

The LUCELEC News

St. Lucia Electricity Services Ltd.

Special Health & Safety Edition



Volume 15, Issue 3

March 2008

HIGHEST SAFETY RATING EVER!!!

97.1% and counting!
The St. Lucia Electricity Services Limited (LUCELEC) scored top marks in its 2007 Health and Safety audit, recording its highest ever safety rating - 97.1% - as adjudged by the independent auditor from Questions 2 Answers (Q2A).

According to the report of the auditors, every department at LUCELEC improved its Health and Safety Performance Rating over the previous year (see chart on page 5) and the company recorded only three lost time accidents during 2007, two less than in 2006.

LUCELEC's 97.1% rating for 2007 is higher than the international industrial average set for companies in this type of business.

The annual audit is part of an overall programme to continuously improve LUCELEC's health and safety practices and the Company's investment in health and safety is paying dividends.

Commenting on the report, LUCELEC's Human Resource Manager Nicole DuBoulay noted, "A very focused and strategic health and safety culture has

"There is a more emphatic health and safety outlook among employees. They're walking it and talking it and I sense that employees are beginning to realise that yes, it is possible to work for at least a year without a lost time accident."

Q2A

been created within the company supported by good safety programmes and practices from the top down, and driven by the entire team at LUCELEC."

The auditor's report emphasises this, "There is a more emphatic health and safety outlook among employees. They're walking it and talking it and I sense that employees are beginning to realise that yes, it is possible to work for at least a year without a lost time accident."

Notwithstanding its achievements, LUCELEC keeps seeking continuous improvements in occupational safety and health (OSH) performance, environmental friendliness and operational efficiency. Despite the excellent rating, the company will be initiating measures toward correcting deficiencies identified during the audit. Training, together with accident and incident investigation will be given more attention.

LUCELEC Managing Director Trevor Louisy says the Company has incorporated health and safety issues into its strategic outlook not as a priority that can change, but as a value that colours everything from research to execution.

The audit was conducted in January 2008. It takes into consideration such factors as incidents, lost time accidents, injuries, vehicular accidents and fatalities through a process of inspection, assessment and other types of examinations. The overall Health and Safety Performance rating for LUCELEC is based on the number of incidents during the year that result in accidents causing injuries or fatalities.

Well done, team!!



Good safety practices such as wearing all mandatory safety gear on the job help improve our rating

Inside...

Editor's Note.....	Page 2
Managing Stress in the Workplace....	Page 2
Accident Investigations.....	Page 2
What's Happening.....	Page 3
Your Comfort & Safety Checklist.....	Page 4
The Middle Age Scourge.....	Page 4
Safety Audit Departmental Scores....	Page 5
LUCELEC Supports.....	Page 5
Musculoskeletal Disorder.....	Page 6
Staff News.....	Page 6
Training.....	Page 6
New Uniforms.....	Page 6
Fitness Facts.....	Page 7
Emergency Preparedness & Response..	Page 8
Milestones & Birthdays.....	Page 8

Editor's Note

Health & Safety

The scores are in!! And we've done it again... raised the bar! Our lead article says it all... 97.1% and counting!

Nothing epitomises the team work theme like the safety audit, because how each department performs affects the score for the entire company; and how each individual observes the safety rules and takes the necessary precautions in the exercise of his or her duties, affects the whole. We hope, therefore, that the attitudes that brought about such an excellent safety rating will permeate through all levels of our operation. This will take us to our vision of being a world class provider of energy well before the 2015 time frame that we have set ourselves.

But health and safety relates not just to incidents or accidents in the work place. Our personal well being is just as important, and many of our articles (managing stress, raising your metabolism, comfort while computing, musculoskeletal disorder) in this special edition of the LUCELEC News for Safety Month have to do with "Healthy Lifestyles and Safe Working Conditions for All", our theme for the month.

Health and safety has to do with our environment as well. And as our 'LUCELEC Supports' section on page 5 highlights, the Company is doing its part to promote environmental stewardship, support national sporting activities, and the exercising of young minds and musical talents in the expansion of the creative excellence of our people. In so doing, we hope to influence the natural, social and economic environment in which we operate.

As always, high fives to our contributors, especially George Albert of the T&D Department for our SAFETY poem (back page). You really make this a team effort.

