

CAROLINAS CONTACTS

July/August 2016

Fostering an Effective
Safety Culture

Using Mechanic's Liens
to Avoid Getting 'Burned'



**Congratulations
Mr. Andy Abrams**

CRSMCA Distinguished Service
Award Gordon M. Waters, pg. 17

73RD ANNUAL MEETING & SUMMER CONVENTION



OMNI  HOTELS & RESORTS



CAROLINAS ROOFING AND SHEET METAL CONTRACTORS ASSOCIATION, INC.
PROFESSIONAL ROOFING CONTRACTORS COVERING THE CAROLINAS

Thank you to our Sponsors

PROFESSIONAL



GOLF TOURNAMENT



DIAMOND



GOLD



BRONZE



BEACH OLYMPICS



PAST PRESIDENTS



GOODWILL



This year's Annual Meeting/Summer Convention was held in beautiful Hilton Head, South Carolina



IN THIS ISSUE...

CRSMCA President's Note	4	2015 Safety Awards.....	12
Crappy Roof of the Month	5	No Accident is Acceptable	13
Associate Group President's Note	5	Mechanic Liens	16
Association in Action.....	7	DSA Award - Andy Abrams	17
New Members	7	73rd Annual Meeting/ Summer Convention Photo Recap	18
Remembering Dottie Nagle	8	How to Prevent Oil Canning	20
News in the Carolinas	9	Goldman Sachs Labor Shortage.....	21
		Gen X Homeownership	22
		Safety Talks (English & Spanish).....	23

from the **PRESIDENT**



I am humbled to have the opportunity to serve as the President of the contractor's board for CRSMCA for the 2016-2017 year. I would like to thank outgoing President Tom Smith for his service as he continues his final year on the Executive Committee.

As the next leader to serve the CRSMCA members, **I am hoping to leave a footprint of educational opportunities for those in the roofing industry.** Since I started on the Executive Committee I have tried to focus on bringing ideas and new programs that would provide our members with a way to promote and enhance their businesses. One way this is being accomplished is through the CRSMCA Roofing Academy Committee, which I chair. That committee developed the CRSMCA Master Installers Certification Program which is continued education for member field employees. CRSMCA began the program in Jan-

uary 2015 and we are hoping to recognize the first set of class graduates in 2017. The program is always open to newly enrolled students any time a class is offered. Class credits are offered based on tenure at your current employment as well as other certifications already received. If you would like more information, please contact the CRSMCA office (704.556.1228) for the information.

The CRSMCA continues to focus on educating all persons concerning the roofing and sheet metal business and industry. The CRSMCA Executive Committee members and CRSMCA General Council representative, Brian Schoolman [Safran Law Offices], met with the North Carolina Representative, Dean Arp, to discuss further education requirements on licenses issued. The CRSMCA Executive Committee continues to review the North Carolina Licensing Board for

General Contractors regulations and policies on licensing with additional meetings planned to discuss the possibility of future changes. If you have any insight or opinions you would like to share with you CRSMCA leaders, please feel free to contact the CRSMCA office or me.

Coming soon to the Carolinas...

CRSMCA's 2017 Carolinas Mid-Winter Roofing Expo that will be hosted at the Hyatt Regency Greenville Hotel in Greenville, South Carolina, on January 31 thru February 2, 2017. The CRSMCA Planning Committee is excited to be hosting at this location, as this will be the first ever BALLROOM EXHIBIT location CRSMCA. CRSMCA has sold over 75% of the booths and rallying with the Greenville, SC area schools to promote the CRSMCA "Roofing Industry Career Day". CRSMCA hopes to welcome more than 100 students at the 2017-Expo conference, exceeding the 2016-Expo conference of 75 students!

CRSMCA hosted the Fall District meetings these past few months with great attendance and new faces! It was a great time this season, from ball games to networking socials and clay shootings. On behalf of the CRSMCA Executive Committee, a big thank you to the District Directors and Associate Liaisons for the hard work and dedication to the planning of each meeting. I can't wait to see what is planned in the Spring of 2017! If you were unable to attend a Fall meeting, please consider attending during the Spring. These meetings give you a great opportunity to meet with your local roofing professionals whether a supplier, distributor or competitor. It's a great way to get to know your neighbor in a different light other than "on the job"!

I am looking forward to seeing everyone at the Carolinas Mid-Winter Roofing Expo and at the Spring District Meetings in 2017!

ATLANTIC ROOFING DISTRIBUTORS

We Pride Ourselves On Superior Quality And Service

A Complete Line of Commercial/Residential
Roofing Materials And Accessories

- Metal / Copper Roofing
- Copper Coils / Flat Sheets / Gutter
- Asphalt Shingles
- Built Up / Modified
- Single Ply
- Commercial Insulation
- Specialty Roofing
- Artificial Slate
- Full Line of Accessories
- Full Line of Waterproofing Products

*Roof Top and Job Site Delivery

3 Locations To Better Serve You

Fair Bluff, NC 28439 – 910-649-7317 / 888-240-1234

Charleston, SC 29415 – 843-308-0040 / 800-767-1995

Myrtle Beach, SC 29588 – 843-650-5660

ASSOCIATION OFFICERS

PRESIDENT David Griffin, Coastal Commercial Roofing Co., Inc.
1ST VICE PRESIDENT Todd Smith, Hamlin Roofing Co., Inc.
2ND VICE PRESIDENT Scott Mathias, Watts & Associates Roofing, Inc.
SECRETARY-TREASURER Mickey Childress, Triad Roofing Company, Inc.
IMMEDIATE PAST PRESIDENT Tom Smith, Barger Ashe Roofing Co., Inc.

STAFF

EXECUTIVE DIRECTOR Carla B. Sims, Charlotte, NC
ASSISTANT Brandy Harrison, Charlotte, NC

DIRECTORS

01 Hugh Clark, Service One, Inc., Fletcher, NC
01 Matthew Williams, CityScape Roofing, Inc., Claremont, NC
02 John Dorn, Triad Roofing Company, Inc., Winston-Salem, NC
03 Allen Hughes, Rike Roofing Services, Inc., Charlotte, NC
04 David Panella, Hamlin Roofing Company, Inc., Garner, NC
05 Jason Tetterton, Curtis Construction Co., Inc., Kinston, NC
05 Hunter Steed, Wayne Roofing & S/M Co., Inc., Goldsboro, NC
07 Jimbo Spann, Spann Roofing & Sheet Metal, Conway, SC
08
09 Bert Pickens, Pickens Roofing & Sheet Metal, Spartanburg, SC
10 Eric Campbell, Campbell Professional Roofing, Charleston, SC

ASSOCIATE GROUP OFFICERS

PRESIDENT Michael Broski, Johns Manville, Wake Forest, NC
ASSOCIATE GROUP 1ST VP Ryan Walsh, W.R. Walsh, Inc., Greensboro, NC
ASSOCIATE GROUP 2ND VP Drew Buchanan, GAF Materials Corp.,
Rock Hill, SC

ASSOCIATE SEC/TREASURER Erik Hauck, ABC Supply Company, Inc.

