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HEAT: YOUR EMPLOYEES' SUMMER ENEMY

The Occupational Safety and Health Administration (OSHA) identifies five heat-related illnesses with which employers and employees should be familiar. Recognizing such illnesses — and understanding how to prevent them — plays an important role in keeping your crew safe. Here are the symptoms of each, and the steps to take when treatment is necessary.

HEAT RASH

Happens when the skin is constantly wet with perspiration. It can become complicated by infection through scratching.

Symptoms: Itchy, reddish rash on skin. Normally appears on neck, upper chest and folds of skin.

Treatment and Prevention: Rest in a cool, dry place, allowing the skin to dry. Shower every day after work. Sleep in cool, dry place overnight. To avoid infection of heat rash, resist the urge to scratch.

FAINTING

This is a problem especially for new employees who are not acclimated to working outside. It is also a problem for anyone who stands around outside or is not moving much.

Symptoms: Dizziness, feeling faint

Treatment and Prevention: Moving around, rather than standing still, usually reduces the possibility of fainting. Employees feeling faint should lie down in a cool place for short while.

[Read More on the Blog](#)

How to Develop a Site Safety Plan, Hosted by the Construction Safety Networking Group

This free program is for anyone interested in learning about developing a site safety plan. No registration is required.

The Construction Safety Networking Group was formed in January 2016 to address the growing need for grassroots involvement of the construction industry to prevent fatalities and other types of occupational injuries and illnesses. Through the cooperative efforts of general contractors, subcontractors, regulatory agencies, trade associations and academic institutions, the group works to educate the construction industry on prevention strategies and increase the overall safety of the construction community.

Thursday, July 12

10:00 a.m. – Noon

For more information about this event, visit our [website](#).

Schmooze & Mingle with Manhattan Construction

[View More Pictures](#)

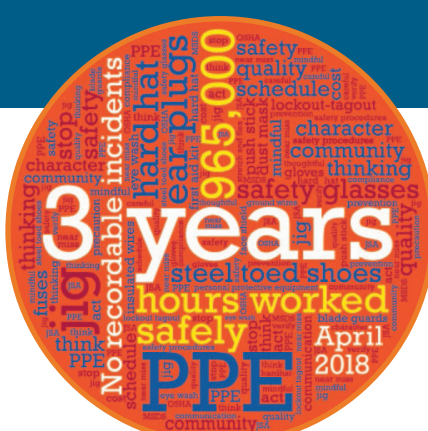
More than 170 people came out for the June 13 Schmooze & Mingle with Manhattan Construction Group at 8th Wonder Brewery. It was a great event filled with lots of networking and delicious beer.



[Check out pictures from past events!](#)

[View Photos](#)

ASA-HC Member News of Note



BROCHSTEINS INC. ACHIEVES THREE-YEAR SAFETY MILESTONE

At the end of April 2018, Brochsteins celebrated three years without a recordable safety incident. Brochsteins believes in safety first — both in the field and in its manufacturing facility.

ASA-HC WANTS TO HEAR ABOUT YOUR COMPANY NEWS!

Whether you've won an award, someone received a promotion, you've moved offices or now offer new services, let us know what's going on.

[Submit Your Company News Today](#)

Did You Know?

It's not too early to start preparing for the Election Day 2018 (November 6). Here's how to get started:

1. Make sure you are registered to vote. The [Texas Secretary of State website](#) provides a quick and easy search.
2. If you like your current state senator or representative, reach out to them and ask what you can do to help with their re-election.

Opportunity Found



Welcome to the Team

[Alpha Insulation and Waterproofing](#)

[ERSI of Texas](#)

[G&H Diversified Manufacturing](#)

[People Ready — Skilled Trades](#)

[Williams Scotsman, Inc.](#)

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[Get List](#)

Thank You to Our 2018-19 Industry Leaders!



JULY 2018

Build Up Your Calendar

11th [Board of Directors Meeting](#)

[What's on Your Mind?](#)

12th [How to Develop a Site Safety Plan \(Construction Safety Networking Group\)](#)

18th [60 Minutes with an Industry Expert: 2018 Tax Change Review and Summary Relating to the Tax Cut and Jobs Act](#)

24th [Safety Committee Meeting](#)

25th [She Builds It — Women's Peer Group: The Struggles and Rewards of Being a Woman in the Construction Industry](#)

31st [60 Minutes with an Industry Expert: Subcontractor's Right to Cure Under Texas Law](#)

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