Congratulations to the winner of our Brain Teaser (you'll need to check the back page to see who that is), and we look forward to receiving your submissions for our special health and safety crossword. Remember it's not the first entry that wins. All correct entries received go into a box and the winner is dipped for just before we do the back page for the next newsletter.

Be sure to participate in all the Safety month activities. We have included a special pull out section with the entire programme in our centre pages.

Be safe, healthy, and happy!

Customer Services

Managing Stress in the Workplace

Stress is a pressure that is exerted on something, which causes it to respond. Stress has physical and emotional effects on us and can create positive or negative feelings. As a positive influence, stress can help compel us to action; it can result in a new awareness and an exciting new perspective. As a negative influence, it can result in feelings of distrust, rejection, anger, and depression, which in turn can lead to health problems such as headaches, insomnia, ulcers, high blood pressure, heart disease, and stroke. In adjusting to different circumstances, referred to as "stressors", stress will help or hinder us depending on how we react to it.

A worker's ability to cope with increasing workplace stress is also affected by the amount of stress they are subjected to from stressors outside the workplace. For example, trouble at home may reduce a worker's ability to cope with pressures at work, thus leading to productivity losses through poor worker performance, increased absenteeism, poor mo-

rale or increased staff turnover.

Stress in the workplace derives from a number of sources: threats, pressure, and frustration. How well a person will cope with occupational stress will depend on the extent to which they feel threatened by the stressor, the actions they know they can take to reduce the impact of the stressor, and their expectations as to how they will be able to cope with the stressor.

Once a manager becomes aware that a worker is exhibiting signs of stress, the manager should take urgent action to address the issue. How a stressful situation is managed will influence the worker's productivity. If no effort is made to intervene early and resolve issues, the case(s) may become difficult to resolve. Early intervention can include conflict resolution, mediation, changes to workload or counseling.

Tip: Take Control of Stress Before Stress Takes Control of You!!!

Transmission & Distribution

Accident Investigations and Risk Assessments

Late last year a contractor's employee suffered burns to his forearms as a result of a meter 'explosion'. He was in the process of reinserting a three phase whole current meter into its base after disconnecting the load side of the meter base (the meter base was energized).

A thorough investigation revealed that this was caused by the very close proximity (less than 1/2 of an inch) between the phase and neutral terminals on the load side of the meter (and of course the base). Our conclusion was that the meter was tilted slightly from the upright position which resulted in the centre phase terminal of the meter making contact with the neutral terminal of the meter base resulting in a short circuit (because the base was energized).

The accident investigation revealed that the work procedure was unsafe. That procedure was immediately stopped. Various approaches are being evaluated to ensure that the meter base terminals

are not energized at the point of installing a meter to avoid a repeat of this accident. However, the point is that if we did not take the time and effort to determine what actually happened in this case and to get to the root cause(s) we may not have stopped the particular work procedure which could have resulted in a more serious injury in the future.

Risk assessment, which is a methodical thorough review of a work procedure, also helps reveal hazards that may not have existed at the time of developing the work procedure and if undertaken on a regular enough basis could prevent such a hazard resulting in an accident. In this case a risk assessment may have pointed to the meter terminals being too close to install the meter into an energized meter base.

In short, we must learn from our mistakes.

What's Happening

Audit Complete

KPMG has concluded the fieldwork in relation to the annual audit. Draft Financial Statements were submitted to the Audit Committee on March 3, and subsequently presented to the Board of Directors on March 7, for approval. The department wishes to thank all staff who assisted with the audit process and made it possible to achieve this deadline.

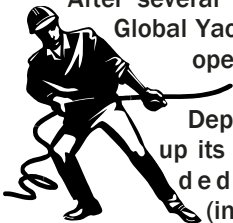


Importance of Service

The Distribution Planning Section (DPS) received a total of 57 requests for suspense estimates during the month February. Of these requests 36 estimates were completed while 21 were brought forward to the month of March. In light of the ever increasing demands placed on the this section, coupled with a registered 3% growth in LUCELEC's customer base, the staff complement in the DPS is being reviewed to ensure that the section is equipped what we do best....serving the public.

Rodney Bay Marina Improvements

After several meetings with Island Global Yachting (IGY), the developers of the Rodney Bay Marina, the Planning Department has firmed up its proposal to provide a dedicated 5.5MVA (installed) supply. The plan makes provision for two 240 mm² underground circuits from the existing Reduit Substation to energize two transformers - a 3.5MVA and a 2MVA.