ASSOCIATE LIAISONS

01 David Summers, RSG-Columbia, Advance, NC
02 Steve Hall, Tremco Roofing & Building Maintenances, Winston-Salem, NC
03 Brad Damewood, Best Distributing Company, Inc., Charlotte, NC
03 Darren McEvoy, Premier Building Products, Inc., Charlotte, NC
03 Dan Wheeler, IKO Premium Roofing Products, Inc., Huntersville, NC
03 Andy Butler, Roofers Supply of Greenville, Charlotte, NC
03 David King, Tropical Roofing Products, Inc., Charlotte, NC
04 Justin Maycher, GAF Materials Corporation, Raleigh, NC
05 Todd Casey, Best Distributing Company, Goldsboro, NC
06 Sean Dougherty, OMG, Raleigh, NC
07 Reid Wester, Best Distributing Company, Myrtle Beach, SC
08 Blaise Craft, IKO Premium Roofing Products, Inc., Gaston, SC
08 Richard "Bubba" Kearse, ABC Supply Company, Inc., Columbia, SC
08 Nathan Rollins, Royal Adhesives & Sealants, Greer, SC
09 Greg Norman, GAF Materials Corporation, Greenville, SC
09 Chad Bolt, ABC Supply Company, Inc., Greenville, SC

MAGAZINE COMMITTEE

Henry Sackett (Chairman), George Garven, Laurie Thweatt,
Rainy Ugenmach, Brandon Jackson, Carla B. Sims

Carolinas Contacts welcomes letters to the editor. Views expressed in "Letters" are not necessarily those of CRSMCA. Letters must be signed and include a return address and telephone number. *Carolinas Contacts* reserves the right to edit letters for clarity and length. Send letters to Carla B. Sims, *Carolinas Contacts*, PO Box 7643, Charlotte, N.C. 28241-7643; fax (704) 557-1736.

Carolinas Contacts is owned by the Carolinas Roofing & Sheet Metal Contractors Association to furnish information, news and trends in the Roofing & Sheet Metal industry in the two Carolinas, and is the official bi-monthly publication of the Association.

Issued bi-monthly from Association Headquarters 710 Imperial Court, Charlotte, NC 28273 (PO Box 7643, Charlotte 28241-7643) as a service to the members and advertisers.

Postage Paid at Charlotte, NC.

Advertising and editorial forms close on the 10th of the month preceding publication. Advertising rates available upon request to CRS&MCA, PO Box 7643, Charlotte, NC 28241-7643.

Printed by CRSMCA, Charlotte, NC

Graphic Design by Rhonda Sergeant, Charlotte, NC

THE CRSMCA MISSION STATEMENT

To promote and safeguard the common business interest of its members and to improve conditions by educating all persons concerning the roofing and sheet metal business and industry. To work for the development and progress of the roofing and sheet metal business industry and to work with individuals' organizations and governmental agencies toward the achievement of a stronger profession of the roofing and sheet metal industry.

www.METALDECKSUPPLY.com
On-Line Quoting



**Metal Deck
Replacement?**

- ✓ Metal Deck in Stock for Immediate Use
- ✓ Local Experts
- ✓ We Stock "A" Deck
- ✓ Pick Up or Delivery
- ✓ Extensive Inventory

Contact Us Today!

800-894-7741 • (Fax) 630-978-7825



PROUD
MEMBER



CAROLINAS ROOFING AND SHEET
METAL CONTRACTORS ASSOCIATION

ALBANY, NY • ATLANTA, GA • AURORA, IL • COLUMBUS, OH • FT. WORTH, TX
GREENSBORO, NC • HAGERSTOWN, MD • HOUSTON, TX • INDIANAPOLIS, IN
JACKSONVILLE, FL • KANSAS CITY, MO • KNOXVILLE, TN
SAN ANTONIO, TX • ST. LOUIS, MO

YOUR ONE-STOP METAL DECK SHOP!



Green Roof or NOT

CRSMCA Releases "Crappy Roof of the Month"

Send your comments on the issues seen at left to the CRSMCA *Carolinas Contacts Magazine* Committee via cbsims@crsmca.org, subject "Crappy Roof Comments". (Photo submitted by Tom Smith, Barger-Ashe Roofing Company)

CRSMCA members come upon crappy roof installations and disasters from time to time. Please feel free to send your best "worst" picture to the CRSMCA *Carolinas Contacts Magazine* Committee to share with your fellow CRSMCA members and peers via email to cbsims@crsmca.org, subject "Crappy Roof Moment"

from the

ASSOCIATE GROUP PRESIDENT



As I write this letter, 2016 is slipping away. The kick-off to another Football Season, Hurricane Matthew; Halloween, the Presidential Election and of course the CRSMCA Fall District Meetings have all passed and the holiday season is upon us. This Fall I have enjoyed attending as many district meetings as possible discussing the future of the Association and received valuable information and insight that will help shape this incredible organization of committed and engaged roofing professionals. These meetings in addition to the Carolinas Mid-Winter Roofing Expo and Annual Meeting/Summer Convention are a great way to get a pulse on what is happening in our industry across the Carolinas and I highly encourage you to attend and give back to the industry that provides for all members and our families.

The intensity level has definitely picked up on the preparations for our upcoming 2017 Carolinas Mid-Winter Roofing Expo at the Hyatt Regency in Greenville, South Carolina set for January 31-February 2, 2017. I would like to personally invite all members to come and experience a unique event that brings together Contractors, Manufacturers, Distributors, Design Professionals and Students in one venue loaded with educational and networking opportunities. After positive feedback contractors will have the opportunity to send all personnel to the Expo Conference for \$75 PER COMPNAY. Also for contractors there will be a FREE 10-Hour OSHA Training Course, NRCA Technical Presentation by Mark Graham, a RCI Presentation and a Johns Manville "Jam" Session. Also, don't forget the always popular Corn Hole Tournament and networking socials. If all this isn't enough value Associate members will have two FREE passes that will eliminate the \$75 admission fee for contractors, so search out your favorite Associate member and inquire on pass availability.

Sponsorships are available at all monetary levels for Contractor and Associate Group Members and in 2017, booth space is at a premium as a hotel vs. convention center concept is being tried so don't delay registration and booth selection and please pass along feedback to the CRSMCA Board on this change for future planning and site selections.

As I stated in my opening, the Holiday Season is upon us. From my family to yours, please have a safe, joyous and blessed Holiday Season. I hope everyone had a great 2016 and are ready for a prosperous, safe and healthy 2017.



CAROLINAS ROOFING & SHEET METAL CONTRACTORS ASSOCIATION

P.O. Box 7643
Charlotte, NC 28241-7643

710 Imperial Court
Charlotte, NC 28273

Phone: 704-556-1228

Fax: 704-557-1736

www.crsmdca.org

staff@crsmca.org

AFFILIATED WITH: NRCA - ASAC/STAC



Carolinas Contacts addresses issues and concerns of the roofing industry. Technology, test, and building codes are constantly changing, and such changes may not be reflected herein. All information is presented for the benefit of our readers and does not necessarily reflect the views of CRSMCA. Press releases and product information presented do not reflect all available materials. Before purchasing, installing, using, or recommending any product, system, or method, readers should make independent evaluations.

ASSOCIATION in Action



Hello CRSMCA members and friends... I hope everyone has had an enjoyable summer with their families and stayed cool in the summer heat. As we come to the end of the summer months, the heat is still upon us. Be sure to stay safe, cool and hydrated!

