



HAPPY HOLIDAYS
& A SAFE NEW
YEAR FROM THE
SAFETY COUNCIL!

ELECTRICAL SAFETY AT
HOME & WORK: PROTECT
WHAT MATTERS MOST

ROAD SAFETY: SIMPLE
HABITS TO SAVE LIVES

SPOTLIGHT ON OUR
CORPORATE MEMBERS:
LEADING THE WAY IN
SAFETY

THE
**SAFETY
COUNCIL**
OF
TRINIDAD AND TOBAGO
MAGAZINE

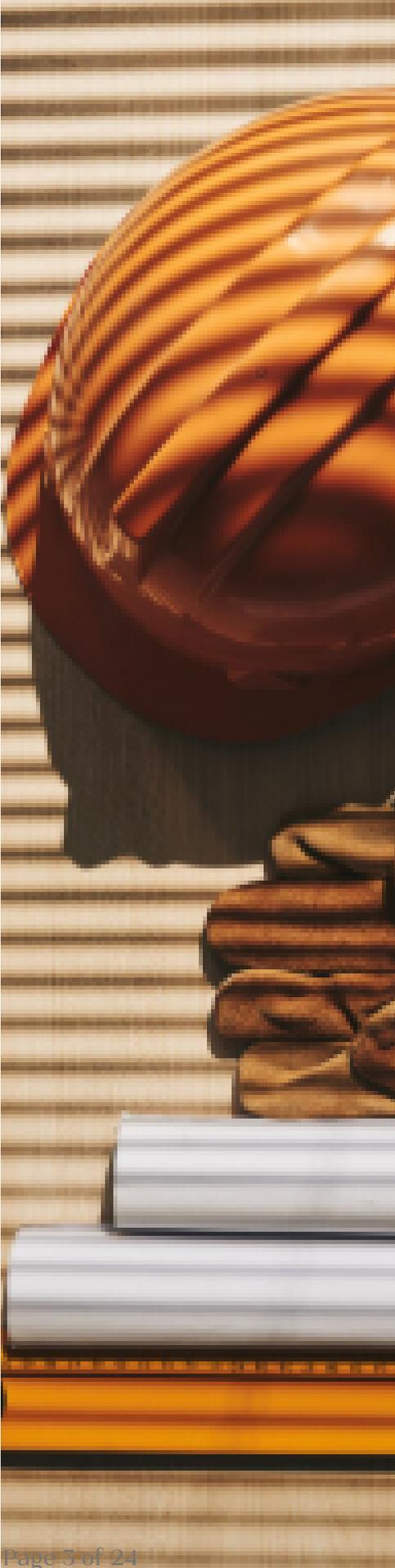
Make Safety A Way Of Life.

2025

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FROM THE EDITORS

Creating this magazine is a milestone—not only for the Safety Council, but for everyone who believes in the power of safety, education, and community care. This publication marks the beginning of a new chapter, one where our knowledge, our partners, and our people come together in a space dedicated to learning, awareness, and collective well-being.

Putting this edition together has been a collaborative journey filled with care, patience, and pride. Each article, feature, and insight reflects our shared voices and efforts as we continue to uphold the Safety Council’s mission to **“*Make Safety a Way of Life.*”**

Our intention in shaping these pages was simple: to create a magazine that feels welcoming, practical, and grounded in the values that guide our work.

Inside, you’ll find safety tips you can apply every day, an overview of how the Council came into being, and contributions from our corporate members who stand alongside us in advancing this mission. Each feature offers a reminder of the choices—big and small—that help protect our homes, workplaces, and communities.

As the year draws to a close and a new one begins, we hope this magazine inspires reflection and gratitude, reminding us of what matters most: our families, our communities, our health, and the responsibility we share to look out for one another. May these pages encourage you to carry that spirit into the New Year.

We extend our heartfelt thanks to everyone who contributed, supported, and believed in this vision. Your voices and commitment brought this first issue to life. May each page inspire action and care in your daily life.

Thank you for being part of this community and for continuing to champion a culture of care and safety.

Here’s to a safe and joyful holiday season—and to many more editions ahead.

