



NOVEMBER 2023 NEWSLETTER

**Thank you to Bacon & Caviar,
out of Nashville, for catering our
Thanksgiving lunch!**



Newsletter Brain Teaser - Do you need or want new tools, of course you do. Well, here's your chance to win. Answer the brain teaser and respond by **Monday, November 27th at noon** and you could win this new Milwaukee M18 Fuel, 2 Tool Combo Kit! Good Luck!

Employee Recognition – Employees that have been with Beech Construction for over a year, will be entered for a monthly drawing. November's prize was awarded to **Joe Ruiz** and **David McGaw**, thank you for all you do for Beech Construction!

Perfect Attendance Bonus – Who is in the running for the next \$1,000 - A big shout out to Suan Slayton and Doug Gibson for perfect attendance for 9 months; Valentin Esquibel 7 months; Billy Gattis, Jose Vazquez, Joseph Vasquez, 6 months; David Gasnik, David Gibson and Dan Krawczyk 5 months; Richard Abad 4 months; Joe Ruiz, Angelo Echevarria 3 months. All will receive an extra **\$50**.

Please welcome **Lester Calderon**, Assistant Project Manager, to the Beech Team!



Congrats to **Dan Healing** and **Garrett Montano** for winning the October Newsletter Challenge. Both won two tickets to ICE!

"Say something positive, and you'll see something positive." - Jim Thompson



Thank you for your service.



Charles Mathis
 Jason Tomlinson
 Kurt Osborne
 Michael Sims

SAFETY TIPS - LIFTING AND CARRYING MATERIALS

Back injuries are caused by lifting and carrying heavy materials, working in awkward positions, and bending often to lift materials off the ground. Construction has one of the highest rates of back injuries of any industry.

Jeff's Story - Jeff worked on a masonry crew at a construction site. Over the course of a day, Jeff and his crew moved 200 30-pound bags of concrete from the delivery location to the work area by hand because they thought it would take less time than finding a cart or forklift to do the job. His back began to bother him, but he wrote it off to just being part of the job. The next day the pain became so bad that he had to leave work and see his doctor. They told Jeff that he had damaged a disc in his lower back and could no longer do that kind of work.

LIFTING DO'S & DON'TS			
<p>DO LIFT AS A TEAM</p> <p>Do lift bulky or heavy loads as a team. Doing so is smart and the safe way to work.</p>	<p>DO TURN WITH LEGS</p> <p>Do move your bulky or heavy loads as a team. Doing so is smart and the safe way to work.</p>	<p>DO USE YOUR LEGS</p> <p>Do lift the load using your powerful leg and buttocks muscles. Your feet should be wide apart, head and back upright. Keep abdominal muscles tight and the load in close.</p>	<p>DO USE EQUIPMENT</p> <p>Do use equipment like hand trucks, dollies, or forklifts to do the heavy lifting. It's much less work and less risk of injury.</p>
<p>DON'T LIFT BULKY LOADS ALONE</p> <p>Don't lift bulky or heavy loads alone. Doing so puts great stress on your low back muscles and spine.</p>	<p>DON'T TWIST WHEN LIFTING</p> <p>Don't twist when lifting, lowering, or carrying any load as this increases your risk of back injury.</p>	<p>DON'T USE YOUR BACK</p> <p>Don't lift the load with your rear end high and your head low. Use your leg muscles, not your weaker low back muscles.</p>	<p>DON'T LIFT HEAVY LOADS</p> <p>Don't lift heavy loads when you can use equipment. It is less work and less stress on your low back.</p>

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Remember This: - • Whenever possible, use mechanical equipment like a dolly to move heavy objects horizontally. • Never try to lift an item weighing over 50 pounds by yourself. • Plan your lifts; make sure the path is clear and you are facing the direction of travel before lifting. • While lifting, tuck in your chin to keep your neck straight, and keep your back as straight as possible. • Lift with the leg muscles, which can help protect your back. • Ask for help with heavy or awkward objects. • Avoid twisting your body while carrying an object. • Coordinate team lifting.



EQUIPMENT - GETTING ON AND OFF

Getting on and off equipment poses a risk of injuries, ranging from sprains, cuts, and bruises to fractures and even death. Joe's Story - Joe was an operator of a front-end loader. One day he climbed down from the cab and lost his footing on muddy steps. Joe fell to the ground and sprained his ankle.

Remember: - • Face the equipment and maintain three-point contact when climbing up or down. • Wear footwear that will provide support and traction. • Set the parking brake to prevent the equipment from moving. • Keep work areas clean and free of waste such as scraps, extra materials, and garbage. • Check the handholds and steps for mud or other conditions that could make them slippery.



Discussion: - • How could this incident have been avoided? • Have you or anyone you know been injured getting on and off equipment? If so, what happened? • How can we stay safe today? What will we do at the worksite to prevent injuries from getting on and off equipment?

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FIRE EXTINGUISHER CHECKLIST

1. Class of Fire Extinguisher:
2. Is the extinguisher located in its designated area?
3. Is the label visible and readable?
4. Is the extinguisher full?
5. Pressure gauge (or indicator) in the operable position?
6. Are safety seals and/or tamper indicators in place and functional?
(pull pins breakaway tabs)
7. Is the extinguisher in good physical condition? (no obvious damage corrosion leakage rubber hose cracks or clogged nozzle)
8. Fire extinguisher inspection tag been initialed for the current month?
9. Location of this fire extinguisher? (tool trailer truck # equipment # etc)



PLEASE CONTACT THE OFFICE IF YOUR NEED A FIRE EXTINGUISHER

What's always
found on the
ground but never
gets dirty?



BIRTHDAYS

SUAN SLAYTON – DEC 11TH

LESTER CALDERON – DEC 15TH

ANNIVERSARIES

ALLAN GUARDADO – 14 YEARS

CAMDEN GRIFFIN – 11 YEARS



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NEW HIRE INCENTIVE PROGRAM

We are looking for a few good men or women and we need your help! If you recommend someone that we hire, you both will receive \$500 upon completion of three months and again at six months. That's \$1,000.



PERFECT ATTENDANCE BONUS

Do you want an extra \$50 a month? It's easy - you must work at least eight (8) hours each day, forty (40) hours per week, or the work schedule at that time, including overtime. Upon twelve months of perfect attendance, you will receive \$1,000.00.

Ask Michael Sims, he had perfect attendance from September 1st, 2022, to September 1st, 2023.

THINGS YOU SHOULD KNOW



- ✓ Payroll week runs from Wednesday to Tuesday, with pay day being on Fridays.
- ✓ When submitting time, always choose "L" for Labor.
- ✓ If you miss a day of work, enter time for .01 hours, and select either Sick or Vac.
- ✓ If the jobsite is closed due to the weather, enter .01 hours, and select Weath.
- ✓ You must enter in time for every workday!
- ✓ To view your paycheck, go to <https://eaccess.foundationsoft.com/Login>. Please use the same password, as you use for foundation mobile to clock in and clock out.
- ✓ Field employees must forward all receipts to the Superintendent.
- ✓ Superintendents approve job receipts and email or text to Lori. Please include the job name or number and cost code.
- ✓ Superintendents must have time approved and submitted by 7am on Wednesday mornings.

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