

INTERSTATE INSIDER

INTERSTATE ROOFING & WTP, INC.

A Message from Epic

We have been receiving numerous complaints from Epic's neighbors and Epic staff about unsafe driving by all Epic staff and Construction workers while on or driving to or from Campus.

The two most frequent complaints are about excessive speed, especially in our parking structures, and cars leaving Campus pulling out in front of other cars driving Northern Lights. While driving to, on or from Campus, please drive responsibly. Watch your speed, look out for pedestrians and be considerate of others. We don't want anyone to get hurt and we want to be a good neighbor to the residents of Verona.

James Schumacher, Division Manager
Epic Campus 2, JP Cullen & Sons, Inc.

Health Tradition Wellness Benefits

Be sure to check out the paycheck insert which summarizes the health promotion tools/services included with your health plan.

- Mayo Clinic Embody/Health Portal
- Mayo Clinic Health Assessment
- Ask Mayo Clinic Nurse Line
- Eat Well Rebate
- Tobacco Cessation Benefit
- Preventative Care Services

The Tobacco Cessation Benefit and Eat Well Rebate are brand new benefits!

Accident Factors

Accidents on construction projects cause too many painful injuries and claim far too many lives.

Our primary concern when we discuss the factors or causes behind an accident is to find a way to prevent a reoccurrence.

The cause of an accident can be found in two areas -- Unsafe Acts and Unsafe Conditions.

When the cause behind the accident is found, you will find that safety on the job plays a major part in preventing that accident from occurring again.

Unsafe Acts:

- A worker uses equipment that is defective or damaged
- A worker may use good equipment in a careless or unsafe manner
- Disregarding posted warning signs
- Failure to wear a hard hat
- Smoking near flammables or explosives
- Working too close to power lines
- Handling chemicals or other hazardous materials improperly
- Putting your body or any part of it onto or into shafts or openings
- Lifting material incorrectly
- Standing on a bucket

Unsafe Conditions:

- Improperly installed guardrails
- Lack of power tool guarding
- Lack of proper hole covers
- Lack of fall protection plan
- Improperly erected scaffolds
- Poor Housekeeping
- Ice on walking surface
- Insufficient illumination
- Poor ventilation
- Electrical grounding requirements not observed
- Too few fire extinguishers available
- Containers that are not labeled
- Careless disposal of waste or excess material

March

Birthdays

- Susan Delap—March 1
- Scott Weatherly—March 2
- Tony Hanson—March 9
- John Schwanbeck—March 10
- Jim Thesing—March 10
- Shannon Fuselier—March 11
- Adam Schulze—March 12
- Troy Vaughn—March 14
- Tom Tschumper—March 16
- Brent Hicke—March 25
- Stan Lang—March 25
- Travis Lechner—March 26
- Dan Thesing—March 30

March

Anniversaries

- Scott Weatherly—4 yrs
- Dustin Heiller—7 yrs
- David Kvistad—2 yrs

Slips, Trips and Falls

Each year too many construction workers are injured by slips and falls. Slipping on the floor is bad enough, but falling from a height can be disastrous.

How Can Falls Be Prevented?

- Keep your eyes open!
- When working at heights, proper guardrails must be used and, where necessary, safety harnesses that are properly tied off.
- Scaffolding must rest on firm footing and should have all the bracing installed.
- When using multi level staging, the scaffolding must also be properly anchored to the structure.
- Good Housekeeping plays a big part in preventing slips and falls. Debris lying around on floors and working areas is an open invitation to accident.

- Weather increases hazards, particularly in winter when debris becomes snow covered and cannot be seen. Ice conditions create additional dangers. Sand and/or calcium should be applied to icy areas.
- Wet weather causes muddy feet which contribute in turn to slips and falls.
- Wipe your feet before climbing steps or entering a work area.
- When climbing a ladder, always maintain three points of contact.
- Ladders must be kept free of slippery substances before climbing
- When walking down stairs use the handrail.

REMEMBER!

Your eyes are your best defense against slips and falls. Watch your step and look where you are going.

EAP: Challenges for Single Parents

Single parenting can be as fulfilling as raising children in a two-parent household. With single parenting, however, comes a unique set of challenges that require extra energy and commitment.

Single parents can feel an enormous burden due to financial limitations, loss of personal time and assuming the roles traditionally held by two people. Talking about those pressures and identifying personal limitations can do a lot to alleviate the stress single parents sometimes experience.

If the stress of single parenting is building up and you need someone to talk to, call 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, the EAP is a free and confidential employee benefit provided to you by Interstate Roofing.

Attention: All Employees With Health Insurance

Two health insurance plans are offered through Interstate. The "Premier" option only allows you to go to the Franciscan Skemp network providers. The "Community" option allows you to go to both Franciscan Skemp and Gunderson Lutheran network providers. It is very important you know which plan you are covered under. If you are on the "Premier" plan, expenses incurred at a Gunderson Lutheran provider will not be covered under your insurance. A provider directory is included in the Health Tradition folder you should have received upon enrolling in health insurance.

If you are unsure which plan you are covered under, or if you would like to request a provider directory, please contact Stacey at the office. 608-783-2106 ext. 244.

Reminders

- Daylight Saving Time begins on Sunday, March 14th at 2 a.m., don't forget to "spring forward" one hour on Saturday night.
- Happy first day of Spring on March 20th!
- **Roofer Foremen's Meeting:** Date: March 1, Place: Main Office, Time: 6:30 A.M.
- **Sheet Metal Foremen's Meeting:** Date: March 8, Place: Main Office, Time: 6:30 A.M.
- Reminder for Roofing Apprentices: Dustin Heiller & Andrew Theisen have classes March 1 - 5. Nick Clements, Andy Servais, Vaughn Gerken & Ian Martin have classes March 22 - 26.