Warmest holiday wishes,

Mrs. Cyntra Guinness-Dabie, Head Editor.

Ms. Che Hernandez, Creative Editor.

GREETINGS FROM THE PRESIDENT

As we come to the end of the year and prepare to welcome in 2026 with new found faith and hope, I am honoured to address our esteemed members, corporate partners, friends of the Council and members of the safety fraternity, through this special edition of our magazine, for the first time. Two months ago, a new executive was appointed with me as president to lead the SCTT for the 2025-2027 term. This development not only marks a transition in leadership but ushers in a renewed commitment to our mission to foster a culture of safety across every environment – whether at home, in our schools, in the workplaces (inclusive of agriculture), on our roads or in events and entertainment venues. My executive and I wish to record our sincerest gratitude to the immediate past executive and those before, for their contributions to the SCTT.

We are energized by the responsibility entrusted to us and are deeply aware of the challenges and opportunities ahead. In keeping with our mandate in Section 3 of the Safety Council of Trinidad and Tobago (Incorporation) Act, 1999 our vision is clear: to transform SCTT into a nationally respected authority on safety, health, and organizational excellence, while building sustainable partnerships that influence legislation, policy, standards and practice at national, regional and international levels.

In the upcoming weeks and months, we will be strengthening our foundation by focusing on Governance and Transparency; Member (Individual and Corporate) Engagement; Advocacy and Partnership; and Innovation and Excellence.

To all of our members – Corporate and Individual – we extend our gratitude for your kind participation in our various activities and will work towards reinforcing our bonds.

During this festive season, I wish each of you moments of joy and peace. Let us take responsibility to prevent accidents to ourselves, our families and others. May the New Year bring renewed purpose, continued safety, and prosperity to you, your families, and our wider community. Let us move into 2026 with the same passion and commitment that defines our Council—ensuring that safety is not just a responsibility but a shared value that touches every aspect of our lives.

