



# NEWS

304 Harper Drive, Suite 110  
East Gate Center  
Moorestown, NJ 08057  
tel: 856-235-6950  
fax: 856-235-2136  
web: www.BCASJ.com  
bca.southjersey@verizon.net

February, 2018

## **IMPORTANT Dates to Remember**

- **Safety Awards Program** - Reporting forms Due April 2nd
- **2018 Scholarship Program** - Scholarship Applications due May 31st

### **REMINDER—OSHA 300 LOG**

The Occupational Safety and Health Administration (OSHA) requires employers to post the 2017 OSHA 300A Log on all jobsites from February 1, 2018 to April 30, 2018.

This form is a summary of all occupational injuries and illnesses throughout the previous year logged on the OSHA 300 form.

Please be certain the individual responsible for preparing and signing the form can certify the totals are correct.

If you have not received the form, you can obtain a copy on OSHA's website at [www.osha.gov](http://www.osha.gov) or call the Marlton, NJ OSHA Office at 856-596-5200.

If you have any questions, please do not hesitate to contact the Association Office.



### **As Reported From ACCNJ With New Metrics, BLS Reports Productivity Gains in Construction:**

The Bureau of Labor Statistics released "Measuring Productivity Growth in Construction" in January, a report that uses new metrics and, because of the new metrics, reveals gains in production in various construction sectors. As the study states, economists have "found it exceptionally difficult to develop reliable output price deflators to convert observed revenues into meaningful measures of output growth over time." This study used specific output indexes to measure productivity in four construction sectors: single-family residential; multifamily residential; highways, roads and bridges; and industrial. (Continued)

Three of the four showed productivity gains; only highways, roads and bridges did not. For the report, visit: <https://www.bls.gov/opub/mlr/2018/article/measuring-productivity-growth-in-construction.htm>.

### **Murphy EO Releases Wind Energy**

**Act:** The Offshore Wind Energy Development Act, signed into law in 2010 by then-Governor Christie, didn't develop into anything much, as offshore wind energy developers were not able to receive BPU approvals. But Governor Murphy's Executive Order No. 8, issued Wednesday and effective immediately, directs BPU to implement the Act, develop an Offshore Wind Strategic Plan that will reduce costs, spur job growth and supply-chain businesses, promote workforce development, establish data collection, ensure "appropriate siting of facilities" and protect natural resources. Once BPU and the State Treasury Department come up with a Pricing Plan for the Act's Offshore Renewable Energy Certificate program, known as OREC, BPU is directed to issue a solicitation for proposals "for the generation of 1,100 megawatts of electric power, the nation's largest such solicitation to date." The BPU has 60 days to begin the rule-making process that will establish the proper flow of payments for ORECs from suppliers to offshore wind developers. In addition, BPU is ordered to reach out to other states in the Northeast and Mid-Atlantic to discuss possible collaboration.

### **Waters of the US Rule Delayed Two**

**Years:** The EPA and the Army Corps of Engineers declared yesterday the Clean Water Rule, or Waters of the US rule, won't be implemented until 2020. In the next two years, the federal government plans to replace it and specify the waters subject to federal regulation



## Tool Box Safety Talk

### WARMING UP

“Construction is an athletic event.” The importance of being warmed up prior to starting construction work (or any work involving heavy lifting) is just like getting ready for a sporting event. Stretching is a means to avoid the most common body sprain/strain injuries. Stretching before lifting is especially helpful to avoid back injuries. According to safety experts, over half of all workers’ compensation claims and costs were due to sprain/strains.

Overexertion Effects: Backs, Trunks (Waist, Hips), Knees, Shoulders, Arms and Elbows.

The hardest injury to live with is a back injury; once you are injured expect repeat injuries. One professional study indicates that once you injure your back, you are five times more likely to suffer re-injury.

A group of Brick masons working a major project demonstrated that those who stretch before starting work didn’t have any back sprain/strain or lifting injuries.

Helpful Hints:

- Go into stretching with a relaxed and open mind.
- Stretch to the point where it is comfortable, not painful.
- Do not strain when you stretch—straining keeps the muscles from relaxing.
- Concentrate on the muscle being stretched—think about the good feeling of a proper stretch.
- As the feeling of the stretch changes to a mild stretch, stretch a little further, comfortable with no pain.
- Do not bounce when you stretch. That can cause injuries
- Always stretch to the tight side first.
- Breath with a slow, normal rhythm. Do not hold your breath.

Remember: Construction is an athletic event. Stretching before you start work will make your job easier and helps prevent injuries on the job.

## The Down-Low on High Blood Pressure

Often called the “Silent Killer,” high blood pressure, or hypertension, has no obvious symptoms.

Blood pressure measures the force of blood pressing against your arteries as it travels through your body. If that pressure is too high, it puts you at risk for heart disease, stroke, kidney failure and other complications.

High blood pressure is largely preventable or treatable in most people. Bringing numbers down will lower the risk for disease and increase quality of life.

While some people need medication to control their blood pressure, many others are successful in lowering it through lifestyle changes, including:

- Reaching a healthy weight
- Limiting sodium (salt) intake
- Being physically active (with a doctor’s approval)
- Quitting smoking
- Drinking alcohol in moderation (limited to two drinks a day for men or one drink a day for women), if at all.

### **JUST A REMINDER:**

All BCA/SJ members are welcome to obtain notary services at the BCA/SJ office. Call if you are in need of this service.

If you are looking for a way to get more exposure among other BCA/SJ Members send us articles of interest for inclusion in the monthly newsletter or submit a press release for your company.