Pole Identification

As part of the development of the LUCELEC's Geographic Information System, all the poles on the Distribution Network from Cap Estate to Castries have been labelled with a unique pole ID. In the very near future these pole IDs or pole numbers will be used to identify customer locations with greater ease. Presently, the poles on the Thomazo and Dennery Feeders are being numbered.

Medical Scheme

This month, the HR Department will be hosting presentations with all staff to discuss proposals for an alternative medical scheme provider for LUCELEC. Members of staff are encouraged to attend these meetings and use the opportunity to clarify any concerns they may have.



Pension Scheme

A meeting with representatives from Merrill Lynch Global Wealth Management and the trustees of both Grades One and Two Pension Schemes was held on March 13 to discuss Merrill Lynch's investment products and services.



Scholarship Committee

The Scholarship Committee will be meeting this month to discuss LUCELEC'S Scholarship holders' performance to date, as well as plans for disbursements for 2008.



Employee Assistance Programme (EAP)

There has been a delay in getting the EAP (Counselling Services) off the ground. However, the HR Department is working closely with the provider in finalizing the contract so that the orientation sessions can begin by the end of March 2008.

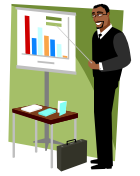
HR Managers' Association

This month, senior staff of the HR Department attended an Executive Luncheon hosted by the St. Lucia Employers' Federation to discuss plans to organize an HR Managers' Association of St. Lucia. The meeting was well attended by HR Professionals from various business houses across St. Lucia. A steering committee, which includes LUCELEC's HR Manager, was formed to proceed with the initiative.



JDE Training

N. Delauney, L. Auguste and C. Preville of the Transmission & Distribution Department have been provided with training in JDE to allow them to undertake various steps in the process of generating payments for contractors in the new financial system - JDE. This is in an effort to allow supervisors, section heads and the department head to focus on other operational matters.



Capacity Building

T&D Manager, G. Pultie and Metering Engineer, C. St. Marthe attended a User's Conference put on by Elster, a vendor of smart meters and automatic metering infrastructure (AMI). This was in an effort to further evaluate Elster's AMI system particularly in terms of it being standards based and open. The conference was very useful in that regard. Also, substation technician, K. Jeremie attended a CARILEC training programme on substation maintenance and inspections hosted by VINLEC which he found very educational and useful.



Enhancing System Efficiency

The current system configuration, in terms of the loading of feeders, is being reviewed to find opportunities to share load more optimally. So far, changes have been made to four feeders. These are expected to reduce system losses. This strategy is being pursued along with improving system power factor by the use of capacitors.

Return of HSESO

Health, Safety, Environment and Security Officer (HSESO), Ms. Priscilia Stanislas, returns to work on Monday, March 17, from her 8-week attachment in Italy in pursuit of a Post Graduate Diploma in Occupational Health and Safety in the Workplace. Her return coincides with the opening of the Health and Safety Activities for the month of March. Welcome back Ms. Stanislas!

Information Systems

Your Safety & Comfort Checklist

Being Health and Safety month the following safety and comfort checklist adapted from Hewlett Packard (HP) can prove useful to us all as we continue to utilize computers both at work and at home. To increase your comfort and reduce potential safety risks, use the checklist to help you evaluate your work posture and habits.

Seated Position

- ◆ Have you found a range of seated postures that are most comfortable for you?
- ◆ Are your feet firmly planted?
- ◆ Are the undersides of your thighs near your knees free of pressure?
- ◆ Are the backs of your lower legs free of pressure?
- ◆ Is there sufficient space under your work area surface for your knees and legs?
- ◆ Is your lower back supported?

Shoulders, Arms, Wrists, and Hands

- ◆ Are your shoulders relaxed?
- ◆ If you use arm supports, are they adjusted so that your shoulders are relaxed and your wrists are in a comfortable, neutral position?
- ◆ Are your elbows in a zone that is near the height of your keyboard's home row?
- ◆ Do you avoid cradling the phone between your ear and shoulder?
- ◆ Are items you use frequently, such as your phone and reference materials, easy to reach?

Eyes

- ◆ Do you rest your eyes frequently by focusing on a distant point?
- ◆ Do you get your eyes examined frequently by a vision care specialist?
- ◆ Do you blink enough?

Keyboard and Pointing Device

- ◆ Is your keyboard positioned directly in front of you?
- ◆ Are your keyboard height and slope adjusted so that your wrists are in a comfortable, neutral position and your

shoulders are relaxed?