Junior Peters
SAFETY COUNCIL PRESIDENT, 2025-2027



INTRODUCTION OF THE EXECUTIVE COMMITTEE

PRESIDENT

MR. JUNIOR PETERS

VICE PRESIDENT

MS. PAMELLON RAPHAEL

SECRETARY

MRS. HAZEL MOHAN – GEORGE

ASST. SECRETARY

MR. TREVON ARNOLD

TREASURER

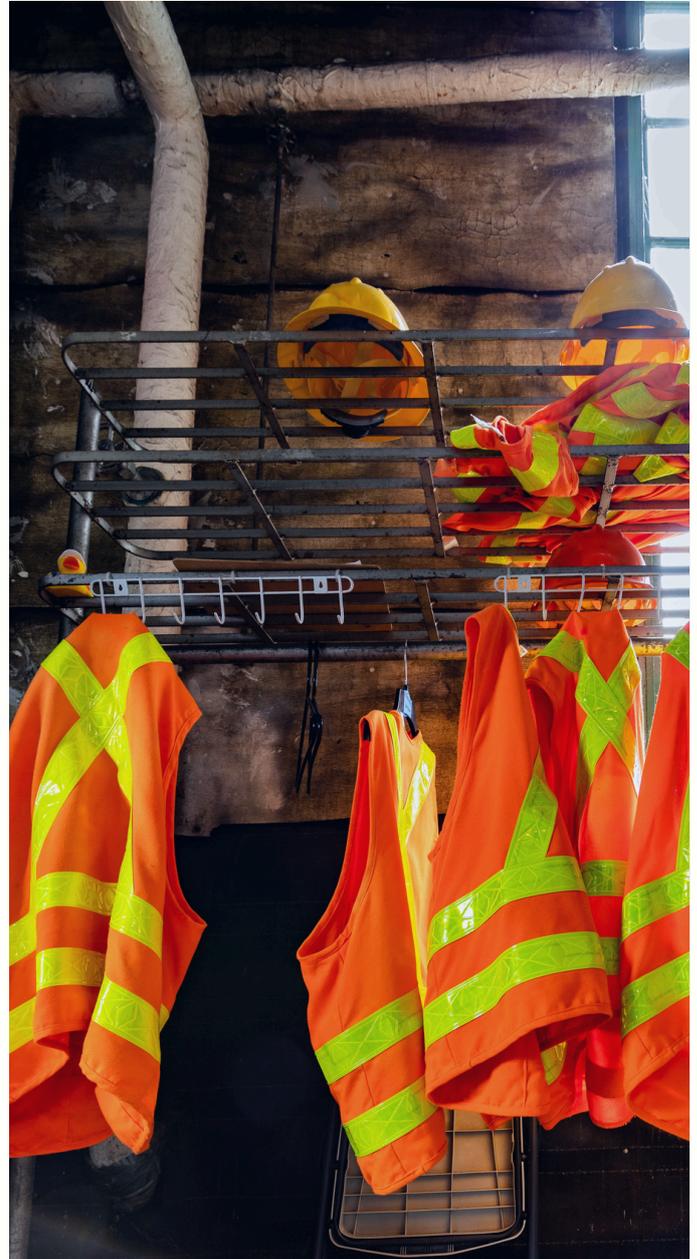
MR. SIMON CADETTE

ASST. TREASURER

MRS. CYNTRA GUNNESS-DABIE

PUBLIC RELATIONS OFFICER

MS. JENNIFER HENRY



COMMITTEE MEMBERS

MS. SELINA BROWNE

MRS. MARJORIE STEPHEN-SMITH

MR. DAVY MAHARAJ

MR. MICHAEL VIECHWEG



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ADDRESS FROM THE IMMEDIATE PAST PRESIDENT



As I reflect on my term as President, I am filled with deep gratitude for the privilege of serving this remarkable organization. Over the years, we have navigated change, strengthened our commitments, and continued to build a culture rooted in collaboration, safety, and resilience. None of our achievements were possible without the unwavering dedication of our members, partners, and corporate supporters who consistently show up—not only for the organization, but for the communities we impact every day.

Leading this association has been one of the most meaningful experiences of my professional journey. I have witnessed firsthand the power of unity: individuals and organizations working together to elevate standards, champion safety, and create opportunities for growth across industries. The progress we've made is a testament to your passion, expertise, and belief in our shared mission.

As I pass the leadership baton to the new President, I do so with full confidence in the vision, integrity, and purpose that will guide the year ahead. I look forward to supporting the continued evolution of this association and celebrating the milestones yet to come. Thank you for trusting me, challenging me, and walking alongside me in service. It has been an honor.

Pamelon Raphael

ELECTRICAL SAFETY AT HOME & WORK: PROTECTING WHAT MATTERS MOST



BY MRS. CYNTRA GUNNESS-DABIE



Electricity powers our homes, offices, and daily lives—but it also demands respect. Every year, countless accidents occur due to electrical hazards, leading to injury, electrocution, or even devastating property damage. Faulty wiring, overloaded outlets, or improperly maintained appliances can turn a routine day into a life-threatening situation. The good news? Most electrical accidents are entirely preventable with vigilance and care.

Here's how you can keep your home and workplace safe:

Inspect and Maintain:

- Check cords, cables, and wiring for frays, breaks, or exposed wires.
- Examine outlets, switches, and plugs for damage or loose connections.
- Ensure all appliances and electronic devices are in good working condition.

Smart Usage:

- Avoid overloading outlets and extension cords.
- Only use appliances and tools designed for the environment, wet areas demand ground-fault circuit interrupter (GFCI) protection.
- Unplug countertop appliances when not in use to prevent overheating.

Proper Placement:

- Keep cords away from high-traffic areas or heat sources.
- Ensure electronic devices have adequate airflow to prevent overheating.
- Protect live parts of appliances and equipment with proper guards.

Professional Help:

- Never attempt makeshift repairs. Only trained electricians should repair or replace defective electrical installations or appliances.
- Dispose of equipment that cannot be safely repaired.
- **Everyday Habits Matter:**
- Avoid using electrical tools or appliances with wet hands.
- Keep lighting fixtures clean and use the correct wattage bulbs.
- Make sure all devices are UL-certified or approved by recognized safety laboratories.

