



The Monthly Bulletin

A Publication of the National Association of Women in Construction, Tampa, Florida Chapter #36

May 2009

National Association of
Women in Construction
Tampa, Florida Chapter #36
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Editorial Policy

The Monthly Bulletin is published monthly in Tampa,
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PRESIDENT'S MESSAGE

By Amanda Dawson, CIT, JANUS Displays

I do hope everyone will join us for next month's meeting at the Hilton Tampa Airport Westshore. We will be honoring the students who participated in our chapter's CAD competition. Our speaker will describe this year's problem and some of the challenges the students faced throughout the project. We'll finish the evening by announcing the 1st, 2nd and 3rd place winners.



During the May business meeting, the Nominating Committee will present their slate of candidates for next year's officer and board positions (see report below). We will also take nominations from the floor.

Now – calling all cowgirls! If you haven't sent your registration in for Forum, please do so soon. This year, our state convention will be held at River Ranch in Polk County. A hay ride and rodeo are just a few of the events the Tri-County Chapter has in store for us. If you've never attended Forum before, I encourage you to do so this year. This is the time to network with women from across the State as well as learn about NAWIC on a regional level.

Keep an eye out in your mailbox for the national election ballot. Remember, the only way to vote for national officers is by mail. Log into the national web site (www.NAWIC.org) and verify your mailing address is current. Ballots will be mailed by June 1st.

You should also start thinking about attending the National Convention in Phoenix, AZ (August 26-29). The National Convention has it all – professional education seminars, chapter seminars and the installation of next year's national officers. Come join us for a fun, educational 4 days and learn what your NAWIC sisters throughout the country are doing.

I do hope I'll see everyone at our May meeting. In addition to recognizing our CAD winners, we will have a little general business to attend to. Stay safe and I'll see you in May.

MAY DINNER MEETING

Monday, May 4, 2009 ~ 6:00 p.m. Networking ~ 6:30 p.m. Dinner and Program

Hilton Tampa Airport Westshore (Note location change for this month)

2225 N. Lois Ave., Tampa

Entree Selections are Chicken Picatta or Pasta Primavera

Cost \$22.50 with RSVP ~ \$30.00 at the Door Based on Availability

(There is very limited availability at the door. To ensure your place, you must make your reservations no later than Noon on Friday, May 1, 2009)

Visit www.NAWICTampa.org to make your reservation today.

Credit card payments accepted online, cash or check only at the door.



This month our guest speaker is Howard Bowman, CAD/Engineering Teacher with Middleton Magnet High School. We will also be presenting our Chapter awards for this year's CAD Competition. The CAD/Design/Drafting Competition is a contest designed for senior high students. The contest provides recognition to students for creative design, successful problem solving and craftsmanship in preparing architectural drawings. Entries are evaluated for detail, accuracy and originality of work. Objectives of the contest are to introduce the student to the construction industry in a positive and challenging manner, while fostering a sense of self-worth and building confidence.

MEMBER SPOTLIGHT

This Month's Member in the Spotlight is Darlene (Patton) Woods



Our member in the spotlight this month is Darlene (Patton) Woods. Darlene has been a member of the Tampa Chapter of NAWIC since 2007. She currently serves as a Board Member and Membership Chair.

Most recently Darlene worked as an Estimating Engineer in the Preconstruction Department of Skanska Building USA. As an Estimator, Darlene assisted in producing cost estimates for a variety of commercial construction projects, both public and private sector, ranging in value from \$1 million - \$160 million in the Schematic/Conceptual, Design Development, and 100% Construction Document phases of design for Design-Build, Negotiated, and Hard Bid Contracts.

Darlene was born and raised in Carson, California where she attended Carson High School. She received a scholarship to attend Florida A&M University in Tallahassee, Florida where she earned her Bachelor of Science in Architectural Studies, Bachelor of Architecture, and Bachelor of Science in Construction Engineering Technology degrees. Upon graduation Darlene received a job offer from Skanska Building USA in Tampa, Florida. After moving to Tampa, Darlene earned her Master of Science in Engineering Management from the University of South Florida. Darlene is a member of Alpha Rho Chi Professional Fraternity Incorporated, Epsilon Gamma Iota, Incorporated, and the American Society of Professional Estimators.

In her spare time Darlene enjoys reading, watching movies, traveling, and being a couch potato. Darlene and her husband Brady will celebrate one year of marriage in June. Due to the current economic crisis Darlene is currently between jobs and actively seeking employment. Although Darlene's experience is in estimating, she is interested in any position that will allow her to use her knowledge, skills, and abilities to serve a valuable and productive role in a construction related company.

NOMINATING COMMITTEE

by **Debra K. Palmer, CDT, CIT, Committee Chair, Construction Moisture Consulting, Inc.**

After several weeks of email and telephone work, the Nominating Committee met to finalize our 2009-2010 slate of nominees on Wednesday, April 22, 2009.

The following is our slate: President - Jill Gough; Vice President - Stephanie Bolton; Treasurer - Ingrid Magnani; Recording Secretary - Debra Palmer; Immediate Past President - Amanda Dawson; Directors: Sharon Cohoon, Tammy Criollo, Liz Lanier, Michele Mulligan; Cate O'Dowd; Darlene Patton, Susan Roberts and Rhonda Taylor.