CRSMCA celebrated 73 years of service to the roofing industry, celebrating families that continue to thrive and flourish within the roofing industry, continuing to carrying out family businesses. One of the CRSMCA Annual Meeting/Summer Convention highlights is visiting with the members, whether longstanding or the newest! Catching up with the membership and their families and enjoying the time spent with them over a long weekend, is priceless! This is what continues to strengthen CRSMCA and what encourages us all to bring new value to the CRSMCA membership. Visit page xx for a look at the members and families that attended the Annual Meeting/Summer Convention.

CONGRATULATIONS to Mr. Andy Abrams, CRSMCA's 2016 Gordon M. Waters Distinguished Service Award recipient. You can read his induction to the DSA on page 17.

WELCOME YOUR 2016-2017 CRSMCA EXECUTIVE COMMITTEE

President
David Griffin,
Coastal Commercial Roofing Co., Inc.

1st Vice President
Todd Smith, Hamlin Roofing Co., Inc.

2nd Vice President
Scott Mathias,
Watts & Associates Roofing, Inc.

Secretary/Treasurer
Mickey Childress,
Triad Roofing Company, Inc.

President
Tom Smith,
Barger Ashe Roofing Company, Inc.

Associate Group President
Mike Broski, Johns Manville

Associate Group 1st VP
Ryan Walsh, W.R. Walsh, Inc.

Associate Group 2nd VP
Drew Buchanan,
GAF Materials Corporation

Associate Sec/Treasurer
Erik Hauck,
ABC Supply Company, Inc.

The CRSMCA Planning Committee has finalized the upcoming Carolinas Mid-Winter Roofing Expo that will be held January 31 - February 2, 2017 in Greenville, South Carolina. The format of the exhibit hall will be different and new for the CRSMCA conference inside of the Hyatt Regency ballroom! Booth spaces are limited to 87 booths available with 45 already sold! Be sure to sign up early as an Exhibitor... as spaces are limited and going quickly! CONTRACTORS... be sure to register early as most of the educational seminars are already being planned and have limited seating! Limited registration information is included in this issue, for ALL registration information can be found on CRSMCA website (www.crsmdca.org) or call the CRSMCA office at 704.556.1228 to receive the information via email. The CRSMCA Boards and staff are looking forward to another prosperous trade show to continue to bring value not just to CRSMCA but to the professionalism of the roofing industry!

Thank you for supporting your association and the roofing industry!

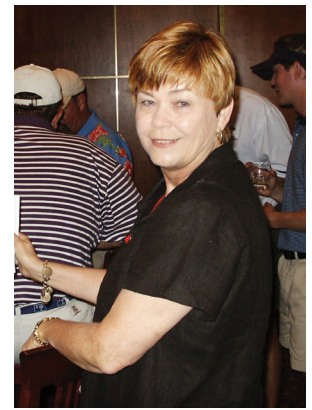
WELCOME TO OUR NEW MEMBERS

ASSOCIATES

Benton Metal Depot
110 Zetterower Road
Statesboro, GA 30459
Date Joined: 06-Jul-16
Mr. Cameron Brown
(912) 489-5795 | Fax: (912) 489-6734
cameron@bentonmetaldepot.com
www.bentonmetaldepot.com

Dunn Service Group, Inc.
PO Box 2610
Thomasville, NC 27361
Date Joined: 29-Jul-16
Mr. Todd Baer
(336) 476-9274 ext 2
Fax: (336) 472-9328
tbaer@dunnservice.com
www.dunnservice.com

Tremco Roofing & Building Maintenance
1536 Ballard Court
Kernersville, NC 27284
Date Joined: 29-Aug-16
Mr. Steve Hall
(336) 707-3078
shall@tremcoinc.com
www.tremcoroofing.com



REMEMBERING DOROTHY "DOTTIE" SOSEBEE NAGLE

Former Executive Director of CRSMCA

Dottie was born on December 1, 1943 in Asheville, North Carolina. Dottie grew up traveling and living in many states but always consider the south her true home. Her love for the roofing industry was not found right away, her first job was selling ladies jewelry. In 1983, her love for the roofing industry began as Dottie started her career with CRSMCA as an administrative assistant. One of her many achievements came in 1991 when she took the leadership role as the Executive Director of CRSMCA. Dottie was the first "gentle lady" to receive the Gordon M. Waters Distinguished Service Award in 2008.

Dottie was always an active mentor to help others achieve strong and effective leadership throughout her community and through other association activities and organizations such as the Association Executives of North

Carolina and the American Subcontractors Association of the Carolinas.

Dottie developed a true passion for CRSMCA and the roofing industry, one that she always shared with the CRSMCA members and her friends throughout her profession. Dottie put her passion into her dedication to bring strength and unity to CRSMCA through committee work and Board structure as well as staffing.

Dottie always put her family first and she always considered CRSMCA a part of her family, and to some each of us, we considered her "Mom"!

Dottie's family set up a Memorial Page for her through the Multiple Sclerosis Association of America. Dottie was not diagnosed with MS, but one of her daughter's [Holly] does suffer from multiple sclerosis. Should



you wish to make a donation in her memory, please visit www.msaa.com

You may also send condolences to Dottie's daughters:

Shari Haling
10880 Highland Avenue
Fort Myers, FL 33966

Holly McDermed
822 Querida Drive
Colorado Springs, CO 80909

The family hosted a celebration of life for Ms Dottie on Sunday, August 21, 2016 in Colorado Springs, Colorado.

CRSMCA will always remember the first gentle lady in CRSMCA's family!

NEWS *in the Carolinas*



NC DEPARTMENT OF LABOR/OSH

Compliance Bureau Contacts

Tim Childers
(336) 776-4420
tim.childers@labor.nc.gov

Phil Hooper
(919) 779-8512
phil.hopper@labor.nc.gov

New OSHA Recordkeeping Ruling

OSHA issued a new rule which revised the recordkeeping requirements. This rule now requires most construction companies and other high risk industries to electronically submit injury and illness data annually. This will be in effect January 1, 2017. The new reporting requirements will be phased in over two years:

- Establishments with 20-249 employees in the construction industry and certain high-risk industries must submit information from their 2016 Form 300A by July 1, 2017, and their 2017 Form 300A by July 1, 2018. Beginning in 2019 and every year thereafter, the information must be submitted by March 2nd.
- Establishments with 250 or more employees in industries must submit information from their 2016 Form 300A by July 1, 2017. These same employers will be required to submit information from all 2017 forms (300A, 300, and 301) by July 1, 2018. Beginning in 2019 and every year thereafter, the information must be submitted by March 2.



CRSMCA Roofing Academy Announces the Master Installer Certification Program

The CRSMCA Roofing Academy Master Installer Certification Program is designed to promote safety issues and concerns in the application of the roof systems to prepare the employee for best practices in their job performance. It is intended for the use by anyone with an interest in these roof systems, from roofing workers to foremen to supervisors. It is a culmination of efforts by contractors, manufacturers, suppliers and others who are dedicated to promoting safety.

Enrolled students will learn and train the basics of roofing, increasing their knowledge and skills to make them more valuable to their respective companies, as well as build future leaders in the roofing industry.

