



Mark Your Calendars



March 16th – APMC Membership Meeting, Español Italian Restaurant

April 13th – Sexual Harassment Prevention Training for Supervisors

April 14th – APMC Membership Meeting, Zinfandel Grill

May 23rd – Annual APMC Golf Tournament at Morgan Creek

July 14th – River Cats Family Outing

September – APMC Membership Meeting, Sacramento Windustrial

Free “Green” Webinar

WHAT DO PLUMBING CONTRACTORS NEED TO KNOW ABOUT WORKING ON A LEED PROJECT?

If you're a plumbing contractor and interested in competing for projects seeking LEED certification, this webinar is for you. *10 Tips for Performing Plumbing Work on a LEED Project* (sponsored by the Plumbing Contractors of America) will take place on March 24 at 1:00 p.m. EST. Project Managers will learn the fundamentals of any LEED project kick-off, the options and limitations of a green building and how to collaborate with designers, general contractors and owners to meet the project's LEED goals. This webinar will also examine the specific plumbing LEED credits and highlight your required level of effort, your preparation and the associated submittals, as well as hints and examples for special cases or unique building types.

Courtney France LEED AP of France Sustainable Solutions is the webinar instructor. **The webinar is free to all APMC Contractor members**, but registration is required at <https://mcaa.webex.com>.

Statewide Safety Expo



The **Safety Expo** is the only statewide safety training and construction management expo servicing the needs of educating constituents in the building and construction trades by further enhancing safety training and safe work practices.

The Expo event also presents vendors exhibiting their latest products and services during the trade show held in conjunction with training sessions. Expo exhibitors have a deep commitment to safety in the workplace and are the reason the Expo continues to offer training at an unparalleled cost without sacrificing quality and value. It is the belief that this combination of Expo vendors together with safety training that this education forum will help employers raise the level of safety awareness.

The **2011 Safety Expo, April 19-21** is offering a multitude of sessions, including topics that relate to the top 10 OSHA violations—*scaffolding, fall protection, hazard communication, respiratory protection, ladder safety, lock-out/tag-out, electrical (wiring), powered industrial trucks, electrical (general) and machine guarding*. Both employers and trade workers will benefit from expanding and refreshing their knowledge-base while fine-tuning their skills by attending the workshops that will deal specifically with these most cited violations.

There are several new topics slated for Expo's class curriculum: "A Different Kind of Reality Show" – Risk Management Lessons from Mediation, Litigation and Legislation; "Why is Cal/OSHA at My Door? (Accident, Complaints & Sweeps), and "Temper Your Temper" – Progressive Discipline on the Job Site; Digging Dangers; Power Tool Safety; Machine Guarding; How to Interact with the Fire Department During an Emergency, and for the first time, the Expo is presenting sessions on low and high voltage electrical safety that include—NFPA 70e Low & High Voltage Electrical Safety Certification session; this 16-hour class covers electrical fundamentals and basic circuitry; affects of electricity on humans; an overview of OSHA general industry; solar energy electrical hazards; electrical vehicles safety and hazard recognition; overview of NFPA 70E; electrical personal protection equipment; electrical test equipment standards; electrical safety-related work practices; requirements of an electrical safety program.

Fred Walter with Walter & Prince LLC is returning to the Expo for his Special Project Track presentation on “What’s Around the Corner for California Employers?” This session will focus on AB 2774 and how this will change the way business is done with Cal/OSHA, and what was so broken that AB 2774 needed fixing. What pro-active, pre-citation strategies are being developed in response to AB 2774 and what defense strategies are being considered to cope with these new rules

While these are only a sampling of the more than 125 sessions offered at the Expo, this is the event and the platform from which you can gain the necessary education, training and knowledge to facilitate a safe work environment. Occupational health and safety has been and continues to be a challenging aspect for businesses of all sizes and industries. With progressive changes from both Federal and California OSHA, coupled with economic variableness, employers are challenged with compliance while maintaining a competitive business advantage. Training is one key area that cannot be compromised even in difficult times.

Click to register: <http://www.regonline.com/2011sacsafetyexpo> – for additional information, contact Heidi Hughes – Heidi@sbxchange.net or Jim Neely – jneely@sbxchange.net or call: 916.442.8991.

