



## Safety Concerns for Sleep

The majority of Americans do not get enough sleep and this is especially true for those working in construction. Sleep deprivation is a general lack of the necessary amount of sleep as a result of either extended periods of wakefulness or a decrease in sleep over an extended period of time. Most adults need 7 to 8 hours of sleep per night to feel well rested and alert and not have the urge to nap.

Sleep deprivation can have some of the same hazardous effects as being intoxicated. People who drove after being awake for 17-19 hours performed worse than those with a blood alcohol level of .05 percent.

According to the National Highway Traffic Administration, over 100,000 traffic accidents each year are caused by fatigue and drowsiness. Accidents related to sleep deprivation are most likely to occur in the very early morning hours and in the mid-afternoon.

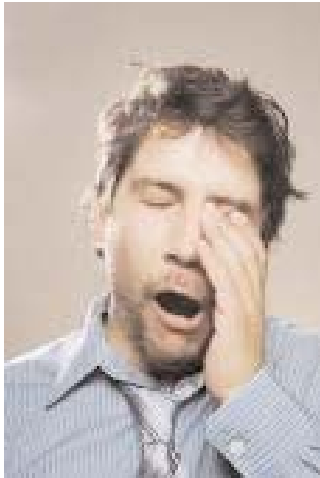
The danger is not limited to drivers. People who work long shifts or night shifts

may also be affected. Lack of sleep causes impaired motor skills, higher levels of stress, anxiety and depression, and an increase in taking unnecessary risks. This will result in decreased productivity and an increase in accidents.

*"I never looked at this topic as a safety issue, but it is",* commented one of the safety professionals. *"At one of our jobsites, a crane operator fell asleep with a load in the air. Tower Crane operators are up there sometimes 12-14 hours per day. Sleepiness is a very major concern."*

As an employer, there are ways to make the workplace safe. Recognize the signs of

sleepiness such as yawning, frequent blinking, sloppiness, irritability, and problems with concentration. Schedule shifts to allow sufficient breaks and days off. Plan enough time to allow employees to get enough sleep as well as attend to their personal lives. Sleep deprivation can result in a poor safety record.



## Member News

**Plaza Construction** announced the following new hires in Operations and Management:



**Kenneth Gross** was appointed Project Executive at Plaza Construction.

**Alan Kaplan** was appointed

Project Executive at Plaza Construction; and,

**Chris Lipke** was named Senior Project Manager at Plaza Construction.

In their new roles, each oversees personnel and services from preconstruction through closeout, and provides leadership regarding project planning, budget and schedule analysis, safety, quality, risk management and contract negotiations.

**Dash Door** is pleased to announce a number of new employees that have joined their team:

**Keith Bateman** - Glass & Glazing Dept. - Estimator / PM

**Orestes Valdes** - Service Dept. - Door Technician

**Elsó Perez** - Glass & Glazing Dept. - Installer

**Christian Ferrer** - Glass & Glazing Dept. - Installer

**Kyle Tome** - Warehouse Manager

**Claudia B. Rios** - Solaimani - Dispatch / Administrative

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# A Family Business Built on Years of Experience

Each month Construction FOCUS features a CASF member company, selected by drawing a business card from among those attending the monthly networking breakfast. The next breakfast, sponsored by Balfour Beatty Construction, will be held on Thursday, December 12, 7:30 a.m. at the Courtyard by Marriott-Cypress Creek in Ft. Lauderdale.

In 1963, working as a welder's apprentice, Jorge Amador, Sr. relocated from Cuba to the United States. Through this journey, he met his wife, Luz, who was extremely supportive in helping him build the foundation for a successful welding company in South Florida. In 1984, both Jorge and Luz Amador established George's Welding Services. GWS is determined to continue growing and expanding by entering into new market segments and creating lasting relationships with clients, while passing down years of experience from generation to generation. Jorge and Luz have ensured the continued suc-



cess of the company by planning for its future. The company is continually evolving with the steel construction industry by implementing state of the art technologies that support innovative steel design and fabrication. "One of the best things about working for GWS is the feeling of belonging to the family oriented organization. The owners, as well as upper management, allow employees to bring their ideas to the table and have input in important decisions," states Business Manager Angelica Amador.

George's Welding is considered a specialty contractor for structural steel and miscellaneous metals (carbon steel, stainless steel and aluminum) fabrication and installation. Other services they provide include,

design-build, design-assist, engineering and in-house BIM modeling/detailing (Teckla). The company targets commercial, government, multi-residential, industrial, educational, hospitality, and medical facility projects. A few projects they have worked on are the Miami Beach Edition Residences, Lauderhill Performing Arts Center & Library, the Port of Miami Tunnel, the U.S. Federal Office Building, Miami Science Museum, and the Ravenswood Bus Maintenance Facility. In the future, they plan on doing work on the Dania Jai-Alai and Casino, Peloro Condominiums, Broward County Courthouse, and Florida National College.

GWS joined CASF in 2006 and have been taking advantage of the extensive networking opportunities. "CASF gives members the ability to exchange ideas and meet with industry leaders. It has helped our company by assisting us with the ability to be the forefront of the latest construction news/trends, providing new business opportunities between members and giving us the presence we need within the association, in order to remain a constant image for our clients. Just being a part of this association lends to our company's growth in ways we did not imagine," expresses Vice President Jorge Amador, Jr.

