

NEWSLETTER WINTER 2005

FORWARD

Welcome to this edition of CF Electrical's newsletter and without realising winter has crept upon us again. With the nights drawing in; no doubt snow will be on the way again soon!

With the year coming to a close CF Electrical Services has been busy, especially in our contracts department. We have been heavily involved with the refurbishments of some schools in Fife and have aided Bowmac Construction with the installation of new fire door systems in nursing homes throughout Fife. We have also been involved in relocation projects with Albacom in Dundee and Ductform in Glenrothes. We have travelled further afield to Redditch to assist Andrew Ltd with the opening of their new distribution centre and worked with Richard Street in the opening of David Sands new offices/warehouse in Kinross. We are proud to say that these projects haven't affected our day-to-day services, with our electricians still on hand to help the Local Business Community with jobs, breakdowns, maintenance, testing and the hire of electrical labour.

This month's newsletter associate is Levenmouth Printers, who we use for all of our printing including this newsletter.

We hope you enjoy our winter newsletter. Do not hesitate to contact us with any issues or questions you may have.

Beth Robinson

WINTERS ON THE WAY



LIGHTING.

Because your lights are used a lot less during the summer, problems may have gone unnoticed. Here at CF Electrical, we offer a full light cleaning, repair, replacement and installation service.

FLOODLIGHTS/OUTSIDE LIGHTS.

Poorly lit stairs or walkways may cause injury to staff and customers. Call us for a free lighting quote. Remember that at this time of year the timer on your outside lights may need to be adjusted.

PREPARING FOR CHRISTMAS.

CF Electrical runs their breakdown service throughout the holidays. We also have electricians for hire for maintenance/projects during your Shutdown Period. This is an ideal time to get jobs done that have been put off because of disruption. Call our office for more details.



APPRENTICE WATCH



Congratulations to **Kristian Syczynski** who passed all seven sections of his Final Integrated Competence Test first time. We are pleased to say that Kris will stay with us and will be a useful addition to our team as he continues to learn and gain experience to attain approved electrician status.



We would also like to congratulate **David Gallacher** and **James Marshall** as they progress from stage two to stage three of their apprenticeship and **Alex Brown** who has progressed from stage one to stage two.



This year has seen us take the bold decision to take on a Technical Apprentice, namely **Matthew Kelly**, who is attending college full time to obtain his HNC. We are looking to the future with Matthew to continue the company's commitment to our customers needs and having staff that are capable of maintaining advanced technological equipment, processes and machine tools.

CF ELECTRICAL'S A TO Z OF ENERGY SAVING

IF YOU DON'T MEASURE YOU DON'T MANAGE



Looking at bills and taking meter readings allows you to see how energy is being used within your company. It can identify unusually high periods of consumption and allow comparisons to be made. This will allow you to discover any problems and manage your fuel costs better.

JUST WHAT YOU NEED

Did you know that a fluorescent tube uses 500 times more energy if left on for 15 minutes than the energy used to turn it on and off? If a computer monitor is turned off instead of being left on standby it reduces its energy consumption by up to 90%. Think how much you could save if you apply this to all equipment in your office and factory. Wasting energy wastes money!

KEEP WINDOWS SHUT IN COLD WEATHER

There is little point in heating a room for that heat to go straight out of the window, but amazingly many workers still open windows instead of turning the heating down.

LIGHT BULBS

Standard light bulbs can be very expensive to run for long periods, and surprisingly produce more heat than light. Try using fluorescent tubes/lamps as they have a longer life, lowering maintenance and using around 70% less energy.

OLD DOGS, NEW ELECTRICAL TRICKS!



Recently CF Electrical sent 9 of the staff ranging from apprentices to our most experienced approved electricians back to college for a one-day training course on the proper methodology of completion of NICEIC Inspection Certificates and completion certificates.

Advice from a CF Electrician.

When working at Burntisland Harbour, ensure that you are far enough away from the harbour side before getting your mobile phone out to make a call, especially if the phone is only three months old and the divers have refused to rescue it!

