

ALABAMA UTILITY CONTRACTORS ASSOCIATION

TIM AYERS, EXECUTIVE DIRECTOR
AUGUST 2024

Director's Comments:

The month of August has been an emotional roller coaster for me. My daughter, who had been home from college for her third summer internship with Brasfield & Gorrie, headed back for her senior year. Before she left, she was offered and accepted a job to start working full-time with them upon graduation. It's quite a relief to know that when she walks across the stage next May and receives her degree in Building Science from Auburn University, a job will be waiting with one of the premier companies in her chosen career field.

Unfortunately, this month also saw the loss of one of the best AUCA co-workers I've ever had. Chip, our beloved Chocolate Labrador Retriever of almost 12 years crossed over the rainbow bridge. As I write this newsletter, I feel an emptiness because for so many days over the course of my 10 years with AUCA, he was faithfully "working" by my side. I miss him immensely, but am relieved that he's no longer in pain and was blessed to have had such a loyal friend for so long.

We are pleased to announce that former University of Alabama and Dallas Cowboys Running Back Sherman Williams will be our special guest speaker at the October 10th AUCA Fall Meeting & Sporting Clay Shoot in Montgomery. Sherman has quite the story to tell. As someone that won a state championship in high school football, a national championship in college, and a Super Bowl in the NFL, he has experienced the highest of highs. However, a criminal conviction that led to being sentenced and serving 15 years in Federal Prison was certainly the lowest of lows. But, he has redeemed himself and now works to provide development programs to assist and guide disadvantaged youth to overcome interpersonal obstacles, embrace family values, education and avoid life's pitfalls.

The Fall Meeting & Sporting Clay Shoot is always our biggest event, and team slots for our morning shoot are nearly full. If you have not already registered, please do so ASAP, and if possible, please consider registering for the afternoon shoot to guarantee your space.

Tim



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Upcoming Meetings & Events:

AUCA Board of Directors Meeting
Thursday, September 5, 2024



The Lodge at Gulf State Park - Gulf Shores, AL
Tuesday, September 17 - Thursday, September 19, 2024



AUCA 2024 Fall General Meeting
& Sporting Clay Shoot
Thursday, October 10, 2024
Lower Wetumpka Shotgun Sports Club
Montgomery, AL



AUCA 2025 Spring General Meeting,
Golf Tournament and Shrimp & Crawfish Boil
Thursday, April 24, 2025
Arrowhead Country Club
Montgomery, AL

AUCA Industry Lunch Meetings
Dates and Locations To Be Announced





AUCA 2024 Fall General Meeting & Sporting Clay Shoot

Thursday, October 10, 2024

**Lower Wetumpka Shotgun Sports Club
4758 Lower Wetumpka Road Montgomery, AL 36110**

Morning Sporting Clay Shoot - 9:00 a.m. Shotgun Start
General Meeting & Steak Lunch - 11:00 a.m.
Door Prizes & Raffle Drawing - 12:30 p.m.
Afternoon Sporting Clay Shoot - 1:00 p.m. Shotgun Start



General Meeting & Steak Lunch Guest Speaker - Sherman Williams (Lunch Included with Clay Shoot Registration or Sponsorship)

Come network with your peers, win great door prizes, and enjoy a delicious steak lunch while listening to our special guest speaker. We will also vote on the 2025 AUCA Officers and Board of Directors, and present the AUCA "Member of the Year" Awards.

Annual Sporting Clay Shoot

(Participants must provide their own Gun and Shells)
Complete attached Registration Form and return ASAP.
Corporate Sponsorship opportunities available.
Sign up now before the event sells out!



AUCA PAC Fundraising Raffle

This year we are again raffling two great prizes that anyone can use:

- Prize #1: \$1,000 Cash**
- Prize #2: \$500 Cash**

Tickets are \$10 each and allow two (2) chances to win.
(You do not have to be present to win)

All money raised from the raffle will go towards the AUCA PAC Fund to help support our continued Legislative efforts in Montgomery and Washington.



OCTOBER 10, 2024 - EVENT REGISTRATION FORM



To register, please complete this form and return to the AUCA office by fax or email. A copy of the registration form should also be submitted with payment.

