

CATAWBA VALLEY NEWSLETTER

August 2016

Vol. 2016 Issue 8



Chapter Officers:

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President-Elect – TBD
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Newsletter Editor – Melissa Swanson

Professional
Construction Estimators
Association
Catawba Valley Chapter



PCEA-Catawba Valley Chapter
PO Box 547
Hickory, NC 28603
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August 11th

Trivia Night

Thursday, August 11th

Come join us for the
CONSTRUCTION TRIVIA NIGHT!!

LOCATION: "OLDE TAVERN"

26 27th Ave NE, Hickory, NC 28601

(Formerly Lazy Dog Saloon)

Date: August 11, 2016 5:30 PM

Registration is \$60/4-person Team

or \$15/person

CASH PRIZES for Overall Winning Team

ADDITIONAL PRIZES for Each Round!

PLEASE RSVP NO LATER THAN

TUESDAY, AUGUST 9th!!

Register online

www.pcea-catawbavalley.org

Click on events

UPCOMING PCEA EVENTS

**August 11th—Trivia
Night**

**September 9th –Annual
Golf Outing**

**October 13th—Monthly
Business Meeting**

**November 10th –
Monthly Business
Meeting**



HEALTH & HAPPINESS



Please send any Health & Happiness to
Melissa Swanson,
Melissa.swanson@rmcc.com

Hello August!
(and goodbye July)



Heat Stress

Working in Hot Condition, Indoors or Outdoors, Creates Health Risk

- **Heat Cramps** occur when the body loses too much salt from heavy exertion in heat.
- **Heat Exhaustion** occurs when the body can't replace fluids and/or salt lost in sweating. Perspiration in heat is important, because it cools the body as it evaporates.
- **Heat Stroke** occurs when the body no longer sweats and holds so much heat that body temperature reaches dangerous levels. Heat stroke is a medical emergency and can lead to delirium, convulsions, unconsciousness, or even death.

Factors that can increase the risk of these types of heat stress include:

- Physical exertion
- Being unaccustomed to working in heat
- Wearing protective clothing that traps heat
- Age (older people may have less body water and lower sweat gland efficiency)
- Being overweight, which makes you use more energy to perform the task
- Medications that can interfere with normal body reactions to heat

Taking Precautions to Avoid Heat Stress When Working in Hot Conditions

- For work outdoors in the heat or indoors in hot production areas
 - Gradually adjust to heat when starting a new job or after a two-week or longer absence.
 - Use general ventilation, cooling fans, and evaporative cooling whenever possible.
 - Plan the most strenuous work during the coolest parts of the day.
 - Wear loose, lightweight, light colored clothes. Wear a hat and use sunscreen to work outdoors.
 - Drink water steadily, before and during work in the heat. Drink about 16 ounces before starting and 5-7 ounces every 15 to 20 minutes during hot work. **You may not feel thirsty, but drink water anyway.**
 - Eat well-balanced meals; avoid heavy food or hot food, alcohol and caffeine.
 - Drink "Sports Drinks" that replace body fluids.

- Work at a steady pace, minimizing overexertion and take regular breaks in a cool, well-ventilated area.
- Know your limits and ability to work safely in heat.
- Take fast action for symptoms of heat cramps, heat exhaustion, or heat stroke.

Be Alert to Heat Stress Symptoms

- **Heat exhaustion symptoms** include:
 - Weakness, dizziness, sometimes nausea
 - Pale or flushed appearance
 - Sweating, moist clammy skin
- **Heat stroke symptoms** include:
 - Dry, hot reddish skin, and lack of sweating
 - High body temperature and a strong rapid pulse
 - Chills
 - Confusion



Respond Quickly and Correctly to Heat Stress Symptoms

- **Heat Stroke** is a medical emergency that can be fatal. *Act Immediately!*
 - Move a victim immediately to a cool place and call for medical help.
 - Cool the person down as much as possible while waiting for medical help.
 - Use a hose or soak clothes with water a fan the body
 - Monitor breathing; **don't** give fluids if the person is unconscious
- **Heat Exhaustion requires fast response to prevent worse problems**
 - Move to a cool place immediately
 - Loosen clothing a place cool, wet compresses on the skin
 - Drink water and electrolyte beverage slowly
 - Elevate feet 8 to 12 inches
 - If you experience **Heat Cramps**: Drink Water

Board of Directors Meeting Dates

(Please Save these Dates)

August 31st
September 28th
October 26th
November 30th
December 28th
January 25th



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