MURPHY'S LAW

"Anything that can go wrong will go wrong"

MURPHY'S ELECTRICAL LAW

"The only tool vital for a job will be missing"

"After the last of 16 mounting screws has been removed from an access cover, it will be discovered that the wrong access cover has been removed. After said cover has been re-secured, it will be discovered that something has been omitted"

"Any wire cut specifically to length will be too short"

"Any instrument when dropped will roll into the least accessible corner"

MOTOR REPAIR, REWIND AND SUPPLY NEEDS

24 hours a day, 7 days a week

Providing the finest Electrical Motor Service, with the fastest possible turn-round times.

'Adopting' your problems in times of urgent need to get machinery back into production as quickly as possible.

Rewinding motors from the smallest up to approximately 132 KW, using only the finest quality winding wire and insulation products by experienced winders

Call us now on 01592 757176



Levenmouth Printers

Tool Park, Station Road, Buckhaven, KY8 1JH

**Tel : 01592 715531 Fax : 01592 714095
sales@levenmouthprinters.co.uk**

Formed in 1983, this family run business can provide you with all of its printing needs. Their customers range from small companies to the local council and Health Trust

Their in-house team will help you with everything from concept to the finished article, and can tailor your needs if you need something special

Their print shop can produce anything from quality brochures and booklets to standard business stationary. They can also provide you with vehicle graphics, signs and banners

Once through their finishing department their staff will deliver your product to you.



CF Electrical Services have recently been accepted as members of the Contracting Health and Safety Assessment Scheme.

CHAS assesses the adequacy of a company's health and safety policy/statement. This then allows bodies such as the health board to be confident with a company's policy before using them. We hope that along with Constructionline this will benefit our contracting department.

**For more information
www.chas.gov.uk**



Business Waste - Let's get it Sorted

Are you concerned about your business waste disposal costs?

Increasing landfill tax means the cost of waste disposal will continue to rise

Would you like help minimising the amount of waste you produce?

Cost-effective waste minimisation can be a valuable investment: we can provide you with free advice about how to cut your business waste and reduce associate expenses

Do you want to reduce the impact your business has on the environment?

Reducing waste at source can lead to more profit and less pollution

The Scottish Waste Awareness Group are currently running a programme in Fife to help businesses realise cost savings by reducing, reusing and recycling their waste.

For further information please contact: Anna Graham, Project Officer on **01592 776910** or **anna.graham@sepa.org.uk**

ELECTRICAL MAINTENANCE AND BREAKDOWNS

CF Electrical Services has been serving the local business community for over 30 years. We have worked on many projects and redevelopments in that time, but it is our breakdown services that most of our customers will say is most vital to their business



Since 1999 this has been the job of Lawrie Lothian, our breakdown Electrician. Having served his apprenticeship with Adam Neilson of Kinross, Lawrie went on to work as a Maintenance Electrician at Havelock Europa, before joining us in June 1999.

Lawrie is on hand to attend to any electrical problem from a broken light to electrical assistance in times of emergency. It is Lawrie and the management team's technical knowledge that makes our service second to none. Lawrie's expertises also mean that many companies hire him out for complex projects and maintenance.

CONTACT US



ADDRESS

CF ELECTRICAL SERVICES
POPLAR ROAD
GLENROTHES
KY7 4AA



TELEPHONE

01592 757176



FAX

01592 757210



EMAIL

admin@cfelectricalservices.com



WEBSITE

www.cfelectricalservices.com

Alternatively, contact me on
beth@cfelectrcalservices.com

INSTRUCTIONS

Fill in the grid so that every row, column and box contains the numbers 1 to 9.

There is only one solution

PRIZE

Send or email the right answer to us to be in with a chance to win a £30 high street voucher for the shop of your choice

		9	5		4		8
				6		5	7
1		6			2		9
9			4				6 3
	8						1
4	3				8		9
	7		8			9	1
3		8		7			
	6		3		9	7	