



Critical Data Preservation

With the threat of hurricanes in the month's to come the topic of Data Preservation was timely. Everyone present at July's IT Committee meeting agreed that it is not only important to back up data, but to also have assurances that the back-ups were successful. It doesn't matter whether you perform the back-up every two-hours, two-weeks or two-months, if the data cannot be restored after a disaster then you are lost. Bill Snow, Moss & Associates, added that if you use a third-party service it is important that you know the sophistication of the people servicing the account. *"We have found that in some cases the people who are actually responsible for doing the back-ups lack the integrity and attention of those that sell the service. A good recovery depends on a the initial back-up"*.

The question when considering BDR solutions (back-up & data recovery) is *"If you lost your data today, would you still be in business tomorrow?"* The two types of BDR discussed were onsite (tape, hard drive) and offsite (virtual, cloud) back-up. according to Jeff Slade, Miller

Construction Co. uses a Datto Backup for on and off-site backup. Initial hardware and software costs around \$4,500 with a monthly fee of \$800 for the service. Jack Horan, Titan Stone, uses Acronis Backup & Recovery, an online service utilizing cloud storage. The cost depends on the number of computers and the storage space needed. Miles Wilson, Pirtle Construction Co., uses a similar service, Carbonite that offers different size plans. For those who use BIM and Autodesk, Eddie Mull, CADD Center of Florida, suggests using Autodesk's Vault Collaboration AEC software with Buzzsaw for a BDR solution to save and retrieve your projects.

Another major consideration when selecting a BDR solution is how quickly you can get up and running after a disaster. Whether onsite, offsite or in the cloud, recovery time is critical. The survival rate of your business decreases everyday your data is lost. Keep in mind most small businesses don't survive after being down for ten days.

The next meeting to discuss **Email in the Cloud/ Microsoft Office 365** is scheduled for August 8, and is open to all members.

Member News

JWR Construction Services employee Mike Metzger Jr., Project Engineer Intern, is part of Florida Atlantic University's human powered submarine team.

In late June, Mike traveled to Gosport, England as part of an 11 member team to compete with Talon 1, FAU's 12-foot-long, one-man propeller driven submarine. The students competed with five other teams from the United States, Canada and England. FAU's team won first place for agility and second place overall in the competition.

Link Construction Group has been contracted by Flagler Development Company to build a 172,000-square-foot industrial spec warehouse located within the Flagler Station Industrial Park at 10315 NW 112th Avenue in Miami. Boca Raton-based RLC Architects designed the warehouse with 30' clear height ceilings and office component availability. The project commenced in June 2012 and is slated for completion in December 2012.

They were also awarded the Miramar Parkway Streetscape project by the City of Miramar. The City revitalization project entails construction of the Miramar Parkway from S.W. 62nd Avenue to S.W. 64th Avenue. The streetscape project is part of the City's revitalization efforts and commenced in July with completion slated for May 2013.

August 2012
Vol. 23, No. 08
Ft. Lauderdale,
Florida



Mike Metzger Jr.

Providing Innovative, Practical Solutions

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 Sikon Construction Company, will be held on Thursday, August 16, 7:30 a.m. at the Embassy Suites - Boca Raton off Yamato Road.

Groundwater & Environmental Services, Inc., was founded in 1985 in eastern Pennsylvania by Tony Kull. In those days, most of the company's clients were oil companies, and the company developed specialized expertise in addressing petroleum-relat-



ed environmental concerns at gas stations, storage terminals, and other commercial and government properties impacted by petroleum contaminants. With the company's expansion from Pennsylvania down to the east coast and westward across the US, their client base expanded as well, and they are now serving all different types of companies

and organizations with a wide range of environmental compliance issues.

The company currently employs 750 people in their 34 locations across the U.S. and has four locations in Florida alone, including Fort Lauderdale, Orlando, Jacksonville, and Tampa.

GES provides the construction industry with services from the preliminary assessment of impairment and risk through remedial investigation, property transfer, demolition management, site cleanup, and development. Some of the more hands-on services include construction-related dewatering, water treatments, planning/zoning approvals, sediment & erosion control, storm water management, vapor intrusion control, asbestos and safety management as well as environmental permitting and compliances. They are also

involved with pre-project support of wetlands and ecological services, NEPA permitting, Phase I and II environmental site assessments and clean air act services.

GES's ability to perform field services sets them apart from other consulting firms. Close to 80% of their technical staff work in the field, from technicians to engineers, hydro-geologists, and environmental scientists. The company invests a great deal of time and money into the research, development, and utilization of innovative remediation technologies.

The top three qualities of the company are: their detail to safety and loss prevention; being customer focused; and believing in innovative, practical solutions.

