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## Preparing to heat up, get your fluids

### Thirsty? Drink.

Even the most inept meteorologist could tell you that June's average high temperature in Minnesota is 79 degrees. That's a sharp climb from May's 69. July (83\*) and August (80\*) are warmer yet before another significant fall off in September (72\*).

Working in the heat requires extra special precaution to avoid dehydration, heat exhaustion, and worse yet, heat stroke.

Common symptoms for mild to moderate dehydration include increased thirst, a dry mouth, feeling tired or sleepy, urine is low volume and more yellowish than normal, headache, dry skin and dizziness.

These symptoms can worsen quickly. Signs of severe dehydration include little to no urine



output and a deep yellow or amber colored urine, dizziness that leaves a person unable to walk or stand, decreased blood pressure, rapid heart rate, and poor skin elasticity.

Here are a few way to combat the heat of summer.

- Stay hydrated. Drink at least 8 to 12 glasses of water daily, and more if you are losing fluids through sweat.

- Avoid alcohol. These increase the potential for dehydration.

- Wear lightweight, light-colored clothing. If possible, change into dry clothes as soon as your clothes get soaked with sweat.

- Include leafy greens, fresh fruit and nuts in your diet to help replace electrolytes lost through sweat.

Heat stroke is a most serious concern, and early recognition and treatment is critical. Symptoms include dilated pupils, confusion, angry behavior, delirium and convulsions. Lack of immediate attention can result in brain damage or even death.

Take the victim to a cool area and soak their clothes in water and vigorously fan the body until help arrives. Do not give the victim fluids to drink. Emergency medical treatment is crucial.

## News and Notes

### Camping fun ...

Bob Hedstrom continues to work diligently on the RTL Construction camping get-away, slated for Aug. 26-27 at El Rancho Manana Campground near Long Lake in Richmond, MN. Interested parties should contact Hedstrom before the end of the month so he can provide the campground a headcount. RV hookups are available, as well as plenty of camping sites for tents.

RTL Construction will provide burgers and hot dogs and beverages for this family fun event. Swimming, fishing, boat rental, playgrounds, horseback riding and 25 miles of scenic walking/biking/hiking trails are available.

### Timely timecards

Please remember to get your timecards to your foreman or superintendent on Friday. Your timecard is your lifeline to your paycheck. If compensation for your efforts is important too you, filling out your timecard daily and getting it in on Friday should also be important.

### The games of the XXXI Olympiad

The games of the XXXI Olympiad will commence from Aug. 5 through 21 in Rio De Janeiro, Brazil. More than 10,500 athletes will be represented by a record number of participating countries, including first-time entrants Kosovo and South Sudan. Twenty-eight sports will be featured, including the first time ever competitions in rugby sevens and golf. Rio is the first South American city to host the summer Olympics. Oddly enough, it will be winter in Rio during the Summer games. Chicago was one of the four finalist cities.



### Big fish

This unidentified RTL employee pulled this big pike through the ice last winter at an undisclosed Minnesota lake. Reports that the fish needed to be sedated before the man posed with it were unsubstantiated.

## Don't be left out in the hall, training available

Many of RTL's jobsite leaders will be taking a confined space training course in June and will be able to share their expertise on the jobsites to ensure that everyone is following proper procedure in the field.

The Carpenter's union in the Twin Cities also offers a number of training courses throughout the year to help its membership gain knowledge and experience.

A complete list of training opportunities can be found on the North Central States Regional Council of Carpenters website at [www.northcountrycarpenter.org](http://www.northcountrycarpenter.org). Drop down on "Training/Edu-

cation" at the top of the screen for a complete list of offerings at the Twin Cities Training Center.

Some popular classes offered this summer include OSHA 30, OSHA 10, Scaffold 40, Stepping up to Foreman, PITO Rough Terrain, Aerial Lift, ICRA: Best Practices and Construction Fall Protection.