View the final ruling visit online here.

For more information, contact the Roofing Risk Advisors, brian@roofingriskadvisors.com and rob@roofingriskadvisors.com.

Training information, registration and training course and dates can be found at online here.

- 30-Hour Construction Industry Awareness Course | June 13, 2016
- 10-Hour Construction Industry Awareness Course | June 13, 2016
- Complying with OSHA General Industry Standards - Beginners Level | July 13, 2016
- 10-Hour General Industry Awareness Course | July 18, 2016
- 30-Hour General Industry Awareness Course | July 18, 2016
- Complying with OSHA General Industry Standards - Beginners Level | September 27, 2016
- Complying with OSHA Construction Industry Standards - Beginners Level | November 2, 2016



NEWS FROM NRCA

The **Federal Trade Commission (FTC)** is seeking public comment on the efficiency, costs, benefits and impact of its R-value rule. Issued in 1979, the rules require home insulation manufacturers, professional installers, new home sellers and retailers to provide R-value information, based on the results of standard tests, to help inform consumers. The FTC contact is Hampton Newsome, who can be reached at (202) 326-2889.

The **U.S. Construction industry** continues to show sign of improvement. Nonresidential building starts were up 11.8% for the first quarter of the year compared with the same period in 2015. And housing starts were up 15% for the same period. In addition, the Architectural Billing Index rose to 51.9; any number above 50 indicates architects' billings are improving.

Continued on next page

Housing for the **2017 International Roofing Expo®** opens soon, so be sure to make your travel plans early. The show will be held March 1-3 at the Mandalay Bay Hotel in Las Vegas. Visit www.theroofingexpo.com for complete information.

NRCA's Career Center officially has launched. It includes information for employers and prospective employees, job-listing services and a good deal of downloadable information that can be used, for example, at job fairs. Visit www.nrca.net/careers to learn more—and please provide us with your feedback!

FM Global clients will receive \$465 million membership credit

Commercial property insurer FM Global has announced its clients will collectively receive an estimated \$645 million in premium credit when they renew their policies between June 30, 2016 and June 29, 2017, as a result of the company's favorable operating performance. The "membership credit" each policyholder will receive will be based on premium and client tenure. For more information click [here](#).

PPI for Construction Materials and Components Rose

The seasonally adjusted producer price index (PPI) for materials and components used in construction rose 0.5 percent in April compared with March, according to www.bls.gov. The PPI program measures the average change over time in the selling prices received by domestic producers for their output. The index was down 2.9 percent on a yearly basis.

"Despite the end of month-to-month materials price decreases, prices remain low by historic standards and will likely continue to do so for the foreseeable future," says Associated Builders and Contractors Chief Economist Anirban Basu. "Commodity prices, including oil prices, have been edging higher lately in response to a number of potentially temporary phenome-

na, including a weakening U.S. dollar. Coming into the year, the presumption among many market participants was that U.S. interest rates would rise meaningfully, thereby increasing the value of the dollar. Contrary to expectations, interest rates have not risen significantly, and the dollar has been weakening in response.

"That has helped to set the stage for the recent bounce-back in oil and certain other commodity prices," Basu continues. "Other factors have not been as supportive, including a still-weak global economy. Global economic weakness is likely to persist, and the dollar may begin to strengthen again. This means that construction firm managers should not assume that oil and other prices will rise steadily. In fact, reversals in commodity prices remain quite possible. While oil prices have risen sharply since lows achieved earlier this year, copper, natural gas and other prices have expanded only modestly. The next materials price report could easily show further inflation. The story of inexpensive materials will continue to be told."

NRCA is continuing their popular series of FREE WEBINARS on the third Thursday of each month. These new and innovative webinar topics and presenters have been selected to expand your knowledge by giving you new ideas that you can implement into your company immediately. Each webinar offers a unique experience specifically tailored to roofing professionals. Don't miss out on these live opportunities to stay up to date with industry issues affecting your business.

For upcoming webinars and all previous webinar recordings, visit www.nrca.net/webinars.

UP and DOWN EASTERN U.S.

- Virginia Association of Roofing Professionals
www.varoofingprofessionals.org
- Tennessee Association of Roofing Contractors | www.tarcroof.org

- Kentucky Roofing Contractors Association | www.krca.org
- Roofing & S/M Contractors Association of GA | www.rsmca.org
- Florida Roofing & Sheet Metal Association | www.floridarroof.com



SC DEPARTMENT OF LABOR, LICENSING AND REGULATION/ SC OSHA

General Information

(803) 896-7665
askscosha@llr.sc.gov

FREE! Training Classes are available for employers and employees of both the public and private sector; please contact Van Henson at (803) 896-7769.

Examples of training programs offered include:

- The OSHA Inspection Process
- Bloodborne Pathogens
- Lockout/Tagout (LOTO)
- Trenching/Excavation
- Hazard Communication
- S.C. SMART – Safety Management Accident Reduction Training
- Fall Protection (Construction)
- Personal Protective Equipment
- Violence in the Workplace
- Scaffolding (Construction)
- Permit Required Confined Spaces
- Industrial Trucks (Forklifts)
- OSHA Recordkeeping

Continued on next page

Continued from previous page



JP Ross & Co., Inc. receives a World Record Breaking Award from Solatube International.

The JP Ross team won an award for the largest global SkyVault project ever with 527 Solatube SkyVault Series M74 Tubular Daylighting Devices (TDDs) with Collector and Amplifier in a new Gestamp Manufacturing Facility in Chattanooga, TN. JP Ross is the Commercial Distributor and Installer for Solatube for North Carolina, South Carolina and Tennessee

roofing tools and EQUIPMENT, inc.



kettles, on deck equipment



"We Stock What We Sell . . .
And Sell It With Service"

PO Box 126
3710 Weaver Road
Wilson, NC 27893

TENNSMITH.



brakes, sheet metal equip.



safety belts, lanyards



ladders, walkboards



hoist & hoist beams

local 252-291-1800 toll free 800-682-6906 fax 252-291-9508

SAFRAN LAW OFFICES



SERVING INDUSTRY FOR OVER 30 YEARS

FIND US ON THE WEB:



www.safranlaw.com

SCHEDULE A LUNCH AND LEARN:



law@safranlaw.com

FOLLOW US ON TWITTER:



[@safranlawBJS](https://twitter.com/safranlawBJS)

Carolinas Roofing and Sheet Metal Contractors Self-Insurers Fund



2015 Safety Awards

GOLD

- 21 years - Baker Roofing Co., Inc.
- 20 years - Affordable Roofing Co., Inc.
- 16 years - A & N Roofing, Inc.
- 13 years - Service Roofing & SM Co. of Wilmington, Inc
- 11 years - E L Hawks, Inc.
Union Roofing, Inc.

BRONZE

- 5 years - Pickens Roofing, Inc.
Piedmont Commercial Roofing, Inc.
- 4 years - Bowman Roofing & Sheet Metal, Inc.
Quality Roofers & Guttering, Inc.
- 3 years - Grieme Roofing Company, Inc.
Murr & Laney, Inc.
Oglesby Contracting, Inc.
Palmetto State Roofing & Sheet Metal Co.
Pickens Roofing & Sheet Metal, Inc.



