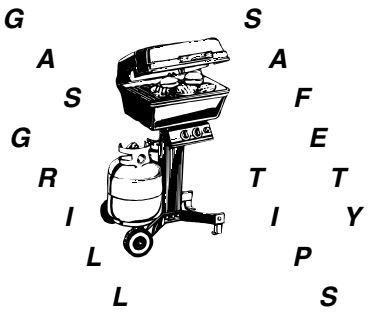
CONSTRUCTION LABOR SERVICES, INC

THE

CONNECTION

APRIL 2003



There's nothing like the smell of a summertime barbecue. However, this fun ritual turns to tragedy each year for approximately 30 people who are injured as a result of gas grill fires or explosions. Remember these tips to keep you safe from gas grill hazards:

Check the tubes that lead into the burner for any blockage from insects, spiders, or food grease. Use a pipe cleaner or wire to clean tubes and push blockages through the main part of the burner.

Check grill hoses for cracks, brittleness, holes, and leaks. Make sure there are no sharp bends in the hose or tubing.

Move gas hoses as far away as possible from hot surfaces and dripping grease. If you can't move the hoses, install a heat shield to protect them.

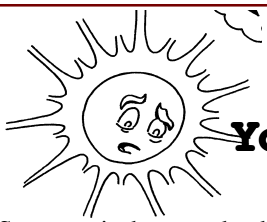
If you detect a leak, immediately turn off the gas. Do not attempt to light the grill until the leak has been fixed buy a trained and authorized repairperson.

Keep lit cigarettes, matches, and open flames away from the grill.

Keep the grill at least 10 feet away from your house, your car, and any dry vegetation. Never use a grill indoors, in a garage, breezeway, carport, porch, or under any surface that can catch fire.

Keep propane gas tanks upright while transporting them. Never store a spare tank under or near a grill or indoors.

Always read and follow the manufacturer's directions.



You've Got To Save Your Own Skin

Summer is here and whether you blame skin cancer on depletion of the ozone layer, or you just remember that long-time outdoor people have tough, wrinkled faces, the fact is this: Saving your own skin is up to you.

The threat to skin from ultraviolet (UV) rays of the sun has always been with us, but it's more serious now that more UV rays are reaching the earth. At best, these rays affect collagen that gives strength to the skin and the fibers that give it flexibility, according to dermatologist at Jefferson Medical College in Philadelphia.

Under a microscope, skin layers look frayed instead of linear and are clumped as well, which is what gives skin a leathery, wrinkled look. More serious than wrinkles is the increasing rate of skin cancer throughout the world. With long exposure, ultraviolet rays damage cell membranes and DNA, increasing the risk of skin cancer. Both types of ultraviolet rays, UVA and UVB, are harmful to the skin.

What do you do about exposure? Protect your skin with a sunscreen which shields against both UVA and UVB. It's important to be protected throughout the day, but especially between the hours of 10 a.m. and 3 p.m. when the rays are at their strongest. And you should be protected every time you are outdoors, not just when you go to the beach or take part in outdoor recreation.

Chemicals in sunscreen have to be absorbed by the skin before they can work. Apply a sunscreen at least 30 minutes before you go outside. If you swim or perspire, apply again during the day.

Here's another factor to consider: The higher above sea level you are, the more dangerous radiation is. It has less atmosphere to block it out. That means if you live at a high altitude, sunscreen is even more important to you.

What does good housekeeping mean to you? But on a construction site, it's a matter of arranging the tools and materials you use in the safest possible way.

Most poor housekeeping accidents aren't dramatic. They involve tripping or stumbling over things that aren't where they're supposed to be, stepping on sharp objects, slipping on a puddle of oil or water, or using a tool that has not been properly maintained.

Good housekeeping here is a matter of separating scrap from usable material and storing it in scrap piles out of the work area. Rags, scrap paper, old rope, and dust are fire and accident hazards. Tools stored in their proper place not only look better, they are easier to find. How many of you have cut your hand while fishing through a toolbox full of sharp objects for the screwdriver in the bottom?

Keeping a safe, orderly site not only protects you, it makes you feel better about your job. It's a boost to your morale to know you're not walking into a mine field every morning. And it makes a big impression on anyone who is interested in the quality of your work-like your boss.

