



Construction News and Views

May - June 2023

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SACA Calendar of Events

SACA Speaker Series Luncheon, May 24 and June 28

Our upcoming luncheons will feature the following speakers:

May 24 - Eric Grisham, Arizona @ Work & Mark Schmitt, Cochise College SBDC

June 28 - Lori Rutherford & Anne Thrush, Cochise Family Advocacy Center

The cost to attend is \$25.00 per person. Please register in advance. You may pay via cash, check or credit card at the event. If you choose to pay online, there will be a 3.5% processing fee added to the transaction. Lunch catered by Aladdin Campus Dining.

PLEASE NOTE THAT STARTING IN JULY, THE SPEAKER SERIES LUNCHEON WILL BE HELD AT COCHISE COLLEGE IN THE HORACE STEEL CONFERENCE ROOM, ROOM 909, INSIDE THE LIBRARY. A MAP WILL BE ATTACHED TO THE REGISTRATION INFORMATION.

SACA 2023 Board of Directors

Kevin Wilusz KE&G	President
Dan Workman R.L. Workman Homes	Vice President
Mike Rutherford Rutherford Diversified Industries	Treasurer
TBD	Secretary
Nathan Hodges SSVEC	Director
Matt McLachlan City of Sierra Vista	Director/ City Liaison
Dale Porter Cochise College	Director
David Fennell Cochise Environmental	Director

If you are interested in attending a Board of Directors meeting, please contact Michelle at 520-458-0488 or office@saca-az.org, or please reach out to one of our current Board Members.

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 6PM
Willcox City Council City Hall, Council Chamber 300 W Rex Allen Drive	1 st Thursday 5:30PM

SACA is Highlighting Our Active Members!

Every two months SACA will highlight our most active member in our Newsletter and on our Facebook Page. The Board of Directors will take into consideration attendance at events, including the Speaker Series Luncheon, involvement in training classes, and participation in poles and other on-line interactions.

May 2023 and June 2023 SACA Member Highlight



SSVEC celebrates 85 years of serving its members

Sulphur Springs Valley Electric Cooperative (SSVEC) is an electrical distribution utility serving members in southeast Arizona. SSVEC is Arizona's largest electric cooperative, meeting the energy needs of nearly 53,000 member accounts in Cochise, Graham, Pima, and Santa Cruz counties.

A strong and lasting partnership with the Southeastern Arizona Contractors Association has benefited local communities, providing reliable and affordable services, quality craftsmanship, and ethical business practices. Abiding by these standards of excellence has assured a sustainable and desirable quality of life in southeast Arizona.

SSVEC is also a founding member of the Arizona Electric Power Cooperative (AEPCO), which generates electricity for SSVEC and five other cooperatives in Arizona, New Mexico, and California. AEPCO's Apache Power Station, located in the town of Cochise, AZ, is the primary source of power generation for SSVEC and AEPCO's other members.

Since its founding in 1938, key principles have guided SSVEC. These principles – which are characteristic of all cooperative businesses - include voluntary and open membership, concern for the community, democratic member control, and support for education.

As a cooperative, SSVEC members are the owners of the company. Members are entitled to vote and/or serve on the elected Board of Directors. Members also benefit from the financial success of the cooperative.

As a not-for-profit organization, revenue after expenses, or "margins," are set aside to return to our members. We refer to these margins returned to members as capital credits. Each year, the SSVEC Board of Directors reviews the financial status of the Cooperative and decides on the capital credit allocation.

In its 85 years, SSVEC has paid out more than \$30 million in capital credits to its members. In 2022, to reduce the impact of a sudden and dramatic increase in the cost of the fuel necessary to generate electricity, SSVEC applied its entire margin – some \$8 million – to pay down the uncollected wholesale fuel liability. This payment has helped SSVEC avoid a rate increase for its members and stabilized electric bills in the face of substantial economic inflation.

SSVEC hosts an annual membership meeting where members can learn more about their Cooperative from the Board President and the Chief Executive Officer, Jason Bowling. The meeting is held each April, with the location rotating from Willcox, to Benson, to Sierra Vista. The 2024 meeting will be in Willcox.

To find out more information about SSVEC visit our website at ssvec.org.

Health, Safety and Welfare

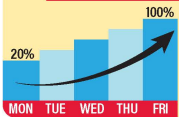


Prevent Heat Illness at Work

Outdoor and **indoor** heat exposure can be dangerous.

Ways to Protect Yourself and Others

Ease into Work. Nearly 3 out of 4 fatalities from heat illness happen during the first week of work.



- ✓ **New and returning** workers need to build tolerance to heat (acclimatize) and take frequent breaks.
- ✓ **Follow the 20% Rule.** On the first day, work no more than 20% of the shift's duration at full intensity in the heat. Increase the duration of time at full intensity by no more than 20% a day until workers are used to working in the heat.



Drink Cool Water

Drink cool water even if you are not thirsty — at least 1 cup every 20 minutes.



Take Rest Breaks

Take enough time to recover from heat given the temperature, humidity, and conditions.



Find Shade or a Cool Area

Take breaks in a designated shady or cool location.



Dress for the Heat

Wear a hat and light-colored, loose-fitting, and breathable clothing if possible.



Watch Out for Each Other

Monitor yourself and others for signs of heat illness.



If Wearing a Face Covering

Change your face covering if it gets wet or soiled. Verbally check on others frequently.

First Aid for Heat Illness

The following are signs of a medical emergency!