Registration Deadline is October 3, 2024

Company Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Contact Person: _____

Phone Number: _____

Email: _____

SPORTING CLAY SHOOT TEAM & SPONSORSHIP OPPORTUNITIES

- GOLD TEAM SPONSOR - \$1,000 Includes: 4-man team, cart, lunch, company logo on AUCA website w/ link to sponsor's website, event signage, promotional materials, & four (4) station sponsorship
SILVER TEAM SPONSOR - \$750 Includes: 4-man team, cart, lunch, name recognition on AUCA website, event signage, promotional materials, & one (1) station sponsorship
4-PERSON TEAM - \$600 Includes: 4-man team, cart, lunch
BRONZE EVENT SPONSOR - \$250 Includes: Admission for two (2) company representatives to attend General Meeting Lunch, name recognition on AUCA website, event signage, one (1) station sponsorship, and may provide trappers on course to network with shooters and hand out company prizes or give-a-ways

TEAM MEMBERS:

- 1.) _____ 3.) _____
2.) _____ 4.) _____

MORNING SHOOT: _____ AFTERNOON SHOOT: _____

CART NEEDED: YES _____ NO _____

4-person golf carts provided for all teams (you may also bring your own cart/ATV)

You must provide your own shells (Factory shells only - #7-1/2 or higher shot load)

Safety rules must be followed; signed waiver required; ear plugs and eye protection required

SPORTING CLAY SHOOT TEAM PRIZES

1st Place Team: \$400 + Trophies 2nd Place Team: \$300 + Trophies 3rd Place Team: \$200 + Trophies

GENERAL MEETING LUNCH (INCLUDED w/ TEAM REGISTRATION or SPONSORSHIP)

General Meeting Lunch: \$25/Non-Shooter x Quantity () = \$ _____

PAYMENT REQUESTED BEFORE OR ON DAY OF EVENT! Return form and payment to:

Alabama Utility Contractors Association

P.O. Box 383185

Birmingham, Alabama 35238-3185

Phone: (205) 582-9436

Fax: (205) 582-9155

Email: tim@aluca.org



To pay by credit card, please contact the AUCA office at (205) 582-9436.

AUCA Fall General Meeting & Sporting Clay Shoot

Currently Registered Event Sponsors:

(Additional sponsorship opportunities available - deadline is October 3rd)

Gold Sponsors (to Date):



ALCRETE™



CLEARLY

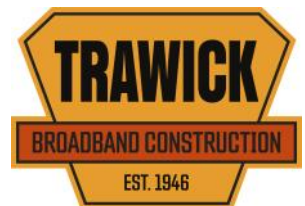


Know what's below.
Contact **811** before you dig.



AUCA Fall General Meeting & Sporting Clay Shoot

Silver Sponsors (to Date):



Bronze Sponsors (to Date):



Drink & Refreshment Sponsors (to Date):





Alabama Transportation Assistance Program
presents a workshop

OSHA-10 Hour Roadway Construction Industry (1.5 Days)

Presented by Robinson Vasquez

Mobile

September 16, 2024

8:00AM – 4:00PM

September 17, 2024

8:00AM – 12:30PM

Birmingham

September 19, 2024

8:00AM – 4:00PM

September 20, 2024

8:00AM – 12:30PM

This one and a half day workshop, accredited by the Occupational Safety & Health Administration (OSHA), was developed by the American Road & Transportation Builders Association (ARTBA) in cooperation with the National Safety Council (NSC). The 12.5 hour curriculum is designed to directly address the core safety and health hazards common to the Roadway Construction industry. This program focuses on highway construction activities that are responsible for the majority of work zone fatalities and serious injuries.

The course material is geared toward roadway work zone construction supervisors and experienced workers. The program design focuses on practical approaches to recognizing and controlling OSHA-identified construction hazards, accompanied with “hands-on” activities to reinforce the formal instruction.

This OSHA 10-hour course provides an overview of 11 key construction work zone-related safety and health topics. Upon completion of this course, participants should be able to recognize and take corrective action to address these issues and hazards:

- Understanding OHSA
- Mechanized Equipment
- Confined Space
- Personal Protective Equipment and High Visibility Clothing
- Collisions between workers and vehicle operators
- Occupational Health and Environmental Controls
- Roadway Work Zones
- Electrical Safety
- Fall Prevention and Protection
- Night Work
- Excavations and Trenching

Please register at www.eng.auburn.edu/atap. **CLASS SIZE IS LIMITED TO 40 PARTICIPANTS PER LOCATION.** The cost of the workshop is \$175.00. Registrants are reminded that registration is not complete until payment is made. The registration fee includes handout materials, break refreshments, lunch, and a certificate of participation. Participants completing this workshop will receive 1.25 Continuing Education Units (CEUs), 12.5 Professional Development Hours (PDHs).



