



Southeast Pennsylvania Chapter



ABC's Core Attributes

- Value
- Quality
- Safety
- Training
- Experience

Want to learn more?
www.abcsepa.org

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CONSTRUCTION EMPLOYEE NEWSLETTER

Volume 6-10

ABC Members Got Dirty for MS

Running through bogs, climbing a 15 foot fence, scaling cargo nets and sliding down a 20 foot embankment into a pool of mud are only a few of the obstacles undertaken by Team ABC at the First Annual MS Mud Run Brandywine on June 12.

Participants slipped, slobbered and slid their way to a world free of multiple sclerosis.

Team ABC members include Team Captain Rachel Gillespie of Gillespie Electric, Inc., Larry Poli

of Specialty Environments Group, Inc., Scott Walker of Marjam Supply Company and Katherine Ng of Wu and Associates, Inc. The event raised more than \$200,000 for MS research.

Check out more pictures from the event on our Facebook Page.

Check out more pictures from this event on:



Associated Builders and Contractors
 Southeast Pennsylvania Chapter

Support MS Research – Join the MS 150 City to Shore Bike Team

Each year, more than 7,000 individuals hop on their bicycles and ride 150 miles from Cherry Hill to Ocean City, NJ and back in two days to raise money and awareness for multiple sclerosis. More than a dozen members of Team ABC raise thousands of dollars each year for this great cause.

If you would like to be a part of Team ABC, contact Team Captain Brian Nester of Nester Brothers, Inc.

Brian Nester, Team ABC Captain
brian@nesterbrothers.com
 (215) 679-2030

2010 – This may be the most important election year in history – don't miss these important dates!

With impending legislation that could affect our jobs, our healthcare and our taxes for decades to come, it is now more important than ever that we let our voice be heard! Be sure to register AND vote. Let your legislators know that they work for you!

October 4 – Last day to REGISTER before the November General Election

October 26 – Last day to apply for a civilian absentee ballot

November 2 – General Election Day



Heat Safety

Summertime Heat Safety – Stay Cool on the Jobsite

By: Billy Hurst, Safety Director, Worth & Company, Inc.

It's that time of year again when we have to worry about the heat and its affects. Working under hot and humid conditions, places a lot of stress on the body which can result in minor or life threatening illnesses. When your body is unable to cool itself through sweating, serious heat illnesses may occur. The most serious heat-induced illnesses are heat exhaustion and heat stroke. If actions are not taken to treat heat exhaustion, the illness could progress to heat stroke and possible death. Being aware of the various types of illnesses, symptoms and preventative steps will help you deal with the heat.

Heat Rash is a skin irritation caused by excessive sweating during hot, humid weather.

Symptoms of heat rash include:

- A red cluster of pimples or small blisters
- Mostly occurs on the neck and upper chest, in the groin, under the breasts and in elbow creases

First Aid for heat rash:

- Work in a cooler, less humid environment, if possible
- Keep the affected area dry
- Powder may be used to increase comfort

Heat Cramps usually affect workers who sweat a lot during strenuous activities.

Heat cramps may also be a symptom of heat exhaustion.

Symptoms of heat cramps include:

- Muscle pain or spasms usually in the abdomen, arms or legs

First Aid for heat cramps:

- Stop all activity and sit in a cool place.
- Drink clear juice or a sports beverage

Heat Syncope is a fainting episode or dizziness that usually occurs with prolonged standing or sudden rising from a sitting or lying position.

Symptoms of heat syncope include:

- Light headedness
- Dizziness
- Fainting

First Aid for heat syncope:

- Sit or lie down in a cool place when you begin to feel the symptoms
- Slowly drink water, clear juice or a sports beverage

Heat Exhaustion is the body's response to an excessive loss of the water and salt, usually through excessive sweating.

Symptoms of heat exhaustion include:

- Heavy sweating
- Extreme weakness or fatigue
- Dizziness or confusion
- Nausea
- Clammy, moist skin
- Pale or flushed complexion
- Muscle cramps
- Slightly elevated body temperature
- Fast and shallow breathing

First Aid for heat exhaustion:

- Rest in a cool shaded or air conditioned area
- Drink plenty of water or other cool, non-alcoholic beverages
- Take a cool shower, bath or sponge bath
- Loosen any tight clothing
- If the person does not feel better in a few minutes call 911
- Do not leave the person alone

Heat Stroke is the most serious heat related disorder. It occurs when the body becomes unable to control temperature. The body's temperature rises rapidly, the sweating mechanism fails and the body is unable to cool down. When heat stroke occurs the body temperature can rise to 106° or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if treatment is not given.

Symptoms of heat stroke include:

- Hot, dry skin (no sweating)
- Hallucinations
- Chills
- Throbbing headache
- High body temperature
- Confusion or dizziness
- Slurred speech

First Aid for heat stroke:

- Call 911 immediately
- Move the injured person to a cool shaded area
- Cool the person with water by spraying or soaking their clothes
- Remove any tight clothing
- If the person is conscious have them drink small amounts of water
- If ice is available, place ice packs under the arm pits and groin area
- Do not leave the person alone

Heat can also increase the risk of injuries in workers as it may result in sweaty palms, fogged-up safety glasses and dizziness. Burns may also occur as a result of contacting hot surfaces. Prevention of heat stress in workers is important. Employers should provide training to workers so they understand what heat stress is, how it affects their health and safety and how it can be prevented. If we all take the necessary precautions heat related injuries don't have to burn your summer. For more information, visit www.cdc.gov.