



PRESIDENTS MESSAGE

Ladies and Gentlemen,

The end of the year is upon us, despite protestations to the contrary. As we enter the new year, we must remain vigilant to the factors that have brought us thus far—good and bad. We have to watch so many things and stay focused on our task at hand. Pressures from all over abound and beg for our attention. Safety concerns, health issues, and risk management are at the top of the list. We need to equip our people with all the tools that they need; not only trackhoes and dozers, but training and education of best practices in whatever task we are performing. From location of underground facilities to accurate time sheets and cost control, each task that we or our employees perform impacts our ability to survive and maintain the level of service we offer.

In this economy and marketplace, customer loyalty is almost a thing of the past. We have to prove ourselves on each job site that we are capable to perform the work on time, at budget and safely. We are only as good as our last project. Keep a vigilant eye out for Murphy—he will show you the flaws in your plan if you let him. If you fail to plan ahead, your plan is to fail.

Try to take real time off to be with your family over the holidays and let them know how much you appreciate what they do. Everyone needs a complement sometime. The new year will be here soon enough with all its promise and uncertainty. Stay focused on what is really important, give the big guy upstairs a salute! As it is by his hand we live, move and have our being. We are here but a short time, make the best of it!!

Rob Goslee



Inside this issue:

Safety & Risk Management Update	2
Protecting Workers from COLD	3
NUCA Convention	4
Save the Dates	5
Ads	6
ED Message	7

NCUCA PIPELINE

SAFETY & RISK MANAGEMENT UPDATES

NEXT SAFETY & RISK MANAGEMENT MEETING

THURSDAY, FEBRUARY 9, 2012— 10:00 am to 12:00 Noon

@

To Be Announced
Raleigh, N.C.

SPEAKER

Dewayne Sykes—NCDOT State Utilities Manager, will be discussing the use of positive shoring within the NCDOT R/W. Mr. Sykes has invited a representative of the NCDOT Geotechnical Division to attend this round-table as well.

We encourage you to invite anyone that digs within the NCDOT R/W. There will be a question and answer session at the end of the presentation.

Some of the Topics of Discussion

- ⇒ What is Positive Shoring?
- ⇒ What Positive Shoring is approved by NCDOT?
- ⇒ What is the approval process?

RSVP BY FEBRUARY 3, 2012

Contact Chris Humbert @ Park Construction
(919) 812-1841
chumbert@parknc.com

WE DIG NCUCA SAFETY TRAINING!

**NC UTILITIES COORDINATING COMMITTEE
AND
NCCGARP**

NEXT MEETING

**Tuesday, January 10, 2012
Greensboro, N.C.**

10:00 am—1:00 pm

NCUCCA Mission Statement

“The N.C. Utilities Coordinating Committee provides a forum for utilities, governmental agencies, and contractors in N.C. to discuss the impact of planning, engineering, construction, and technology among member organizations. This committee also serves as a resource for local Utilities Coordinating Committees on issues which are better addressed and resolved on a statewide basis. This committee promotes safety, damage prevention and the use of N.C. 811 for notification of all excavation activity”



DOT Bans Cell Use by Commercial Drivers

The Department of Transportation announced a final rule that will ban interstate truck and bus drivers from using hand-held cell phones while operating their vehicles.

The rule prohibits commercial drivers from using hand-held phones while driving a truck or bus, sets federal civil penalties of up to \$2,750 for each offense and disqualifies drivers from operating a commercial motor vehicle after multiple offenses.

Commercial truck and bus companies that allow drivers to use hand-held cell phones while driving will face a penalty of up to \$11,000. The rule will affect about four million commercial drivers, DOT said.

The rule was officially issued by the Federal Motor Carrier Safety Administration and the Pipeline and Hazardous Materials Safety Administration, both of which fall under the DOT umbrella.

By Light & Medium Truck

Tips For Protecting Your Workers From The Cold

By [Edwin Foulke](#)

(Labor Letter, December 2011-Fisher and Phillips LLP)

Recent temperatures in the northeast were near record lows, meaning employees working in cold temperatures could face serious health risks. Cold weather is particularly dangerous to employees spending long hours outside, such as construction workers. Prolonged exposure to freezing or cold temperatures can result in serious health problems like trench foot, frostbite, hypothermia, and in extreme cases death. With winter bearing down upon us, it is a good time to familiarize yourself and your employees with the danger signs and important tips to protect them from the cold weather and potentially serious health threats.