2024 ALABAMA PIPELINE AWARENESS COOPERATIVE TRAINING PLEASE ATTEND THIS SAFE DIGGING EVENT

FREE EXCAVATOR TRAINING

Receive damage prevention and safe excavation training regarding pipelines with your local pipeline and gas distribution companies.

1 Steps for Registration:

- Please visit al.pipeline-awareness.com/meeting_schedule
- Select the meeting you wish to register for
- Once completed you will receive a confirmation email

2 At the program you will receive:

- Up to date pipeline materials with contact information
- Communication with your local pipeline operators
- Free meal and new pipeline safety training



CAN'T MAKE IT?

Visit Training Center. A self-paced online training available 24/7 for the entire team!
Go to trainingcenter.pdigm.com
use code: 2024EX

IN PERSON LIAISON

Dinner Meetings

5:15 pm - 6:00 pm	Registration / Dinner
6:00 pm - 7:00 pm	Program
7:00 pm	Door Prizes

For questions or additional information, contact us at (844) 693-7788 or visit our website at al.pipeline-awareness.com



SCAN HERE to register



REGISTER AT MY.SPATIALOBJECTS.COM/RSVP/DASHBOARD



#	City	Date	Registration
1	Gadsden	07/16/24	5:15 PM
2	Fayette	07/18/24	5:15 PM
3	Alexander City	07/25/24	5:15 PM
4	Tuscaloosa	07/30/24	5:15 PM
5	Fultondale	08/01/24	5:15 PM
6	Atmore	08/06/24	5:15 PM
7	Florence	08/08/24	5:15 PM
8	Calera	08/20/24	5:15 PM
9	Prattville	08/22/24	5:15 PM
10	Demopolis	09/03/24	5:15 PM
11	Jackson	09/04/24	5:15 PM
12	Mobile	09/05/24	5:15 PM
13	Aliceville	09/10/24	5:15 PM
14	Decatur	10/01/24	5:15 PM
15	Auburn	10/03/24	5:15 PM

Attending the meeting in your area provides the opportunity to liaise with pipeline operators within your jurisdiction. If the date and time doesn't fit your schedule you may attend any meeting.



2024 APACT SPONSORS

Advansix (formerly U.S. Amines)
 Alexander City Gas Department
 Athens Gas Department
 Bay Gas Storage Company, LLC
 BBT Alabama, LLC
 BBT AlaTenn, LLC
 Black Belt Energy
 Black Warrior Methane Corp.
 Boaz Gas Board
 BP Pipelines (North America), Inc.
 Bridgeport Utilities
 Buckeye Partners, L.P.
 Calera Gathering LLC
 Childersburg Water, Sewer & Gas Board
 City of Brewton Utilities Department
 City of Calera, AL
 City of Florence Natural Gas
 City of Lanett
 City of Piedmont, AL Gas Dept.
 City of Robertsdale
 City of Sumiton
 Clarke-Mobile Counties Gas District
 Cordova Water & Gas Board
 Cullman-Jefferson Counties Gas Dist
 Daphne Utilities Board
 DCP Operating Company, LP
 Decatur Utilities Board
 Dekalb-Cherokee Counties Gas District

East Central Alabama Gas Dist
 Enterprise Products
 Fairhope Public Utilities
 Fayette Gas Board
 Florida Gas Transmission Company
 Freebird Gas Storage, LLC
 Fultondale Gas Board
 Genesis Energy, L.P.
 Gulf South Pipeline Company, LLC
 Hartselle Utilities
 Hilcorp Energy Company
 Hunt Crude Oil Supply
 Hunt Refining Company
 Huntsville Utilities
 Jacksonville Water, Gas & Sewer Board
 Kinder Morgan
 Linde
 Lowman Pipeline
 Maplesville Utilities Board
 Marshall County Gas District
 Monroe Gas Storage Company, LLC
 North Alabama Gas District
 North Baldwin Utilities
 Northwest Alabama Gas District
 Oneonta Utilities Board
 PGP Operating, LLC
 Pickens County Natural Gas
 Plains Pipeline