- ◆ If you are typing with the keyboard on your lap, are your shoulders relaxed and your wrists in a comfortable, neutral position?
- ◆ If you are using a pointing device, are you holding it loosely, with a relaxed hand?
- ◆ Do you let go of your pointing device when you are not using it?
- ◆ Are you cleaning your mouse or trackball frequently?

Monitor

- ◆ Is your monitor positioned in front of you and at a comfortable viewing distance, about arms' length?
- ◆ Is your monitor's entire viewing area located just below eye height?
- ◆ Is your monitor tilted so your face and the monitor are parallel?
- ◆ Have you adjusted the brightness and contrast controls to improve the quality of text and graphics?

Visit <http://www.hp.com/ergo/keyboardpointing.html> for more information.

Planning

The Middle Age Scourge

Reduced metabolism seems to be the scourge of the 40-something age group. As a friend puts it after 40 everything starts to go: your sight, your memory, your hearing, your agility, and all due to the middle-age slowdown of your body's metabolism.

Medical experts have explained that our bodies do change with age but the slowdown of our body's metabolism is not beyond our control as was previously thought. We can avert this sharp decline in metabolism after 40, and this age group, which makes up the greatest percentage of the working population, can enjoy added years of success and productivity in the workplace. It is reassuring news, because LUCELEC conforms to these numbers; the greatest percentage of our professionals at LUCELEC falls within that 40-something age range.

Metabolism is the process by which our bodies burn food to make energy for

physical activity and for our basic body functions e.g. breathing, thinking, and so on. Of the examples of energy uses listed above, physical activity is the daily expenditure of energy over which we have the greatest control. Increasing physical activity will increase metabolism. So if we increase our physical activity we can get to enjoy a variety of food sources without putting on the pounds. In fact, putting on the pounds has been linked to the increased risk of developing a number of diseases including diabetes, strokes, certain cancers and heart disease.

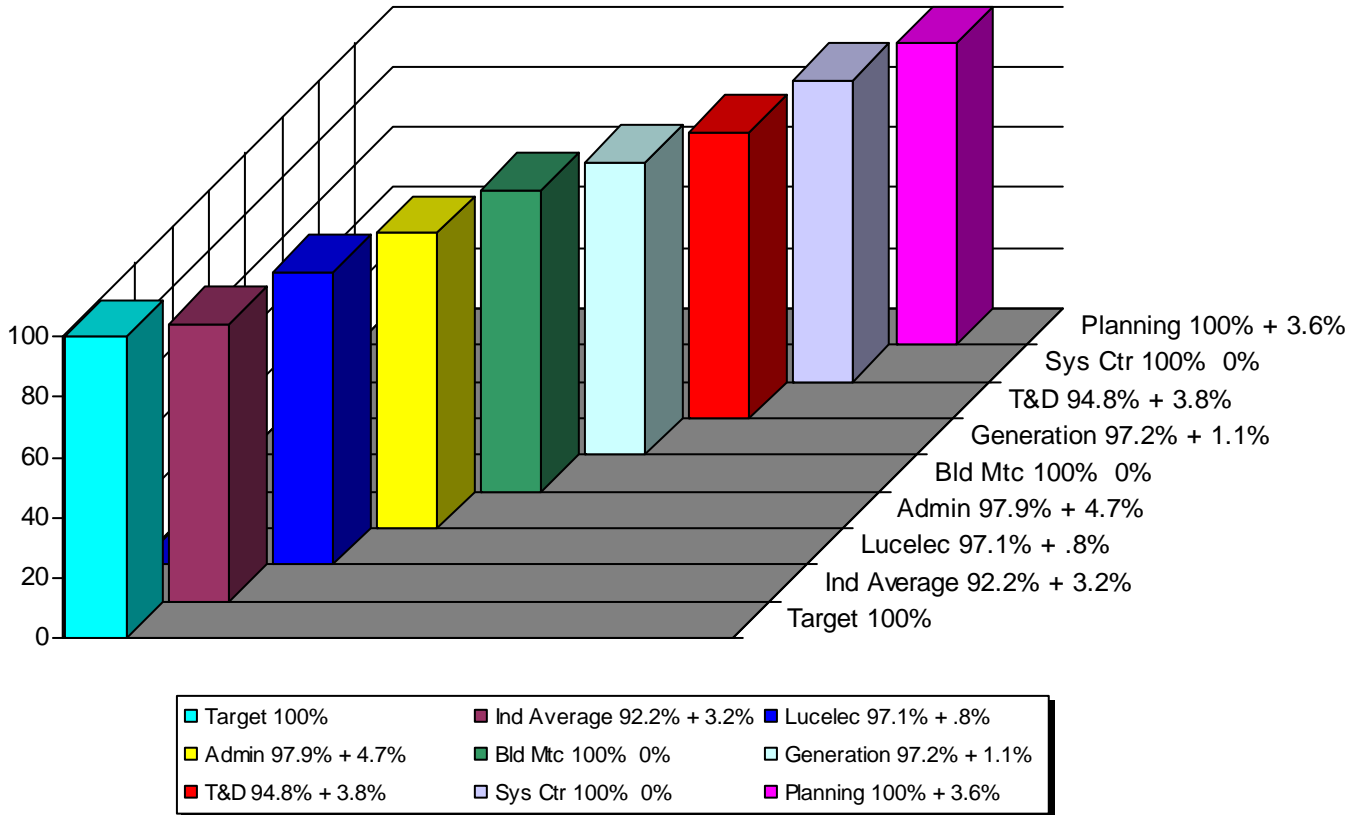
Accurately assessing the likelihood for us to develop a chronic and preventable disease can result in an improved quality of life. Most people may be able to tell you their weight but ask about blood sugar levels and you are likely to get no response. There are certain numbers that give you an indication of your health status and after 10 years of successfully keeping Health and Safety month at LUCELEC, most of us should be aware of

