



Ohio Valley Construction Employers Council, Inc
21 Armory Drive, Wheeling, WV 26003
(304) 242-0520 (740) 282-3616 Fax: (304) 242-7261



2016 OSHA TRAININGS!

Project BEST Safety Consultant Ty Lollini of 1949 Consulting, LLC will be conducting the classes listed below for Project BEST contributors in WHEELING at the OVCEC safety training room located at 21 Armory Drive in Wheeling, WV and in STEUBENVILLE at 626 North 4th Street, (IBEW Hall) Steubenville, OH. Please note which location the classes are being held.

JULY 26-29: 30 Hour in **WHEELING**



PRE-REGISTRATION IS MANDATORY! CLASS SIZE IS LIMITED TO 20 PERSONS.

CONTACT LISA AT: (304) 214-9800 OR AT LISA@PROJECTBEST.COM.

Reminder: All safety training classes will be **FREE** to Project **BEST** Contributors.

**No shows who have made reservations
will be charged **\$25.00**.**

Even though OSHA has no expiration date on the 10 and 30 hour safety training cards, they might be considered by our customers as outdated, requiring you to obtain a new card. You are advised to check accordingly before you go to the work site.

Other Training Information: The 10-hour, 30-hour and specific type training classes can be provided by contacting the safety consultant and scheduled so long as (5) or more persons are scheduled for attendance and advance notice of one week is made with the instructor. Locations for training will be dependent upon availability and suitability of training space accommodations.

WHEELING, WV – FRONT PORCH RESTORATION – FORT HENRY BUILDING – PLANS ON COMPUTER IN PLAN ROOM – ON THE ON-LINE PLAN ROOM

BID DATE:	July 20, 2016 – 3:00 p.m.	BIDS TO:	McKinley & Associates
ARCHITECT:	*McKinley & Associates, Wheeling, WV	PRE-BID:	MANDATORY – 07/07/16 (3:00 p.m.)
PLANS RECEIVED:	07/06/16	ADDENDA:	#1, #2

CHARLESTON, WV – PUBLIC SERVICE COMMISSION HEADQUARTERS BUILDING TOILET RENOVATIONS

BID DATE:	July 21, 2016 – 1:30 p.m.	BIDS TO:	Department of Administration, State of WV
OWNER:	State of WV, Charleston, WV	PRE-BID:	MANDATORY - 06/16/16 (10:00 a.m.)
PLANS RECEIVED:	06/08/16		

WHEELING, WV – CITY OF WHEELING – MT. WOOD WATERLINE – ON THE ON-LINE PLAN ROOM

BID DATE:	July 27, 2016 – 2:00 p.m.	BIDS TO:	City of Wheeling, Wheeling, WV
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WHEELING, WV – CITY OF WHEELING – HILDRETH AVE. WATERLINE – ON THE ON-LINE PLAN ROOM

BID DATE:	July 27, 2016 – 2:00 p.m.	BIDS TO:	City of Wheeling, Wheeling, WV
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WHEELING, WV – CITY OF WHEELING – IDABELLE AVE. WATERLINE – ON THE ON-LINE PLAN ROOM

BID DATE:	July 27, 2016 – 2:00 p.m.	BIDS TO:	City of Wheeling, Wheeling, WV
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WHEELING, WV – CITY OF WHEELING – SOUTH ISLAND WATERLINE – ON THE ON-LINE PLAN ROOM

BID DATE:	July 27, 2016 – 2:00 p.m.	BIDS TO:	City of Wheeling, Wheeling, WV
ENGINEER:	Eng. Dept., City of Wheeling, Wheeling, WV	PRE-BID:	MANDATORY - 07/14/16 (10:00 a.m.)
PLANS RECEIVED:	06/27/16		

ST. CLAIRSVILLE, OH – BELMONT-HARRISON VOCATIONAL SCHOOL DISTRICT - INTERIOR RENOVATIONS – BELMONT-HARRISON CAREER CENTERS – COMM. 1116 - PLANS AVAILABLE IN STEUBENVILLE PLAN ROOM - PLANS ON COMPUTER IN PLAN ROOM – ON THE ON-LINE PLAN ROOM

BID DATE:	July 28, 2016 – 10:00 a.m.	BIDS TO:	Belmont-Harrison Vocational School District
ARCHITECT:	Shaeffer & Madama, Wheeling, WV	PRE-BID:	07/12/16 (10:00 a.m.)
PLANS RECEIVED:	06/30/16		