Riviera Utilities
 Roanoke Utilities Board
 Russellville Gas Board
 Sabal Trail Transmission, LLC
 Scottsboro Water, Sewer and Gas Board
 Sheffield Utilities
 South Alabama Gas
 South Alabama Utilities
 Southeast Gas
 Southeast Supply Header
 Southern Company Pipelines
 Southern Natural Gas Company, LLC
 Southern Pines Energy Center
 Spire Alabama Inc
 Spire Gulf Inc
 Stevenson Utilities Board
 Sylacauga Utilities Board
 Tennessee Gas Pipeline Company
 Texas Eastern Transmission LP
 Third Coast
 Trussville Utilities Board
 Urban Oil & Gas Group LLC
 W & T Offshore Inc
 Warrior Met Coal Gas, LLC
 West Escambia Utilities, Inc
 Wilcox County Gas District
 Williams

News & Notes:

AUCA PAC Fundraising Raffle:

Tickets are being distributed to AUCA member companies for the annual AUCA PAC Raffle. All money raised from the raffle will go towards the AUCA PAC Fund to help support our continued Legislative efforts in Montgomery and Washington. This year we will once again be raffling two great prizes that anyone can use - CASH:

- \$1,000 Cash - Prize #1
- \$500 Cash - Prize #2

Tickets will be \$10 each, and will allow the purchaser two (2) chances to win. The drawing will be held at our October 10th Fall General Meeting / Sporting Clay Shoot in Montgomery. You do not have to be present at the event to win.

Construction Suicide Prevention Week — September 9-13, 2024:

It is important to recognize that work-related stress can have a severe impact on mental health and, without proper support, can lead to suicide.

Worker suicides are particularly concerning for the construction industry. The suicide rate for construction workers is four times higher than in the general population, largely due to work-related stresses such as seasonal work, demanding schedules and workplace injuries.

September 9-13 is Construction Suicide Prevention Week when events will be held nationwide to raise awareness about the unique challenges construction workers face and what we can do to help safeguard their mental health and lives. Additional information and resources can found at the following link: <https://constructionsuicideprevention.com/>.

AUCA 2025 Board of Directors Nominations:

AUCA is soliciting the membership for candidates to serve on the 2025 AUCA Board of Directors. If you have someone in mind that you think would be an asset on the AUCA Board, please email us by August 31st to recommend them to the AUCA Nominating Committee. If you are interested in serving yourself, please feel free to list your name as well.

Nomination Forms are available in this Newsletter, and have also been sent out electronically to all member companies. The Nominating Committee will review the nomination forms of those desiring to serve on the 2025 Board at the September 5th AUCA Board Meeting. The proposed slate of nominees will be announced to the membership and the candidates will be voted on by the members in attendance at the October 10th Fall General Meeting in Montgomery.





2025 AUCA Board of Directors Nomination Form

The AUCA Nominating Committee is seeking interested AUCA members for consideration to serve on the 2025 AUCA Board of Directors. Please complete the form and return to the AUCA office no later than August 31, 2024 to indicate your willingness to serve on the AUCA Board, or to nominate an individual member you know who would like to serve.

Nomination forms of any member desiring to serve on the 2025 Board will be reviewed at the September 5, 2024 AUCA Board of Directors Meeting. The proposed slate of nominees will be announced to the full membership 30 days prior to the October 10, 2024 AUCA Fall General Meeting.

NOMINATION FORM – I (we) would like to nominate the following:

Name _____ Company _____

Name _____ Company _____

Name _____ Company _____

Name _____ Company _____

Nominated by: _____
Name _____ Company _____

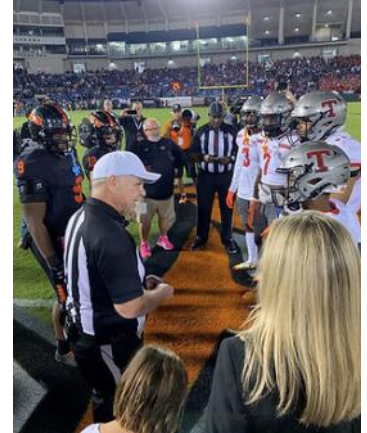
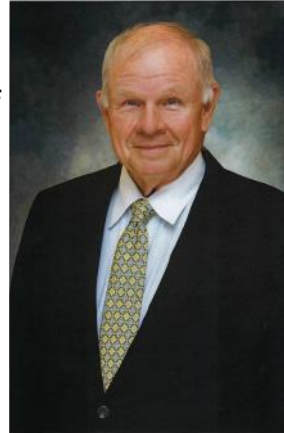
Please email form to tim@aluca.org or fax to 205-582-9155 by August 31, 2024

News & Notes:

AUCA Member Inducted Into Alabama Sports Officials Foundation Hall of Fame

On August 3rd, in recognition for his contributions during his 46 years of service as a high school football referee, AUCA member Steve Newton was one of 10 inductees into the Alabama Sports Officials Foundation Hall of Fame class for 2024. Steve retired from officiating in 2021, but still has his day job, working as a senior civil engineer and Birmingham office manager at TTL Inc., a full-service consulting engineering firm.

