

Interstate Insider

I n t e r s t a t e R o o f i n g & W t p . , I n c .

February

Birthdays

- Jared Ross—Feb. 1
- Mark Lynch—Feb. 3
- David Olstad—Feb. 4
- David Von Arx—Feb. 5
- Charles Mahlum—Feb. 8
- Daniel Rieber—Feb. 10
- Brent Krause—Feb. 11
- Shawn Vaughn—Feb. 13
- Alex Langen—Feb. 20
- Carl Koltermann—Feb. 21
- Derek Kasten—Feb. 23
- Jeffrey Wing—Feb. 25

February

Anniversaries

- Butch Lorenz—21 yrs
- Joe Pfiffner—30 yrs

What's New? Flow Waterjet at AMS

Welcome the Flow Waterjet Mach 2 2031b to the Interstate and AMS family! This state of the art piece of equipment can cut anything from paper to titanium in an eco-friendly way by using nothing but water.

This piece of machinery will allow us to cut our own metal pieces at AMS instead of outsourcing the work. The capabilities of this machine provide for endless product possibilities and expansion opportunities for AMS, a truly great investment for our company. It's another great way to keep Interstate and AMS one step ahead of the

competition. If you would like to see the Flow Waterjet in action, visit www.flowcorp.com/, under the Related Information, select: "Flow Waterjet Technology Overview" to view one of the many demo videos.



Have You Been Inspecting Your Extension Cords?

These are the tape color codes for inspection:

January—March: White

April—June: Green

July—September: Red

October—December: Orange

Housekeeping on the Job

A professional roofing crew has a neat and orderly job-site. Such crews take pride in their work and invariably have fewer accidents.

- Materials must be neatly stacked and placed out of the way.
- Tools and equipment should be put away after use and should not be stored near the edge of the roof. Block the wheels on rolling equipment.
- Trash and scrap are fire hazards and must be collected and disposed of immediately.
- The kettleman must give particular attention to the orderliness of the kettle area. Neatly fold and stack your tins, pick up debris, keep the materials stacked and organized and see that propane cylinders are tied upright.

Ladder Safety

1. Inspect ladders frequently and report any damage or missing parts.
2. Set up your ladder on a firm, level surface.
3. Avoid electrical hazards! Look for overhead power lines before extending a ladder.
4. Don't set up a ladder near doorways and other high-traffic areas. If you block a doorway or walkway with a ladder, barricade the door/walkway and post warnings. Do not allow people to walk under the ladder.
5. Tie in, block, or otherwise secure the top of straight ladders to prevent them from being displaced.
6. Remember the 4 to 1 rule: The bottom of the ladder should be 1 foot away from the wall for every 4 feet the ladder rises.
7. The ladder should extend at least 3 feet above the roof edge.
8. There should only be one person on the ladder at a time.
9. You should have 3 points of contact at all times when climbing a ladder: 2 hands and one foot, or two feet and one hand.
10. Always face the ladder when climbing or descending.
11. Never use a ladder that is broken or has broken parts.



When the Roles Reverse: Caring for our Aging Parents

Are you a member of the "sandwich generation" - those caught between the demands of working, child raising and caring for elderly parents? Currently, 20% of all employees are providing care to aging parents. A parent may be living with you, living in their own home and needing assistance, or be living in a dis-

tant community and depending on you to coordinate their care. In any event, the role of caregiving can be extremely demanding.

If you are currently caring for an aging parent, or if you find yourself in that situation in the future, you might benefit from in-

formation and support to guide you through this stressful time. Consider calling the Employee Assistance Program at 775-4780 or 1-800-327-9991. You may also check out the EAP web site at www.gundluth.org/eap. Remember, EAP is a free, confidential benefit offered by Interstate Roofing.

Reminders

- Texting is against the law in commercial motor vehicles.
- You must call both your foreman and Human Resources before the start of your shift when reporting your absence or tardiness.
- Note to roofing apprentices: classes are February 15th to 19th for Nick C, Andy S, Vaughn G, and Ian M.
- Roofer Foremen's Meeting: Date: February 1, Place: Main Office, Time: 6:30 A.M.
- Sheet Metal Foremen's Meeting: Date: February 8, Place: Main Office, Time: 6:30 A.M.