- Abnormal thinking or behavior
- Slurred speech
- Seizures
- Loss of consciousness

1

» CALL 911 IMMEDIATELY

2

» COOL THE WORKER RIGHT AWAY WITH WATER OR ICE

3

» STAY WITH THE WORKER UNTIL HELP ARRIVES



Watch for any other signs of heat illness and act quickly. When in doubt, call 911.

If a worker experiences:

Headache or nausea
Weakness or dizziness
Heavy sweating or hot, dry skin
Elevated body temperature
Thirst
Decreased urine output



Take these actions:

- » Give water to drink
- » Remove unnecessary clothing
- » Move to a cooler area
- » Cool with water, ice, or a fan
- » Do not leave alone
- » Seek medical care if needed



OSHA® Occupational Safety and Health Administration

**For more information: 1-800-321-OSHA (6742)
TTY 1-877-889-5627 www.osha.gov/heat**

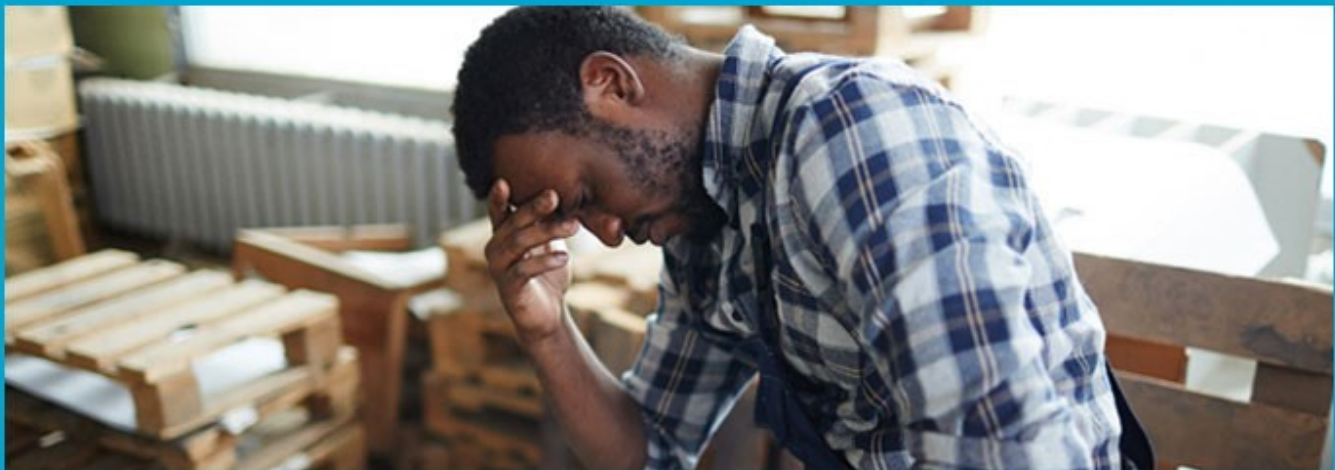
Federal law entitles you to a safe workplace. You have the right to speak up about hazards without fear of retaliation. See www.osha.gov/workers for information about how to file a confidential complaint with OSHA and ask for an inspection.

OSHA 3431-OSF 2021

OSHA Resources

Prioritizing Mental Health

- The Department of Labor **launched an initiative** to help employers talk with workers about **workplace stress, mental health and substance use**.
- OSHA and the Georgia Mental Health Alliance are encouraging employers to **hold safety stand-downs during May to promote mental health awareness**.



The **Occupational Safety and Health Administration's** mission is to ensure safe and healthful working conditions for workers. As a regulatory agency, we have historically approached that mission by focusing on physical hazards in workplaces, things you can see and measure. But today's work environment requires a broader approach that includes both traditional occupational safety and health and paying attention to the huge impact of mental health on workers' well-being as well.

Work-related stress is a significant problem in the United States:

83% of workers report suffering from work-related stress.

Work-related stress has been reported to cause 120,000 deaths each year.

For every \$1 spent on ordinary mental health concerns, employers see a \$4 return in productivity.

To continue reading click [here](#).

Source: www.OSHA.gov



Southeastern Arizona Contractors Association Member List

Antelope Run Electric, Inc	(520) 803-0922	https://anteloperunelectricinc.godaddysites.com
Castle & Cooke of Arizona, Inc.	(520) 378-9344	https://castlecookearizona.com/
Cemex Materials South, LLC	(520) 236-2573	www.cemexusa.com
Centerline Supply	(602) 258-3142	www.translineinc.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
Cochise Environmental	(520) 732-8079	cochiseenvironmental@gmail.com
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
Grasshopper Landscaping	(520) 456-8945	www.grasshopper-landscaping.com
Greater SV Chamber Of Commerce	(520) 458-6940	www.sierravistachamber.org
Hudbay Rosemont Project	(520) 495-3504	www.hudbayminerals.com
KE&G Construction, Inc.	(520) 458-9594	www.kegtus.com
Mcwane Ductile	(801) 616-1154	www.mcwaneductile.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
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
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
Southern AZ Home Builders Assoc.	(520) 795-5114	https://www.sahba.org/
Southwest Gas Corp	(520) 452-4103	www.swgas.com
Stan Greer Millworks	(520) 378-9311	www.stangreer.com
Sulphur Springs Valley Electric	(520) 515-3470	www.ssvect.org
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.

Despite the struggles with the continuing pandemic, SACA has been able to continue to support our local communities by supporting students in the Cochise College Residential Construction Program, Special Olympics and the Wounded Warriors Project.

We are very grateful for the support from our members making it possible for us to support these programs.