Keep H1N1 from Infecting Your Bottom-Line

CASF Safety Committee recently held a session to discuss the preparation for a possible H1N1 outbreak. Jill Rosenthal, MD, Area Medical Director for Concentra Centers hosted an informative presentation detailing the latest information from the Center for Disease Control. The primary focus of the presentation was directed towards the business community and how we can all become better prepared and informed about H1N1.

A Word from the CDC

Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. Each year in the United States, on average more than 200,000 people are hospitalized from flu-related complications, and about 36,000 people die from flu-related causes. This flu season could be worse. There is a new and very different flu virus spreading worldwide among people called 2009 H1N1 flu. This virus may cause more illness or more severe illness than usual. During the 2009-2010 flu season, we expect both seasonal flu and 2009 H1N1 flu to circulate.

H1N1 and Your Business

The health of employees during an outbreak such as H1N1 influenza plays a critical role in the continued operations of a business. Business operations that require close contact with fellow employees and the public face special considerations in preventing the spread of infectious diseases. They are:

- Create a customized plan for your company in preparation for an H1N1 outbreak
- Involve all employees in the plan
- Define your essential business activities
- Assign an individual or team to handle all health-related communication and corporate procedures
- Protect your employees - especially high risk individuals
- Maintain business operations
- Minimize adverse effects between employees, clients and vendors
- Prepare to take aggressive action and encourage early treatment
- Incorporate a routine cleaning plan for commonly used items such as phones, door knobs and keyboards
- Extend a "stay-at-home" policy (3 - 5 days)
- Provide key supplies to all employees including respirators, hand sanitizer, antibacterial soap, sanitizing wipes and facial tissues
- Communicate and educate
- Cross-train employees to cover for ill workers and utilize part-time or temps if necessary

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Member News

For the third consecutive year, Pirtle Construction Company raised significant funds to support educational institutions in South Florida. Proceeds from its third annual Charity Golf Tournament held on October 2nd at The Biltmore in Coral Gables benefitting Florida International University.

Proietto Painting, Inc., along with Construction Manager, Hewett-Kier, announce the completion of the largest single-ship cruise terminal in the world. Terminal 18, located at Port Everglades.

The Grand Opening took place on Friday, November 6 allowing visitors the opportunity to view the new terminal.

Holiday Kick-off Party

Tuesday, December 8, at the Riverside Hotel on Las Olas

Don’t Forget!
Bring a toy for ChildNet!

‘09 Craftsmanship Award Winners

Pirtle presents FIU $41,500

Port Everglades Terminal 18
Northstar Fire Protection, since its founding over 25 years ago, is a company fully staffed by contracting professionals with a shared commitment to quality in fire sprinkler and suppression systems. Through experience and innovation, Northstar has designed and installed thousands of projects both large and small to successful completion, protecting both life and property. They have continued to grow and innovate, while putting focus on delivering high quality fire protection systems.

Northstar Fire Protection has designed and installed thousands of fire protection systems including; Wet Pipe, Dry Pipe, Deluge Spray, Pre-Action, Halon\FM 200, CO2, Foam, Dry Chemical, High Pressure Mist Spray and Pump\Standpipe. Northstar is a company devoted to serving the construction industry with full fire protection capabilities, from design build to plan and spec projects. They employ licensed Professional Engineers and Nicet Certified designers who design and hydraulically calculate systems that best satisfy the needs of the customer. Head locations are chosen to provide the most aesthetically pleasing layout while maintaining the integrity of the fire suppression system. Northstar engineers the pipe sizes and routing to ease the coordination and installation processes, allowing projects to be completed ahead of time and under budget.

Northstar Fire Protection has a vast amount of experience retrofitting and upgrading existing systems to today's standards. They are also very experienced in 3D modeling and coordination. Pump rooms are designed in 3D using HydraCAD and AutoCAD to ensure the pumps and controllers meet code and fit into the smallest rooms possible. Northstar has taken part in numerous projects that require fire protection to be designed and coordinated in 3D. They have participated in using Navisworks and Revit to accelerate the coordination process and speed system installations. Their designers are adept in creating 3D models of the complete building including the architecture, structure, and fire protection to provide a real-time walk through of the building to view the various elements. 3D models also provide a real-world impression on their customers and a platform for coordination with various agencies.

Northstar has offices coast to coast including; Orlando, San Francisco, Las Vegas, Los Angeles, Columbus, Chicago, Philadelphia, and Minneapolis. Northstar Fire Protection's regional office is located at 230 North Dixie Highway, Bay 24, Hollywood, FL 33020. For more information, call Marshall Pitts or Colin Barnett at 954-744-4167, or visit their website at www.nsfire.com.
51st Annual Craftsmanship Award Winners

PAVERS
Marcos Petraveza (Hollywood Stone)
Mauricio Gomes (U.S. Brick & Block Systems Inc)
Fabrizio Darocha (M.A.S. General Services, Inc.)

LANDSCAPING
Jim Aucamp (Aucamp's Nursery & Landscaping)

CONCRETE REINFORCEMENT
Philaberto Zatarias (Davis Brothers Construction)

CAST IN PLACE CONCRETE
Chris Vellor (Davis Brothers Construction)

CONCRETE TILT-UP
Robert Bird (Builders Plus, Inc.)