By staying vigilant and following these practices, we can significantly reduce the risk of electrical accidents at home and work. Safety isn't just about preventing hazards—it's about protecting our families, our colleagues, and the spaces we care about most.



"ELECTRICITY IS A FRIEND WHEN RESPECTED, A DANGER WHEN IGNORED. SAFETY IS THE SWITCH THAT KEEPS IT A FRIEND." - THE SAFETY COUNCIL OF TRINIDAD AND TOBAGO



SEVEN SEAS WATER GROUP

Water-as-a-Service®

About Seven Seas Water Group

Seven Seas Water Group is a multinational developer, focused on owning and operating decentralized water and wastewater treatment plants and businesses.

Our team has extensive experience in the global water sector, pioneering the Water-as-a-Service® approach, which we believe is superior to traditional equipment sales, engineering, procurement, construction (EPC), and outsourced operations and maintenance (O&M) business models, because our goals are fully aligned with the goals of our customers.

Headquartered in Tampa and Houston, with operations across the U.S., Caribbean, and Latin America, Seven Seas delivers water and wastewater treatment solutions to governmental, municipal, industrial, and hospitality customers and owns more than 200 water and wastewater treatment plants. The Seven Seas Water-as-a-Service® model has been successfully deployed for over 20 years, demonstrating our leading capabilities with project execution, financing, risk management, and operations. In addition to building new plants, the company is actively acquiring existing water and wastewater treatment plant operations.

In 2018, Seven Seas acquired Houston-based AUC Group, a leading provider of decentralized water and wastewater treatment plants throughout the U.S., with over 2,000 installations since 1970.

Today, Seven Seas is a portfolio company of EQT, a purpose-driven global investment organization that partners with companies worldwide through its Private Capital and Real Assets strategies, supporting them in achieving sustainable growth, operational excellence, and market leadership.



THE CHRISTMAS GIFT OF GOOD HEALTH

BY DR. JOEL DAVID TEELUCKSINGH

*Consultant in Internal Medicine, Endocrinology and Diabetes
Lecturer in Adult Medicine, Faculty of Medical Sciences,
The University of the West Indies*

The holiday season is upon us—a swirl of lights, laughter, parang, and irresistible aromas drifting from kitchens. Christmas in Trinidad and Tobago is a national sport, a culinary marathon, and a celebration of joy. However, amid the feasting, the frenzy, and the frantic shopping, it is worth remembering a simple truth: Christmas is not only about being merry—it is about being well in body, mind, and spirit.

Our Christmas table is deeply cultural: baked turkey, glazed ham, pastelles, macaroni pie engineered for maximum cheesiness, and desserts so rich they should come with a warning label. The average person gains one to two pounds over the holiday season—and unlike ham, these pounds do not magically disappear in January. They linger quietly... stubbornly... well into Easter.

Mindful eating does not mean deprivation; it means awareness.

- Enjoy everything, but in smaller portions.
- Do not starve all day “to make room” for the big meal—this guarantees overeating.
- Create physical distance after meals; move to another room.
- Eat slowly. Savour. Celebrate. Taste your Christmas—don’t inhale it.

Decorate your table with colour: vegetables, beans, fresh salads, and provisions. Hydrate with water or citrus-infused sparkling water instead of sugary drinks. And remember—alcohol is full of calories and has a remarkable ability to convince you that a second plate is a great idea.

While Christmas is often portrayed as a season of joy, for many, it can also bring pressure, loneliness, grief, or exhaustion. The season demands energy, finances, emotional bandwidth, and time.

Do not sacrifice your peace on the altar of social expectations.

- Protect your sleep
- Create boundaries
- Choose presence over perfection
- Let go of grudges—free yourself for the new year

For those living with depression, anxiety, trauma, or burnout: you are not alone, and help is available.

Reaching out is a brave and meaningful act.

December also sees a spike in accidents—on roads, in kitchens, around alcohol, and especially involving children.

