

- 2017 Mark Your Calendar
- The Heat is ON!
- Pgh Winery

2017 General Meeting Dates

Mark your Calendar!

August 24, 2017

Golf Outing - Quicksilver
12:30 shotgun start

September 7, 2017 (New Date!)

Special Guest Speaker!
Watch for further updates!

September 13, 2017

Community Service Project

October 12, 2017

Building Codes
TBA

November 9, 2017

Business Succession
EG Conley PC



ACCWPA
Air Conditioning Contractors Western Pennsylvania

If you wish to continue getting our ACCWPA Newsletter please email your email address to:
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May 11th – Apprentice Graduation

Congrats to all of the 2017 Apprentice Graduates!

Ryan Brown
A-Air, Inc.

George Ostronic
A-Air, Inc.

Michael Pardi
A-Air, Inc.

Alex Fetterman
Sponsored by A-Air, Inc.

Cem Aritanar
Caruso Heating

The Heat is ON! By Federated Insurance

It's not the heat, it's the humidity! Unless you work outdoors, that is. Then it's both. Working outside on a nice summer day can be a pleasure. But if your job takes you outdoors when it's hot and humid, it can stop being pleasurable and become downright dangerous. In 2015 alone, 37 workers died and 2,010 were injured from environmental heat exposure.¹

Preparing for and handling working in heat and humidity can provide protection from potentially deadly conditions. Your body is designed to cool itself and normally does a good job. But, if you're exposed to extreme heat for too long, sweat a lot and don't rehydrate, your cooling system may fail. If that happens, watch out! A heat-related illness can start slowly—you may not even realize it's happening—but it can quickly get worse if it's not treated.

Basically, **heat cramps** are Charley horses and can be an early warning sign of heat-related illness.

- **Heat exhaustion** symptoms include increased body temperature (as high as 104°F) and cold, clammy skin. Untreated, it can lead to heatstroke.
- **Heatstroke** is life-threatening and can cause brain damage, organ failure, or even death. Body temperature goes over 104°F. The victim may stop sweating even though his/her skin may be hot, and could also become confused or irritable. Medical attention is critical.

Major warning signs of heat-related illness include:

- Muscle cramps
- Nausea or vomiting
- Weakness

Avoiding the dangers of too much heat Headache

- Dizziness/feeling light-headed
- Confusion

Not everyone reacts to too much heat exposure the same way nor experiences all the classic symptoms of heat-related illness. If your employees ever work in hot conditions, they should know the related risks and preventive measures so they can protect themselves. Practicing basic precautions can help make working in hot weather more bearable and less dangerous.

- Pace yourself when working in the heat—don't overdo it.
- Hydrate with plenty of water or sports drinks, but no alcohol or caffeine.
- Dress appropriately—light-colored, lightweight, loose fitting clothing, including a wide-brimmed hat, if possible.
- Stay out of the midday sun whenever possible. Do the harder work during the cooler parts of the day. Take breaks in the shade.
- Wear sunscreen. A sunburn makes it harder for your body to cool itself.
- Certain medical conditions or medications can make you more vulnerable to over-heating.
- Keep an eye on co-workers. If someone is showing any of the symptoms of heat illness, notify your supervisor immediately.
-

¹ US Dept. of Labor, Bureau of Labor Statistics; <https://data.bls.gov/gqt/initialpage>. Accessed 4/24/2017

² For more thorough information on topics in this article, visit the Mayo Clinic website; <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048167?pg=1>

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This article is intended to provide general information and recommendations regarding risk prevention only. There is no guarantee that following these guidelines will result in reduced losses or eliminate any risks. This information may be subject to regulations and restrictions in your state and should not be considered legal advice. Qualified counsel should be sought regarding questions specific to your circumstances and applicable state laws. © 2016 Federated Mutual Insurance Company. All rights reserved.

ACCWPA Corner



*Integrity is the
essence of
everything
successful.*



SmartWords You Must Remember

*"The more you talk about
negative things in your
life, the more you call
them in. Speak victory
not defeat."*

— Joel Osteen

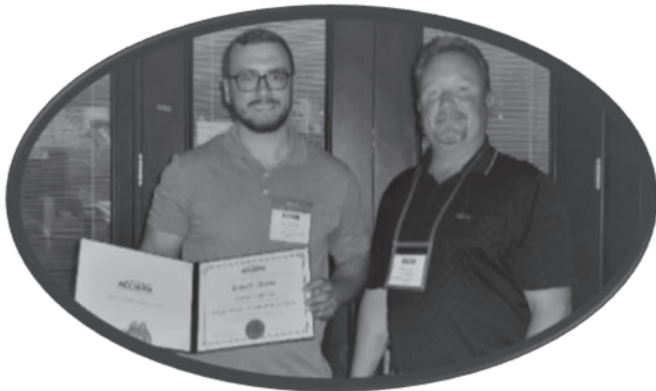
Inspiration

*Be*LIEVE
IN
*You*RSELF

Apprentice's Graduation Day!

May 11th!

**After 4 years of going 2 nights a week from
September to April they finally made it!!**



Ryan Brown - Graduate
with Rege Dumm - A-Air Inc.



George Ostronic - Graduate
with Rege Dumm - A-Air Inc.



Michael Pardi - Graduate
with Rege Dumm - A-Air Inc.



Dad excepting for Alex Fetterman - Graduate
with Rege Dumm - A-Air Inc.

Cem Aritanar, Caruso Heating not in attendance.

Great Job!

Strive for an Accident-Free Life! By Bud Price

April - May is Prevent Injuries America Month. 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 and unsafe task being performed (SWA)?
- 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 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?

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- Local lobbying
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- Voice for the local contractors
- Golf Outing
- Education opportunities for your technicians office staff
- Advocacy agenda promote contractor interest
- Labor and HR legal advice before utilities
- Helping members to stay ahead of the curve
- 8 Monthly informative meetings



Upcoming Meetings!

June

20TH

Summer Begins

July 4th

Independence Day!

August

24th

Golf Outing - Quicksilver 12:30 shotgun start

Watch your mail for more Information!

September 7th Special Guest Speaker!

Watch for More Information!

Happy Summer!

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**Quicksilver
Golf Club**

August 24th!

Watch for more Info soon!



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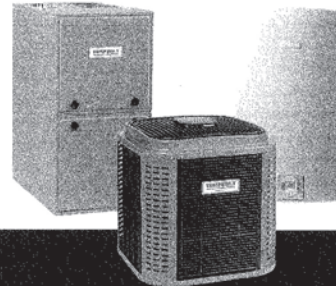


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Wine Tasting Party! **Was an Awesome time** **With Family and Friends**

June 8th



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Indoor Environmental & Energy Professionals



ACCWPA Upcoming Events

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October 12, 2017

Building Codes – TBA

November 9, 2017

Business Succession
EG Conley PC



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