Upgrade your Life -- Simple Cell Phone Security

Haven't bothered to password-protect your Smartphone yet? You might regret the oversight the next time you leave your handset in the back seat of a cab—or worse, after it's stolen by a pickpocket.

After all, your cell phone probably contains a lot more information than just your address book. There's your e-mail to consider, your precious photos and sensitive documents, and all those stored usernames and passwords for access to your Facebook, Twitter, and (gulp!) online banking accounts.

Luckily, you can protect your iPhone, Android phone, BlackBerry, or other make of Smartphone in just a few easy steps.

Lock it up

As Yahoo! News' Becky Worley notes, the first step in Smartphone security—activating your handset's password lock—couldn't be easier.

For iPhone: Tap the Settings icon, the select General, Password Lock, and follow the instructions.

For Android: Go the Applications launcher, tap Settings, select Location & Security, and tap "Set up screen lock."

For BlackBerry: Go to the Options menu and select Security, Password, Set Password.

For other Smartphone platforms, like WebOS or Windows Phone: Go to the settings menu and look for security options; you'll probably find the password lock settings there.

(Note: the specific menu selections may vary depending on which version of your phone's operating system is running on your device.)

Once you've chosen a password (the longer the better—and please, don't use your birthday, "1234," or "password"), you'll need to decide how long your phone will stay unlocked after you've entered your password. Longer than an hour may defeat the purpose of password-protecting your phone, while an immediate screen lock could prove annoying for heavy Smartphone users. Five minutes, give or take, is recommended.

Beef up your security

Want a password that's a little tougher to crack than a four-number PIN? Here are a few options for upping the security on your phone's screen lock.

For iPhone: The default iPhone password lock is a four-digit numeric PIN, but you can opt to select an alphanumeric password that's as long as your memory will bear. Tap General, Settings, Passcode Lock, and then flip the Simple Passcode switch to "Off." You can also set your iPhone to wipe itself after more than 10 failed password attempts; just switch "Erase Data" to "On."

For Android: As with the iPhone, Android phones will let you chose passwords longer than four digits, with 16 being the upper limit. You can also skip the traditional password and instead trace a pattern with your finger, connecting a grid of nine dots in sequence. Meanwhile, some newer Android phones (like the Motorola Atrix 4G) boast biometric security features like fingerprint scanners, good for unlocking your phone with a swipe of your fingertip. To access the various settings, tap Settings (natch) from the Applications launcher, then select Location & Security, Set up (or Change) screen lock.

For BlackBerry: As with the iPhone, you can set your BlackBerry to wipe itself after too many failed password attempts. Go to the Options menu, then select Security, Password, customize the Number of Password Attempts field, and select Save.

Locate — or wipe — your lost phone

Just about every Smartphone on the market comes supports GPS—and that means almost any lost or stolen Smartphone can be traced via GPS, provided the handset is on and in wireless range.

For iPhone users, just install Apple's free [Find My iPhone app](#) from the App Store; it will trace lost iPhones via the MobileMe website, lock their screens, sound an alert and put a message on the display (like "I'm lost! Call 123-555-1212")—or, in a worst-case scenario, remotely erase all your sensitive data. ([Click here for a real-life Find My iPhone story](#) that happened to yours truly.)

Meanwhile, Android, BlackBerry, and Windows Phone users can try a handy app called [PasswordWallet](#), [1Password](#), [LastPass](#), and [SplashID](#).

— *Ben Patterson is a technology blogger for Yahoo! News.*



Membership Meeting

Wednesday, March 16, 2011

Español Italian Restaurant

5723 Folsom Blvd., Sacramento

Cocktails 6:00 p.m. • Dinner 6:30 p.m.
Program to Follow

Our speaker will be **Gary Verbeke**. Gary is a Senior Energy Advisor at SMUD and works with the Savings by Design team. His role at SMUD is to assist Commercial customers in achieving energy savings primarily in the design of new buildings and also providing financial incentives to assist developers and contractors in their consideration of energy efficient equipment.

Fax completed registration form to (916) 567-6638

Or return via email to: claired@sacvalleyassoc.net

By March 14, 2011

Company: _____

Name: _____

Name: _____

Name: _____

Name: _____



APMC OF SACRAMENTO