- Plan transportation and choose a designated driver
- Supervise children around fire, hot liquids, and pools
- Choose age-appropriate toys
- Stay vigilant, distraction is the enemy of safety

With all the food and festivities, movement becomes essential. Physical activity boosts mood, aids digestion, improves sleep, and supports long-term health. It doesn't need to be structured:

- Walk with family
- Dance to parang or carols
- Play games in the yard
- Stretch in the morning

Research shows that gratitude improves sleep, lowers stress, and enhances overall happiness. Before opening presents or carving the ham, pause at the table. Look around at the faces—some familiar, some new, some dearly missed. Invite each person to share one thing they are grateful for. Gratitude transforms a meal into a moment and reminds us that the greatest gifts are often invisible.

As we enter 2026, may we do so with grateful hearts, helping hands, and a renewed commitment to health.

The tinsel fades.
The food finishes.
The tree comes down.

But the hope, kindness, and humanity we share—that is the real Christmas, and it lasts forever.



ROAD SENSE: STAYING SAFE ON TRINIDAD AND TOBAGO'S ROADS

BY MICHAEL VIECHWEG, MEMBER OF SCTT SINCE 1994



OBJECTIVES

To raise road safety awareness and to highlight the causes and consequences of motor vehicle accidents
Motor vehicle accidents are one of the leading causes of injuries and deaths in Trinidad and Tobago. This is as a result of vehicle drivers, motor-cyclists, bi-cyclists, and pedestrians not having the right attitude towards road safety.

LEGISLATION

- The Motor Vehicle and Road Traffic Act Chapter 48:50
- The Breathalyzer Law 2009
- The Motor Vehicle and Road Traffic (Mobile Devices) Regulations, 2010
- Motor Vehicle and Road Traffic Regulation 48:50 Offence in Brief
- Pedestrian-Priority Zebra Crossings (Road Safety Procedure)

CAUSES OF MOTOR VEHICLE ACCIDENTS

- Motor vehicle accidents result from a number of causes.
- Major Causes:-
- Driving under the influence of alcohol and drugs
- Speeding/Driving too fast for conditions
- Not using seat belts
- Unsafe practices by pedestrians crossing roads
- Other causes:-
- Distracted driving
- Physical and mental conditions
- Weather conditions
- Light conditions
- Road conditions and pedestrian infrastructure
- Lack of awareness of defensive driving techniques
- Disobeying traffic laws
- Vehicle condition

"SAFE ROADS BEGIN WITH RESPONSIBLE CHOICES—EVERY SPEED CHECKED, EVERY SEAT BELT FASTENED, EVERY DISTRACTION IGNORED CAN SAVE A LIFE."

— THE SAFETY COUNCIL OF TRINIDAD AND TOBAGO



CONSEQUENCES OF VEHICLE ACCIDENTS

- A driver found over the prescribed limit (Breathalyzer Law) can be arrested without warrant and face varying fines and/or imprisonment, or disqualification from driving:-
- A fine of \$24, 000 or 3 years imprisonment for the first conviction.
- A fine of \$45, 000 or 5 years imprisonment and driving suspension for 3 years for a second conviction (The driver should attend Alcohol Anonymous, Arrive Alive, or a like programme due to the seriousness of the offence).
- Licence revocation for a third conviction.
- Speeding or driving too fast for road conditions can result in crashes and cause serious or disabling injuries or death to drivers, passengers, or pedestrians, damage to property, and prosecution.
- Not wearing seat belt can contribute to serious or disabling injuries or death, and prosecution.
- Talking and texting on cell phones, and distracted driving can contribute vehicular accidents and prosecution.

SUMMARY

Driving or cycling under the influence of alcohol or drugs, speeding, and using a cell phone while driving are the most prevalent unsafe driving practices on the roads. Drivers and passengers not using seat belt, and pedestrians crossing roads in an unsafe manner are also a major road safety concerns.

Many vehicle crashes were as a result of excessive speed and/or driving under the influence, with some times drivers blaming it on “a bad drive” or “lost control”. In many cases people die or sustain disabling injuries, or injuries which they may have to live with for the rest of their lives. Drivers talking and texting on cell phones while driving have now become a common practice. While it is difficult to show how many vehicle accidents are caused by using cell phones while driving, using them do increase the risk of an accident occurring as it disrupts the driver’s attention to the visual environment (“inattention blindness”). Many persons have died from being thrown out of a vehicle on impact, or injured because of not using seat belts. Pedestrians have been killed or were seriously injured through not adhering to pedestrian safety rules in crossing roads.