the numbers referred to here. These numbers gives us a simple way to keep track of our health.

- ◆ Total cholesterol levels - below 200 mg/dL. This number measures the amount of fat in your blood.
- ◆ Blood pressure level - less than 120 (systolic) and less than 80 (diastolic) measured in millimeters of Mercury (mm Hg). The first number measures the pressure in your arteries when your heart contracts and the second number indicates the pressure when your heart relaxes.
- ◆ Blood sugar levels (before a meal) - 80 to 120 mg/dL. This number measures the amount of sugar in our blood.
- ◆ The Body Mass Index or BMI - 18.5 kg/m² to 24.9 kg/m². The BMI measures your weight in relation to your height.

Know your numbers and keep them down or between the acceptable levels, but remember to keep your metabolism up with daily physical activity!!!

Safety Audit Departmental Scores



Administration is a compilation of Accounts, Corporate Services, Customer Services, Human Resources and Information Systems. The changes from the 2007 H&S Performance is compared to the 2006 H&S Performance and is indicated by (+) for improvement and (-) for reduction.

LUCELEC Supports...

Environmental Stewardship



The LUCELEC Trust Company Inc. provided ten thousand dollars to the Caribbean Student Environmental Alliance (Caribbean SEA) to support a training programme for students and teachers in watershed management. They will be taught how to evaluate and measure watersheds and develop a plan of action to implement improvements to water quality. The donation is consistent with LUCELEC's strategic objectives in seeking to be a catalyst for social and economic development in St. Lucia. In fact, the promotion of environmental

stewardship is a Key Result Area for the Company.

Science & Technology

The National Schools Science Fair will be held from March 18 - 20 at the George Odum Stadium in Vieux Fort. LUCELEC is a bronze sponsor of the Fair which seeks to encourage students to apply scientific principles of enquiry and reporting in their work and to nurture inquisitive and creative exploration of the world around them. LUCELEC believes that such investment in the minds of young people is one of the best ways of contributing to St. Lucia's social and economic development.

Women & Sports

LUCELEC, again through the Trust, is a proud sponsor of the OECS Women's Volleyball Championship to be held in St. Lucia from March 27 - 30. The tournament will feature 6 teams from the Eastern Caribbean and will be played at

the new indoor facility at Beausejour.

Arts & Culture

Through the Trust, LUCELEC supported the collaboration of Luther and Dr. George Francois in a night of classical music organized by the St. Lucia School of Music. The two cousins, one from St. Lucia and the other from Ghana, have both distinguished themselves on the international scene as masters of their respective musical crafts. They had never met before the concert held at the Cultural Centre on March 16.



