



## Mark Your Calendars



**May 23rd** – Annual APMC Golf Tournament at Morgan Creek

**July 14<sup>th</sup>** – River Cats Family Outing

**September** – APMC Membership Meeting, Sacramento Windustrial

## APMC'S 24th Annual Golf Tournament



Coming to Morgan Creek Golf & Country Club on Monday, May 23<sup>rd</sup>, APMC's 24<sup>th</sup> Annual Golf Tournament promises to be one of the industry's best.

Tee sponsorships and foursomes are still available. Check the attachment for the full tournament flyer.

## BUILDING BLOCKS – A Business Education Series

Bank of Sacramento invites you to attend a business education series tackling important issues to you -- from social media to healthcare reform. All sessions are held at the Sutter Club, 1220 Ninth Street, Sacramento, and are free of charge.

May's session is: **Tax & Estate Planning** presented by Larry Stiver, with Asset Strategies Group, on May 18<sup>th</sup> from 7:45 am. – 9 a.m.

For more information visit [www.bankofsacramento.com](http://www.bankofsacramento.com). To RSVP, please contact Whitney Mustin at (916) 648-3466 or [wmustin@bankofsacramento.com](mailto:wmustin@bankofsacramento.com).

**Focus on...**

## **Drilling Overhead: Ways to Make a Tough Job Easier**

Overexertion is a leading cause of injury to construction workers (18% of all injuries). Electrical, plumbing, HVAC and other building equipment contractors experience strain and sprain injuries nearly 60% more often than all building construction contractors.

One of the most physically demanding tasks construction equipment contractors do is drilling holes overhead into concrete or metal ceilings. A new factsheet [Drilling Overhead: Ways to Make A Tough Job Easier](#) highlights practical ways to reduce the physical demands of this task. The goal is to help reduce pain and injury experienced by plumbers, pipe fitters, electricians, sheet metal workers and others who drill overhead in the building trades.

Please share this publication with contractors and workers who perform overhead drilling or others who may be interested.

The factsheet is available at: [www.cdph.ca.gov/programs/hesis/documents/DrillOverhead.pdf](http://www.cdph.ca.gov/programs/hesis/documents/DrillOverhead.pdf)

- For more information on the Overhead Drill Press highlighted in the factsheet, visit [ergo.berkeley.edu](http://ergo.berkeley.edu) or call the University of California Ergonomics Program at (510) 665-3403.

We welcome feedback on this factsheet. Give your feedback by email to [DrillHESIS@cdph.ca.gov](mailto:DrillHESIS@cdph.ca.gov) or by taking this short [survey](#).

This factsheet is published by the California Department of Public Health and the University of California Ergonomics Program.

OHB is dedicated to improving worker health and safety through prevention activities. We gather information on job hazards, work with others to test new approaches to prevent worker injury and illness, and assist with making changes at the workplace. For more information, visit our website: [www.cdph.ca.gov/programs/ohb](http://www.cdph.ca.gov/programs/ohb).

## **June is National Safety Month**

*Make sure employees know the basics.*

According to the National Safety Council, June is National Safety Month.

### **Take time to remind employees about safety basics.**

If most of your safety training sessions focus on the details of specific hazards and work practices, you can easily forget to step back and remind employees about the all--keeping safety in mind at all times

and in all situations, not just at work, but also at home and on vacation. In fact, practicing safety at work is only part of the picture: Nearly 90 percent of fatal injuries and two-thirds of nonfatal but disabling injuries to American workers occur *away from the job*.

**Be alert to the most hazardous situations.**

Part of safety basics is knowing the most common causes of death and serious injury so that you can stay particularly alert to these possible hazards. As a training exercise, ask your employees to name what they think are the five leading causes of accidental death, then compare their list with these statistics for one recent year:

- Motor vehicles, which accounted for more than 40% of fatal accidents both overall and in the workplace.
- Falls (16%); falls were also the leading cause of serious nonfatal injuries
- Poisoning (13%)
- Choking (4%)
- Drowning and fires (tied at about 3% each)

Accidents can be prevented simply by paying attention to hazards and engaging their brains before they act in a potentially unsafe manner. Ask your groups to name examples of using common sense to enhance safety; these might include:

- Reading the label on a chemical container before using it
- Wearing all required PPE whenever known hazards are present
- Removing or avoiding any possible slipping, tripping, and falling hazards
- Making sure flammable and combustible materials are kept away from sources of ignition
- Never disabling or circumventing safety devices, such as machine guards
- Staying away from power lines or any type of energized electrical equipment
- Asking a supervisor for help and guidance if they are not sure how to do a job safely

There are more than 100,000 accidental deaths per year in the United States, including close to 5,000 in the workplace. More than 3 million Americans suffer disabling injuries each year on the job. Work injuries cost Americans more than \$150 billion per year, or more than \$1,000 per worker.

*Source: [www.Safety.BLR.com](http://www.Safety.BLR.com)*