

Nuts & Bolts

October 6, 2011

Company News Brief:

> We now have caulk cutting blades for our Arbotech Tools. They come in two cutting depths 1/2" and 1". We would appreciate any feedback on how these blades perform so we can determine if we should keep them stocked. Please let Chris Towle, Matt Strub or a Project Manager know. Thank you!



Happy October Birthdays!

Jim Canar	Oct. 1
Jamie Brazelton	Oct.2
Doug Brown	Oct.2
Jon Smieja	Oct.5
Sue Christopherson	Oct. 6
Norm Lee Jr.	Oct.6
Gale Jessie	Oct. 9
Gary Schulze	Oct.12
Fred Ross	Oct. 19
Darrin Schmidt	Oct.20
Chris Towle	Oct.26
Dennis McKee	Oct.27

Upcoming Bids

October 11th
2011 City Hall
Ceiling & Lighting
Replacement



... > SAFETY FIRST: Chris' Subject Backs

Have you ever given much thought to your back? It's there when you need it, but only if you don't abuse it. The back is made up of four major parts. The spine, nerves, muscles, and the spinal cord. There are thirty-three bones in the spine and thirty-one pairs of nerves branching out from the spinal cord. All of them must work together. If they don't, you could end up with anything from a strain to a ruptured disk, fractured vertebrae, and/or a debilitating disease like arthritis.

To help prevent a back injury you should exercise, practice good posture, eat the right foods, and watch your weight. Check with your doctor for muscle strengthening exercises for the back.

Other things you can do to prevent back injuries include using work-saving devices -- hand trucks, forklifts, wheelbarrows, and dollies can assist you. When you have an object to lift that is too heavy or bulky get

help! Ask a co-worker for their assistance. Remember, two backs are stronger than one.' Now, what can you do when you have to do some lifting? Check out the object to be lifted. Think about how you are going to grasp the load and make sure there is a clear path of travel so you won't stumble. Before you lift, stand close to the object, bend down at the knees and straddle it, get a good grip, and lift with your legs while keeping your back straight. The secret is to let your legs do the work.

It doesn't have to be a heavy load -- even a small, very light object lifted incorrectly can trigger a back injury.

Back injuries can be painful, disabling, paralyzing, and sometimes even fatal. Protect your back by following the guidelines above. You're here today -- we want you BACK tomorrow.

> Packer Tickets Drawing - "Field Employee Appreciation"

VS. OAKLAND RAIDERS

Sunday, December 11
Kick-Off: 12:00 pm
There will be 2 winners of 2 tickets each.

These seats are located in the Outdoor Club level, and the face value is \$272/per ticket on these premium seats. The Club Level seats offer many perks & privileges, including:

- Waitress service for In-seat food and beverage service
- Theater-style seats with cup holders, arm rests and backs which are wider than the regular seats
- Wider aisles and concourses
- Private elevators and escalator
- Exclusive club level rest rooms, concession stands and lounge
- Access to Curly's Bar on the Club Level
- Access to temperature controlled concourse to warm up during the game

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Name _____

Phone _____

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One entry per person, please turn in to office or your superintendent by Friday, October 21st, 2011.

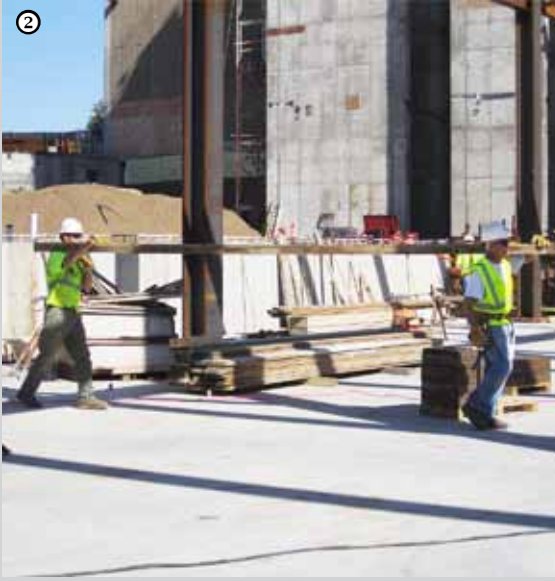
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We will draw the winner on October 24th, 2011.

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> Project Updates



Pics from top:

1. Troy Stair and Erik Brennen trying to solve an issue at GL Critical Care.
2. Ken Martin and Phil Heiden hauling lumber at GL Critical Care.
3. Jerry Steigerwald grinding at GL Critical Care.
4. Concrete crew doing concrete replacement work downtown.
5. Jason Prince sweeping at a concrete repair job in Onalaska.
6. Dave Martin, Chris Towle, Cody Heilman, and Dennis McKee working on getting the jackhammer up and running on the skid steer.



Pet of the Week



Meet Jade! She is a 1 year old spayed brown tiger cat, who loves attention. For more information about adopting Jade please visit: www.couleehumane.com



> Did you know?

- ✓ In the mid 1880s, until approximately 1910, American undertakers sold "Grave Alarm" Devices. These were elaborate rope and bell/pulley arrangements allowing those buried alive to summon help. The rope was placed into the hand of the (supposed) deceased, and it wound through a series of tubes to the bell outside the grave.
- ✓ In Korea, the deer is a symbol of long life, and is often portrayed in the company of immortals.

Safety Score Card:

1000 Hours:
Mike Marx

2000 Hours:
Aubrey Butler
Jim Hosch
Adam Krause
Scott Murphy



Your **CURRENT** Safety Team members:

Chris Towle
Rick Wilhelm
DuWayne Knobloch
Eddy Kuster
Dan Haney
Brent Johnson
Heath Hoscheit

If you have any ideas on interesting safety topics to feature in future newsletters please email them to: ctowle@fowlerhammer.com or drop off at the office.