

- 2024 Meets Dates
- A2L Refrigerants Meeting
- Ergonomic Tips

## 2024 Meeting Dates

### 2024

#### April 11<sup>th</sup>

Board & General Mtg.  
Topic: A2L Refrigerants  
Speaker: Chris Belculfine  
Meeting Place: Carmody's

#### May 9<sup>th</sup>

Board Mtg. & 2024  
Apprentice Graduation  
Speaker: Mike Schwartz  
Meeting Place: Carmody's

#### June 13<sup>th</sup>

Board Meeting ONLY



*The mission of the Air Conditioning Contractors of Western PA is to assist its members in managing their companies more efficiently, therefore becoming more profitable, together with increasing their exposure and credibility within the community.*

**#EarthDay**  
APRIL 22, 2024

## A2L Refrigerants and final EPA Ruling!

# A2L Refrigerants

## New refrigerant changeover and the final EPA ruling and what that means to you!

What are the differences from R-410A to R-454B, and R-3  
Working with A2L Refrigerants and labeling requirements

**Chris Belculfine**  
Standard Air & Lite

**Thursday, April 11<sup>th</sup>**



4905 Grand Avenue (on Neville Island)  
Pittsburgh, Pa 15225, - 412-458-1813 - Upstairs meeting room.



3:00 pm – Board Meeting ♦ 5:30 – 6:00 pm - Social (cash bar)  
6:00 - 7:00 pm – Guest Speaker Discussion  
7:00 pm – Dinner Buffet and Social resumes (cash bar)

**Dinner Buffet - \$50.00**

**RSVP: 724-687-7860** (phone, email, or fax)

**NO cancellations after April 4<sup>th</sup>, noon!**

**REGISTRATION FORM ON PAGE 3**



## Not a Contractor or Associate member?

We'd love to serve you, too.

For additional information visit

[www.accwpa.org](http://www.accwpa.org)

or call 724-687-7860

Email: [pforker@accwpa.org](mailto:pforker@accwpa.org)

### Additional reasons for membership are:

- Company membership applies to all employees of your firm.
- **NEW!! Contractors Free Associate Membership in Service RoundTable!!**
- Networking!!!
- Monthly meetings with informative presentations that benefit both the Contractor and Supplier.
- Relevant technical training and educational classes.
- 4-year Apprenticeship School with curriculum that is focused only on the HVAC industry!
- Monthly newsletters and email communications filled with industry information and updates.
- Insurance for member's company discount.
- Social Outings that everyone can participate
- And much more to come!



**Join today!**

**ACCWPA is the Professional Alliance designed exclusively for today's HVAC/R Contractor!**

# 2024

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## 2023 Associate Members

**That have not rejoined yet!**

**DONWIL COMPANY**

Gregg Massetti – 412-787-1313

**JOHNSTONE SUPPLY**

Steve Bichey – 724-561-3345



**#EarthDay**

March 22<sup>nd</sup>!

# A2L Refrigerants

## New refrigerant changeover and the final EPA ruling and what that means to you.

What are the differences from R-410A to R-454B, and R-3  
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**RSVP: 724-687-7860** (phone, email, or fax) – **NO cancellations after April 8<sup>th</sup>, noon!**

**\* Important – RSVP is appreciated! \***

Email: pforker@accwpa.org or fax (724) 687-7860

Company \_\_\_\_\_

Name \_\_\_\_\_

Email address \_\_\_\_\_ Cell # \_\_\_\_\_

**Dinner Buffet - \$50.00**

**NO Cancellations after April 8<sup>th</sup> - NOON. No shows will be billed.**

**IF YOU ALREADY MADE YOUR RESERVATIONS, THANKS!  
PLEASE PASS THIS NOTICE TO SOMEONE ELSE THAT WILL BENEFIT!**

## Ergonomics tips for any environment.

Granger

Workplace ergonomics, as outlined by the [Occupational Safety and Health Administration \(OSHA\)](#), means fitting the job to the person to improve health and comfort. Understanding the benefits of proper ergonomics and setting up an ergonomic plan for employees can help create a healthier and safer workplace.

### Why Focus on Ergonomics?

#### Ergonomics Is a Good Investment

Bad ergonomics, [according to the Centers for Disease Control and Prevention \(CDC\)](#), can lead to a range of musculoskeletal issues such as back or wrist injuries, which can occur when workers repeatedly lift heavy objects, or lean or sit in awkward positions. Musculoskeletal disorders (MSD) resulted in 3 out of every 10 cases of days away from work in 2020, according to the [U.S. Bureau of Labor Statistics](#).

#### Ergonomics Affects Everyone

Jobs ranging from heavy lifting and repetitive assembly to office work or maintenance each pose their own ergonomic challenges. The CDC reports that even choosing hand tools that [require less force or repetitive motion](#) can make a difference. When assessing for ergonomic problems, factor in all types of work done throughout the facility and all potential hazards, so that all workers can benefit from a healthier workplace.

