Chapter Officers:
President – Patty Delgado
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2nd Vice President – Will Clayton
Secretary – Randall Williams
Treasurer – Melissa Swanson
Newsletter Editor – Melissa Swanson

Professional Construction Estimators Association
Catawba Valley Chapter

CATAWBA VALLEY NEWSLETTER
August 2016

August 11th

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

PCEA-Catawba Valley Chapter
PO Box 547
Hickory, NC 28603
www.pcea-catawbavalley.org

Email: info@pcea-catawbavalley@charter.org
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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PO Box 547
Hickory, NC  28603