**Heat Illness can be DEADLY!**

Every year, thousands of workers become sick from exposure to heat and some even die. Heat illnesses and deaths are preventable. Employers are responsible for providing workplaces that are safe from excessive heat.

**What is heat illness?**

The body normally cools itself by sweating. During hot weather, especially with high humidity, sweating isn't enough. Body temperature can rise to dangerous levels if precautions are not taken such as drinking water frequently and resting in the shade or air conditioning. Heat illnesses range from heat rash and heat cramps to heat exhaustion and heat stroke. Heat stroke requires immediate medical attention and can result in death.

**How can heat illness be prevented?**

Employers should establish a complete heat illness prevention program to prevent heat illness. This includes: provide workers with water, rest and shade; gradually increase workloads and allow more frequent breaks for new workers or workers who have been away for a week or more to build a tolerance for working in the heat (acclimatization); modify work schedules as necessary; plan for emergencies and train workers about the symptoms of heat-related illnesses and their prevention; and monitor workers for signs of illness. Workers new to the heat or those that have been away from work and are returning can be most vulnerable to heat stress and they must be acclimatized (see box).

To prevent heat related illness and fatalities:
- Drink water every 15 minutes, even if you are not thirsty.
- Rest in the shade to cool down.
- Wear a hat and light-colored clothing.
- Learn the signs of heat illness and what to do in an emergency.
- Keep an eye on fellow workers.
- "Easy does it" on your first days of work in the heat. You need to get used to it.

If workers are new to working in the heat or returning from more than a week off, and for all workers on the first day of a sudden heat wave, implement a work schedule to allow them to get used to the heat gradually. Working in full sunlight can increase heat index values by 15°F. Keep this in mind and plan additional precautions for working in these conditions.

Taking precautions can mean the difference between life and death.

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**Member News**

With South Florida's demand for capital expenditure projects and tenant improvements on the rise, **Miller Construction Company** is expanding its Special Projects Group, which focuses on projects valued at under $2 million. William Mason has joined the firm as superintendent, bringing 25 years of industry experience. "Bill’s quality approach and understanding of clients' and their customers' needs at operational sites make him a great addition to our team," said Ernesto Escobar, director of special projects.

Before joining Miller Construction Company, Mason was a superintendent with Ron Kendall Masonry of West Palm Beach.

**Alisia Gilmour celebrates her 20 year tenure with JWR Construction Services.**

Alisia started her career in 1995 at the young age of 14 as the "Girl Friday" for JWR. During the summers, she became the receptionist and a few years later started in accounting. Realizing accounting was her passion she attended Florida Atlantic University, graduating with a Bachelors in Accounting. After being elevated to many different positions she now serves as Chief Financial Officer and HR Administrator for JWR Construction, as well as, all investments of the principals.
Founded in 2003 by Les Byron and Keith Kidwell, Sperry Van Ness Commercial Realty is a nationally-linked brokerage and leasing services company with a primary market area focus of Fort Lauderdale. With an extensive background in commercial real estate sales as well as leasing and property management, Sperry Van Ness aims to help companies in the construction industry find space including warehouses, lay-down yards, outside storage, manufacturing facilities and more. In order to be successful in the commercial real estate market Sperry Van Ness believes that there are three key qualities which a company must possess. They must have knowledge of the market, experience with transactions and relationships with key decision makers. It is their superior knowledge and experience, as well as, long term relationships with business owners that have made Sperry Van Ness so successful. Even with such obstacles as the lack of buildable land, government regulations and zoning restrictions, Sperry Van Ness has managed to persevere in order to satisfy the real estate needs of their clients. This is evidenced by their sale of PetMeds for $5M. Recently they also represented Hutchings Automotive for a $3.5M purchase and Valley Forge Fabrics for a $1.9M purchase.

Of course one of the ways in which Sperry Van Ness has been able to build these lasting relationships with clients is through their CASF membership. In fact, Les Byron, co-founder and SIOR, CCIM Managing Director, believes that joining the Association in 2010 is one of the most significant moments in the company’s history. Not only does Sperry Van Ness maintain an active role in the Association, they can also boast that they are the reigning champions of the CASF Go Kart Challenge.

Sperry Van Ness Commercial Realty is located at 1700 NW 64th Street in Fort Lauderdale. For more information about the services that Sperry Van Ness offers visit their website www.svncr.com or call their office at (954) 771-1212.
65th Annual Meeting & Installation Banquet

2015/16 Board of Directors (present in the picture from l to r) Russell Anderson, 1st VP; Brian Mueller; Bob Baer, Immediate Past Pres.; Sid Miller; Bruce Capon; Deborah Beetsen; Randy Farmer; Mike Fee; Rick Schuerger; Frank Frione, President; Jeff Slade, Secretary/Treasurer and Doug Wallace.

65 Year Members

Causeway Lumber & Tarmac A Titan America Co.

45 Year Member

John E. Custer

40 Year Member

Gerdau

35 Year Member

Metro Caulking & Waterproofing

25 Year Members

Bateman Gordan & Sands and FIU Dept. of Construction Management

20 Year Members

Miller Glass & Glazing; Peckar & Abramson; Pro-Tech Caulking & Waterproofing and Supermix

15 Year Member

Richman Capital Management

10 Year Members

John Moriarty Construction and Marker Construction Group

Honorary Members

Jim McConchie and M. Scott Whiddon
2015 Tom Tucker Memorial Fishing Tournament
Old Bahama Bay Resort, West End Grand Bahama
June 12 to 14, 2015

First Place with 528 points
SeaSun Ticket
Miller Glass & Glazing

Second Place with 236 points
Barefoot
Moss & Associates

Third Place with 141 points
Keepin’ It Klassy
White Cap Constr. Supply

Fourth Place with 94 points
Work Hard Play Hard
Structural Roof Systems

Fifth Place with 67 points
Mistress, Central Florida Equipment

Sixth Place with 38 points
Conch 33, Balfour Beatty Construction Co.

Largest Tuna @ 64lbs on
Seasun Ticket, Sid Miller, Miller Glass & Glazing

Largest Kingfish @ 37lbs on
Barefoot, Moss & Associates

Largest Dolphin @ 19lbs on
Conch 33, Balfour Beatty Construction Co.