Human Resources

Musculoskeletal Disorder

Musculoskeletal Disorder, or MSD, was highlighted in LUCELEC'S 2007 Health and Safety Audit report, in order to increase awareness among management and staff of this injury. According to the report of the Safety Auditor MSDs are caused by "an awkward working position, sitting at a computer too long, lifting too heavy a load, or not getting enough rest". Employees whose jobs involve extensive keyboard use can experience MSD through pain in their wrists, arms and neck. Staff are advised to take a break away from their computer periodically, and to do some stretching exercises to avoid such pain and injury.

The HR Department, through its Health, Safety, Environment and Security Officer, will continue to ensure that workstations are comfortably arranged to minimize the risk of MSDs. It should be noted that MSDs develop over time and may range from discomfort and minor aches and pains, to more serious medical conditions requiring time off from work and even medical treatment. In more chronic cases, treatment and recovery may not occur and the result could be permanent disability. Employees encouraged to ensure proper posture at all times.

Staff News

Confirmation

After the successful completion of a three month probationary period, Mr. Mugabe Alexander, Distribution Planning Technician in the Planning Department was confirmed with effect from March 01, 2008.

New Baby

Congratulations to Mrs. Andrea Vidal (Accounts Department) who welcomed her healthy new born baby boy into the world. We wish her and her new bundle of joy all the best and God's richest blessings on them both.

Training

March is Safety Month at LUCELEC and as usual, some training activities will be dedicated to Health and Safety. These include HIV and Aids Awareness for staff, attendance at CARILEC's Annual Health and Safety Conference in Dominica, and Avian Influenza/Bird Flu Pandemic awareness for management.

Unfortunately, the HR Department was not able to secure a class with the St. Lucia Red Cross for First Aid Training in March. However, training in this area will be done in June.

New Posting

Mr. Bernard Charles is now JDE System Application Supervisor in the Accounts Department.

Educational Assistance Programme

We would like to congratulate Ms. Uchie Rosemond (Building Services Department) and Ms. Dona Emmanuel (Planning Department) for their successful completion of the AutoCAD 1 Course which was done through the Sir Arthur Lewis Community College and with assistance from LUCELEC.

Other training activities ongoing or planned for the month include:

- ♦ Dale Carnegie "Effective Communications and Human Relations" training.
- ♦ Essential Supervision Skills and Leadership Requirements.
- ♦ Electrical Technicians 1
- ♦ Worker Productivity

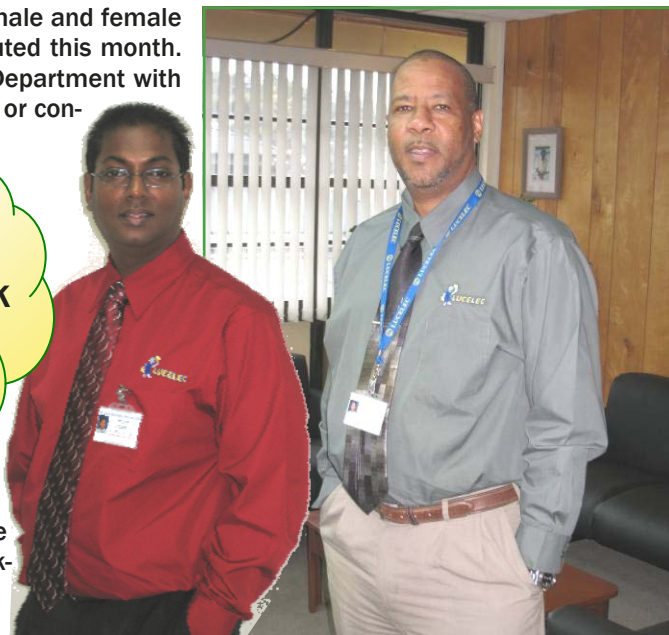
We look forward to all employees participating in this month's activities and wish all a rewarding Safety Month.

New Uniforms

New uniforms for both male and female employees were distributed this month. Please contact the HR Department with any comments, queries, or concerns.

Don't we look good!!!

Sorry!! Our models are not available for bookings!!



Finance & Accounts

Emergency Preparedness and Response

Occupational Health & Safety requires employers to comply with hazard-specific health & safety standards. In addition, employers must provide their employees with a workplace free from recognized hazards likely to cause death or serious physical harm.

Among other measures, LUCELEC has produced a Health & Safety handbook so that all employees can avoid risks by reacting or dressing appropriately when working under certain conditions. As a result, employees can better identify risks and take corrective action to minimize such risks. There is also a Health & Safety Committee which sensitizes employees and contractors to risks in the workplace.