### What Can You Do?

#### Invest in Ergonomic Equipment

[According to FMLink](#), investments in ergonomics should focus on an employee's core work, including the tasks they do every day, as well as the workstation. That can mean updating workbenches, incorporating lifting equipment to reduce manual labor or changing chairs and desks for office workers.

For workers engaged in manual labor, repetitive motion or lifting can lead to severe injuries. Lifting injuries can be reduced by using [mechanical lifts and carts](#). Adding handles to boxes or baskets can also make it easier to lift properly. Workstations should be [height adjustable](#), and tools should be close to workers to reduce strain. Rotating workers into less stressful roles periodically or providing more frequent breaks can also help prevent injuries due to repetition.

#### Create an Ergonomic Plan

To address ergonomic concerns in your facility, you can create a plan to identify and resolve the most common issues. Be sure to consider ergonomic challenges for both manual workers and office workers. [OSHA suggests](#) reviewing past injury reports, observing working conditions and interviewing employees more frequently to identify all problems, no matter how insignificant they may seem.

#### Train Your Team

Good ergonomics may not be common knowledge to your employees, even if you invest in proper equipment and furniture. According to OSHA, [training should be offered to employees](#) to both help them understand the benefits of ergonomics, as well as teach them specific techniques. Training employees on concepts like good posture or avoiding repetitive work can help increase the effectiveness of your ergonomic program.

#### Common Workplace Ergonomic Issues

Posture should always be the starting point for best ergonomic practice. Good posture, according to [Harvard Medical School](#), includes a neutral position for the spine, body weight distributed evenly and abdominal muscles braced.

- When working with hands, the wrists should remain in a neutral posture. This applies whether you are typing or using hand tools. When the wrists are in a neutral posture, they are aligned with the forearm — the same way they would look when holding the steering wheel of a car.
- The neck has an "S" curve, just as the back does. To maintain appropriate neck posture, the head should be facing forward rather than down or up. A good way to achieve this is to keep work at eye level, rather than turning the neck. This can be achieved by using supports to lift equipment or tools when needed.

Continued on page 7

## ACCWPA Corner



*Integrity is the  
essence of  
everything  
successful.*

**PEACE, LOVE  
and JOY  
thru out 2024!**

**SmartWords**  
One Kind  
Word can  
change  
someone's  
entire day!

## Inspiration

Work  
HARD  
Dream  
BIG  
Never  
GIVE UP

## Membership Benefits...

### Air Conditioning of Western PA

will continue to be your local industry partner,  
as we have been since 1950.

#### Annual Membership Brings You the Following Benefits:

- Networking events
- Discounts on seminar
- Current info from local suppliers
- Legislative efforts
- Local website
- Technical training courses
- Apprenticeship program  
State recognized
- Monthly newsletter
- Information of industry news  
changes within the industry
- Insurance for member's company discount
- Code enforcement updates
- ACCWPA Apprenticeship School
- 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



## Get Involved in ACCWPA

### Get Involved with the Air Conditioning Contractors of Western Pennsylvania Association

Volunteers are at the heart of ACCWPA's work. As a member driven organization, all of our success and growth is a direct result of the time and knowledge volunteered by our members! Therefore, we are encouraging our members to participate in ACCWPA by working on the Associations various committees.

#### The goals of ACCWPA are:

- to promote quality professionalism in our industry,
- educate future employees thru our 4-year **ACCWPA Apprentices School!**
- to help our members become more successful through education, to facilitate the sharing of information, and
- **Membership in Service Roundtable for FREE** – just because you are a member of ACCWPA. These benefits include free education, discounts, and rebates from hundreds of companies you deal with and much more!

If you are a member who has already realized the value of Membership or volunteer experience, we thank you for your passion, drive, and dedication to the current and future success of ACCWPA!



## Upcoming Meetings!

# 2024

### Meetings Schedule!

#### April 11<sup>th</sup>

Board & General Mtg.  
Topic: A2L Refrigerants  
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#### May 9<sup>th</sup>

Board Mtg. & 2024  
Apprentice Graduation  
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#### June 13<sup>th</sup>

Board Meeting Only



**Work Hard in  
Silence,  
Let Success  
make the Noise!**

Make Today Amazing!

#EarthDay

**April 22, 2024**



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MONROEVILLE.....	1616 McClure Rd. ....	724-733-7577
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**2024 Century Club Members**

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Service Roundtable Affiliate Association



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**Be There Fund™**

*(Must be an ACCWPA member to Win!)*

**Next General Meeting - \$60.00**

- **Force and Lifting**
- Excessive force can cause fatigue or injury. Identify instances in the workflow where force needs to be applied and find ways to reduce or eliminate it.