Congratulations Steve!



Alabama 811 Committee Opportunities:

Alabama 811 is looking to renew the Advisory Council as support for the AL811 mission and member involvement. The Advisory Council will look to initially meet quarterly and will be made up of designated stakeholder representation.

The Alabama 811 Advisory Council serves as a valuable knowledge base to further the mission of Alabama 811. Members of the Advisory Council provides service to the mission by providing the organization with their professional expertise; their diverse knowledge of constituent perspectives; their connections to local, national or international resources, colleagues or peers; or other forms of needed assistance. The Advisory Council has no governing function within the organization.

If you are interested in being considered, please complete the nomination form at:

<https://form.jotform.com/Alabama811/AdvisoryCouncil>

Alabama 811 is also reinstating the Legislative Committee to review potential improvements and updates to the current Alabama Underground Damage Prevention legislation.

If you are interested in serving on the Legislative Committee, please contact:

Annette Bowman
Alabama 811 Executive Director
abowman@al811.com
205.731.3209



Clean Water Construction Coalition Report

From Ryan Sharpe - Chairman CWCC & Sante Esposito - Key Advocates

August 1, 2024

Appropriations Committees Advance Vastly Different SRF Funding Bills

Last week, the Senate Appropriations Committee passed an Appropriations bill that would provide \$1.63 billion in overall spending for the Clean Water State Revolving Funds (SRFs) which is higher than the \$1.2 billion allotment in the House-passed bill.

The House bill includes over \$191 million more in earmark spending which reduces base funding levels. Including the reduction from earmarks, the Clean Water SRFs are slated to receive a total of \$1.27 billion in the Senate bill and \$649 million in the House bill.

For the Safe Drinking Water SRFs, the Senate bill includes overall funding of \$1.12 billion while the House appropriates \$883.5 million. The Senate bill utilizes \$237 million less in earmarks than the House version. Assuming earmarks as a takedown from base funding, the state allocations for the Safe Drinking Water SRFs are \$883.6 million in the Senate bill and \$404 million in the House bill.

CWCC Opposition to House Spending Cuts

In July, the House Appropriations Committee passed an Appropriations bill that slashes funding for the Clean Water and Safe Drinking Water State Revolving Funds (SRFs) by \$1.7 billion.

The Clean Water Construction Coalition (CWCC) has continued to urge House members to reject any SRF funding cuts and asked Coalition members to urge their Representatives to oppose the House FY25 Interior, Environment, and Related Agencies Appropriations Act which would impose these devastating cuts to critical water infrastructure projects.

WIIN Grant Funding

Under the House-passed appropriations bill, \$30 million would be appropriated for Water Infrastructure Improvements for the Nation (WIIN) Grants. The Senate plans to mark-up its bill funding WIIN Grants on August 1.

CWCC Appropriations Requests

The CWCC is advocating for funding at a minimum of \$4.4 billion for the Clean Water SRFs, \$4.3 billion for the Safe Drinking Water SRF's, and at least \$20 million for WIIN Grants.

The Coalition opposes the use of earmarks as takedowns from base funding levels. If earmarks are utilized, the CWCC favors using the lesser earmark levels included in the Senate bills.

Appropriations Status

Five of the 12 Appropriations bills have passed the House while seven bills have been approved by



Clean Water Construction Coalition Report

(Continued from page 13)

the House Appropriations Committee. The Senate Appropriations Committee has approved seven funding bills and five have not yet been considered.

The Republican-controlled House Appropriations Committee is continuing to push for spending reductions while the Senate supports additional appropriations to account for inflation.

House Republican FY25 House Budget Proposal

There has been no action on the House Budget Resolution which would limit spending increases to one percent a year and cut discretionary spending by \$2.5 trillion over ten years. The Democrat-run Senate has taken no action on this bill.