WHEN LIGHTNING STRIKES

Most people don't worry very much about being struck by lightning, but the fact is that lightning causes more deaths and injuries than almost any other weather phenomena, including tornadoes and hurricanes. Certain types of jobs, such as outdoor construction and heavy equipment operation, create more risk than others. Another factor is worker's proximity to items that attract lightning. Anyone working outdoors, near metal objects and fences, on construction sites using heavy equipment, or near large bodies of water, is particularly vulnerable.

But it's not just outdoor workers who need to be concerned. People working indoors where they might be on the telephone or in contact with electrical equipment or near metal plumbing are also at risk. Be aware that lightning comes indoors through solid wires, and anything that conducts electricity can bring it directly to you. Here are some recommendations to protect yourself from lightning strikes:

Take note of the weather. Listen to weather forecasts. Be wary of dark clouds building up at a distance. Contrary to popular opinion, it doesn't even have to be raining for there to be a danger from lighning. In fact, workers may be in the greatest danger when clouds are first threatening or moving away. The majority of people are struck by lightning either at the very beginning or at the end of as storm, not at its height. It's the first bolt of lightning that often gets to people, before they're even paying attention to an approaching storm. Furthermore, lightning can arise from the sides or top of a storm as well as its center, so the danger area is larger that just the area where it's raining.

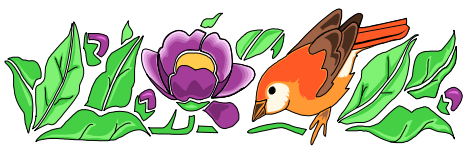
Take shelter immediately. Shelter should be sought as soon as you hear the first clap of thunder or see a flash of lightning. Go indoors or inside a vehicle with a hard top. To be safe, you must be under a roof and inside four enclosed walls-a carport or a house with open windows is still vulnerable. However an enclosed vehicle, such as a car or an airplane, is safe because it acts like a cage with the lightning moving around the outside of it while the individual is safe inside. Remain indoors or in the vehicle for five minutes after the last peal of thunder is heard.

If caught outdoors, keep a low profile. Crouch down, but don't lie down on the ground. Lightning spreads through the ground, so the less of your body in contact with it, the better. Stay away from open water, such as lakes, rivers, and the ocean, and avoid trees, especially tall, isolated ones in open areas. Don't touch metal equipment, such as construction vehicles or tools, and don't touch metallic paths, such as wire fences, pipes, rails, antennas, or anything else that could conduct electricity.

If indoors, get off the phone and stay away from plumbing. Stay off traditional telephones because lightning can be conducted through the wires. Portable phones are the safe alternative. Plumbing can also be a problem because lightning can come through metal pipes and water so avoid toilets, sinks, baths, and showers during a storm. Indoor workers using equipment that is *not* connected to electrical outlets should be safe, but equipment that's connected to electrical sources should be avoided unless your building is protected by lightning rods. These rods should be professionally installed.

Safety Now

We welcome your comments and suggestions about the Connection. To submit articles and/or topic ideas, please call: (269) 629-9708 or send to P.O. Box 460, Richland, Mi 49083. Also visit our website at: www.CLS-Skilledlabor.com



Two blonde guys were working on a house. The one who was nailing down siding would reach into his nail pouch, pull out a nail and either toss it over his shoulder or nail it in.

The other blonde figuring this was worth looking into asked, "Why are you throwing those nails away?"

The first blonde explained, "If I pull a nail out of my pouch and it's pointed toward me, I throw it away cause it's defective. If it's pointed toward the house then I nail it in."

The second blonde got very upset and yelled. "You jerk! The nails pointed toward you aren't defective! They're for the OTHER side of the house!!"

Don't Be Fooled By Covered Wires

Never assume that overhead electrical wires are insulated. Lines sometimes have a protective covering to help prevent power interruptions caused by tree contacts and from wind blowing them together.

That covering will not protect you from electrical shock. In fact, contact can cause serious injury or even death.

Stay away from overhead wires. Keep ladders and tools away from lines running to your home. Hire a professional to install antennas, and remind children never to climb utility poles, towers or trees with wires close by.