The Science Of Cold Weather

First, some science to help understand the dangers. An individual gains body heat from food and activity, and loses it through convection, conduction, radiation and sweating to maintain a constant body temperature. If the body temperature drops slightly below its normal temperature of 98.6°F, the blood vessels constrict, decreasing blood flow to reduce heat loss from the surface of the skin. The body shivers to generate heat by increasing the body's metabolic rate.

The environmental conditions that cause cold-related stress are low temperatures, high/cool winds, dampness and cold water. Wind chill, a combination of air temperature and speed, is critical to evaluate when working outside. For example, when the actual temperature is 40°F and the wind is at 35 mph, it feels like 11°F to exposed skin. A dangerous situation of rapid heat loss may occur for someone exposed to high winds and cold temperatures.

The Dangers Of Cold Weather

Trench foot is caused by long, continuous exposure to a wet, cold environment, including actual immersion in water. Work involving small bodies of water or working in trenches with water pose particular threats. Symptoms include a tingling and/or itching sensation, burning, pain, and swelling, sometimes forming blisters in more extreme cases.

Frostbite occurs when the skin tissue actually freezes, causing ice crystals to form between cells and draw water from them. This typically occurs at temperatures below 30°F, but wind chill can cause frostbite at above-freezing temperatures. Initially, frostbite symptoms include uncomfortable sensations of coldness; tingling, stinging or aching feeling of the exposed area followed by numbness.

Hypothermia occurs when body temperature falls to a level where normal muscular and cerebral functions are impaired. While hypothermia is generally associated with freezing temperatures, it may occur in any climate where a person's body temperature falls below normal. The first symptoms, which begin when the individual's temperature drops more than one degree, include shivering, an inability to do complex motor functions, lethargy, and mild confusion.

How To Protect Employees

Obviously, employees should watch for the symptoms described above, including uncontrolled shivering, slurred speech, clumsy movements, fatigue and confused behavior. If the employee observes the danger signs, emergency help should be called.

- ⇒ Recognize environmental and workplace conditions that can be dangerous
- ⇒ Learn the signs and symptoms of cold-induced illnesses/injuries and what to do to help workers.
- ⇒ Train workers about cold-induced illnesses and injuries
- ⇒ Encourage workers to wear proper clothing for cold, wet, and windy conditions including layers so they can adjust to changing conditions
- ⇒ Be sure that workers take frequent short breaks in warm dry shelters to allow the body to warm up
- ⇒ Try to schedule work for the warmest part of the day
- ⇒ Avoid exhaustion or fatigue because energy is needed to keep muscles warm
- ⇒ Use the buddy system—work in pairs so that one worker can recognize danger signs
- ⇒ Drink warm, sweet beverages (sugar water, sports-type drinks) and avoid drinks with caffeine (coffee, tea, sodas or hot chocolate) or alcohol
- ⇒ Eat warm, high-calories foods such as hot pasta dishes

Free copies of OSHA's Cold Stress Card may be obtained through OSHA's [website](#) or by calling 1-800-321-OSHA. The card is available in both English and Spanish.

Remember that certain workers face increased risk because of numerous factors including age, if they are taking certain medications, if they are in poor physical condition or suffer from illnesses such as diabetes, hypertension or cardiovascular disease. Other more obvious risk factors include wearing inadequate or wet clothing, or having a cold.

For more information contact the author at efoulke@laborlawyers.com or (404) 231-1400. Mr. Foulke is a former director of OSHA under the George W. Bush administration. distributes a free "Cold Stress Card" with tips on handling cold weather.

