

- 2016 Mark Your Calendar
- Apprentice Enrollment
- Golf Flyer

2016 General Meeting Dates

Mark your Calendar!

June 9, 2016

Board Meeting Only

June 10, 2016

ACCWPA Golf Outing
Fort Cherry Golf Course

July & August, 2016

No Meetings

September 8, 2016

Camera Bartolotta
PA State Senator
46th district
What's happening in PA!!!
Hilton Garden Inn -
Southpointe

October 13, 2016

TBA

November 10, 2016

TBA

Practices these techniques – by Bud Price

Defensive Driving Tips

Motor vehicle accidents are the number one cause of accidental deaths in the United States. A person dies in a motor vehicle accident every 12 minutes. Someone is injured in a crash every 10 seconds, and that results in almost 2 million disabling injuries every year. Behind all these numbers are thousands of shattered lives—people who will never be the same again.

Avoid becoming a statistic by practicing these defensive driving techniques:

- Don't speed
- Follow traffic rules, signs, and signals
- Don't drive under the influence of alcohol or drugs or when you're too tired
- Stay at least 2 to 4 seconds behind the car in front and farther back in bad conditions
- Keep your eyes and attention on the road and other drivers - and keep your hands on the wheel
- Check rear and side view mirrors frequently for oncoming traffic
- Adjust your speed and driving to changing weather and traffic conditions
- Expect the unexpected, and watch for sudden movements such as cars pulling out of cross streets or parking places and bicycles, pedestrians, or animals darting out in front of you
- Yield to drivers who are determined to get there first
- Buckle up for safety

Resolve to Be Safe (Event + Response = Outcome)

Although studies show that many angry and aggressive drivers are young men, anyone can drive aggressively when in the wrong mood or when confronted with trying circumstances such as long traffic jams. And aggressive drivers are unsafe drivers who take unnecessary chances, cause accidents, and get others injured or killed.

Avoid becoming the victim of an aggressive driver by following these suggestions from the AAA Foundation for Traffic Safety:

- Don't offend other drivers by driving slowly in the left lane, cutting them off, tailgating, or making gestures that could be misunderstood or provoke a violent response
- Don't engage other drivers (If you're tempted to become angry, think about the kind of crash angry actions could cause)

*Give an angry driver plenty of room, avoid eye contact, and get help if you think the other driver is trying to start a fight

- Adjust your attitude (Allowing more time for your trip will help you feel more relaxed behind the wheel)

*Realize that the reasons for another driver's behavior probably have nothing to do with you

FIRST AID FOR CUTS AND SCRAPES

Minor cuts and scrapes are a common job hazard. Cut/Puncture resistant gloves and sleeves help prevent injuries, but if you get a cut or scrape on the job, follow these tips from the American Medical Association:

- Don't put your mouth over the wound or breathe on it—this just gives germs a chance to infect it
- Don't allow dirty fingers or any soiled material, such as a rag or used tissue, to touch the wound
- Clean the area immediately with soap and water, wiping away from the wound
- Hold a sterile pad or clean paper towel firmly over the wound to stop the bleeding, then bandage
- Keep the wound covered for a few days, and change the bandage as necessary to keep it clean

APPRENTICE ENROLLMENT NOW OPEN!

1st year Apprenticeship Enrollment is now OPEN!

Our Apprenticeship Program is accredited with the State of Pennsylvania.

You will find on our website accwpa.org the detailed brochure that explains all that is included in the 4-year program. Students attend from September thru April two nights a week from 6-9 pm.

When they complete their 8,000 hours of On the Job Training (OJT's) they will receive a Journeymen certificate from the State of PA along with a Certificate of Achievement from ACCWPA.

If you have questions or have a student(s) that you want to register, contact:

Pat Forker, Executive Director
accwpa@zoominternet.net or 724-779-1860

Golf Sponsors

It's about that time to start golfing! Our Spring Golf Outing is our biggest event of the year and we have the best contractors from across the PGH coming! Sponsorships are now available to support our organization and the contractors you work with. The Golf Outing is being held on June 10th at Fort Cherry Golf Course, McDonald, PA. Watch your mail for Sponsorships information soon!

June 10th
Registration 8 am
Hot Breakfast
10 am Shot Gun Start
Steak Dinner
Prizes!!

EDUCATION EVENTS



*Integrity is the
essence of
everything
successful.*



SmartWords

You Must Remember

Its not the events of our lives that shape us, but our beliefs as to what those events mean."

Anthony Robbins

Inspiration

*Be*LIEVE
IN
*You*RSELF

Prevent Injuries by Bud Price

What have you been doing during the past year to prevent injuries on the job and at home?

At work, have you:

- Followed safety rules?
- Worn required PPE?
- Applied what you've learned in safety meetings to your job?
- Reported workplace hazards through our Stop Work Authority Program?
- Asked questions about anything you don't understand?
- Focused on your work and avoided distractions?
- Teamed up to inspect your work area and keep it clean and safe?
- Read labels and material safety data sheets (SDSs) before using chemicals?
- Looked for ways to improve workplace safety?

At home, have you:

- Developed a family emergency plan and practiced it with the whole family?
- Installed smoke alarms and fire extinguishers around the home?
- Made sure that poisons and other home hazards are secured and out of the reach of curious or careless children?
- Used power tools, lawn mowers, and other hazardous equipment safely and taught family members to do so as well?

Worn appropriate PPE, such as safety glasses, gloves, and hearing protection, when performing tasks that could cause injuries?

Why you need to wear eye protection

Here are three good reasons why you need to wear appropriate eye protection whenever you're looking at the risk of eye hazards.

1. When cutting grass small stones or other debris can fly up from under the mower and hit you in the eye.
2. When using compressed air guns to clean parts small slivers of metal or other debris can fly up and slice into your cornea.
3. When playing racquet ball with a buddy a hard slam by your opponent can send the ball whizzing off the wall right into your eye.

GOLF – June 10th



**June 10th
Registration
8 am
Hot
Breakfast
10 am
Shot Gun
Start
Steak
Dinner
Prizes!!**

**Mark your Calendar!
Register
NOW!**





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Flag Day – June 14th!



February 19th!



**Summer Begins –
June 20th!!!!**

ACCWPA Upcoming Events

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Board Meeting Only

June 10, 2016
ACCWPA Golf Outing
Fort Cherry Golf Course
Plan to Join US for a fun day!

July / August 2016 – No Meetings

September 8, 2016
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