HUNTINGTON, WV – ALTERATIONS TO ROBERT C. BYRD INSTITUTE FOR FLEXIBLE MANUFACTURING – PHASE TWO – MARSHALL UNIVERSITY

BID DATE:	July 29, 2016 – 3:00 p.m.	BIDS TO:	Office of Purchasing, Huntington, WV
ARCHITECT:	Edward Tucker Arch., Huntington, WV		
PLANS RECEIVED:	07/12/16		

INSTITUTE, WV – WEST VIRGINIA STATE UNIVERSITY – RENOVATION OF F. RAY POWER BUILDING – DEMOLITION PACKAGE

BID DATE:	August 3, 2016 – 3:00 p.m.	BIDS TO:	West Virginia State University
ARCHITECT:	Edward Tucker Architects, Huntington, WV	PRE-BID:	MANDATORY – 07/22/16 (10:00 a.m.)
PLANS RECEIVED:	07/18/16		

KINGWOOD, WV – PRESTON COUNTY COURTHOUSE SIDEWALK & RAILING IMPROVEMENTS – PLANS ON CD AT FRONT DESK

BID DATE:	August 5, 2016 – 3:00 p.m.	BIDS TO:	Preston County Commission
ARCHITECT:	Alpha Associates, Inc., Morgantown, WV	PRE-BID:	TBD
PLANS RECEIVED:	07/15/16		

APPARENT LOW BIDDERS

BELMONT COUNTY, OH – EASTERN OHIO REGIONAL WASTEWATER AUTHORITY – BRIDGEPORT SEWAGE FORCE MAIN REPLACEMENT

APPARENT LOW:	Alex E. Paris Contracting Co., Inc., Atlasburg, PA	Fax:	724-947-3820
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BELMONT COUNTY, OH – EASTERN OHIO REGIONAL WASTEWATER AUTHORITY – INDIAN RUN SEWAGE FORCE MAIN REPLACEMENT

APPARENT LOW:	X-Press Underground, Inc., Petersburg, OH	Fax:	330-542-0342
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WAYNE, WV – WAYNE COUNTY COURTHOUSE PHASE 2 ROOF REPLACEMENT

No bids received, project will likely be re-bid, per Architect.

WHEELING, WV – OGLEBAY WILSON LODGE – RENOVATION FOR A NEW FITNESS CENTER – PROJECT #15162

APPARENT LOW:	Waller Corporation, Washington, PA	Fax:	724-223-9704
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WHEELING, WV – THE HEALTH PLAN NEW CORPORATE HEADQUARTERS BUILDING – PROJECT #15156

APPARENT LOW:	Colaiani Construction, Dillonvale, OH	Fax:	740-769-2069
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***Denotes Member OVCEC**

PROTECTING YOUR WORKERS FROM EXTREME HEAT

Every year, thousands of workers become sick from exposure to heat and some even die. Supervisors are in a unique position to prevent heat illness by providing workers with *water*, opportunity to *rest* and *shade*.

HEAT ILLNESS CAN BE DEADLY

When an employee works in a hot environment, the body must get rid of excess heat to maintain a stable internal temperature. If the body cannot get rid of excess heat, the body's core temperature rises and the heart rate increases. As the body continues to store heat, the worker begins to lose concentration, has difficulty focusing on a task, may become irritable or sick and often loses the desire to drink.

Who is at Risk?

- Employees exposed to hot and humid environments are at risk of heat-related illness.
- Workers exposed to direct sunlight may experience up to 15-degrees more heat exposure than the heat index indicates.
- Some workers might be at greater risk if they have not acclimatized or if they have certain health conditions. This includes new workers, temporary workers or those returning to work after a week or more off.

HEAT ACCLIMATIZATION IS KEY!

Know the Signs. Excessive exposure to heat can cause a range of heat-related illnesses. If you or a coworker has symptoms of a heat-related illness, tell your supervisor right away.

Heat Rash	Skin irritation	<ul style="list-style-type: none"> • Keep the affected area dry • Have the employee work in a cooler, less humid environment
Heat Cramps	Muscle cramps, pain or spasms in the abdomen, arms or legs	<ul style="list-style-type: none"> • Drink water, clear juice or a sports beverage and rest in a shady, cool area • Wait a few hours before returning to work and seek medical attention if the cramps do not go away
Heat Exhaustion	Rapid heartbeat, headache, heavy sweating, nausea, dizziness, weakness, irritability, thirst and a slightly elevated body temperature	<ul style="list-style-type: none"> • Rest in a cool area, drink plenty of water/cool nonalcoholic beverages and cool the employee with cold compresses/ice packs • Seek medical attention if symptoms worsen or do not improve within 60 minutes
Heat Stroke	Confusion, fainting, seizures, high body temperature and excessive sweating	<ul style="list-style-type: none"> • Heat stroke is a medical emergency that may result in death! Call 911 immediately!



