

Sainsbury

communiqué

Issue Two

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



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Altolusso Project

❖❖❖ laing O'Rourke £2.4 million project secured



Sainsbury has secured a £2.4 million scheme for Laing O'Rourke in Cardiff.

The Altolusso project is a development by Redrow consisting of approx 300 luxury apartments.

Sainsbury are the mechanical contractor on the project and will install all the infrastructure works, including boosted mains water, dry riser, smoke ventilation and gas services. All Domestic and sanitation work is also being undertaken.

Sainsbury has also enlisted McCann & Partners to assist with the design, a partnership proven to be extremely successful on previous contracts.

RAF St Athan

Sainsbury have been awarded prestigious contract at RAF St Athan for the MoD. The £1m contract, which comprises of all the mechanical services to the new build company offices, complete with air conditioning. Sainsbury are also responsible for the mechanical installation to the JRD block, which consists of a state of the art ventilated ceiling, which was contracted out to a specialist company.



Your life in their hands

❖❖❖ £1750 fine for Corgi installer

A recent article in the Gas Installer magazine highlighted the incompetence of a Corgi registered gas installer, who was found guilty and fined £1750 after issuing a gas safety certificate for a fire and back boiler. Afterwards it was discovered that the flue for these appliances had been blocked by

previous building work, and considering that a mother and four-year-old child were living in the premises at the time the build up of carbon monoxide gases could have proved potentially fatal. In summing up the case the judge said "This prosecution should serve as a reminder to gas fitters of their personal responsibility when they issue a gas safety certificate".

Welcome!

Has it been a quarter already since the first issue of our new newsletter!

There has been a lot of training over the past year in many areas which was much needed. The big issue for us at the moment as you would appreciate is Health & Safety. You should all



have by now completed the IOSH Health & Safety refresher course which we hope will keep everyone at the forefront of their Health & Safety. There are many reasons for the training, some of which includes awareness of Health & Safety issues, refreshing skills and adding skills to your personnel achievements. A substantial amount of money has been invested in the training as I believe that for a company to be successful in the future

all our team members need to be current in their skills.

We are also working to our Investors In People recognition and are fully committed to this achievement.

Our Financial year ends on October 31st yet again and it seems to be coming around so quickly now. We will be starting our 10th year of trading and will be marking this with some events throughout the year. Hopefully with your continued dedication we can continue for many, many years to come.

See you
Chris

Christmas Party 2003

It's rapidly coming up to that time of the year again folks, Sainsbury Heating have booked the Glamorgan Arms for this years party. It will be held on the 5th of December and I'm sure a will prove to be a fantastic night, see you there !



Welcome Aboard Paul!

Sainsbury would like to welcome Paul to the team.

Paul, previously of Crown House decided that he needed a career change after achieving all he could as drawing office manager. With over 13 years experience of draughting and CAD we believe Paul will prove an asset to the company and is looking forward to his new role as Contracts Admin assistant.

Congratulations!



Congratulations to Steve & Kelly on their recent wedding. From all at Sainsbury Heating thank you for a fantastic day and wish you both all the happiness for the future.



Sainsbury quick quiz

Win a £25.00 Voucher...

Please write all answers clearly on a piece of paper and return to the office with your name, address and phone number marked on the sheet. The first set of correct answers pulled out of the hat will win a gift voucher to the value of £25.00 – it's as simple as that, Good luck!

- 1 Who's the Oldest English premiership manager?
- 2 What's the world's warmest sea?
- 3 In which sport is a piece of wood exactly 17ft long used?
- 4 William Warwick was the first captain of which Ship ?
- 5 What was the name of the England Manager played by Ricky Tomlinson in the 2001 film?
- 6 What historic event happened on Sunday 31st August 1997?
- 7 Which part of a man's body enlarges by up to 8 times when he sees an attractive female?
- 8 In which film does Paul Newman's character eat 50 hard boiled eggs for a bet?
- 9 Who won the 2003 US Masters golf competition ?
- 10 In Porridge, what was the name of the Scottish prison warden?



60 seconds with...

Mike John

Van Driver

FAMILY wife, Fran and two children, Jason (37) and Lisa (34)

SPARE TIME keen DIVER, cycling and going to the gym

FOOD & DRINK a good red wine and a Chinese!

HOLIDAY anywhere on the Med

MUSIC classical

MOVIE John Wayne in 'The Searchers'

GREATEST MOMENT the birth of my first grandson, Danny who is now 7 months old



health & safety

Do it Right



Manual Handling

More than a third of all over-three-day injuries reported each year are caused by Manual Handling.

Most of the reported accidents cause back injury, though hands, arms & feet are also vulnerable.

Many manual handling injuries build up over a period rather than being caused by a single handling incident.

There are however, a few simple techniques you can adopt to avoid painful injuries and strains

STOP AND THINK !!

Plan the lift. Where is the load being placed ? Do you need to lift on your own ? Can anyone else help ?

ADOPT A GOOD POSTURE

With your feet apart for balance, lifting from low level, bend the knees, do not kneel or overflex the knees. Keep the back straight, maintaining it's natural curve. Lean forward a little over the load if necessary to get a good grip. Keep shoulders level facing the same direction and avoid twisting as you lift.



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