



Southern Oregon Construction Safety & Health Forum

2020 Summer
17th Edition



It remains our mission to maintain effective safety and health program communication with AGC members. In this busy building season, it can be difficult to commit to meetings; this forum letter is intended to give us all opportunity to share information on current rules, conditions, and changes that affect our safety cultures and our communities. If you have information you are willing to share with members, please contact me and we will include the information in future newsletters: John Jean, AGC SMC, johnj@agc-oregon.org or 541-613-6859.

UPCOMING EVENTS:

- [AGC Summer Convention Goes VIRTUAL!](#), August
- [AGC Golf Tournament, Presented by Dick's Auto Group](#), August 17, Langdon Farms Golf Club
- [Southern Oregon Golf Tournament, Presented by Bullet Rentals & Sales, Inc.](#), October 9, Running Y Ranch

For more information visit www.agc-oregon.org.

UPCOMING ONLINE EVENTS

- [Understanding & Managing Workforce Challenges Amid COVID-19](#), June 10: While future uncertainty remains, it is likely COVID will have an impact on Oregon and SW Washington's construction sector.
- [Specialty Contractors Council Online: Did I Get My Wires Crossed?](#), June 24: Our panel will be talking about on-the-job conflict resolution and discussing ways to handle some of the situations that may arise.

These and more online events are listed on our [chapter calendar](#).

TRAINING & CERTIFICATION: WILSONVILLE CENTER

- [Combined Scaffold and Fall Protection Competent Person](#), June 13
- [Fall Protection Competent Person](#), June 13
- [Scaffold Competent Person](#), June 13

For more information and registration, contact Lisa Wisler, lisaw@agc-oregon.org or 503-685-8306.

KEEP AN EYE OUT FOR WORK ZONES



HEAT STRESS DISORDERS

Drink More Water – Not only is water a precious global resource, it is also the superhero of beverages—no question. Why? Because of the crazy amount of health benefits that come along with the clear, no-calorie liquid, making it essential to your health both on and off the job. And water can be taken in not just by drinking it, but from absorption through the food you eat as well.

Centers for Disease Control and Prevention reasons why water, plain and simple, should become your #1 drink: balance out your body fluids – At 60% water, your body uses fluids to help with digestion, absorption, circulation, saliva creation, nutrient transportation, and body temperature maintenance.

Control Those Calories – For years, dieters have been drinking lots of water as a weight loss strategy. While water does not have any magical effect on weight loss, substituting it for higher calorie beverages can certainly help.

Energize Your Muscles – Muscle fatigue occurs in cells that do not maintain their balance of fluids and electrolytes, which is why it is important to drink fluids when exercising.

Keep Your Kidneys Happy – Adequate water intake allows your kidneys to do an amazing job of cleansing and ridding your body of waste products and toxins.

Need help to start drinking more water? Have a beverage with every snack and meal. Beverages such as milk and juice are composed mostly of water, but **water is still your best bet because it's calorie-free, inexpensive, and readily available.** Choose beverages that meet your individual needs; you are likely to drink more liquids if you like the way they taste, and if you are watching calories, go for non-caloric beverages or water. Eat more fruits and vegetables; their high-water content will add to your hydration. **Keep a bottle of water with you in your car, at your desk, or in your bag.**