SILVER

- 10 years - A & N Residential Roofing, LLC
Service Roofing & Sheet Metal Co. of Raleigh
- 9 years - Space Roofing & Sheet Metal, Inc.
- 7 years - Nobles Roofing & Sheet Metal, Inc
- 6 years - Achelpohl Roofing & Sheet Metal, Inc.
Service One, Inc
- 2 years - Carroll Roofing Company
Carver & Sons Roofing, Inc.
Coleman Roofing, Inc.
Johnson's Roofing Service, Inc.
Pickard Roofing Company, Inc.
J A Piper Roofing Company, Inc.
Rike Roofing Services, Inc.
Specialized Roofing & Insulation, Inc.
- 1 year - Fort Roofing & Sheet Metal Works, Inc.
Graham Roofing, Inc.
K. W. Arthur & Son, Inc.
R. E. Bengel Sheet Metal Co.
Service Roofing & Sheet Metal Co., Inc.
Space Metal Fabricators, Inc.
Wayne Roofing & Sheet Metal Co., Inc.
Weathergard, Inc.

BASED ON THE NUMBER OF CONSECUTIVE YEARS WITH A 15% OR LESS LOSS RATIO

Provided by the CRSMC-Self-Insurers Fund TPA, Davis-Garvin Insurance Agency, Inc.



How to foster an effective construction site safety culture

By Kim Slowey | May 3, 2016

This week marks the Occupational Safety and Health Administration's annual National Safety Stand-Down To Prevent Falls in Construction as well as Safety Week 2016. Companies, associations, and other industry groups will hold safety awareness events nationwide as part of the initiatives.

It's an unfortunate fact that many construction companies disregard or marginalize the safety component of their operations. According to OSHA, falls are the leading cause of construction deaths every year, and, as the agency emphasizes, all are preventable. However, there are also contractors who prioritize worker wellbeing and go to extraordinary lengths to promote a true culture of safety.

How to Promote Safety on Construction Sites

Bob Overhoff, director of corporate safety at Buffalo, NY-based general contractor LPCiminelli, said that unlike some company mottos, his isn't "safety first," but "safety always." Overhoff said that he and his safety staff of eight want their employees to be safety conscious "whether it's home, work or leisure. We want to get that into people's heads."

Dan Della-Giustina, corporate safety director at Consigli Construction in Milford, MA, said SAFE—Staying Accident Free Every Day—defines the company's safety mission and guides him and his staff of 12 in maintaining their safety and health initiatives. "All accidents are preventable," he said. "No accident or incident is acceptable."

Both companies have geared up for a week focusing on safety awareness initiatives, with Consigli employees participating in activities like 30-minute stand-downs every morning and a fire extinguisher demonstration in partnership with the local fire department. LPCiminelli plans job site luncheons at four major projects where employees will receive high-visibility safety t-shirts as part of the fall prevention presentation.

Consigli's safety policies, Della-Giustina said, are guided by six elements:

- Leadership
- Jobsite gym (stretching and flexing before work)
- Humanization
- Training



Poster of a Consigli employee and his son, Credit: Consigli Construction

- Quarterly corporate safety meetings
- Using technology to audit and score safety performance

The humanization aspect of the program was particularly effective last year, Della-Giustina noted, when Consigli displayed posters of employees and family members on every project to remind workers of the real reason behind all the safety procedures. "At the end of the day, you're safe because you want to return home to your family – because that's really what's important," he said.

Both Overhoff and Della-Giustina said the key to a successful company safety policy, particularly because both companies have operations spread throughout the Northeast and mid-Atlantic regions, is support at top levels of management. Matthew and Anthony Consigli, Della-Giustina said, are the fourth generation of management at the family-run contractor, and they have sent a "strong message" to employees that safety is their most important responsibility at work. "When you have that kind of support from the top, everything is easy," he said.

Overhoff agreed and said that in his 14 years at LPCiminelli, he has never been denied the tools he needed to make the safety program successful. "I've never been told I can't spend money for testing, the latest equip-

ment, or whatever I need to do my job the correct way," he said.

Leading vs. Lagging Safety Indicators

Both companies have taken charge of the quality and effectiveness of their programs to study leading and lagging safety indicators. Lagging indicators include after-the-fact elements, such as OSHA incident reports and workers' compensation experience modification rates (EMR), which are measurements of past safety performance. Leading indicators include activities that promote safety like toolbox talks, safety meetings, morning stretch programs or anything else that is a proactive step toward a safer workplace.

"Every day you're looking at that stuff because every day there's a new task that's happening on the job," Overhoff said. "You're living that every day, multiple times a day."

"Safety is the leading indicator," Della-Giustina added. "If you are a safe contractor, you're going to be a quality contractor, and you're going to be a contractor that stays within the schedule and within the budget. Everything flows from safety."

Della-Giustina said companies that don't have good safety programs are

less likely to stay in business, whereas companies that do make safety a priority tend to be profitable and have a better competitive edge. In fact, according to an April Dodge Data & Analytics report, contractors who prioritized safety saw greater project ROI, had better employee retention rates, and were able to attract the most employees in comparison to their less safety-conscious counterparts.

A Focus on Employees

Of course, getting employees to understand the seriousness of sound safety practices is critical, but Overhoff said LPCiminelli also has room for some fun and games. The company's marketing department created a caricature based on him called "Safety Bob," which they use on various safety materials. Employees can even earn Safety Bob hardhat stickers and t-shirts. Overhoff said he's taken some ribbing over his mini-me but added, "Whatever they need to call me, whatever gets the message across, that's what I want."

Getting buy-in from field management, Della-Giustina said, is also paramount. "If your superintendent is not enforcing it, then you might as well just forget about it." To ascertain whether field personnel are cooperating, Consigli makes safety performance part of annual employ-



2015 LPCiminelli Safety Stand-Down event, Credit: LPCiminelli



Consigli employees promote "SAFE" initiative, Credit:Consigli Construction

ee reviews. "If that superintendent is not performing well, then it affects his raise accordingly," he said.

Della-Giustina added that Consigli looks more at leading indicators during a superintendent review than at lagging indicators. "You can be a bad superintendent and happen to be lucky on the job and not have any losses," he said. "But you can be a good superintendent with some bums on your job who decide they're going to file claims, and all of a sudden you're responsible because those claims got filed." Therefore, he said, 70 percent of their superintendent review metrics are based on leading indicator data, something over which the superintendent has control.

Employees are the "prime target" of LPCiminelli's safety messages because, Overhoff said, "They're the ones that are doing the work." He said he spends significant time on projects simply asking questions about what workers are doing or how they're using their tools. "I know the answers to it, but I want them to know that I have a genuine interest," he said. Overhoff added that these informal conversations also give employees a chance to think about their own actions on the job and why they execute tasks in certain ways.

As far as safety meetings are concerned, Overhoff said it's important to remember what a particular crew's function is and adjust the meeting's focus accordingly. "Safety meetings need to be relevant to the job people are doing," he said. For example, there's not much point in conducting a toolbox talk about scaffolding for an excavation crew, he said. "You have to make it relevant because they'll tune you in and they'll tune you out."

...Look at a sub[contractors]'s lagging and leading safety indicators as part of the analysis to determine what kind of risk that contractor presents.

