



Construction News and Views

July - August 2020

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A Message from your President

In the midst of current chaotic events, SACA has again had to adapt and overcome the fluid nature of the world and has named myself, Kevin Wilusz, as the newest President of SACA. I am both humbled and honored to have been selected. I will continue our strong traditions of serving and representing our organization and industry.

I would like to thank our previous President, Robbie Cain, for his service to SACA and we all wish him well in his future endeavors that will be taking him across the country to the Midwest. Life can throw a monkey wrench into the works and both as individuals and as an organization we need to be prepared to adapt.

Covid-19 and the implementation of the policies used to slow the spread has shown what are essential industries and contractors are near the top of the list. Our members keep the lights on, the water flowing, the roads drivable and the roofs over our heads. While this acknowledgement of our essential nature is fresh in the collective memory of our government, now is the time to come together as an industry, rally our members and pursue changes to improve the industry.

With Covid-19 restrictions cancelling our monthly meetings we need to find new ways of engaging our members and bringing their issues and concerns to the forefront. In Chinese 'crisis' is comprised of both 'danger' and 'opportunity'. As an industry we need to seize the opportunity.

To achieve this, we need to get members involved in improving SACA. Now is a great time to join the SACA board and help us pursue positive change in the industry and in our community. Our future events might be different than how they were run before and we need your help in discovering new ways to grow as an organization and community.

Kevin Wilusz



SACA Calendar of Events

General Membership Meetings, TBD

Due to the COVID-19 pandemic, we are waiting to learn how guidelines unfold before scheduling upcoming GMMs.

We will keep everyone updated as we move forward.

SACA 2020 Board of Directors

James “Robbie” Cain Southwest Desert Images	President
Tait Wilcox Castle & Cooke	Vice President
Mike Rutherford Rutherford Diversified Industries	Treasurer
Shaunna Valdez Pioneer Title Agency	Secretary
Rod Flannigan Cochise College	Director
Arron Kerr Mr. Fix-It	Director
Dave Thompson Honorary Member	Director
Kevin Wilusz KE&G Industries	Director

Government Meetings

Cochise County Board of Supervisors Board Of Supervisors Hearing Room 1415 Melody Lane, Building G, Bisbee	Tuesdays 10AM
Sierra Vista City Council Council Chambers, City Hall 1011 N Coronado Drive	2 nd &4 th Thursdays 5PM
Benson City Council Benson Community Center 705 W Union Street	2 nd &4 th Mondays 7PM
Bisbee City Council City Hall Building 915 S Tovreaville Road	1 st &3 rd Tuesdays 7PM
Douglas City Council City Hall, Council Chamber 425 10 th Street	2 nd Wednesdays PM
Willcox City Council City Hall, Council Chamber 300 W Rex Allen Drive	1 st Thursday 5:30PM

Virtual Plan Room

Visit SACA’s virtual plan room for local bid opportunities.

www.saca-az.org, under membership.

Call 520-458-0488 for more information.

ARIZONA INTERSTATE HIGHWAY, Part Two

Continuation of the article from the March/April Edition

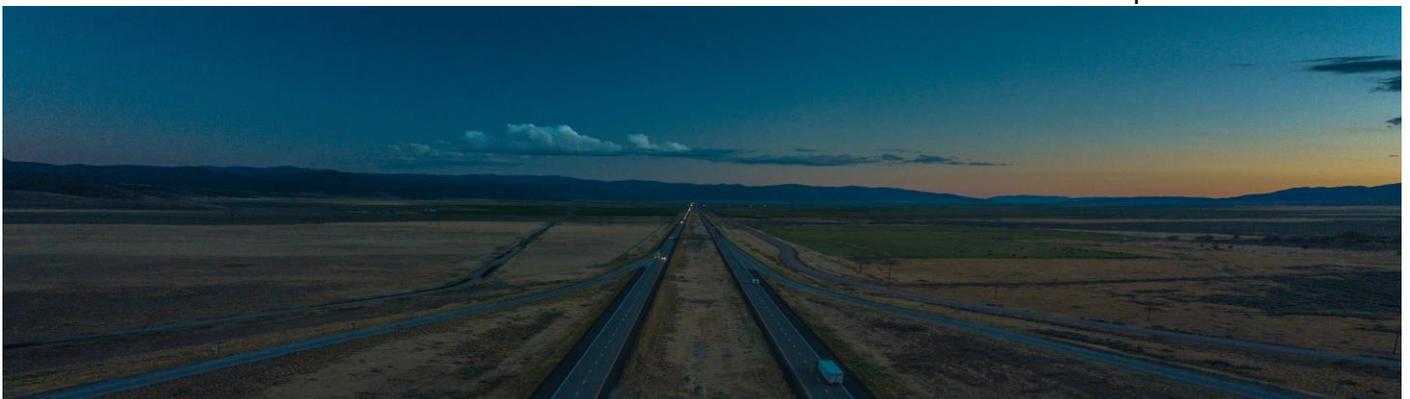
Dave Thompson grew up in suburban Connecticut while the Interstate Highway was under construction and before getting his driver's license. He and his friends would drag race along the unfinished parts of the highway. He can be reached at:

