safety and health week of activities there was a day at sea and treasure hunt. With a total of 10 out of 16 clues the team comprising of Leslie Allen Jr, Shondel David, Daymian Jennings and Clyde Potter Jr. won.



# More Highlights



Students of the Seventh Day Adventist Primary and Secondary school visited the Plant and participated in a safety and operations tour.



The water levels in the tank which fell below the NFPA requirements in April were replenished in May to 90% capacity.

## Accident Reporting and Investigation

**MAY 12, 2021**

9:00 a.m. – 10:00 a.m.

10:15 a.m. – 11:15 a.m.

11:30 a.m. – 12:30 a.m.



### Finance Conference Room

The second series of Accident Reporting and Investigation training took place where 38 employees gained information on the company policy and steps required to complete accident reports.

# Remember Mental Health is Important

## 12 TIPS TO HELP TEACHERS MANAGE STRESS

 @BELIEVEPHQ



**03**  
Engage in some deep breathing to reduce physiological and psychological arousal



**05**  
Build reliable and supportive relationships with colleagues



**08**  
Develop some important coping skills to help you throughout the week



**09**  
Plan your time and make sure you are organised



**10**  
Understand your triggers and how they affect you



**04**  
Don't be afraid to ask for help if you are feeling overwhelmed



**06**  
If you are struggling to handle things then speak to someone for support



**07**  
Try and get between 7-9 hours sleep every night



**11**  
Try to take regular short breaks to help you refocus



**12**  
Look after yourself and practice some self care each day