Ensuring Subcontractor Safety Performance

It's not only employees, though, that large contractors like Consigli and LPCiminelli have to worry about. In order to make sure subcontractors don't pose a safety threat to the project, a sub's safety history and current practices are part of the prequalification process.

Overhoff and Della-Giustina said they take a look at a sub's lagging and leading safety indicators as part of the analysis to determine what kind of risk

that contractor presents. "(The qualification process) doesn't disqualify anybody from working for us," Overhoff said. If the sub has a high EMR or incident rate, he looks at it as an opportunity. "We actually call a meeting with a principle of the company and their safety people, and we ask them why it's like that and what they're doing about it," he said.

"We have a very stringent prequalification program," Della-Giustina said. Consigli uses metrics based on lagging indicators and enters the information into a formula to come up with a safety score. If a subcontractor scores 70 percent or higher, no further review is necessary. If a sub scores below 70 percent, the company evaluates the subcontractor further and, like LPCiminelli, makes a decision as to whether they're going to use that subcontractor. If Consigli decides to waive that company in, then its subcontract is rewritten to include additional safety requirements.

Della-Giustina said that almost all of the subcontractors that have been waived in perform better than ones who started with a high score because "we have set a much higher expectation level for them."

No Safety 'Secrets' in the Industry

To those companies that are just now in the process of trying to roll out their own safety programs, Overhoff advises them to take advantage of underutilized resources like insurance companies, which are usually more than happy to provide sample programs and help their clients set up solid safety initiatives.

He said there are also independent safety consultants that can advise contractors on the most suitable program as well. Overhoff said that in a pinch, he offers his contractors one of several safety program templates he has on file. When it comes to safety, he said, "There aren't any secrets out there."

Getting paid in the private construction business—whether it involves a particularly evasive general contractor or an owner who’s in a tight financial spot—can be a challenge. Fortunately, no matter the size of their legal budgets, contractors have an alternative to waiting out a check indefinitely, and it’s called a mechanic’s lien.

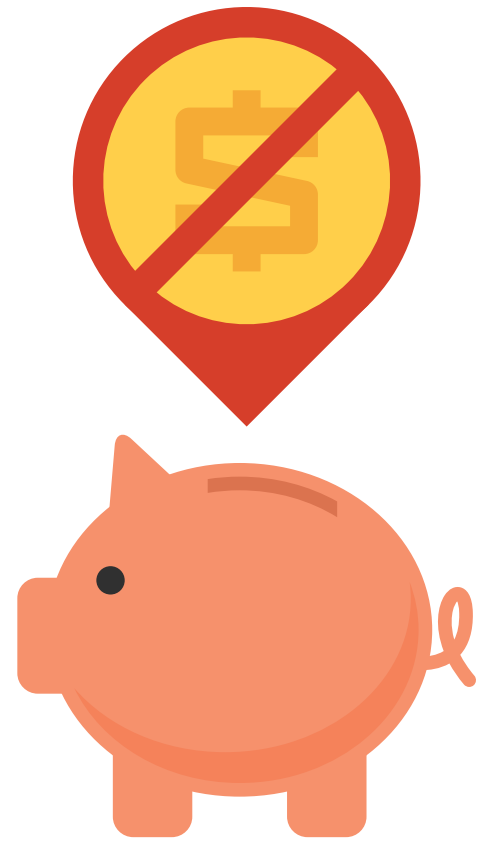
Mechanic’s liens, usually the collection tool of last resort, protect a contractor’s interests by creating an encumbrance, or monetary claim, on the project property, be it commercial or residential. The lien is public record, and, much like a loan on a vehicle or a mortgage, it must be satisfied—paid—before the owner can provide clear title to a buyer or another lender in case of a refinance. Unlike a home or auto loan, however, mechanic’s liens exist specifically to ensure that those who provide services and materials to a construction project are paid.

Steps to filing a lien

In most states, the right for contractors to file a mechanic’s lien is not automatic, as there are some legal hurdles to jump. Usually within a certain timeframe, contractor must let the owner know in writing that they are providing services to the project, and notice has to be given in a way that can be proven down the road—such as certified mail, overnight delivery or hand delivery with a signed receipt.

If the owner or general contractor makes timely payments throughout the course of a job, then that’s as far into the mechanic’s lien process they will get. If not, then welcome to the next round of paperwork. If the payments stop coming, and a contractor has met the notice requirements, it’s time to consider filing a mechanic’s lien.

If a contractor files a lien, the process still isn’t complete, though. Most



HOW CONTRACTORS CAN USE MECHANIC’S LIENS TO AVOID GETTING ‘BURNED’

By Kim Slowey, April 26, 2016

states do not allow a mechanic’s lien to just hang out in the public record forever. At some point, the contractor who filed the lien has to pull the trigger and foreclose on the lien, forcing the sale of the property in order to ultimately get paid.

Risk of ruining a relationship

A major obstacle to contractors availing themselves of their lien rights, however, is not a legal one. Many contractors, experts noted, are hesitant to file a lien and potentially ruin a business relationship.

“I think that there is a lot of hesitation,” Lohrer said, “especially if there’s repeat business or there’s a long-term relationship because, of course, you could risk upsetting the owner. At the

same time, those deadlines are set in stone, and if you wait longer than the 90 days after you’ve stopped doing work, you lose your lien rights.”

Richards said owners will sometimes try to persuade contractors not to file a lien, but Richards said that’s never a good idea for contractors. “They’re a good security. Don’t waive your rights,” he said.

Richards added, “If you look the other way, and you just hope for the best, that’s not a very good way to run a business, and chances are that you’re probably going to get burned. In six months or a year down the road, when you’re out tens of thousands of dollars or more on that project, you probably won’t be saying what a good person that guy was.”

2016 GORDON M. WATERS DISTINGUISHED SERVICE AWARD

It is my high honor and privilege to present the Gordon M. Waters Distinguished Service Award. This is the highest honor awarded to a CRSMCA member for their dedication and service to this association, the roofing industry, and the community in general.

Gordon M. Waters helped organize the Carolinas Roofing and Sheet Metal Contractor Association in 1943, and served as the first President of the association. This year's recipient will be the 51st individual to be recognized with this prestigious award.

He was born and raised in Sumter, South Carolina. In high school, at Thomas Sumter Academy, he excelled in all sports, including: football, baseball, and track, and continually received the "Most Dedicated" award. His senior year he received "The Best All Around Male" award, which not only highlighted his athleticism but his gift of being a special individual.

Our recipient, Mr. Andy Abrams, the son of Emmalean and Doyle Abrams, has always had the gift of gab, and has never met a stranger.

Upon graduation Andy had to decide between his beloved Gamecocks, or to join his best friend, Sammy Phillips and go to the Citadel. He joined the "Corps of Cadets", and that was one of the best decisions of his life. Andy ran track at the Citadel, and graduated with a Bachelor of Science degree in Business in 1989. Shortly after graduating, Andy joined Duck-Back Roofing in Columbia, in sales and estimating. Andy soaked up all the knowledge he could from owners Don Wilson and Chris Walter, and this is where his love of roofing developed.

In 1994 he knew he was ready to run his own roofing company, so he started Seal-Tek, and with a great deal of hard work and dedication he established a good name for himself.