David.Thompson1415@gmail.com

As of 2016 the Interstate Highway System had a total length of 48,191 miles and one-quarter of all vehicle miles driven in the country used it. The railroad system for passengers and freight had declined sharply, but the trucking industry expanded dramatically, and the cost of shipping and travel fell sharply. Suburbanization became possible, with the rapid growth of easily accessible, larger, cheaper housing than was available in central cities. Tourism dramatically expanded as well, creating a demand for more service stations, motels, restaurants and visitor attractions. There was much more long-distance movement to the Sunbelt for permanent relocation and winter vacations. Rural areas off the grid lost out as shopping and factories located near the off ramps. The system had a particularly strong effect in the Southern United States as it facilitated relocation of heavy manufacturing to the non-union south.

It has been estimated that this project has produced more than \$6 in economic benefit for every \$1 of construction expense. Likewise, it is estimated that each \$1 Billion spent has generated 14,500 direct jobs and 19,700 indirect jobs. In 1960 seven of the 10 largest American companies were either automakers or oil producers. The largest pure consumer-goods company, Kraft, made only 15% as much revenue as the largest company, General Motors. Real (adjusted for inflation) GDP per capita more than doubled in the US from 1960 to 2010.

An interesting side note is that I-19 between Tucson to Nogales is measured in kilometers instead of miles, because at the time it was built there was a push for the United States to change to the metric system. The proximity to metric-using Mexico was also a factor. Unquestionably, the Interstate Highway System is the "Best \$521 Billion the United States ever spent."



SACA Supporters

We couldn't do this without you.

Thank you to the businesses and individuals who have supported SACA initiatives and events throughout the year.

2019 Charity Golf Sponsors

- Hole in One – Lawley Motors, donation of automobile
- Cochise Level – Rutherford Diversified Industries
- Geronimo Level – KE&G, TWN
- Chief Level – Pioneer Title Agency, Artistic Roofing, Nova Home Loans, Guild Mortgage, Mr. Fix-It, American Flow
- Hole Prize – Ferguson Plumbing, Creative Pools and Spas
- Tee/Green Sponsors – CEMEX, Cochise College, CSM Arizona, Dana Kepner, Ford Meter Box, M&R Auto, McWane Ductile, Ninyo & Moore, Pavement Marking Inc., Rutherford Diversified Industries, Sierra Vista Builders, Southwest Desert Images, Star Pipe, SW Gas, Tyler Union, UPS Store, Vinyl Tech, Vista Haircutters

Annual Dinner

Appreciation goes out to the following businesses who donated to support our Annual Dinner.

Artistic Roofing
Big O Tires
Cochise College Welding Department
Do Terra – David Haggat
KE&G
Lawley Motors
Mr. Fix-It
Rutherford Diversified Industries
Sky Hawk Cleaning
Southwest Desert Images
SSVEC
Texas Roadhouse



Thank you!



*Photos in this publication sourced, royalty free, from www.piqsels.com.

Health, Safety and Welfare

Workers and Outdoor Heat

Summer type weather is here, heat illnesses and deaths by heat are preventable, as the heat season came earlier than normal and employees can become ill from heat. Ask your team(s), what are some of the heat illnesses they can encounter at work today? Heat rash, heat cramps, heat stroke, and heat exhaustion, any or all the above, because the body temperature can rise from working, hot objects, dehydration, strenuous physical activities, and lack of resting. Many people are exposed to heat on the jobsite. Employers who have a heat illness prevention program are ahead leading the way to a safe outdoor working environment. We will keep everyone updated as we move forward.