George's Welding Services, Inc. is located at 11400 NW 134th Street, Miami (Medley). For more information call 305-822-2445 or visit [www.georgeswelding.com](http://www.georgeswelding.com).

## CONSTRUCTION ASSOCIATION of South Florida

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Construction Focus is the official publication of the Construction Association of South Florida. Article suggestions and submissions for publication consideration should be forwarded to the Executive Vice President.

# 2013 Craftsmanship Award Winners



**PAVERS- BRICK** *Vanderli De Freitas* with Signature Design Paving Corp.  
**SITE UTILITIES** *Chad Umbaugh* with Redland Company  
**CONCRETE** *Nery Cordon* with Baker Concrete Construction  
**CONCRETE FORMWORK** *Bruce Minty* with Woodland Construction Company  
**CONCRETE TILT UP** *Elpidio Padilla* with Go-Tilt Construction, Inc.  
**MASONRY** *Seymour Bell* with Central Broward Construction, Inc.  
**STONE** *Joshued Lopez* with B&B Contracting, Inc.  
**STONE** *Ray Breighner, Jr.* with Ray's Brick & Stone  
**EXTERIOR METAL FRAMING** *Bob Brannon* with Brannon Specialties  
**ORNAMENTAL METAL** *Felix Ponceti, Jr.* with D&D Welding

**STRUCTURAL STEEL** *Sergio Juarus* with Steel Fabricators, LLC  
**ARCHITECTURAL WOODWORK** *Barry Hay* with Hollywood Woodwork  
**CARPENTRY** *John Etwell* with G. Foster  
**CASEWORK** *Uziel Santos* with Designer's Specialty Millwork  
**FINISH CARPENTRY** *Kevin Guillotte* with Cayman National Manufacturing  
**GLU-LAMINATED TIMBER CONSTRUCTION** *Glenn Occhipinti* with Structural Roof Systems  
**INSULATED WALL PANELS** *Dennis Hay* with Griffin Insulation Inc.  
**METAL PANELS** *Tom Conrad* with Cynergy Systems, Inc.  
**MILLWORK** *Giraldo Garcia* with Designer's Specialty Millwork

**ROOFING- BUILT-UP** *Tony Jefferson* with Advanced Roofing, Inc.  
**ROOFING- METAL** *Fidel Chavez* with Atlas Roofing  
**ROOFING- TILE** *Alberto Aguirre* with Gulfstream Roofing, Inc.  
**DOORS** *Joel Novy* with Door Systems of South Florida  
**GLASS & GLAZING - EXTERIOR** *Jason Doughty* with Custom Glass Company  
**GLASS & GLAZING - INTERIOR** *Benny Del Pino* with Miller Glass & Glazing, Inc.  
**FLOOR REFINISHING** *Boyd Fuller* with SSE Modernfold  
**FLOORING** *Marvin Gonzalez* with Resource 4 Floors  
**FLOORING- RESILIENT ATHLETIC** *Rollo Canas* with Southeastern Surfaces & Equipment, Inc.  
**FLOORING- VINYL & RUBBER** *Rob Rubel* with FloorPro, Inc.  
**FLOORING- WOOD** *Steve Reid* with Impact Sport Surfaces, LLC  
**METAL PANELS** *Mike Armstrong* with Guernsey Architectural Solutions  
**PAINTS & COATINGS** *Mauricio Sarria* with Proietto Painting, Inc.

**PLASTER & GYPSUM BOARD** *Gerardo Corral* with Moraca Builders, Inc.  
**PLASTER & GYPSUM BOARD FRAMING** *Freddy Ramos* with Commercial Builders, Inc.  
**STUCCO** *Junior Williams* with J & S Contractors  
**TERRAZZO** *Mateo Sebastian* with Artistic Surfaces  
**TERRAZZO RESTORATION** *Rafael Cambronero* with Artistic Surfaces  
**TILE- CERAMIC** *Victor Garcia* with B&B Contracting, Inc.  
**AWNINGS** *Jeffrey Jones* with Jones Awnings & Canvas  
**SPECIALTIES** *Bert Lundstedt* with RDC  
**ELEVATOR/ CONVEYING SYSTEM** *Jacques Hamel* with Gala Systems  
**BUILDING SERVICE PIPING** *Greg Sylvain* with Southeast Mechanical Contractors  
**PLUMBING** *George Victoria* with Dillon Pools, Inc.  
**PLUMBING- CISTERN SYSTEM** *Mike Duffy* with Zager Plumbing  
**ELECTRICAL** *Jac Bonviet* with Pomeroy Electric



**Stiles Construction Team** who worked on Centurion Air Cargo Facility, the 2013 Overall Craftsmanship Award Winner, along with Stiles Architectural Group and MER Engineers for Aero Miami III, LLC.



**CONSTRUCTION**  
**FOCUS**  
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ROUTE TO:

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**Meet the GCs in Palm Beach**  
*Thursday, November 14*



**ANF Group**



**Intertech Construction**



**DPR Construction**



**Stiles Construction**



**JWR Construction Services**



**Suffolk Construction**



**Balfour Beatty Construction**



**Skanska Construction**



**Turner Construction**



**Coastal Construction Group**



**JMA of Florida**



**Hitt Construction**



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**Plaza Construction FL**



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