



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.

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.

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William Mason



Alisia Gilmour

Helping Construction Firms Find New Space

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 Whiting Turner Contracting Company, will be held on Thursday, July 16, 7:30 a.m. at the West Palm Beach Marriott Hotel - off Okeechobee Road.

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 exten-

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 experi-

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



sive 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

ence, 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



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.svnrcr.com or call their office at (954) 771-1212.

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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.

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 Beetson; Randy Farmer; Mike Fee; Rick Schuerger; Frank Frione, **President**; Jeff Slade, **Secretary/Treasurer** and Doug Wallace.

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3500 NW 9TH AVENUE
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ROUTE TO:

2015 Tom Tucker Memorial Fishing Tournament
 Old Bahama Bay Resort, West End Grand Bahamas
 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
 Season Ticket, Sid Miller, Miller
 Glass & Glazing



Largest Kingfish @ 37lbs on
 Barefoot, Moss & Associates



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