These classes are available in the evenings and are offered free of charge. Call the training center at 651.646.7337 to register.

RTL Construction can arrange classes specifically for RTL employees with a minimum of six participants.



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## How to handle a work-related injury?

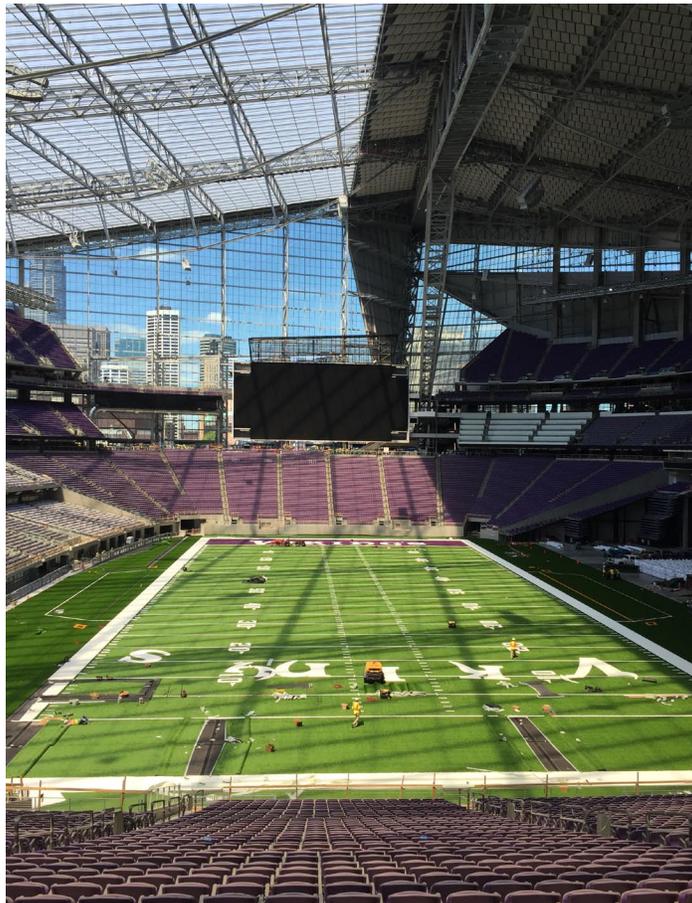
If someone is to suffer a work-related injury, proper procedure on the jobsite is a must.

If the situation is an emergency, call "911" IMMEDIATELY.

In non-emergency situations, report all injuries to the job foreman immediately. If foreman is not available, the job superintendent is next in line. If not an option, Safety Director Steve Gilman (612.802.7843) should be notified.

If the injury requires additional treatment, the injured party must be accompanied to the nearest Minnesota Occupational Health clinic.

Also, all clinical documentation must be submitted to the RTL office indicating whether or not the injured is cleared to return to work.



## Ready ... set ... down hut

Workers installed the turf at the new home of the NFC North Division Champions last week. The Minnesota Vikings will kick off its first year in the new facility this fall with a Sunday night tilt against the Green Bay team. Workers from RTL Construction have not helped construct the new facility, but have begun work on an accessory store at the stadium called "The Locker Room." This photo was taken by an RTL representative last week while visiting the site.



## Stop. Look. Listen.

This laser was resting peacefully in its case when it was abruptly disturbed by the wheel of a 40' lift, rendering the \$2,500 laser useless. Most important thing to come from this is to always be aware of your surroundings when operating equipment, and use caution where you set tools that aren't in use.

*"If your stars don't line up your future won't be very bright."*

-Brooks Gosch  
RTL Vice President

## Stuck? Stop.

Spring, summer and fall can wreak havoc on construction sites, and make it easier for heavy equipment to sink in the muck. If you find yourself stuck in the muck, you're stuck. Take some time to evaluate the situation and come up with a plan to get un-stuck. And use caution before hooking a chain to that unit to avoid unnecessary damage that could cost thousands.

