



NEWS

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June—2019

IMPORTANT Dates to Remember

- **ACCNJ Fall Convention—**
September 11th –
13th Golden
Nugget, AC
- **Golf Outing—**
September 16th
Woodcrest Country
Club, Cherry Hill



Tool Box Safety Talk

Fatigue at Work, on the Road Can be Deadly

Americans often don't recognize the importance of sleep.

When Daylight Saving Time begins every year we "lose" an hour when the clocks are set forward and for many that means a tired couple of days as our bodies adjust.

People often make light of how little sleep they get on a regular basis; an over-worked, over-tired condition has become the norm for many. But a good night's sleep is not just a novelty, it's a necessity. The effects of fatigue are far-reaching and can have an adverse impact on all areas of our lives.

Work often requires us to override those natural sleep patterns. More than 43% of workers are sleep-deprived, and those most at risk work the night shift, long shifts or irregular shifts. Following are a few facts for employers:

- Safety performance decreases as employees become tired
- 62% of night shift workers complain about sleep loss
- Fatigued worker productivity costs employers \$1,200 to \$3,100 per employee annually
- Employees on rotating shifts are particularly vulnerable because they cannot adapt their "body clocks" to an alternative sleep pattern

Drowsy driving is impaired driving, but while we wouldn't allow a friend to drive drunk, we rarely take the keys away from our tired friends or insist they take a nap before heading out on the road. Research shows:

- You are three times more likely to be in a car crash if you are fatigued

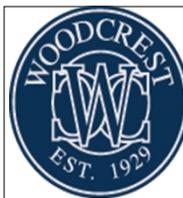
- More than 5,000 people died in drowsy-driving related crashes in 2014
- Losing even two hours of sleep is similar to the effect of having three beers
- Being awake for more than 20 hours is the equivalent of being legally drunk

Sleep is a vital factor in overall health. Adults need an average of seven to nine hours of sleep each night, but 30% report averaging less than six hours, according to the National Health Interview Survey.

- Chronic sleep-deprivation causes depression, obesity, cardiovascular disease and other illnesses
- Fatigue is estimated to cost employers \$136 billion a year in health-related lost productivity
- More than 70 million Americans suffer from a sleep disorder

Americans receive little education on the importance of sleep, sleep disorders and the consequences of fatigue. Employers are in an ideal position to educate employees on how to avoid fatigue-related safety incidents.

Change begins with the individual.



32nd Annual Golf Classic September 16, 2019

Mark your calendar!
Plan to attend the 32nd Annual Golf Classic at Woodcrest Country Club, Cherry Hill, NJ on Monday, September, 16th.

Again Register Early and Save!

Register on or before August 1st: \$200.00 per golfer—\$800.00 per foursome.

Register after August 1st: \$225.00 per golfer—\$900.00 per foursome.

Golf Outing Brochures will be forthcoming.



**Reported From
ACCNJ**

NJDOT Releases Flood Mitigation

Plan for Route 40: The elevation of a one-mile stretch of Black Horse Pike, aka Route 40, in Egg Harbor Township (Atlantic County) will undergo a \$27.5 million uplift to ease flooding on what is a main evacuation route out of Atlantic City. NJDOT explained the plans in a public forum, beginning with the raising of Route 40 by 2.5 feet on that mile from Naples Avenue to Bayport Drive. Crews will excavate three feet of soil below the pavement and replace it with lightweight fill and new pavement to keep the roadway from sinking. Plans also call for new storm drains and installation of a new outfall pipe on Venice Avenue; the pipe will be six inches wider and hold a flap to prevent water from spewing back out during severe flooding. NJDOT expects construction to start in 2022 and be completed by 2025, during which the two westbound lanes on Route 40 will remain open but the eastbound side could be reduced to one lane at times. Because NJDOT wants to expedite construction, the agency expects the project will require a high number of craftworkers.

Most States Add Construction Jobs in April Year-over-Year: Construction jobs ticked up in 43 states this April compared to April 2018, including New Jersey, which saw a 3.9% increase with the addition of 6,100 jobs. The month from March to April of this year wasn't as strong, with 32 states adding construction jobs. New Jersey lost 400 jobs for the month, a 0.2% drop. In the region, Connecticut had one of the steepest percentage losses for the month, a drop of 3.7% as the state shed 2,300 jobs, but for the year-over-year, Connecticut added 1,900 jobs, a 3.3% hike. Delaware added 1,200 jobs for the year period, up 5.5%, and 100 jobs for the month, up 0.4%. New York added 14,000 jobs for the year period, a 3.5% rise, but lost 700 for the month, down 0.2%. Pennsylvania added 6,500 jobs for the year period, up 2.6%, but lost 1,300 for the month, down a half-percentage point. Rhode Island added 700 jobs for the year period, up 3.7%, and 100 jobs for the month, up a half-percentage point.

South Jersey Airports Win \$8.4 Million to Fund Upgrades: Atlantic City International Airport and Ocean County Airport (Berkeley and Lacey Townships) will receive \$8.4 million from the FAA (Cont.)

to fund repairs and improvements. The biggest chunk, \$8 million, will pay for construction of a de-icing facility at the AC airport. The other \$400,000 will pay for a new beacon at the Ocean County Airport.

Luxury Condos Announced for AC's Marina District: MGM Resorts International and Boraie Development LLC plan to build 200 luxury condos in Atlantic City's Marina District, on 14.72 acres owned by MGM Resorts. Plans include retail, dining space, fitness and recreation areas plus a multistory building for timeshares. The proposal must be approved by the Army Corps of Engineers and the CRDA.

**ACCNJ Fall Convention September 11-13
Golden Nugget—Atlantic City**

As we continue the process of merging with the Associated Construction Contractors of New Jersey, Building Contractors Association of South Jersey members are encouraged to attend the ACCNJ Fall Convention, being held September 11-13, 2019, at the Golden Nugget, Atlantic City.

The Board of Directors has approved subsidizing the cost of the convention for all BCASJ members in good standing. They have allowed for reimbursement of two people from your company for the registration cost as well as reimbursement for a Contemporary Room reservation should you decide to book a room.

Contact the Association Office at: 845-235-6950 or by e-mail: bcasj@bcasj.com. for additional information.

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.

