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Find Your Opportunity

Heat-related Injuries

by Lee Hart | President | Safety By Design

Many people find themselves exposed to heat while on the job. Work involving high air temperatures, radiant heat sources, elevated humidity, direct contact with hot objects or strenuous physical activities leave workers at risk of heat-related illness. Outdoor operations such as construction work, oil and gas well operations, asbestos removal, landscaping and hazardous waste site activities also increase such risk.

When a person works in a hot environment, the body must rid itself of excess heat to maintain a stable internal temperature. It does this mainly by circulating blood to the skin, and through sweating.

If the body cannot rid itself of excess heat, it stores it. When this happens, the individual's core temperature rises and the heart rate increases. As the body continues to store heat, the individual begins to lose concentration, finds it difficult to focus on tasks, may become irritable or sick and often loses the desire to drink. If the heat stress continues, the person often faces fainting spells, or even death.

[Read More](#)

General Lunch Meeting: Meet the GCs and Annual Election of Officers & Directors

Join ASA-HC for the annual election of officers and directors, as well as a panel presentation and networking time with four Houston area general contracting firms. The presentation will focus on upcoming work, thoughts on Houston's construction industry over the next six months and how Houston-area GCs and subcontractors can work together for all to be successful.

PANELISTS:

Michael Dwight, Director of Operations, Hensel Phelps

Dan Bernhard, Vice President of Preconstruction, Welty Building Company Ltd.

Steve Dishman, President, Brookstone Construction

Mike Shook, Pre Construction Executive, Turner Construction

Thursday, May 18, 2017

Schedule

11:00 a.m. Networking

11:30 a.m. Lunch

Noon Program

12:40 p.m. Networking

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

[Register Now](#)

DID YOU KNOW?

Common Terms Used in the Texas Legislature

VETO: A governor's act that officially negates a piece of legislation, preventing the enactment of law. A veto may be overturned by a two-thirds vote of the membership in both the Senate and the House of Representatives.

Opportunity Found

Welcome to the Team

[MAREK SAWING & DRILLING, LLC](#)
[PYRAMID WATERPROOFING, INC.](#)
[SILT SOLUTIONS, INC.](#)

Get a Full List of All
ASA-HC Members

[Get List](#)

Annual Spring Golf Tournament

On Friday, April 7, 35 teams of individuals from the construction industry participated in ASA-HC's annual spring golf tournament held this year at Cypresswood Golf Club.

[View More Photos](#)



1st Place Team



2nd Place Team



3rd Place Team



Last Place Team

Check out pictures from past events!

[View Photos](#)

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Build Up Your Calendar

MAY 2017

8th – 12th [ASA-HC's OSHA Safety Stand-Down Week](#)
Prevent Falls in Construction

10th [Board of Directors Meeting](#)
9:00 a.m.

[Schmooze & Mingle with Welty Building Company](#)
4:00 - 7:00 p.m.

18th [General Lunch Meeting: Election of Officers and Directors & Meet the GCs](#)
11:00 a.m.

23rd [Safety Committee Meeting](#)
10:00 - 11:30 a.m.

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