**NATIONAL CONVENTION—FORT WORTH, TEXAS
MARCH 12-16TH**



Renaissance Worthington Hotel, Fort Worth, Texas

CONVENTION SPEAKERS

**Former First Lady—LAURA BUSH—
Education, Healthcare and Human Rights**

**Chief Richard Picciotto—FDNY Battalion
Commander in Manhattan on 9/11**

**Brian Moore—FNI Corp.—Repositioning after
the Great Recession.**

Jill Sharp, CPT—Facing The Energy Crisis



For more information and registration page go to NUCA.com



SPRING CONFERENCE 2012
APRIL 20-22
THE BLOCKADE RUNNER RESORT
WRIGHTSVILLE BEACH, N.C.

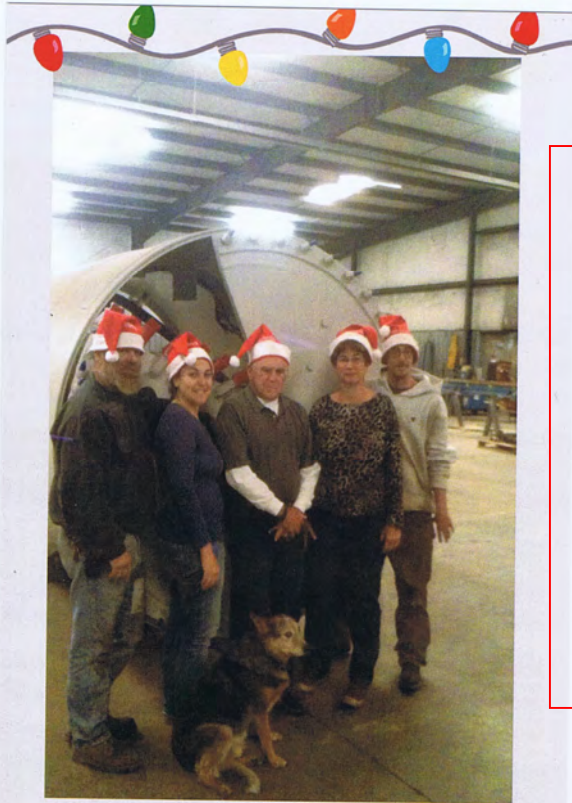
NUCA NATIONAL CONVENTION
FORT WORTH TEXAS
MARCH 12-16, 2012

FALL CONFERENCE 2012
OCTOBER 18-21
PINEHURST RESORT

SAFETY AND RISK MANAGEMENT MEETING
FEBRUARY 9, 2012
10:00 am—12:00 noon
RALEIGH, N.C.
DETAILS COMING SOON!

PIPELINE ADVERTISING RATES
Advertising Rates and Dimensions/Per Year
Full Page—\$300.00 (6 issues) \$100 (Single Issue)
Half Page—\$200.00 (6 issues) \$ 75 (Single Issue)
Quarter Page—\$150.00 (6 issues) \$50 (Single Issue)

Please contact Linda Goslee if interested in advertng
 info@ncuca.org or (910) 686-2331



HAPPY HOLIDAYS

FROM

HORIZONTAL EQUIPMENT
MANUFACTURING

Thanks for your support during the year
We look forward to seeing you in 2012

Dear NCUCA Members,



Thank you all so much for allowing me to serve as your Executive Director of this great association for the past year. It is hard to believe that it has been over a year since I took on these duties. I appreciate the confidence the NCUCA Board of Directors have shown in me and I look forward to assisting in the day to day operations of the NCUCA office and the NCUCA organization.

I have had the pleasure of meeting and working with most of you and for those I have not yet met, I look forward to doing so in the near future. We have some great meetings and conferences planned for 2012 and I hope everyone can take part in some or all of them. I have learned that even though the economy is down, you can't stop the NCUCA members from continuing the fight to succeed.

If I can help you or your organization with any programs or training needs that are not currently available, please give me a call. We have all kinds of resources and contacts to assist your organization. If you have anything you would like to submit for the Pipeline, please let me know. The Pipeline will go out every other month and will be posted on the website as well as all other meetings. Save the date—April 20-22 for the 2012 Spring Conference at Wrightsville Beach; information will be coming soon!

If I can help you with anything, please feel free to e-mail or call me anytime.

Thanks again!

MERRY CHRISTMAS & HAPPY NEW YEAR !



Linda Goslee
NCUCA Executive Director
910-686-2331
910-512-3289—Cell
info@ncuca.org
Www.ncuca.org