



# THE SHIELD

Professional Excavators L.P. Employee Newsletter

May 2009

**FLATLINE**  
RESPONSE INC.



## FLATLINE RESPONSE FIRST AID TRAINING

(Clockwise from top left: Steve Lyon, Michael McDonald, Gord Christensen, Lindsay Mason, Carmine Pascale, Ron Depatie, Tanya Gladue, Wayne Sucee, Chico Vrdoljak, David Wakefield, Jacob Andrews)

## MAY BIRTHDAYS:

JEFF O'NEAL- MAY 6  
STEVE RIGONI- MAY 11  
JOEL FRIESEN- MAY 18  
DAVID KEMLO- MAY 30  
CARMINE PASCALE- MAY 31



## PRESIDENT'S MESSAGE

I am very pleased with the number of projects our company has been awarded. In the past few weeks, and as mentioned in previous months, the amount of work being tendered is growing, which is a positive.

Please remember our safety audit will commence shortly, and as always, I know you will work safely to ensure the safety of not only yourself, but of coworkers, subcontractors and the general public.

Someone once told me that you could not teach an old dog new tricks, and I know this is not true. Congratulations to Gord Christensen for working very hard over the last several weeks and taking course after course to become our company's new Safety Officer.

- Jan Gryckiewicz

## **NEW EMPLOYEES:**

- Joe Bencharski
- Albert Leblanc

Our **MISSION** at Professional Excavators L.P. is to  
lead Calgary's construction industry by:

- Providing core services such as excavation, demolition, water and sewer installation, infrastructure, and site management
- Backing these services with our strength of experience, cooperation, supervision, and project scheduling
- Delivering these services with excellence that is rooted in our corporate values of safety, self-reliance, and honesty
- Celebrating our long-term commitment to this community and all our stakeholders, including our employees, clients and suppliers, by operating with integrity and honour

## Vice President's Message

Is spring here yet? If one of the signs is when the girls in the office start wearing flip flops and the other is when they start pouring sidewalks, then spring is here! We poured our first sidewalk, curb and gutter this week at Service Plus Inn. Congratulations to all involved in our new and exciting endeavor.

As some you may have noticed our yard is missing a few trucks. 7 Macks went on the auction block after serving the company for quite a few years, and I am sure Troy and his crew will miss them, not to mention the drivers who spent some time on them.

Well, the economy is still on shaky ground, but there seems to be a lot of work to bid, albeit not as big as some of our previous jobs. The spread between dollars on recent bids has tightened quite a bit, so it seems everyone out there is in the same boat and feeling the pinch. I am sure we will get our fair share of work through this transition period after the boom, but we have to stay competitive with our pricing and production rates for this to happen.

Let's have a great spring and **"GO FLAMES GO"**.

- Ron Claxton



RICHIE BROTHERS AUCTION- Edmonton, Alberta  
7 Mack Trucks

## LEADERSHIP FOR SAFETY EXCELLENCE (ACSA)

Troy Bell, Ron Depatie, Brian Smart, Wayne Mullen, Randy Smith, Ian Pemberton, Eddie Olson and David Wakefield all completed their training this week, and are now hold their LSE certification.

Congratulations



## TOOLBOX TOPIC

### MACHINE SAFETY- CLEANLINESS

- Make sure there is no grease or oil on the steps and rails. Pay special attention if the equipment has been serviced recently.
- Wipe the steering controls, foot pedals, hand levers, and knobs clean of oil and grease
- Maintain a clean cab. Keep items such as tools and fire extinguishers in their proper place and out of your exit path. Remove any unauthorized tools, supplies, and other material from the cab.
- Make sure items you carry are not loose or in the way.
- Check that all windows or windshields are free from smudges and dirt. A clear field of view- in all directions- is a requirement for the safe operation of heavy equipment.



# HOW TO USE A FIRE EXTINGUISHER

Millions of people everyday rely on fire extinguishers to put out minor fires which start at work or in the home. Fire extinguishers contain a powder which is known to instantly put out a fire and prevent it from spreading any further.

Sure it's great to know there's a fire extinguisher close by if you ever need one, but what most people don't understand is if you don't know how to use these devices, they are practically useless. Everyone should know how to use a fire extinguisher and if you are one of the many who don't, the following steps will provide you with everything you need to know.

The easiest way to learn how to use a fire extinguisher is to memorize the acronym **P.A.S.S** and memorize the meaning of each letter.

**P**ull the pin at the top of the extinguisher. The pin releases a locking mechanism and will allow you to discharge the extinguisher.

**A**im at the base of the fire, not the flames. This is important- in order to put out the fire, you must extinguish the fuel.

**S**queeze the lever slowly. This will release the extinguishing agent inside. If the handle is released, the discharge will stop.

**S**weep from side to side. Using the sweeping motion, move the fire extinguisher back and forth until the fire is completely out. Operate the extinguisher from a safe distance, several feet away, and then move towards the fire once it starts to diminish.