FOCUS ON OUR CORPORATE MEMBER: **UNIVERSITY OF SOUTHERN CARIBBEAN**

As an institution shaping future leaders, The University of Southern Caribbean emphasizes the importance of safety, awareness, and responsible practices across campus life. Their dedication to student and staff well-being aligns perfectly with the Council's goals.





THE MAKING OF ACT NO. 28 OF 1999 – HOW THE COUNCIL CAME INTO BEING

BY HONORARY MEMBER K.A. NOEL

The Safety Council of Trinidad and Tobago was established in 1986 as the National Safety Council of Trinidad and Tobago and was modelled after the National Safety Council of the USA.

The Council became incorporated by Parliament under Act No. 28 of 1999 as a non-profit non-governmental organisation (NGO) for the promotion of all aspects of health, safety, and environmental protection in Trinidad and Tobago.

Our Executive Committee at that time was led by President Hanif Mohammed and was advised by the then Minister of Works, Sadiq Baksh, on the process of incorporation under an Act of Parliament. The Council's petition submitted to the Parliament by Minister Baksh comprised a completed application form along with the following documents:

- Copy of the Council's Constitution and Articles of Association.
- Copy of membership listing, including names of the Executive Committee.
- Audited financial statements for the past three years.
- Bank account/name of bank and authorized signatories.
- History of the group.
- Projects completed to date.
- Projects and plans for the following year.

Our sponsor, the Hon. Sadiq Baksh, presented the Council's case on a Members' Day at a sitting of the Upper House. The Bill for Establishing the Council was taken before both Houses of Parliament by Senator Baksh.

During that process, the Council appeared before a Parliamentary Joint Select Committee, which comprised Senator Carolyn Bachan, Senator Professor Dr. Julian Kenny, Senator Dr. Eastlyn Mc. Kenzi, and Minister Sadiq Baksh. Representing the Council at that sitting were our President Mohammed, and members Dr. Joan Bernadine, Veronica Campbelle, Kenneth Noel, Laurence Solomon, and Marjorie Stephens-Smith.

In the late 1990s, the Council was seeking membership in the group of professional organizations associated with the Professional Centre. The members of the Professional Centre all had legal standing, so the Council sought national recognition and thus pursued registration under the auspices of the Parliament of Trinidad and Tobago. It is noted that the Safety Council is not a limited liability company governed by the Companies Act. However, like other bodies incorporated by an Act of Parliament, it falls within the jurisdiction of the Registrar General of Trinidad and Tobago.

The Parliamentary Joint Select Committee had no objections to the Council's registration as an NGO under an Act of Parliament; however, those sitting MPs expressed their concern with our use of the word "National" and reminded us, as well, to include Tobago in our proposed activities. Professor Julian Kenny suggested the name change to "The Safety Council of Trinidad and Tobago". The Council was therefore renamed and incorporated by the Parliament of Trinidad and Tobago, under Act No. 28 of 1999 as a non-profit NGO with the vision to be the leading, non-governmental, privately supported, public service organization for the promotion of all aspects of health, safety and environmental protection in Trinidad and Tobago.

Pioneering Sustainable Waste Solutions

Who We Are

The Trinidad and Tobago Solid Waste Management Company Limited (SWMCOL), established in 1980, is the nation's leading authority for solid waste management and environmental protection. As a state-owned enterprise, SWMCOL plays a vital role in modern landfill operations, recycling initiatives, and the country's transition toward a circular economy. Guided by a commitment to innovation, sustainability, and national development, SWMCOL delivers integrated waste solutions while promoting a culture of environmental responsibility across Trinidad and Tobago.

What We Do

Waste Management & Disposal

National landfill operations, solid and hazardous waste systems, and collection of domestic, commercial, and industrial waste.

Recycling & Resource Recovery

Paper, plastics, beverage containers, metals, and glass recovery programmes supporting nationwide sustainability.

