

## The Heat is on!



### ZERO HARM

This summer, the Southeast has experienced record-breaking temperatures, inching towards the upper 90s and even hitting 100 degrees on some days! Whether you're on the jobsite or taking an afternoon walk, it's important to remember there are steps you can take to ensure Zero Harm both in and out of the workplace. The following tips can help you avoid heat stress:

- Wear loose fitting, tightly woven clothing
- Always have water on hand to keep yourself hydrated; do not wait until you are thirsty to drink fluids. Avoid drinking fluids with sugar or caffeine in them; these drinks cause dehydration; proper hydration begins the night before your workday begins
- Avoid drinking extremely cold water as it can induce stomach cramping
- Seek out shade if you begin to feel lightheaded, dizzy, or experience cramps
- Take frequent rest breaks—5-10 minutes every hour

Supervisors and management can contribute significantly by:

- Using adequate fans for ventilating and cooling a work area.
- Adjusting the work schedule: Assign heavier work on cooler days during the cooler part of the day.
- Reducing the workload: Increase the use of equipment on hot days to reduce physical labor. Try to reduce the use of equipment that produces excess heat.
- Establishing a schedule for work and rest periods during hot days.
- Informing employees on how to recognize signs and symptoms of heat stress disorders, and being prepared to give first aid if necessary.

Symptoms of heat exhaustion include:

- Dizziness
- Nausea
- Dry skin
- Breathing Problems
- Vomiting
- Rapid Heartbeat
- Headaches
- Weakness
- Cramps
- Mental Changes

### SERVICE

## Exceeding Expectations



With Balfour Beatty's commitment to providing an enriched, well-rounded construction experience for our clients, it's no surprise that Balfour Beatty has once again gone above and beyond. Recently, the project teams on the Duke Steam Plant, Johnston Memorial Hospital (JMH), and Siemens projects were able to raise the bar for our clients by exceeding minority

participation goals. By achieving such impressive results, Balfour Beatty has demonstrated our consistent commitment to diversity in both private and public jobs.

Balfour Beatty has long been dedicated to finding the right minority subcontractors who can help our clients achieve their objectives for each project. While some projects come with set requirements for minority participation, on the Steam Plant, JMH and Siemens, our clients expressed interest in minority participation, but didn't set any formal goals. The project teams more than rose to the challenge achieving impressive participation rates of 18.2% on the Duke Steam Plant, 30.2% on JMH and 13.7% on the Siemens project. On the JMH project in particular, the team had to overcome the challenges that come with a rural location and a highly-specialized project—factors that greatly reduced the available subcontractor pool.

“This participation solely came from the project team's **commitment** for participation and having a **proven** participation program.”

- Calvin Stevens  
Director of Diversity

On each of these projects, Balfour Beatty utilized our Emerging Contractor Plan and was able to enhance our participation rates through long-standing subcontractor relationships and by breaking down bid packages to make them more attractive to minority firms.

The overwhelming success on all three projects has solidified the company's relationship with the clients, and will assist us in winning future projects with them, providing them with an experience other companies are unable to match.

*Please congratulate the following people on a job well done:*

*Jeff Beam, Shelly Goodwin, Bruce Kerr, Greg Lefeld, Jeff Munzenmaier and all the project members!*