In 1997 his old mentor Chris Walter called to recruit Andy to ABC Supply as an outside sales rep. Chris told him it was a good opportunity to work for a great company. Andy made the change, and it was the right move, as he still there 19 years later. Andy was promoted to South East Regional Low Slope Business Manager in 2007, and currently serves as ABC's Coastal District Low Slope Manager.

Andy has been married for 24 years to his high school sweetheart and girl next door, Dea. They have two sons: Dalton, a rising sophomore at the University of South Carolina, and Hayden, who is a rising junior at Lexington High School. Both boys are very active in sports. Andy helped coach their teams and never missed their soccer, baseball or football games. Even if he had to leave to go out of town for business, he would leave after a game and travel late so he would not miss a game.

As an active member in his community, Andy participates in many charitable fund raising events for Burtons Center and Pets, Inc.

Professionally, Andy has the ability to stay cool under fire. A classic example of this is the first time Andy had to present his region's results to the ABC Executive Staff and other regional teams, totaling over 50 people. He made the mistake of bringing up a sensitive subject. As soon as that topic was mentioned, it drew the atten-

tion of David Luck, the very intense CEO of ABC Supply.

As Andy realized his mistake, his body temperature started to rise, and he knew he was in for a rough ride. As he attempted to clarify, like a choice cut of meat, the grilling began. Finally when it was over, it appeared Andy had just run a Marathon in 100-degree weather. With sweat pouring from his entire body, like a true Olympic champion he looked over at his associate Rich Thompson, smiled, and in typical Andy fashion said, "I think that went extremely well."

Andy is a very dedicated person, both personally and professionally. He has true passion for this association, and has contributed in numerous ways. He has served as a District Liaison, Officer, and as Associate Group President in 2003-2004.

Even when Andy's geographic responsibilities were much greater than the Carolinas, he never missed a Mid-Winter Trade Show or Summer Convention. He has been the point man in ABC's involvement, commitment, and sponsorship of various association events, including the "Roofing Academy".

We are proud to have Andy as an advocate, participant, and loyal member of CRSMCA. Please join me in congratulating this year's Gordon M. Waters Distinguished Service Award recipient, Mr. Andy Abrams.

This is a transcript by Greg Jones of Premier Building Products, Inc. from the summer conference when he honored Mr. Andy Abrams with the Gordon M. Waters Award.

73rd Annual Meeting/ Summer Convention

(June 23-26, 2016) in Hilton Head, South Carolina







How to Help Prevent Oil Canning



Oil canning is defined as the visible waviness in the flat portion of a metal panel. Oil canning is a visual issue, not a weatherproofing or performance issue. However, building owners will complain about waviness in metal panels on roofs, walls, and perimeter edge metal. Edge metal and metal wall panels are more of a concern than low-slope metal panels because edge metal and wall panels are visible from the ground. Steep-slope metal panels and shingles are also visible, so awareness of potential oil canning is important.

What Causes Oil Canning?

Oil canning can happen when unwanted stresses are introduced at fasteners, clips, and over purlins and uneven substrates. Over-driven fasteners, clips that are slightly misaligned relative to the clip/seam interface, and too much insulation between the purlins and panels can introduce these unwanted stresses. A misaligned panel or edge metal clip, certainly after the seam or drip edge is crimped tight, will add stresses to metal panels and edge metal.

Prevention Tips

Place clips correctly: Setting clips in the proper location for edge metal and metal panels (roof and wall) is critical. The clip needs to fit into a panel seam without forcing the vertical seam out of plane. The clip needs to be aligned correctly and sized appropriately to not compress the vertical portion of the seam. Clips that

secure edge metal need to be positioned correctly so that crimping the drip edge won't twist or bend the edge metal.

Although not highly visible, low-slope structural panels can oil-can at clip locations and where insulation is draped over purlins. Compressed insulation at purlins can "push back," adding stress to the panel and resulting in oil canning.

Consider the roof color: Sometimes oil canning is inevitable. The color of the metal or coating won't really make a visual difference, but darker colors panels will heat up more in direct sunlight. This may make oil canning worse in some cases. However, striations and small ribs (which also add strength) may help prevent or hide oil canning.

Choose a thick metal: Metal thickness matters, so specify metal that's as thick as possible to avoid oil canning. Thicker metals are stiffer, so they may resist deformation due to unwanted stresses. This reduces the chance of oil canning in edge metal and wall panels, which are most commonly smooth-surfaced.

For more information on oil canning and its causes, see the Metal Construction Association's white paper on the subject, which can be found at www.metalconstruction.org. Consider these ideas on your next job.

Posted March 16, 2016 by kbuchinger

Goldman Sachs: What Labor Shortage?

By Kim Slowey | April 21, 2016

Dive Brief

Goldman Sachs analysts cast doubt on construction industry claims that a labor shortage is hindering new building, CNBC reported.

Construction's 5% job growth combined with a paltry 2.2% increase in hourly wages, the report said, is not consistent with a labor shortage.

The real culprits preventing a more robust homebuilding market, CNBC reported, are logjams and delays at building permit offices and a dwindling supply of land.

Dive Insight

The Goldman Sachs report noted that if there were a true shortage, hiring would not be so strong, and wages would be much higher. In fact, the report said construction has beaten all sectors as far as employment gains yet wages have increased at only the country's average.

CNBC said a John Burns Real Estate Consulting survey of 100 U.S. builders confirmed building permit delays but also revealed annoyance with the time and cost overruns caused by new energy regulations. Burns' analysts said that new regulations have added so much cost to new homes that the resale market is going to have to step up to fill entry-level homeowner demand.

This, of course, flies in the face of the steady stream of industry reports that point at labor shortages as a primary

cause of relatively low building momentum. The most recent of these is the Houzz Renovation Barometer report, which said that renovation companies are having trouble meeting the staffing requirements for the most in-demand trades like carpenters and framers.

The Associated General Contractors of America also issued its monthly analysis of job numbers this month and warned that increasing construction activity will lead to severe labor shortages in the future. It also made one of its many pleas to federal, state and local governments to implement training programs to bring younger workers into the industry.

In addition, in his analysis of the Associated Builders and Contractors' Consumer Confidence Index (CCI), ABC Chief Economist Anirban Basu said the slightly lower confidence reading for the second half of 2015 was partly due to builder concerns over labor shortages.

However, one industry association, the National Association of Home Builders, did testify that construction codes and permitting and land costs were making the building business more difficult for builders. The NAHB urged Congress to ease up on some of those regulations that they said are making building so expensive.

Recommended Reading

CNBC.com: *Homebuilder Blues: Don't Blame Labor Shortage*

Advertise here.

Email cbsims@crsmca.org
for more information.

Gen X Back in the Housing Game Despite Overall Dip in US Homeownership



By Kim Slowey | April 29, 2016

Dive Brief

According to the Census Bureau's Housing Vacancy Survey, Generation X might be staging a housing comeback, as it was the only demographic to increase its year-over-year homeownership rate in the first quarter, economists with the National Association of Home Builders reported.

Gen X homeownership was up 0.5% to 58.9%, while total homeownership in the U.S. was down 20 basis points year over year to 63.5% – well below the 25-year average of 66.2%.