WATER. REST. SHADE.

The work can't get done without them.



Stay safe and healthy!

WATER. REST. SHADE. The work can't get done without them.

HEAT KILLS - GET HELP RIGHT AWAY!

Did You Know?

- In 2014 alone, 2,630 workers suffered from heat illness and 18 died from heat stroke and related causes on the job.
- Of the 84 heat-related deaths investigated by OSHA in 2013-2014, 17 of 23 died within the first three days on the job, an indication that employers may not be providing workers with enough time to acclimate to hotter weather.

HEAT-RELATED ILLNESS CAN BE PREVENTED

What can you do? With summer temperatures rising, now is the best time to prepare for working outdoors in excessive heat by following a few simple steps:

Employers

- Schedule heavy work during the coolest parts of the day
- Acclimatize workers to hot environments
- Create an Emergency Plan
- Train employees about heat illness recognition and prevention

Employees

- Wear a hat and light-colored, loose-fitting, breathable clothing
- Drink water frequently!
- Rest in the shade to cool down
- Learn the signs of heat illness and know what to do in an emergency

RESOURCES



- OSHA's **Heat Campaign** website available at www.osha.gov/heat
- Free downloadable Smartphone App called the **Heat Safety Tool**
- Free **safety and health advice** provided by the Illinois On-Site Safety and Health Consultation Program. Program information can be obtained by calling (800) 972-4216.

Pertinent worker safety information is also included on the:

- National Oceanic and Atmospheric Administration (NOAA) **Heat Watch** website;
- National Institutes of Health (NIH) **Heat Illness** page; and the
- National Institute for Occupational Safety and Health (NIOSH) **Heat Stress** page.

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 (513) 841-4114 FAX

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 Essex Place
 6393 Oak Tree Blvd., Suite 203
 Independence, Ohio 44131
 (216) 447-4194
 (216) 520-1624 FAX

Columbus Area Office
 200 North High St., Room 620
 Columbus, Ohio 43215
 (614) 469-5582
 (614) 469-6791 FAX

Toledo Area Office
 420 Madison Avenue, Suite 600
 Toledo, Ohio 43604
 (419) 259-7542
 (419) 259-6355 FAX



SAFETY FIRST.....

**THE SAFE WAY IS
THE BEST WAY**



WHAT IS A RISK ASSESSMENT?

Employers and those who control workplaces to any extent must identify the hazards in the workplaces under their control and assess the risks to safety and health at work presented by these hazards.

Employers must examine and write down these workplace risks and what to do about them. Ultimately, assessing risk means that anything in the workplace that could cause harm to your employees, other employees and other people (including customers, visitors and members of the public) must be carefully examined. This allows you to estimate the magnitude of risk and decide whether the risk is acceptable or whether more precautions need to be taken to prevent harm.

Employers are required to implement any improvements considered necessary by the risk assessment. The aim is to ensure that no one gets hurt or becomes ill.

However, it is important to remember that, in identifying hazards and assessing risks, employers should only consider those which are generated by work activities. There is no need to consider every minor hazard or risk that we accept as part of our lives.

The results of any Risk Assessments should be part of your site safety program.

WHAT IS THE DIFFERENCE BETWEEN A HAZARD AND A RISK?

A hazard, in general, refers to anything with the potential to cause harm in terms of human injury or ill-health, damage to property, damage to the environment or a combination of these, e.g. chemical substances, machinery or methods of work, whereas risk means the likelihood, great or small, that an undesired event will occur due to the realization of a hazard. Risk is dependent on the likelihood that a hazard may occur, together with the severity of the harm suffered/consequences. Risk is also dependent on the number of people who might be exposed to the hazard.

WHY IS IT IMPORTANT TO CARRY OUT A RISK ASSESSMENT?

The main aim is to make sure that no one gets hurt or becomes ill. Accidents and ill health can ruin lives, and can also affect business if output is lost, machinery is damaged, insurance costs increase, or if you receive an OSHA citation. Therefore, carrying out Risk Assessments will not in themselves prevent accidents and ill health but they will play a crucial part in reducing their likelihood.

July 19, 2016

Ty Lollini of 1949 Consulting, LLC
Project BEST Safety Consultant
(740)461-0004

It is imperative that all labor and management affiliates of Project BEST be aware of the importance of this weekly safety reminder page which serves as the vital communication link between the Project BEST Safety Committee and all contributing members, **especially those working in the field**. This safety reminder can be easily copied and distributed via each employer's internal mailing system such as a paycheck envelope or equivalent method. Your assistance in this matter is greatly appreciated. Thank you!