The prevention program should include.

- Educate employees of heat illness hazards and symptoms provide scenarios
- Water, Rest, Shade program
- Who to call for medical help
- How to give clear directions to the work site
- Who will provide first aid until ambulance arrives (certified by Red Cross)
- Communicate the heat index daily during the heated season of the year

Important factors about working in the heat: Drink small amounts of water often throughout the day, rest in areas of shade or a/c areas. New employees need to get acclimated to working in the heat so their workloads may need to be modified for the first few weeks to prevent a heat illness. Start the work shift as early as possible. Employees should wear light colored clothing, light weight cotton type clothing and hard hat rim extenders to aid in shading their face. Educate all employees about the signs of heat illnesses. WATER, REST, SHADE is OSHA's catch words to aid the awareness education and retention process of this campaign. Signs of heat illnesses: Head ache dizziness, or fainting. Weakness and wet skin (Clammy), Irritability or confusion. Thirst nausea, vomiting, seizures, or fainting.

The heat index is a tool used to determine what steps to take in different temperature working conditions. OSHA has a free application of mobile devices such as I Phone and Android to enable supervisors and workers to monitor the heat index. Employers should communicate the heat index daily and what precautions to make. Type in the link below and click on the risk level to gain information about each heat index level and some recommendations for the heat level.

Heat Index	Risk Level	Protective Measures
Less than 91°F	<u>Lower (Caution)</u>	Basic heat safety and planning
91°F to 103°F	<u>Moderate</u>	Implement precautions and heighten awareness
103°F to 115°F	<u>High</u>	Additional precautions to protect workers
Greater than 115°F	<u>Very High to Extreme</u>	Triggers even more aggressive protective measures

Heat cramps may occur with other heat related illnesses or may be one of the first stages. The cramps are muscle spasms which are painful and are caused by too much or too little salt.

Heat rash occurs when the sweat does not evaporate and the pores become clogged and a rash occurs. If heat rashes occur get to a cooler area to dry off bath regularly and dry the skin regularly.

Signs of Heat exhaustion

- Headache
- Dizziness or fainting
- Weakness
- Wet Skin
- Rapid heart beat
- Irritability
- Thirst
- Nausea or vomiting

Signs of heat stroke

- High body temperature
- Confused thought process
- Pass out
- Collapse
- Seizer
- Stop sweating

People with the following conditions may have a greater risk of heat illnesses: Diabetes, kidney or heart problems, pregnancy, and overweight. New employees or temporary employees may need time to acclimate to the work to the summer work conditions. The acclimation process takes 5-7 days. Provide employees with cool water and disposable cups, monitor the heat index, train employees on symptoms of heat illnesses and communicate the emergency procedures needed if a heat illness occurs.

Why is heat a hazard to workers?

When a person works in a hot environment, the body must get rid of excess heat to maintain a stable internal temperature. It does this mainly through circulating blood to the skin and through sweating.

When the air temperature is close to or warmer than normal body temperature, cooling of the body becomes more difficult. Blood circulated to the skin cannot lose its heat. Sweating then becomes the main way the body cools off. But sweating is effective only if the humidity level is low enough to allow evaporation and if the fluids and salts that are lost are adequately replaced.

If the body cannot get rid of excess heat, it will store it. When this happens, the body's core temperature rises and the heart rate increases. As the body continues to store heat, the person begins to lose concentration and has difficulty focusing on a task, may become irritable or sick, and often loses the desire to drink. The next stage is most often fainting and even death if the person is not cooled down.

How can heat related illness be prevented

Excessive exposure to heat can cause a range of heat-related illness, from heat rash and heat cramps to heat exhaustion and heat stroke. Heat stroke can result in death and requires immediate medical attention.

Exposure to heat can also increase the risk of injuries because of sweaty palms, fogged-up safety glasses, dizziness, and burns from hot surfaces or steam.

Heat-related illnesses can be prevented. Important ways to reduce heat exposure and the risk of heat-related illness include engineering controls, such as air conditioning and ventilation, which make the work environment cooler, and work practices such as work/rest cycles, drinking water often, and providing an opportunity for workers to build up a level of tolerance to working in the heat. Employers should include these prevention steps in worksite training and plans. Also, it's important to know and look out for the symptoms of heat-related illness in yourself and others during hot weather. Plan for an emergency and know what to do — acting quickly can save lives.