Baby boomers older than 65 lost homeownership ground and saw their rates fall 20 basis points to 78.8% year over year, while the youngest boomers' (ages 45 to 54) rates dropped 90 basis points.

Dive Insight

Homeowner, vacancy rates (1.7%) and rental rates (7%) were both down year over year in the first quarter, and the number of households (117.5 million) rose by 500,000. The NAHB said the increase in households will first create demand for rental housing then homes.

Earlier this month, The Wall Street Journal reported that Generation X had largely been left out of the housing recovery. That group came into the housing market before the big crash, suffered huge losses and has been considered too gun-shy, or credit-impaired, to make a significant entry back into homeownership.

Nevertheless, the uptick in Gen-X homeownership rates is good news for the market. Industry analysts have said that the lack of Gen-X homeowners created a hole of where entry-level inventory should be because now is the time that this age group should be trading up to larger homes, leaving housing stock behind for first-time buyers. According to a recent Zillow report, entry-level inventory is down 10% compared to last year, with total inventory down 5.9%. The short supply of these starter homes is driving prices up and making them more unaffordable for first-time buyers. According to Trulia, starter home inventory has plummeted 43.6% over the last four years, while their price tags have increased 5.6%.

Recommended Reading

Eye on Housing: Gen-X Homeownership Continues Rising in the First Quarter of 2016



UV Hazards

For whatever reason, a portion of society equates a sun tan to good health. However, this is not true. In fact, too much or prolonged exposure to sunlight can become a significant health issue.

The terms used to describe having too much, or prolonged exposure to something are “acute exposure” and “chronic exposure,” respectively. When someone has an acute exposure to something (chemicals, noise, sunlight, etc.) they will show symptoms of that exposure within a short period of time. Sunburn is an excellent example. It hurts within a short period of time. Chronic exposures are just the opposite. What that means is someone has been exposed to something for a long period of time and the symptoms of that exposure are not present for months or years. Again using the UV exposure from sunlight is an example. The effects of chronic exposure to sunlight include premature wrinkling, aging of the skin, age spots, and an increased

risk of skin cancer.

Most often we focus on the acute exposures because they get our attention. Pain is a motivator. When the sun is scorching our skin we seek the shade. When the noise is too loud we stick our fingers in our ears. When the smell is too offensive we stop breathing. On the other hand, typically the long term exposures don't cause pain and as a result we don't pay much attention to them - but we should because they can also lead to injury and illness.

Follow these recommendations to protect yourself from UV damage:

- Wear sunscreen with a minimum of SPF 15. Apply it liberally at least 20 minutes before sun exposure and at least every 2 hours - more often if you perspire heavily.
- When applying sunscreen, give special attention to covering the ears, scalp, lips, neck, and the backs of hands.
- Throw away old sunscreens, as they lose their potency after 1-2 years.
- Another effective way to prevent

sunburn is by wearing appropriate clothing, including wide-brimmed hats. Dark clothing with a tight weave is more protective than light-colored, loosely woven clothing.

Discuss with Your Crew

The better weather days for roofing are those when it is not raining. However, that also means that there is greater probability that the sun will be shining. From a health safety standpoint that means that you will have exposure to UV hazards. Since we can't control the sun we must control ourselves. Review the following questions and evaluate your experience with the sun.

What was the worst sunburn you have ever had? Did it keep you from being able to work for a few days? If you were able to work, how did it feel?

Do you wear long sleeve shirts and hats to protect your exposed skin from the sun? Do you ever use a sunscreen at work?

Peligros UV

Por la razón que sea, una parte de la sociedad supone un bronceado a una buena salud. Sin embargo, esto no es cierto. De hecho, demasiado o la exposición prolongada a la luz solar puede convertirse en un importante problema de salud.

Los términos utilizados para describir el tener demasiado, o la exposición prolongada a algo son "una exposición aguda" y "crónica", respectivamente. Cuando alguien tiene una exposición aguda a algo (productos químicos, ruido, radiación solar, etc.) van a mostrar síntomas de que la exposición dentro de un corto período de tiempo. Quemadura de sol es un excelente ejemplo. Me duele dentro de un corto período de tiempo. Exposiciones crónicas son justo lo contrario. Lo que eso significa es que una persona ha estado expuesta a algo durante un largo período de tiempo y los síntomas de que la exposición no están presentes durante meses o años. Utilizando de nuevo la exposición UV de la luz solar es un ejemplo. Los efectos de la exposición crónica a la luz solar incluyen las ar-

ugas prematuras, el envejecimiento de la piel, manchas de la edad, y un aumento del riesgo de cáncer de piel.

La mayoría de las veces nos centramos en las exposiciones agudas porque llaman nuestra atención. El dolor es un motivador. Cuando el sol abrasador es nuestra piel, buscamos la sombra. Cuando el ruido es demasiado ruidoso, mantenemos nuestros dedos en nuestros oídos. Cuando el olor es demasiado ofensivo nos dejan de respirar. Por otro lado, normalmente las exposiciones a largo plazo no causan dolor y como resultado no prestemos mucha atención a ellos, pero deberíamos, porque también pueden conducir a lesiones y enfermedades.

- Siga estas recomendaciones para protegerse de los daños producidos por los rayos UV:
- Usar bloqueador solar con un SPF mínimo de 15. Aplíquelo generosamente al menos 20 minutos antes de exponerse al sol y al menos cada 2 horas - más a menudo si usted suda mucho.

- Al aplicar el protector solar, prestando especial atención a los que cubren las orejas, el cuero cabelludo, los labios, el cuello y el dorso de las manos.
- Desechar viejos solares, como pierden su potencia después de 1-2 años.
- Otra forma eficaz para prevenir las quemaduras de sol es mediante el uso de ropa adecuada, incluyendo sombreros de ala ancha. Ropa oscura con un tejido apretado es más protector de color claro, ligeramente la ropa tejida.

Discutir con su tripulación

El mejor tiempo para techos son aquellos cuando no está lloviendo. Sin embargo, esto también significa que existe una mayor probabilidad de que el sol brillará. Desde un punto de vista de la seguridad de la salud significa que usted tendrá los riesgos de exposición a la radiación UV. Dado que no podemos controlar el sol debemos dominarnos. Revise las siguientes preguntas y evalúe su experiencia con el sol.

¿Cuál fue el peor quemadura solar ha tenido alguna vez? ¿le impiden poder trabajar durante unos días? Si fueron capaces de trabajar, ¿cómo te sentiste?

¿Usar camisas de manga larga y sombreros para proteger su piel del sol? ¿Ha utilizado alguna vez un parasol en el trabajo?

The RAY COMPANY
INCORPORATED

 Since 1904

ROOFING • MAINTENANCE • RENOVATIONS • SHEET METAL

WES WILKINSON
PRESIDENT

wwilkinson@raycompany.com
www.raycompany.com

P. O. BOX 19150
CHARLOTTE, NC 28219
PHONE 704-391-8001
FAX 704-391-8005



**CAROLINAS ROOFING &
SHEET METAL CONTRACTORS
ASSOCIATION**

P.O. Box 7643
Charlotte, NC 28241-7643

710 Imperial Court
Charlotte, NC 28273

Phone: 704-556-1228
Fax: 704-557-1736

www.crsma.org

staff@crsmca.org