



# CENTENNIAL ELEVATOR INDUSTRIES, INC.

## Centennial News

Volume 1, Issue 1

July 1, 2008

### A Message from the President

Centennial Elevator has grown quickly over the past few years thanks to the hard work and diligence of our supervisors, foremen, field technicians, technical assistants and office personnel. This expansion, while beneficial, presents us with new challenges, which is why I would like to introduce the first edition of *Centennial News*. Our purpose in publishing a newsletter is not only to communicate with our fellow employees, who are dispersed widely across the city, but also to systematically discuss measures that promote the personal health and welfare of our workforce.

Because of the level of technical skill required by the elevator industry our highly trained personnel are valuable resources whose welfare is a major concern; which is why Centennial will continue to place great emphasis on personal safety. Reinhold Peper, Safety Consultant, along with the field supervisors, will continue to visit worksites regularly to provide advice and discuss suggestions that will assist in developing new procedures that improve conditions in the workplace.

It is important that you think of safety as you move about your busy day by viewing your job not only as repairing and installing elevators but also as an observer and reporter of potential and existing safety hazards at each site. As you go through your workday view each activity in this light and communicate with your supervisors so that they can make the necessary adjustments that will allow us to work safely and in good health.

As always, I thank you for your valuable work.

Sincerely

Richard L'Esperance

### It's a Girl ! It's a Girl !

The Centennial family just increased by two thanks to Bill Westcott, a Mod Foreman who recently became the proud father of identical twin girls Lauren and Emma. The good news was revealed during a safety meeting in the motor room at Morningside Gardens in Manhattan. Bill was discussing drilling safety with Reinhold Peper, when he was asked, "How's the family", he smiled broadly and began to discuss the two new additions. Bill quickly displayed the photos of the twins that he carries in his wallet along with pictures of their older siblings Kayla age 2 and Nicole age 11. This, by the way, brings the family count to four beautiful girls for Bill and his wife Dayna. Best of luck from all of us at Centennial.



Reinhold Peper leading a safety discussion with crew members at Morningside Gardens complex

### A Publication with a focus on Safety

During my forty eight years in the elevator business I have served the industry in many different capacities, from helper to mechanic to supervisor. No matter what my role, safety was always an important issue to me especially since I taught the local 3 safety and basic electricity course for seven years at Charles Evans Hughes High School in Manhattan. At this point in my career I am happy to have the opportunity to not only use my experiences to discuss safety with you regularly during my field visits, but also periodically through our new publication called, *Centennial News*.

Since we now have about 140 field employees working in modernization, repair and maintenance this newsletter will be an excellent vehicle to promote safety in the workplace by publicizing the issues that are discussed during my toolbox talks. Jerry L'Esperance, our Human Resources Administrator, works closely with me by recording all reported injuries which gives me a better perspective through which I can evaluate the safety requirements of the company. An additional resource is a company called Lovell Safety Management which handles many of our clerical needs and provides us with additional updates regarding safety information and training.

Centennial Elevator has been successful in reducing workplace injuries through a combination of strategies including job site inspections, tool box talks and instructional meetings; this newsletter provides the company with an additional tool to promote safety. I will continue to visit job sites to receive your input regarding working conditions, discuss safety procedures and ensure that you are outfitted with the best available safety equipment, because injuries hurt our company and above all our valuable workers who represent us in the field 24 hours a day, 365 days a year.

Reinhold Peper

## Preventing Back Injuries - By Reinhold Peper

How many times have you heard the complaint, "My back is killing me"? Probably very often, because back problems are typically the most frequently reported injuries in the workplace. Many back injuries are caused by improper lifting methods. The most important protection against back injuries is to know and follow the techniques of safe lifting. The steps listed below are taken from your safety manual:

1. Make sure your path is free of obstructions and slipping hazards.
2. Inspect the object to be lifted to determine how it should be held.
3. Get a secure footing.
4. Plan the lift.
5. Keep a natural curve in your back and stand as upright as possible.
6. Get a firm hold and keep the weight close to the body.
7. Lift gradually by straightening your legs; keep your back as straight as possible.
8. To put the load down, just reverse the steps, lowering with your legs.

It is also helpful to remember things you should **not** do when lifting, they are the following:

- **Do Not** twist your body while lifting or carrying.
- **Do Not** lift from one knee.
- **Do Not** change your grip while holding a load.
- **Do Not** step over objects when you are moving.

In closing I would suggest that you check the chapter on lifting in your *Field Safety Handbook* which is in section 12 on pages 78 and 79 for additional details and diagrams that demonstrate proper lifting.



Foreman Bill Westcott and Safety Advisor Reinhold Peper share information on drilling safety

## A visit to Morningside Gardens

On May 25, 2008 Reinhold Peper and I visited the Morningside Gardens complex which consists of six buildings in upper Manhattan. Since Centennial has six teams working to modernize the two cars in each building we thought it would be a good place to visit. While there we met with Frank Arsis, the modernization supervisor in charge of the complex, as well as Bill Westcott, the site foreman. We had a brief meeting with Joe Yung a Field Mechanic who has been with Centennial for 4 years, Luis Ronda a Field Mechanic with Centennial for almost 3 years and Technical Assistants Pierre Beauchamp, Carlos Bermudez, Junius Bowman and Muhammad Shamsid-Deen, an Apprentice. Muhammad is currently attending Local 3's evening school where he is studying to become a mechanic.

During our visit, we discussed the causes and effects of recent injuries and ways to prevent them. This led to an important dialogue with the field employees that included drilling safety, hoist motors and the use of ramps to avoid injury. As an added note, Frank Arsis made it a point to alert the crew to be aware of the signs of metal fatigue. We would like to thank all those who attended for their cooperation and their enthusiastic response at this meeting. See additional photos on the Centennial Web Site, [www.centennialelevator.com](http://www.centennialelevator.com).

Jerry Lesperance



Supervisor Frank Arsis and members of the crew at Morningside Gardens with Reinhold Peper and Jerry Lesperance



## Safety

**Sam**

**Says:**

"Think and prepare yourself before drilling."

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