## Grip and Tools

Grip type and pressure vary depending on the job. A pinch grip is used to hold something between the fingers, like a pencil or a key. A power grip is used to hold an object between the fingers and palm, like a drill or a fishing rod. Matching the right grip and posture to the right tool can help make the job more ergonomically sound.

- When selecting tools, try to choose those that allow a natural posture when in use. For example, when choosing a hand drill, the better choice is one with a handle that allows the wrist to remain parallel to the bit, rather than one that is perpendicular or angled.
- Choose tools with built-in features that reduce the amount of force required from the user, for example, a pair of shears or pliers with a built-in spring that opens to tool handles.
- Keep the user in mind when choosing hand tools. The grip of the tool, even if it just a staple remover, should fit the person using it.

## Static Load

Static load occurs when a person must hold the same position for a long time, which can cause muscle fatigue and discomfort. Repeated instances of static load can have long-term effects; for example, carpal tunnel syndrome can be caused by repetition of the same movement of the wrist.

- Change the orientation of your work area to avoid awkward postures like reaching overhead.
- Standing for a long time creates static load on the legs. A footrest that enables a worker to change position can reduce pressure. Moving legs between the footrest and the floor reduces the static load inherent in long periods of standing.

## Workstation Compliance

A poorly designed workstation can result in strain and discomfort, whether working in an office, a hospital, on the manufacturing floor or even outdoors. Small changes to the workspace can relieve many tension-causing activities and unnecessary exertions.

- Insufficient light can put a strain on the eyes and frequently the neck if a worker must learn to see clearly. On the other hand, glare can also cause problems. When assessing lighting, make sure there is enough light to see the details of the task without causing a glare. Also, check for shadow-casting, both of objects and the worker.
- Noise can adversely affect the work environment. Standard hearing protection is essential in areas with large machines that produce excess commotion. Be aware of noise in areas that are less obvious, for example near large printers, shredders, or fans.
- Minimize pressure points when possible. For example, does the wrist lean on the corner of a desk? Do tools need cushioned grips? Is a worker so wedged under the work surface that their legs squeeze up against the bottom? These situations all put pressure on the body and can be fixed with simple changes like extra cushioning or raising work surfaces to relieve pressure.

Ergonomic practices are mostly about implementing simple fixes to make the workplace less taxing on the body. Identifying and improving situations where there is extra range of motion required, too much pressure on the body or repetitive motion can help make the workplace more comfortable for everyone.

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*The information contained in this article is intended for general information purposes only and is based on information available as of the initial date of publication. No representation is made that the information or references are complete or remain current. This article is not a substitute for review of current applicable government regulations, industry standards, or other standards specific to your business and/or activities and should not be construed as legal advice or opinion. Readers with specific questions should refer to the applicable standards or consult with an attorney.*

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Every Job is a  
**SELF-  
PORTRAIT**  
Of the Person  
who does it.  
Autograph your  
work  
with  
Excellence!

AUTHOR UNKNOWN



**ACCWPA  
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If you like to get our  
ACCWPA Newsletter  
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email address to:  
[pforker@accwpa.org](mailto:pforker@accwpa.org)



**EARTH DAY!! April 22<sup>nd</sup>!**



126 Resolution Drive • Mars, PA 16046-3719

## **ACCWPA is the Professional Alliance designed exclusively for today's HVAC/R Contractor!**

### **Membership Advantages:**

Networking with other contractors. This source of information is invaluable in handling problems within your own company. ACCWPA members help fellow members to be successful!



ACCWPA distributes ACCWPA Newsletters monthly to members and selected non-members, so that all those in the HVAC/R industry can keep informed of issues regarding our trade, and Chapter activities. We hope the non-members will see this newsletter as an example of the quality services that ACCWPA provide.

Contributions or suggestions can be emailed to [pforker@accwpa.org](mailto:pforker@accwpa.org)

**ACCWPA is proud to be a Service Roundtable Affiliate Associate.**



### **ACCWPA Upcoming Events**

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#### **June 13<sup>th</sup>**

Board Meeting ONLY



**APRIL 22, 2024**

### **2024 Officers and Directors**



<b>PRESIDENT:</b> Sue Pelles, Pelles Heating & Cooling	724-625-2444
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<b>CONTRACTOR DIRECTORS:</b> Steve Woodring, Wade Heating & Cooling Rob Champe, Shearer Heating & Cooling (ACCWPA Past-President)	412-787-1341 724-222-1830
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<b>SPECIAL ADVISOR:</b>	<b>NONE</b>
<b>Executive Director:</b> Pat Forker <a href="mailto:pforker@accwpa.org">pforker@accwpa.org</a>	Office/Fax 724-687-7860 Cell 412-760-5792