The Committee is recommending, based on the current membership totals, 6 Directors be elected for the 2009-2010 year. The Committee had extensive discussions about the choices for nominees for this upcoming year. In our efforts to fill the slate, we provided information to all members from the NAWIC Bylaws and Guidelines to stress the importance of the duties of each office as well as the commitment required to actively participate as a Board Member as well as within the Chapter. We believe the elected Officers and Directors, as the leaders of our Chapter, will recognize the needs of the Chapter and wants of the Members to help strengthen our professional image within the industry and the local community.

Nominees are requested to give a 30 second presentation/commercial at the June Meeting and to provide this information for printing in the June Monthly Bulletin. Instructions for providing this information will be sent directly to the nominees after the May General Business Meeting.

The slate of nominations for the 2009-2010 year will be formally presented at the May Meeting to the general assembly at which time the Committee will automatically be discharged unless one of the nominees withdraws before the election. The floor will be opened for additional nominations at both the May and June General Business Meetings with voting taking place at the June Meeting.

The Committee

[Tammy Criollo](#), The Centre for Women, Inc.

[Lisa Demmi](#), Chewning Inspection Services, Inc.

[Liz Lanier](#), Helms & Greene, LLC

[Cate O'Dowd](#), Shumaker, Loop & Kendrick, LLP

[Debra Palmer](#), Construction Moisture Consulting, Inc.

Be sure to keep your Member Listing information current on the [NAWIC National web site](#). This information is used by the National Office as well as our Chapter to keep in touch with you for all NAWIC information. Assistance is available at the Web site should you need help with your Member Login.

[Click here for a copy of the NAWIC May '09 "The Connection"](#). "The Connection" is designed to keep you informed with pertinent Association news and is emailed to NAWIC members each month.

SPRING 2009



Safety & Health Committee

Chair-Lisa Losness

lisatl@yahoo.com

Co-chair: Cindy Spiropoulos

cspiropoulo@tcco.com

Do you know

Do you know when you had your last tetanus shot?

Tetanus vaccine is a shot that protects you against the disease tetanus which is caused by a bacteria called *Clostridium tetani*. These bacteria live all over the outdoor environment, most often in the soil. The bacteria can enter your body through a break in the skin, such as a cut.

Tetanus is often fatal, especially in the young and older adults. Tetanus is also called lockjaw because the most common symptom is tightening of the jaw muscles.

You most likely received the shot during childhood. After childhood a booster shot is needed every 10 years.

If you have get a dirty cut, animal bite, or puncture wound, you should check the date of your last booster. You will need to get another tetanus shot if it has been 5 years or you don't know how long. Try to get the shot the same day you are injured or at least within 48 hours of getting the wound. If you can't get the shot within 48 hours. If you are not protected, the bacteria grow quickly when trapped under a wound that has healed over.

For more information check out the website for the Center for Disease Control and Prevention.

Safety & Health e-News

SAFETY AND HEALTH COMMITTEE CHAIR MESSAGE

As we enter Forum season, I encourage each of you to pass this safety information along to your Regional directors and the chapter presidents within your respective regions. This is also the season for jobs to gear up. Please keep safety in mind and include a message in every meeting. And remember, to always buckle your seat belt when in a vehicle, whether it's your personal vehicle or company equipment. *Lisa Losness - NAWIC Safety & Health Committee*

The Killer Four

Construction's four leading causes of death - #2 Electrical

There are four leading causes of death in the construction industry. These causes have been referred to as the "killer four" or the four high-hazard areas. They are falls, struck by, electrical hazards and caught in between. 90% of all construction fatalities fall into one of these four categories. This issue we will discuss the #2 cause of death in the industry, electrical incidents.

Did you know that approximately 350 electrical-related fatalities occur each year in the construction industry. The fatalities occur from

- Contact with power lines
- Lack of ground-fault protection
- Path to ground missing or discontinuous
- Equipment not used in the manner prescribed
- Improper use of extension and flexible cords

Overhead and buried power lines at your site are especially hazardous because they carry extremely high voltage. Fatal electrocution is the main risk, but burns and falls from elevations are also hazards. Using tools and equipment that contact power lines increases the risk.

Due to the dynamic, rugged nature of construction work, normal use of electrical equipment at your site causes wear and tear that results in insulation breaks, short-circuits, and exposed wires. If there is no ground-fault protection, these can cause a ground-fault that sends current through the work's body, resulting in electrical burns, explosions, fire or death.

If the power supply to the electrical equipment at your site is not grounded or the path has been broken, fault current may travel through a worker's body, causing electrical burns or death. Even when the power system is properly grounded, electrical equipment can instantly change from safe to hazardous because of extreme conditions and rough treatment.

If electrical equipment is used in ways for which it is not designed, you can no longer depend on safety features built in by the manufacturer. This may damage your equipment and cause employee injuries.

Continued on page 2.

Killer 4 - Electrical continued from page 1.