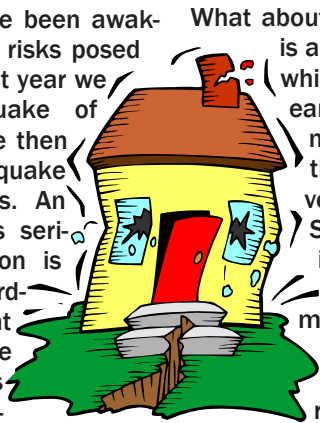
Recently, though, we have been awakened to the reality of the risks posed by earthquakes. Late last year we experienced an earthquake of serious magnitude. Since then we have had another quake and a series of tremors. An earthquake which inflicts serious injury and destruction is always a possibility. According to the US Department of Labour, 'Much of the damage in earthquakes is predictable and preventable'.

To prepare for an earthquake it is best to practice how to react. Select a safe place. The safe place must be close to your work area. It can be a sturdy table, desk or strong doorway. After the fore-shock is felt do not panic; stay calm. Always protect your head and face by keeping your head down. Stay away from interior walls, windows, bookcases or filing cabinets. Do not try to run out of the building as you can be injured by falling debris. Do not use elevators. Look out for falling plaster, bricks, lighting fixtures and other objects.

Wait in that safe place until the shaking stops. After the shaking has stopped, look around for colleagues, check for real fires and locate fire extinguishers if possible. Water from fire sprinklers

may go off, because earthquakes trigger fire alarms. To vacate your location, use the stairs. Remember, some stairs may have collapsed. Be on the look out for loose electrical wires, protruding walls, and injured people. Assist the injured or seek help. You may also need to shout to be heard!

If you are outside during an earthquake, move away from buildings, trees, streetlights and electricity lines. Crouch down and cover your head. Many injuries occur within 10 feet of the entrance to buildings. Bricks, roofing and other materials can fall from buildings, injuring persons nearby. If you are driving, you should safely bring the vehicle to a stop away from electricity poles and overhead wires. Do not stop on a bridge or under an overhead walkway. Remain in the vehicle.



What about the "Triangle of Life"? This is a widely circulated suggestion which states that during an earthquake it is safer to curl up next to a desk or bed rather than to go under it. The University of the West Indies Seismic Research Unit, which is responsible for monitoring earthquakes and other seismic activity in the Caribbean, does **not** recommend this practice for the following reasons: The 'Triangle of Life'

is not scientifically tested and proven; it is unknown if during the earthquake these 'Triangles of Life' - triangular spaces next to desks, beds etc. - are impacted in any way which may make them unsafe areas. In the Eastern Caribbean, "pan caking" or crumbling of buildings which would crush occupants as described in the 'Triangle of Life', is not expected.

Visit <http://www.uwiseismic.com/> for more information.

Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon. ~Doug Larson

Fitness Facts

by Monica Dudley

In the previous edition of this column we provided general guidelines for working towards that 'sis-pack'. Now we identify some of the exercises that can actually strengthen the abdominal muscles, one of the more important muscle groups to strengthen. If you want to effectively strengthen your stomach you need to incorporate at least 1 - 2 exercises that target each of the lower abs, the obliques (love handles), and the upper abs. There are thousands of ab exercises to choose from - way too many to list here, however, here are a few simple, but effective ones.

Reverse Crunch

- ⊕ Lie on the floor and place hands on the floor or behind the head.
- ⊕ Bring the knees in towards the chest until they're bent to 90°, with feet together or crossed.
- ⊕ Contract the abs to curl the hips off the floor, reaching the legs up towards the ceiling.
- ⊕ Lower and repeat.

Hanging Knee Raise

- ⊕ Grasp a high bar so that your body hangs freely without your feet touching the floor. Hang with your arms fully extended and a slight arch in your lower back.
- ⊕ Bend your legs and raise your knees towards chest. Return to the start position.

Side Bends

- ⊕ Begin by standing up straight with your feet shoulder width apart.
- ⊕ Hold a light dumbbell in your left hand with your palms in. Keeping your back straight, bend to the left as far as you can, then return to the start position.
- ⊕ After finishing your desired reps, change the weight to your other hand and repeat on the opposite side. Remember to bend only at your waist.

Again, there are many choices when it comes to ab exercises and while there are some that are better than others, the key is to just make sure you work hard and progressively.

