CONSTRUCTION LABOR SERVICES, INC

THE

CONNECTION

APRIL 2007

Stressed?

Alcohol's Not the Answer

"It helps me relax." Among the many reasons people may give for drinking too much, seeking stress relief has to be in the Top 10. Ironically, in laboratory tests, alcohol has been shown to trigger the release of stress hormones from the brain and pituitary and adrenal glands - the same reaction that might be brought on by money woes or marital problems.

Consider heathier ways to get stress under control:

- Open up to family and friends - studies show that people with social networks handle crisis better.
- Seek counsel from a clergy member or mental health professional.
- Give yourself some quiet time to relax, at least once a day.
- Go for walks during lunch, ideally with a friend - you'll sleep better at night.
- Eat a healthy diet to shore up your body's natural stress defenses.

Finally, if you're concerned about drinking, you may benefit from evaluation or treatment. Ask your family doctor, go to an Alcoholics Anonymous meeting, check the Yellow Pages under Alcoholism Information, or call you local substance abuse hotline. Help is always nearby.

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Avoid Demolition Hazards

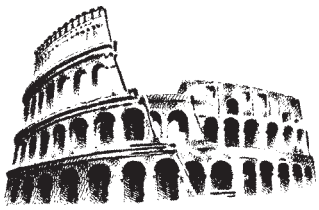
Demolition work involves many of the hazards associated with construction. However, demolition incurs additional hazards due to unknown factors such as: deviations from the structure's design introduced during construction, approved or unapproved modifications that altered the original design, materials hidden within structural members, and unknown strengths or weaknesses of construction materials. To counter these unknowns, all personnel involved in a demolition project must be fully aware of these types of hazards and the safety precautions to take to control the hazards.

Before the start of every demolition job, the demolition contractor should take a number of steps to safeguard the health and safety of workers at the job site. These preparatory operations involve the overall planning of the demolition job, including the methods to be used to bring the structure down, the equipment necessary to do the job, and the measures to be taken to perform the work safely. Planning for a demolition job is as important as actually doing the work. Therefore, all planning work should be performed by a competent person experienced in all phases of the demolition work to be performed.

If the structure to be demolished has been damaged by fire, flood, explosion, or some other cause, appropriate measures, including bracing and shoring of walls and floors, should be taken to protect workers and any adjacent structures. It should also be determined if any type of hazardous chemicals, gases, explosives, flammable material, or similar dangerous substances have been used or stored on the site. If the nature of a substance cannot be easily determined, samples should be taken and analyzed by a qualified person prior to demolition.

The different forms of construction used in a number of more or less conventional structures built during the last few decades will give rise to a variety of problems when the time comes for them to be demolished. Prestressed concrete structures fall in this general category. The most important aspect of demolishing a prestressed concrete structure takes place during the engineering survey. During the survey, a qualified person should determine if the structure to be demolished contains any prestressed members.

It is the responsibility of the demolition contractor to inform all workers on the demolition job site of the presence of prestressed concrete members within the structure. They should also instruct them in the safe work practice which must be followed to safely perform the demolition. Workers should be informed of the hazards of deviating from the prescribed procedures and the importance of following their supervisor's instruction.



Disaster Preparedness Practice Can Save Lives

Escape Routes You need to know at least two escape routes out of your area - just in case one route is cut off during an emergency. If you are working in another area of the building for part of a day, make sure you know where the exits are.

Escapes Procedures There are certain procedures that you must follow to escape a disaster swiftly and safely:

As soon as you hear the alarm, drop what you're doing and leave the building. This is an ironclad rule. Granted, in most situations the alarm will turn out to be a drill or a mistake, but you won't know that for certain until it's over. Assuming there is no real danger could lead to disaster.

Do not use the elevator. The power may be cut off and you could be trapped inside.

Move quickly, but don't run. You want to limit the possibility of tripping yourself or other people in your attempt to get out.

Stay calm. Alarms, sprinklers, emergency lighting, and fire doors are all in place and in operating condition to give you time to evacuate safely. Take a walk through your area and review where these systems are found.

If you're the last one out, close all doors behind you to limit the spread of danger.

Reporting procedures. If you're the first one to spot an emergency, take the following steps:

Pull the nearest fire alarm. Do not try to fight even a small fire or chemical spill yourself, and do not fight it with co-workers unless you have been trained. Even in the case of a seemingly controllable fire or chemical spill, you should pull the alarm and call for emergency response first.

If you can do so safely, call 911. If there is a chance that you could get cut off from your exit, get out of the building before calling 911. Once you have called, identity yourself and explain the type and the location of the disaster.

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

IT'S TICK SEASON AGAIN

We are entering tick season, and it is important to act now to protect yourself and your workers from tick bites and the diseases ticks can carry. Workers in occupations that involve outdoor activity or work, such as construction, landscaping, forestry, brush clearing, land surveying, railroad work, utility line work, and park/wildlife management may be at increased risk for Lyme disease. Individuals who live or work in residential areas surrounded by tick-infested woods or overgrown brush are also at risk for getting Lyme disease. Persons who work or play in their yard or participate in recreational activities away from home, such as hiking, camping, fishing, and hunting may also be at risk of getting Lyme disease.

Black-legged ticks (often called deer ticks) are responsible for transmitting Lyme disease bacteria to humans in the northeastern and north-central United States. On the Pacific Coast, the bacteria are transmitted to humans by the western black-legged tick. These ticks are much smaller than common dog and cattle ticks. In their larval and nymphal stages, they are no bigger than a pin head.

Several measures are recommended for personal protection:

Wear light colored clothing so that tick can be more easily seen and removed before attachment occurs.

Wear long-sleeved shirts and tuck pant legs into socks or boots to prevent ticks from reaching the skin.

Wear high boots or closed shoes that cover the entire foot.

Wear a hat.

Spray insect repellents on exposed skin, excluding the face.

Use permethrin on clothes to kill ticks on contact.

Shower, and wash and dry clothes at a high temperature after outdoor exposure.

Check the body carefully for ticks; once found, promptly remove them with tweezers.

Symptoms and Treatment

Symptoms of Lyme disease include a rash, joint aches, fatigue, and fever. Without treatment, serious health effects can result, including heart and nervous system disorders.

In order to spread disease, the tick must remain attached to the skin for 24 hours, so careful follow-up can help find ticks before they have a chance to transmit disease. If recognized early, Lyme disease can be easily treated with antibiotic medication.

Most cases of early Lyme disease can be successfully treated with commonly available antibiotics; therefore, early diagnosis and initiation of therapy are important to ensure the best treatment possible.

Hey Guys
How often must I explain-
-Only the tiny ticks are dangerous?!