The normal wear and tear on extension and flexible cords at your site can loosen or expose wires, creating hazardous conditions. Cords that are not 3-wire type, not designed for hard –usage, or that have been modified, increase your risk of contacting electrical current.

How electricity effects the human body can range from a barely perceptible tingle to severe burns and immediate cardiac arrest. Treat electricity with the respect it deserves.

For more detailed information on electrical hazards, visit the Construction eTools program available through OSHA's website. http://www.osha.gov/SLTC/etools/construction/electrical_incidents/mainpage.html

Alcohol in Energy Drinks A Growing Concern Among Employers

Public health and safety officials have become alarmed by the popularity of energy drinks which have also become the newest entry in to the world of alcoholic beverages. Alcoholic energy drinks are prepackaged beverages that contain not only alcohol but caffeine and other stimulants.

Since energy drinks are stimulants and alcohol is a depressant, the combination can be dangerous. Both caffeine and alcohol are dehydrating. When working in hot environments this can increase the risk of heat related illness and increase the toxicity and symptoms of a hangover the next day.

This new line of alcohol beverage drinks looks extremely similar to the popular energy dinks that contain no alcohol. Sometime clerks or retailers may not be able to tell the difference. If they aren't able to tell the difference it will be challenging for employees as well. Or, perhaps one of these new alcoholic beverages would be the perfect way to disguise what an employee is really drinking. If a clerk can't tell the difference can the employer?

People think they can get away with having a few of these drinks at work then drive when they leave the jobsite but no matter how alert a person may feel, their BAC (blood alcohol concentration) will be the same as having several alcoholic drinks.

Don't let these labels fool you. The new "energy drinks" are not as harmless as they appear.

Safety Snapshot #4

The recession's impact on injury

It is one of the worst economic times in recent history. People are losing their homes and their financial security.

How is safety affected across the country?

Hard numbers are not available yet in the industry, however, if history can serve as a guide, a downward turn in the economy typically coincides with a drop in occupational injury and illness incidence rates for the private sector and the construction industry as a whole.

General injury and illness rates are continuing to decrease, leaving a tremendous amount of experts to believe that a **culture of safety** has become **main stream** to most companies.

Again, historically, injury rates have declined during recession periods based on fewer inexperienced workers and other factors.

However, when the demand exceeds the supply of labor, and when the schedules shrink, meaning more work done in less time with less labor, the end result usually leads to an increase in incidents if not properly planned out.

Plan the work and work the plan to avoid any mistakes out in the field.

Remember, safety and working safely is just good business!



The Food and Drug Administration (FDA) limits caffeine to 65 milligrams per serving for a food or beverage. Energy drinks are currently not regulated by the FDA. Some can contain as much as 300 milligrams of caffeine in a single serving. Now add alcohol to all that caffeine...

Safety Snapshot #10

The Dangers of Electricity

Facts:

- Electric currents of as little as 10mA (milliamperes) can paralyze muscles.
- Electric currents of 75mA can cause an ineffective heartbeat and death will occur in a few minutes unless an AED (Automatic External Defibrillator) is used.

Four Main Types of Electrical Injuries

Direct:

1. Electrocutation or death due to electric shock.
2. Electric Shock
3. Burns

Indirect:

4. Falls



Shock Severity

Depends on:

1. Path of current through the body.
2. The amount of current flowing.
3. Duration of the current through the body.

How do we protect ourselves and others in these situations?

- Use barriers and guards around energized equipment.
- Pre-plan and pre-task all of our work, post hazard warnings and use personal protective equipment.
- Keep working spaces and walkways free and clear of cords.
- Training and awareness communication on our projects everyday.

Pre-Plan

Execute

Go Home Safe

OHSA Quick Takes

Natural disasters often come fast and furiously. Such was the case when a cluster of tornadoes recently swept through the Southern states. Their aftermath left widespread property damage, injuries and fatalities to area residents. As a result of events such as these, emergency responders are tasked with cleanup and recovery efforts and helping those who have been hurt and displaced. Downed electrical wires are a common hazard after disasters, so OSHA offers the following tips to help employers and employees stay safe and healthy during cleanup and recovery operations.

- Do not assume a downed conductor is safe just because it is on the ground or is not sparking.
- Low-hanging wires may still be live, so do not touch them.
- Never drive over downed power lines. Assume that they are still energized.

Presume that all equipment, power lines and conductors are live; if you see downed lines or damaged electrical equipment, contact appropriate utility personnel. OSHA's *Downed Electrical Wires* fact sheet and *Electrical Safety QuickCard™* (English/Spanish) are **resources** that offer more recommendations on how employers can help employees stay safe and healthy at work and **prevent** workplace injuries, illnesses and fatalities. Visit OSHA's **Hurricane Recovery** page on OSHA's Web site www.osha.gov/as/opa/quicktakes/ for more informational materials focusing on safety and health hazards that may impact employers and employees involved in the continuing cleanup and recovery operations from the twisters.

REMINDER

For information on OSHA recordkeeping or get a copy of the OSHA recordkeeping forms follow this link:
<http://www.osha.gov/recordkeeping/index.html>

Smart Choices Save Lives