MASONRY
Jorge Gurrener (Central Broward Construction, Inc.)
Chris Marty (Ron Kendall Masonry, Inc.)

NATURAL STONE
Paul Fitton (World of Granite)

STRUCTURAL METAL FRAMING
Johnie Ezell & Dale Deuyour (Lotspeich Co. of FL, Inc.)

METAL FABRICATION
Bryan Henderson (Kux Graphics Architectural Products)

Vernon Lowdenslager (Southeastern Steel)

HEAVY TIMBER
Robert Price (Structural Roof Systems, Inc.)

STEEL FRAMEWORK
Steve Klosowsky (Structural Roof Systems, Inc.)

ARCHITECTURAL WOODWORK
Justin Rutan (Cayman Natl. Manfct)

WATERPROOFING
Luis Javier (Amorrotu Atlantic Roof Corporation)

EIFS
Andre Schlechta (Lotspeich Co. of FL, Inc.)

ROOFING - TILES
Jose Valero (Latlite Roofing & Sheet Metal Company, Inc.)

FIRESAFING
Ramiro Morales (Fire Stop Systems)

GLASS & GLAZING
Angel Garcia (Crawford Tracey Corporation)

EXTERIOR GLASS & GLAZING
Juan Llanes (Miller Glass & Glazing)

INTERIOR GLASS & GLAZING
Terrance Woods (Miller Glass & Glazing)

DRYWALL FRAMING
Marcus Frady (Sam's Drywall)
Charlie Hughes (Lotspeich Co. of FL, Inc.)

LATH, PLASTER & STUCCO
Ray Osborne (B & B Interior Systems, Inc.)

RESIDENTIAL STUCCO
Jairo Castro, Hugo Morales and Gerry Sweeny (Advanced Applicators, Inc.)

PAINTING - EXTERIOR
Luis Barros (Unicorn Painting, Inc.)

SIGNAGE
Curtis Nicholson (Designer Sign Systems)

SECURITY & VAULT CONSTRUCTION
Gene Sarasky (Security 101)

ART
Rubens Terci (Daddona Studios, Inc.)

SWIMMING POOLS
Kenny Hart (Dillon Pools, Inc.)

ELECTRICAL
Manuel Hernandez (Elcon Electric)
Carlos Aleman (Superior Electrical Contractors)

ELECTRICAL CONDUIT
Otoniel Frometa (Pomeroy Electric, Inc.)

LOW VOLTAGE
David Basil (Beck Associates)
When an individual becomes ill - thoroughly disinfect their workstation.

All employees should be encouraged to get a seasonal vaccine.

Whenever possible increase social distance (3 - 6 feet).

Impact on Business
• Up to 40% of employee absenteeism.
• Depending on your business offerings there is a possible decrease or increase in demand for products and services.
• Fewer employees available to maintain business operations.
• Fewer clients.

Stay Healthy at Work
If your business uses text messages here are some you can send to your workforce:
• Maintain a healthy lifestyle through rest, diet, exercise, and relaxation.
• Wash your hands frequently with soap and water for 20 seconds or use an alcohol-based hand cleaner if soap and water are not available. Be sure to wash your hands after coughing, sneezing, or blowing your nose.
• Avoid touching your nose, mouth, and eyes. Germs spread this way.
• Cover your coughs and sneezes with a tissue, or cough and sneeze into your elbow. Dispose of tissues in no-touch trash receptacles.
• Keep frequently touched common surfaces clean, such as telephones, computer keyboards, doorknobs, etc.
• Do not use other workers' phones, desks, offices, or other work tools and equipment. If you need to use a co-worker's phone, desk, or other equipment, clean it first.
• Don't spread the flu! If you are sick with flu-like illness, stay home. Symptoms of flu include fever (100 deg. plus) or chills and cough or sore throat. In addition, symptoms of flu can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting. CDC recommends that sick workers stay home if they are sick with flu-like illness until at least 24 hours after they are free of fever without the use of fever-reducing medicines.
• Get vaccinated against seasonal flu, when vaccine is available in your area. If you are at higher risk for 2009 H1N1 flu complications you should receive the 2009 H1N1 flu vaccine when it becomes available. People at higher risk for 2009 H1N1 flu complications include pregnant women and people with chronic medical conditions (such as asthma, heart disease, or diabetes).

H1N1 Facts
• 1 - 4 days: Incubation period (time from exposure to virus to development).
• 3 - 6 days: Shedding period (shed infection from system).
• Spreads by breathing in droplets, touching infected person or surface and touching your face.
• H1N1 is a Pandemic Flu which is a virus that spreads across the world affecting large populations.
• Occurs unpredictably and in waves.
• 87% of global deaths are aged 5 to 59.
• South Florida's current death rates: Palm Beach 9, Broward 11, and Miami-Dade 30.

For all the latest information regarding H1N1 - please visit www.cdc.gov. Also Concentra provides helpful resources at www.concentra.com.