Specialised & Sanitation Services

Industrial waste handling, liquid and faecal waste services, and portable toilet and sanitation rentals.

Safe Disposal of E-Waste



Electronic waste (e-waste) includes devices such as computers, phones, TVs, printers, batteries, and small household electronics. These items must not be placed in household garbage and are prohibited from landfill disposal due to their hazardous components.

Why Proper E-Waste Disposal Matters

- Prevents toxic leakage into soil and water systems.
- Reduces air pollution from unsafe burning.
- Protects wildlife and ecosystems
- Supports recovery of valuable, reusable materials.

How to Dispose of E-Waste Responsibly

For Households

- Use authorized drop-off points for electronic items and batteries.
- Participate in community or regional collection drives.
- Do not dismantle devices at home.

For Businesses & Institutions

- Keep e-waste separate from other waste streams.
- Work exclusively with approved waste service providers.
- Schedule proper collection and recycling through licensed handlers.

Managing e-waste responsibly protects public health and helps build a cleaner, more sustainable Trinidad & Tobago.

IMPORTANT NOTICE

To all waste haulers entering the landfill sites: In the course of its duty as manager of the nation's three (3) landfills at Beetham, Guanapo, and Forres Park, SWMCOL wishes to remind waste generators and haulers that the collection and disposal of the following types of waste must be declared prior to entry to the landfill:

- | | | |
|--|---|---|
| <ul style="list-style-type: none"> • Asbestos Material (Treated) • Bulky Waste (Appliances/Machinery) • Chicken Offal • Commercial Process Wastes • Cooling Tower Material-Dried Sludge • Cooling Tower Material-Fill/Wood • Defective Commercial Materials • Demolition Wastes (Wood/Galvanize) • Derelict Vehicles • Drilling Mud/Sludge | <ul style="list-style-type: none"> • Drilling Pipe Protectors • Expired Pharmaceuticals • Filter Materials/Inert Catalyst • Hatchery Waste • Incinerator Ash • Industrial Liquids Waste • Industrial Residual Waste • Insulation Materials/Fiberglass • Liquid Food Waste • Melamine Slurry/Treated | <ul style="list-style-type: none"> • Obsolete Film Materials (Plastic Film) • Paper Plant Sludge/Slurry • Pre-treated Spent Chemical Containers • Spent Compressed Gas Cylinders • Spoilt Food Items • Treated & Solidified Wastes • Treated Contaminated Soil • Treated Industrial Resin/Sieve • Treated Lead Contaminated Soil |
|--|---|---|

NOTE : These waste types are NOT accepted at the landfills: •eWaste •Lead Batteries •Fluorescent Bulbs

The public is reminded that these **SPECIAL WASTE DISPOSAL** guidelines are in place to **safeguard against environmental pollution and any risk to human health as a result of the presence of these wastes.**

CONTACT US

Head Office: #34 Independence Square North, Port of Spain 100208, Trinidad, W.I. | **Phone:** (868) 625-6678/79/80
Tobago: Seereeram Bros. Compound, Milford Road, Canaan, Tobago, W.I. | **Phone:** (868) 625-6678/79/80

Visit SWMCOL.CO.TT for more |   

MEMBERS PERSPECTIVE:

MARJORIE STEPHENS- SMITH

- **A MEMBER OF THE SAFETY COUNCIL OF T & T SINCE 1986**
- **A MEMBER OF AMCHAM TRINIDAD**
- **HSSE ACTIVIST**

I had the honour and privilege of joining as a member of the Safety Council of Trinidad and Tobago, in 1986.

I am pleased at the strides made locally in HSSE awareness since the passage of the OSH Act in 2004, and the E.M.A. Act in 2000. I remember when most people thought that HSSE meant wearing PPE, now, they can more readily appreciate that it means caring for life. It means protection against, and prevention of hazards, and preservation of life in all its forms - The three P's!

My wish is that companies, not only in Trinidad and Tobago but throughout the world adopt International Best Practice in HSSE, and comply with all legal requirements.



I will never stop urging the adoption of an integrated system to manage HSSE, and specific programs to deal with individual HSSE issues.