Other Issues

The CWCC is still working with Senator Butler's staff on a potential new version of the "STREAM Act" which would provide \$750 million for surface and groundwater storage and conveyance projects, \$300 million for water recycling, \$250 million for environmental restoration, \$150 million for desalination projects and \$100 million for drinking water projects in disadvantaged communities.

The Coalition continues to support the Garamendi Amendment to H.R. 7023 which would allow the EPA to issue National Pollutant Discharge Elimination System (NPDES) permits for certain public works projects for 10 years instead of five years as allowed under current law. The amendment has yet to be considered.

There has been no action taken on the CWCC-backed "DROUGHT Act of 2024" which aims to increase the federal share of Water Infrastructure Finance and Innovation Act (WIFIA) funding from 80% to 90%.

The Coalition continues to pursue additional funding for mega recycling projects and the Alternative Water Source Program.



Health & Safety:

The Facts About Obtaining an OSHA Card

Many job creators ask their workers to obtain an OSHA card. This often refers to the [Occupational Safety and Health Administration's](#) (OSHA) [Outreach Training Program's](#) 10-hour and 30-hour safety courses. Unfortunately, there has been an increase in fraudulent activity related to these courses over the past several years. Knowing the facts can help workers avoid fraudulent trainers and courses.



FACT: Only OSHA-authorized trainers may teach 10- and 30-hour safety courses and issue OSHA student course completion cards.

The 10-hour safety course covers general safety and health hazards for entry-level workers. The 30-hour safety course provides a greater variety of safety subjects and in-depth, industry-specific training and is intended for supervisors and workers with safety and health responsibility. While fraudulent actors may advertise *OSHA 10-hour training*, only OSHA-authorized trainers can issue course completion cards at the end of the training.

FACT: OSHA publishes a public [list of authorized trainers](#) to help workers find legitimate training and avoid fraud.

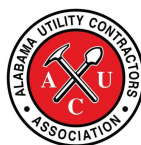
OSHA provides a list of authorized trainers to find instructors for the 10- and 30-hour safety courses. The list provides trainer names and contact information, and denotes which course each trainer is authorized to teach (i.e., construction, general industry, maritime, disaster site worker). Courses are also available [in Spanish](#) and [online](#) from the appropriate authorized trainer.

FACT: Taking the course does NOT guarantee employment.

While OSHA believes this training is an important first step towards workplace safety, beware of advertisements "guaranteeing" jobs after taking the course.

FACT: OSHA does not require completion of these courses, but may require other training for workers that encounter certain workplace hazards. Although some states, cities, and job creators have mandated Outreach Training Program courses as a prerequisite to employment, OSHA does not require the training. In other cases, jobs may include workplace hazards that require training to meet OSHA standards, such as training on common chemical hazards encountered in the workplace, or operator training for specific powered industrial trucks on the jobsite. Be sure to check your local requirements and consult the relevant OSHA regulations.

Keep these facts in mind when searching for courses and trainers to ensure proper safety training and avoid fraudulent courses. If you come across any fraudulent actors, please contact the [Department of Labor's Office of Inspector General](#). For more information, visit the [Outreach Training Program website](#).





OSHA ALERT

Prevent Heat Illness at Work

Outdoor and indoor heat exposure can be dangerous.

Nearly **3 out of 4** heat illness fatalities happen during the **first week of work**. New and returning workers need to build tolerance to heat by taking frequent breaks and working shorter shifts in the heat to start.

Dangerous heat exposure can occur indoors or outdoors, in any season. Employers can keep workers safe by following these simple safety practices:

- **Follow the 20% Rule** — on the 1st day, don't allow employees to work more than 20% of a shift at full intensity in the heat. Increase their time by no more than 20% a day until they are used to working in the heat.
- **Provide cool drinking water** – encourage workers to drink at least one cup every 20 minutes, even if they are not thirsty.
- **Rest breaks** — allow workers time to recover from heat in a shady or cool location.
- **Dress for the heat** — have workers wear a hat and light-colored, loose-fitting, breathable clothing if possible.
- **Watch out for each other** — encourage workers to monitor themselves and others for signs of heat illness.
- **Look for any signs of heat illness**, including fainting, dizziness, nausea, and muscle spasms, and act quickly — when in doubt, **call 911**.
- **Offer training** on the hazards of heat exposure and how to prevent illness.
- **Develop an Emergency Action Plan** on what to do if a worker shows signs of heat-related illness.



