


Sainsbury

communiqué

Issue One

Spring 2003

THE QUARTERLY NEWSLETTER OF **SAINSBURY BUILDING SERVICES ENGINEERS**

 **INSIDE**

**Landmark Place
nearing completion**

Refrigeration Division

Wales National Pool



Landmark Place

◆◆◆ Nearing completion of prestigious Cardiff project



Sainsbury has almost completed the mechanical installation of the impressive 16 storey development building in Cardiff's city centre.

The £1.7m luxury installation comprised of boosted mains water distribution, dry riser, smoke ventilation and gas services as well as the sanitation infrastructure.

Within the apartments all the normal domestic installations were provided. These include hot and cold water, ventilation, sanitation with cooling works undertaken to the penthouses and foyer area.

Sainsbury Refrigeration Division

As part of the sustained growth development plan and our aim to become a One Stop Shop' Sainsbury's have continued their steady organic growth by creating Sainsbury Refrigeration.

After implementing an extensive market research exercise it became clear that the demand for traditional wet systems are

slowly being replaced by the preferred warm and conditioned air systems.

Sainsbury has selected an impressive team of engineers and installation experts with over 30 years experience in the industry, to guide this ambitious project at this early stage.

Sainsbury Refrigeration are already gaining recognition and

approval with an ever expanding client base after completing numerous installations within the deadline and to budget. Judging by early indications and continuing and it's current success rate, Sainsbury Refrigeration has a bright future and will prove to be a formidable force within the industry Watch this space !!

Drefach Woolen Mill

◆◆◆ £250,000 Museum refurbishment

Sainsbury are the mechanical contractors on the £250,000 refurbishment at the museum. The Contract primarily comprised of a refurb of the boilerhouse and re-route of a 9 metre free-standing chimney stack, re-routng the existing in the process. Additional work involved heating coils, domestic services, ventilation, new steam generator which serves the tenter, a museum exhibit in it self.



Welcome!

Welcome to the new Sainsbury Heating Newsletter. This is the first issue of our new newsletter which will be issued four times a year.

During the past four years we have expanded to an extent where our communication system is not as satisfactory as it should be. Hence, after many discussions with various members of our team it has been decided that a newsletter would be a good way of transporting information on company issues and ambitions to all our staff.

As you are all aware our Refrigeration Division which, incidentally was much needed is now up and running. We have a lot of work yet to do within the division, marketing, recruitment and integration of our main business structure. The Refrigeration Division is just that, a Division, and I would like everyone to understand that it works alongside and with the main core business and not as a separate company. We would like to carry out some in-house training for our tradesmen and anyone wishing to enhance their qualifications with refrigeration please contact either myself or our Andy and we will then include you on future training plans. The eventual aim for Sainsbury



Heating would be to be a one-stop shop for the building services industry and therefore the only out source sub-contractor would be on the electrical side. I would like in time to have an

electrical division running again alongside the core business which would help us gain some contracts. We tend to lose out on M & E awarded contracts due to this fact, with an electrical division we would have better control and therefore beneficial to our clients.

This part of the newsletter will be reserved to inform you of future developments, plans and company information. This newsletter is for all of us within the organisation and anybody wishing to provide any news or details to be included please contact Paul Stroud at the office. Sainsbury Heating is going from strength to strength and it is with your help and dedication that we have been so successful. I would like to thank everybody for their efforts.

My thanks to you all
Chris



 latest contracts

Welsh National Pool Sports Hall

Sainsbury's are the mechanical contractor in development of the National Pool.

The £65,000 project consists of replacing the swimming pool and constructing a new sports hall in it's place.

Sainsbury's installation comprises of a air conditioning heat pump system, providing heating & cooling to the hall & forced ventilation air handling unit complete with heat recovery systems.

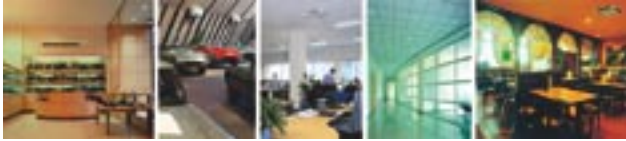
Swansea University Contract Awarded

With their ever expanding client base and reputation for reliability Sainsbury has been awarded a 3 year maintenance contract at the University. They currently have a team of permanent site based personnel who are on hand to deal with various mechanical problems which may occur on a day to day basis at the complex.



Sainsbury people

Sainsbury Refrigeration... Welcome Aboard!



Alan Wingrave has 35 years experience in the refrigeration/ air conditioning industry, 26 years of which with Kenyon / westward refrigeration. Alan has worked his way up from an apprentice to a installation engineer, service supervisor, branch service manager to design/project management, and has now taken on the challenge of building up

the refrigeration division of Sainsbury heating. Assisting Alan are Andy Townsend & James Mort, Between them they have over 13 years experience in the industry as refrigeration technicians and are excited at the prospect and opportunity given in turning Sainsbury Refrigeration into a market leader in the industry.

Quick Quiz... win a £25 voucher

Sainsbury's are considering including a Quiz section in the next issue of Communiqué. The topics will be general knowledge and everyone is allowed to enter. The prize will be a £25.00 gift voucher from a popular retailer. Any thoughts?

Congratulations... New baby girl

Congratulations to Scott & Sarah with the birth of baby Becca in February.



60 seconds with...

Rob Zubovic

Assistant Accountant

FAMILY girlfriend, Bex, no children
SPARE TIME karate, playing snooker and going to the gym
FOOD & DRINK Smirnoff Ice,

a plate of lasagne and blueberry muffins!

HOLIDAY it has to be St Tropez

MUSIC varied, but anything in the charts

MOVIE 'Shawshank Redemption'... brilliant!

GREATEST MOMENT break of 76 in snooker, representing my country in the Karate European Championships



health & safety

Do it Right



Upper Limb Disorders (RSI)

After a recent survey it was estimated that over half a million people in the UK were suffering from a USD or RSI due to their current or past work. USD's can be very serious, although it is possible to tackle them effectively if the risks are managed.

What are ULD's ?

Basically, they are problems with the shoulders and arm, including the forearm, elbow, wrist, hand and fingers. ULD's can also include neck pain.

What is the difference between RSI and ULD's ?

They basically refer to the same condition, although RSI is used more when describing the pain in the arm when working with computers. ULD's covers a range of over 20 medical conditions and is the preferred term used by HSE.

What is the cause of ULD's ?

Repeating an action, using the same muscles over and over again. Uncomfortable working positions, working above head height or holding something in the same position for a long time. Handling heavy objects for long periods.

Reducing the risk of ULD's

Break up work periods involving a lot of repetition, reduce the weight if possible of items, provide lightweight tools if possible, try rotating workers between tasks if repetitive work is required.



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