*Submitted by Tait Wilcox, SACA VP, Castle & Cooke.



On the Arizona Registrar of Contractors website there is an article acknowledging the shortage of a qualified workforce in the construction industry. This article highlights the advantage of starting a State Registered Apprenticeship Program. Please find the details by clicking here.

For information on unlicensed violators, a list is posted on the ROC website here.

Southeastern Arizona Contractors Association Member List

Antelope Run Electric, Inc	(520) 803-0922	https://www.facebook.com/pages/Antelope-Run-Electric/968562433181827
Artistic Roofing Systems LLC	(520) 458-6781	www.roofingcompanysierravista.com
Castle & Cooke of Arizona, Inc.	(520) 378-9344	www.catelecookearizona.com
Cemex Materials South, LLC	(520) 236-2573	www.cemexusa.com
City of Sierra Vista	(520) 458-5775	www.sierravistaaz.gov
Cochise College	(520) 515-4509	www.cochise.edu
Cochise County	(520) 432-9440	www.cochise.az.gov
Creative Pools and Spas	(520) 508-6051	www.creativepoolsaz.com
Crest Insurance Group	(520) 458-1655	www.crestins.com
Dana Kepner Company	(520) 624-7180	www.DanaKepner.com
Diversified Design	(520) 327-7384	www.ddc-az.com
Empire Homes, Inc.	(520) 455-5506	www.empirehomes-az.com
Gilbert Technical Services	(520) 458-5730	www.gilberttechnicalservices.com
Grasshopper Landscaping	(520) 456-8945	www.grasshopper-landscaping.com
Greater SV Chamber Of Commerce	(520) 458-6940	www.sierravistachamber.org
Guild Mortgage Company	(520) 227-5484	www.guildmortgage.com
Harvey Plumbing Inc.	(520) 378-3154	www.harveyplumbing.com
Hudbay Rosemont Project	(520) 495-3504	www.hudbayminerals.com
Isaacson Homes, LLC	(520) 559-0288	www.iqconstruction.biz
KE&G Construction, Inc.	(520) 458-9594	www.kegtus.com
Mountain View AC & Heating LLC	(520) 458-9594	www.mountainviewac.com
Mr. Fix It of Sierra Vista, LLC	(520) 227-8194	www.mrfixitsv.com
Mr. Shed	(520) 255-0901	http://mrshed.net/
Mule Mountain Pest Control	(520) -234-3435	www.mmpc-az.com
Perrill Construction	(520) 378-9467	www.perrillconstruction.com
Pioneer Title Agency	(520) 459-4592	www.pioneertitleagency.com
R.L. Workman Homes	(520) 458-0771	www.rlworkmanhomes.com
Rutherford Diversified Industries	(520) 458-8761	www.rutherforddiversified.com
Sierra Remodeling	(520) 459-3164	www.sierraremodeling.com
San Pedro Plumbing	(520) 378-4696	https://san-pedro-plumbing.business.site/
Sierra Vista Builders Supply	(520) 459-3263	https://www.facebook.com/SierraVistaBuildersSupply
Sierra Vista Electric, Inc.	(520) 458-7196	www.sierravistaelectric.com
Sierra Vista Herald	(520) 458-9440	www.svherald.com
Sierra Vista Tile, Inc.	(520) 378-0841	www.sierravistatile.com
Southern AZ Home Builders Assoc.	(520) 795-5114	https://www.sahba.org/
Southwest Desert Images	(520) 803-0063	www.southwestdesert.com
Southwest Gas Corp	(520) 452-4103	www.swgas.com
Stan Greer Millworks	(520) 378-9311	www.stangreer.com
Stan's Fence Company, Inc.	(520) 456-2650	www.stansfenceaz.com
Sulphur Springs Valley Electric	(520) 515-3470	www.ssvec.org
Sun Drywall & Stucco Inc.	(520) 378-2384	
The UPS Store	(520) 459-6996	https://locations.theupsstore.com/az/sierra-vista/2160-e-fry-blvd
Truly Nolen Pest Control	(520) 458-5095	www.trulynolen.com

Members of SACA have invested their resources to support the local construction industry. Please honor them by giving them priority when choosing business partners.