To learn more about heat illness prevention and first aid, visit www.osha.gov/heat.

OSHA alerts are issued on occasion to draw attention to worker safety and health issues and solutions.

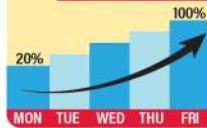


Prevent Heat Illness at Work

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.



Dress for the Heat
Wear a hat and light-colored, loose-fitting, and breathable clothing if possible.



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



Watch Out for Each Other
Monitor yourself and others for signs of heat illness.



Find Shade or a Cool Area
Take breaks in a designated shady or cool location.



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



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.

PROTECT WORKERS IN TRENCHES

Prevent trench
collapses and
save lives:

SLOPE or bench
trench walls,

SHORE trench walls
with supports, or

SHIELD trench
walls with trench boxes



U.S. Department of Labor

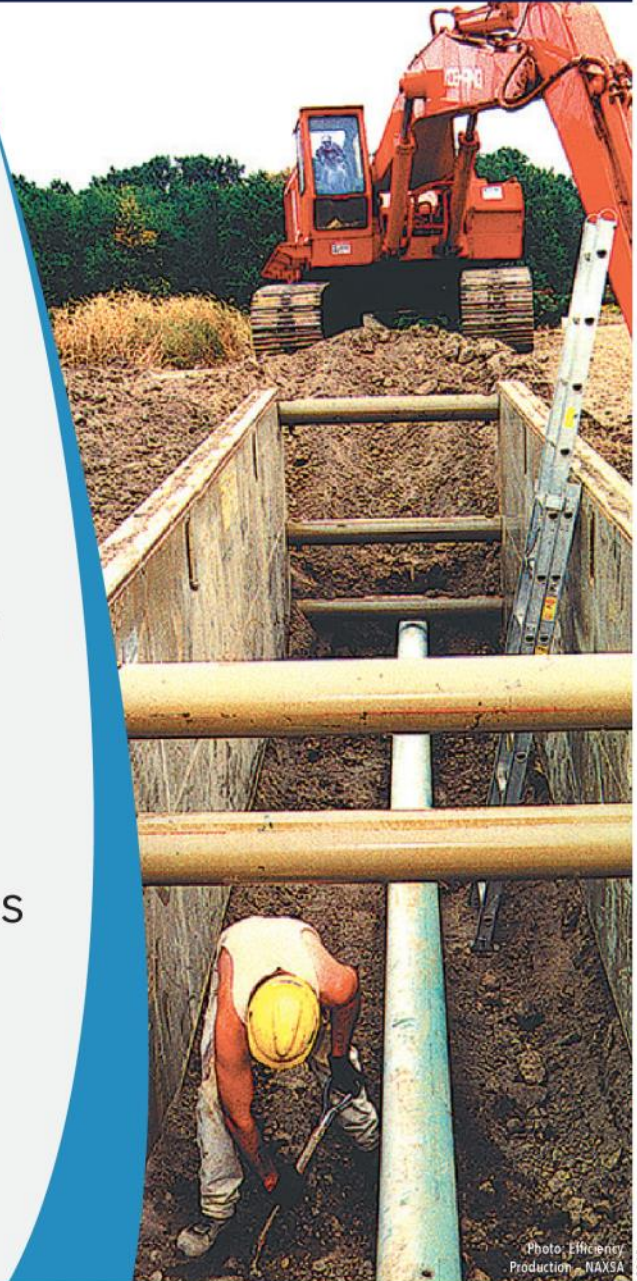


Photo: Efficiency
Production - NAXSA

OSHA 3215-06R 2018

WWW.OSHA.GOV/TRENCHING • 800-321-OSHA (6742) • TTY 877-889-5627

Alabama Utility Contractors Association
P.O. Box 383185
Birmingham, AL 35238-3185
Phone: 205-582-9436
Fax: 205-582-9155
E-mail: tim@aluca.org

***AUCA IS A MEMBER-DRIVEN, NEEDS
FOCUSED TRADE ASSOCIATION CREATED
SOLELY TO PROMOTE AND ADVANCE THE
UTILITY INDUSTRY IN THE STATE OF
ALABAMA.***

**We're on the Web!
www.aluca.org**

Please print out this newsletter to share with others in your company. And, if you are receiving this for the company owner, please print out a copy for him/her.

**Let AUCA Be Your Source For All Your
Training Needs**

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