The abs are muscles just like any other and should be worked on average 3 times per week.

Birthdays & Milestones

- ☉ David Rogers
- ☉ Michael Thomas
- ☉ Dina Marianna Fontenelle
- ☉ Stephen Charles
- ☉ Earl Emmanuel
- ☉ Dayne Simone Alexander
- ☉ Claudia Henry
- ☉ Nicholas Cooper
- ☉ Marcus Verneuil
- ☉ Jillan Butcher
- ☉ Victor Cenac Emmanuel
- ☉ Lazarus Alphonse
- ☉ Gabriel James



- ☉ Barry Young
- ☉ Martha Alexander-Felix
- ☉ Catherine Mitchell
- ☉ Suitbert Simei
- ☉ Kahlil Charles
- ☉ Alban Louis
- ☉ Kurn Benjamin Persad
- ☉ Ezichel JnBaptiste



5 years
Ormond Reece

15 years
Graham King

17 years
Felix Ismael

18 years
Desmond Sampson
Clius Menal
Roosevelt Alcide

20 years
Victor Ellis Emmanuel



21 years
Alban Louis

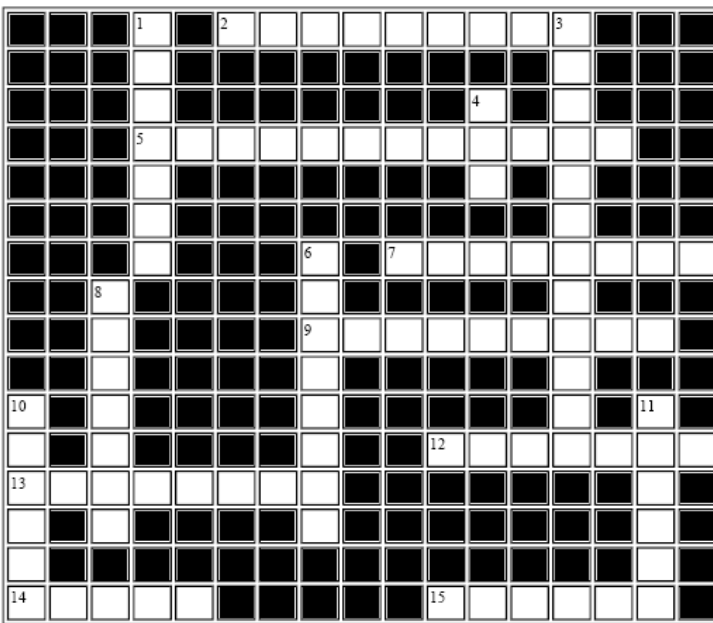
22 years
Timothy Collymore

33 years
Pamela Julian

39 years
Winston Clement

40 years
Simei Suibert

Health & Safety Crossword



Send all completed entries to the Corporate Communications Department. The winner will be announced in the next edition of the LUCELEC News.

- Across**
2. Safety practices prevent these
 5. Will cool flames in an instant
 7. Protects the skull from injury
 9. Don't go on the generation floor without them
 12. Important for preventing Musculoskeletal Disorder
 13. You're covered in the event of mishaps
 14. A homemade remedy to relieve stress - yours and others
 15. A major cause of work related illness



- Down**
1. Animals do it; limos too; and so should you... frequently!
 3. Just like Christmas, it comes once a year, but afterwards
 4. Musculoskeletal Disorder in short
 6. Can rev up your metabolism
 8. Helps you really see the benefits of safety
 10. Come in quite "handy" for protection
 11. Sweet source of fibre

SAFETY

Sincere interest and commitment to work safely,
 Always will be,
 Fruitfully pursued by our group;
 Entirely refusing to stoop;
 The risky short cuts lead to,
 Your injury and loss in everything you do!

Winner!!!

The winner of last month's Brain Teaser is
Sabina Mitchel!

Please contact the Corporate Communications
 Department to claim your prize.

NB: All correct entries received are
 placed in a box and winner is
 selected by dipping.



LUCELEC

ST. LUCIA ELECTRICITY SERVICES LIMITED

St. Lucia Electricity Services Ltd.
 P. O. Box 230, Castries, St. Lucia, W.I.

Castries Tel: 758-457-4400
 Vieux Fort Tel: 758-457-4850
 Fax: 758-457-4409

Email: lucelec@candw.lc
www.lucelec.com