GES recently joined CASF last year and feels their membership has helped to solidify their reputation as a solid company within the industry. "CASF has given GES a more thorough understanding of the construction industry in South Florida and has allowed GES to focus on those specific areas to benefit our clients. CASF has given us the opportunity to meet new people in the local construction industry and listen to their stories about who they are, what they do, the services they provide, and the needs that they have." expresses Doolin.

GES's local south Florida address is 6500 NW 12th Avenue, Fort Lauderdale, FL 33309. For more information please call (866) 565-7650 or visit www.gesonline.com.

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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.

Refresher Course in Ladder Safety

Something many of us use, whether at home or at the construction site, is the ladder. But you might be surprised to know that each year nearly 300 people are killed and 65,000 seriously injured to careless use of ladders. These tragedies can be avoided. The fact is, a ladder is one of the simplest, and most easy-to-use tools in existence. It takes little more than common sense, combined with the application of the basic rules of ladder safety, to prevent ladder-related deaths and injuries.

Inspecting A Ladder

Always check for damage before using any ladder. Conduct your inspection before you leave for the job site.

1- Begin at the bottom, making sure the feet are not broken or malfunctioning and that the slip-resistant pads are secure.

2- Inspect the ladder for cracks, bends, and splits on side rails, rungs, and steps.

3- Check all rung/step-to-side rail connections, as well as hardware, fittings, and accessories. Make sure both rung locks are in working order.

4- Test the rope and pulley. Look for fraying of the rope and smooth operation.

5- All pivotal connections and the rung-lock should be well-lubricated.

6- All bolts and rivets should be secure. Never use a ladder if any bolts or rivets are missing or if the joints between the steps (or rungs) and the side rails are not tight.

7- Make sure the ladder (particularly the steps and rungs) is free of foreign

materials such as oil and grease.

8- If you're using a stepladder, make sure the spreader braces are secure and working.

Setting Up a Ladder

A major cause of falls from ladders is improper set-up. Using proper set-up techniques will give your ladder maximum stability and help ensure your safety.

Your first step is to rid the area of hazards.

1- Look above for any overhead wires or obstructions.

2- Clear any clutter from the area around the base of the ladder.

3- Block off the area around the ladder so people and equipment won't knock you off the ladder.

4- If you're working close to a corner, put up a sign to warn people of your presence.

5- If there's a door nearby, lock it, block it off, or station someone to watch it for you.

6- Extension and straight ladders should be erected at a pitch of 75 ½ degree for the horizontal for optimum resistance to sliding, strength of the ladder, and balance of the climber. To create the 75 ½ degree angle, the ladder should be one foot away from the wall for every 4 feet of the ladder's length to the support point. This is known as the one-quarter rule.

7- For maximum safety, have someone hold the ladder.

8- If you're climbing onto the roof, remember to extend the top of the ladder three feet beyond the roof line. Do not step over the top of the ladder. Step side-

ways onto the roof.

Proper Climbing

Be sure to follow these guidelines for safety while climbing:

1- Wear shoes that are heavily soled to prevent foot fatigue.

2- Clean your shoes to give them maximum traction.

3- Do not bring heavy or bulky objects up the ladder with you. Pull them up on a towline, attached them to your tool belt, or have them handed up to you.

4- Always keep three parts of your body in contact with the ladder when climbing, holding on with either two hands and a foot or two feet and a hand.

5- Always face the ladder as you climb, work or descend.

6- Keep your belt buckle positioned between the rails.

7- Climb slowly and surely.

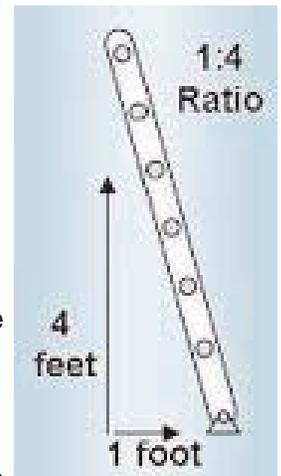
Transporting A Ladder

Many accidents happen while transporting the ladder to the job site. A ladder is long and awkward, and can cause injuries and property damage during transport.

1- When possible, two people should carry an extension ladder. If you carry it yourself, keep the front end of the ladder slightly higher than the back end.

2- Never move or reposition an extension ladder without completely retracting the fly section. Failure to do so can cause serious injury or death.

3- Secure both ends of a ladder when transporting it on a vehicle.



CONSTRUCTION
FOCUS

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ROUTE TO:

Construction Night at Cirque du Soleil

BankAtlantic Center, July 26

(photos by Steven Wain)