Be sure to read the instructions on your fire extinguisher, as different extinguishers recommend operating them from different distances.

**REMEMBER:** Aim at the base of the fire, not at the flames!



Started first concrete job on Monday, April 20<sup>th</sup>  
**Service Plus Inn**  
3503- 114<sup>th</sup> Avenue SE

**PLEASE NOTE:** EllisDon as of May 1, 2009, will require all subtrades to have proper safety glasses on all of their construction sites.

Professional Excavators LP policy for PPE is at all times CSA approved steel toed boots, hard hats, safety vests, and safety glasses.

Please be aware that this policy is mandatory and will be strictly enforced.

If you have any questions or concerns please call.

*Peter Zolotas*  
Superintendent

*Recently Awarded:*



- Blackburn Warehouse- Tie In and Kill (POLAR BEAR MECHANICAL)
- Red Arrow Bus- Concrete Flatworks and Asphalt Paving (CORMODE AND DICKSON)
- Peter Lougheed Hospital- Earthworks and Concrete Flatworks (STUART OLSON)
- University of Calgary- Student Residence- Site Services (INTERTECH CANADA)
- Keynote- Concrete Flatworks and Asphalt Paving (PCL CONSTRUCTION)
- Columbia Finance Warehouse- Earthworks, Site Services and Retaining Wall Construction (VERITAS DEVELOPMENT SOLUTIONS)

# HEARING PROTECTION



You might not be familiar with dBAs (decibels on the A scale). Decibels express the *amount* of sound present, and they usually are measured on a Sound Level Meter. To relate decibels to human hearing, they are measured on what is called the A WEIGHTING SCALE. The result is a standard unit of measurement called a “dBA”. Generally, dBA measurements above 85 and 90 need to be closely reviewed. Some examples of typical dBA levels are listed below:

- 140.....Jet Aircraft
- 130.....Pneumatic Rock Drill
- 100.....Elevated Train Overhead
- 60.....Average Conversation
- 40.....Birds Singing
- 20.....Leaves Rustling

To avoid exposure to excessive noise and minimize the risk of hearing loss, preventive action can be taken on several levels.

1. **ENGINEERING:** Noise may be eliminated or reduced considerably by enclosing equipment, installing acoustical barriers, redesigning machinery, or applying other engineering principles.
2. **ADMINISTRATION:** Administrative actions also help to reduce noise hazards. For instance, shortening the length of time an employee is exposed to excessive noise is one solution. Job rotation might also accomplish this goal.
3. **PERSONAL PROTECTIVE EQUIPMENT:** The third major preventive action is wearing personal protective equipment (PPE). PPE is surprisingly effective if worn *PROPERLY*. This is where the individual has some real control over the situation and takes responsibility.

Each type of hearing protector should have a noise reduction rating (NRR) expressed in dBAs. This tells you the degree to which your exposure is reduced when the protector is fitted properly. For example, one type of protector has a noise reduction rating of 29dBA. Here’s the effect that would have:

Level of noise in workplace	92dBA
NRR of hearing protector	-29dBA
Average level of noise entering ear	63dBA

Remember, hearing protectors must be fitted properly and be used regularly by YOU to get maximum protection.

# COMBATING CONCRETE BURNS

Concrete, we’ll be using it daily and sometimes in extremely large amounts. Are we taking chances with this material or have we fully explained that burns from concrete can be serious enough to disable and/or permanently scar someone?

When water is combined with cement, a highly alkaline chemical called *calcium hydroxide* is released. The chemical attacks your skin by absorbing moisture as it burns and destroys skin tissue. Raw sores that develop are prone to severe infection.

Although we are pouring concrete almost daily throughout the district, our highest risk of exposure is on the large flat pours such as bridge decks, concrete roadways, floors, etc. due to the fact that they require more manual labor. It takes several of our crew members standing directly in wet concrete to rake, shovel, finish, and handle the hose and pipe from the concrete pump. Obviously, we are subjecting our people to a much greater risk if we have them stand and work in wet concrete.

To assist in the fight against concrete exposure, *ANY EXPOSED SKIN SHOULD BE PROTECTED BY A BARRIER CREAM OR PIECE OF CLOTHING*. The proper clothing is essential to preventing concrete burns. All individuals should be wearing rubber gloves, rubber boots (with pants tucked in and tops duct-taped), long-sleeved shirts, safety glasses and hardhats. Raingear provides excellent protection, but increases the risk of heat exhaustion on those hot, humid days. Do NOT use leather gloves as they will absorb concrete and increase the risk of burns. Rubber gloves are cheaper and can be reused as long as concrete does not get inside them.

Concrete that soaks into clothing or spills into rubber boots or gloves is particularly dangerous. Friction caused by sand in the concrete will irritate and expose sensitive skin. This allows a severe chemical burn to develop quickly, often before the person realizes their predicament. The concrete crew should wear clean work clothes each day and keep a spare set on the job. If possible, supply the crew with coveralls to help reduce the exposure both during the pour and afterwards for clean up.

Safe Work Procedure Review