I encourage all readers to seriously consider joining the Safety Council, an NGO incorporated by the TT Parliament (Act No. 28 of 1999) with a vision to be the leading organization for the promotion of all aspects of H.S.E.

I also encourage young people, concerned about global warming and climate change, to get involved in HSSE awareness and activism, mindful that our future depends on how well we manage People, Product, Process, and Planet.

3
YEARS
NOT OUT

Three Years of Zero Loss Time Injury

Celebration of 3 years No Loss Time Injury

The West Indian Tobacco Company Limited celebrated three years of no Loss Time Injury in March 2025. As an integral part of managing the business, managers at all levels are accountable for securing workplace health and safety with strong leadership and credibility. Safety is deeply embedded into the fabric of our leadership—our Board of Directors and executive team actively champion a culture where safety is a strategic priority, not just a compliance measure.



Three Years
No LTI
Celebration



Finalist:
AMCHAM National
Excellence in HSE
Awards 2025

Embodiment of a Strong Safety Culture

Here are some 2025 initiatives that support the Strong Safety Culture at WITCO

- **PULSAR** - Behaviour Based Safety Observation system to identify unsafe acts and conditions in the workplace. This is conducted by employees
- **Safety in Performance Metrics** - Inclusion of 0 Accidents/LTIs in our KPIs
- **Gemba Walk (Site Inspections)**- Conducted Monthly by the Management Team
- **Robust Health and Safety Training Schedule** – For employees and Contractors.
- **Safety Protocols** – EHS Induction, Incident/Accident Reporting, Emergency Response Procedures
- **Integrated Work System** – Active Safety Committee and EHS Pillar. The EHS Pillar's Vision is to achieve zero loss by providing defect free working environment.
- **Safety Week** – Annual Celebration and communication to employees around the theme on the World Day for Safety and Health at Work.

EVERYDAY SAFETY: SIMPLE HABITS TO PROTECT YOUR HOME, WORK, AND FAMILY

BY MRS. CYNTRA GUNNESS-DABIE



Safety isn't just a set of rules—it's a mindset, a way of approaching everyday life with care and awareness. From the home to the workplace, the garden to the garage, small precautions can prevent accidents, injuries, or even fatalities.

At Home:

- Always check new gas cylinders for leaks using a soap-and-water test, and never store them in closed cupboards.
- Keep curtains, blinds, and any flammable materials away from outlets and plugs.
- Never touch appliances like fridges with wet hands, and avoid running extension cords under carpets or rugs.
- Regularly check fire extinguishers and smoke detector batteries—replace them at least once a year.
- Treat burns immediately: minor burns with cold water and a clean dressing, and seek medical attention for serious burns.

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In the Garden and Workshop:

- When using string trimmers or grinding tools, always wear protective eyewear and face shields.
- Spraying crops or chemicals? A respirator, gloves, and proper clothing are essential.
- Practice safe manual handling: store heavy items at waist level to avoid back injuries.

Protecting Children:

- Teach children never to play with matches and keep them out of reach.
- Check toys for small detachable parts that may pose choking hazards.
- Keep children away from construction sites or other unsafe areas.

"SAFETY IS A HABIT, NOT AN AFTERTHOUGHT—PROTECT YOUR HOME, YOUR HEALTH, AND YOUR LOVED ONES EVERY SINGLE DAY."

— THE SAFETY COUNCIL OF TRINIDAD AND TOBAGO



Outdoors and Seasonal Safety:

- Sunburn affects all skin types—use proper sun protection.
- If storms approach, move away from riverbanks, coastlines, and low-lying areas.
- Learning to swim can save lives—for you and those you love.

Safety is not just about rules; it's about habits, awareness, and protecting what matters most. By taking small, consistent steps, we can prevent accidents and create a safer environment for ourselves, our families, and our communities.





FOCUS ON OUR CORPORATE MEMBER:
SAFE TEC

Safe Tech leads by example in the field of occupational safety and risk management. Through innovative solutions, training, and advocacy, they play a critical role in advancing a culture of safety both in the workplace and beyond.



Make Safety A Way Of Life.

The Safety Council of Trinidad and Tobago

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