



# eNewsletter



Winter 2017

January 31, 2017

## OPCA Board

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Tim Gahm

Vice President  
Dean Wolosiansky

Secretary/Treasurer  
Julie Stewart

Producer Trustee  
Lou Richmond

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Jesse Wingert

Associate Trustee  
Floyd Crooks

Past President  
Mike Foust

## OPCA at The Precast Show March 2-4

The Precast Show is coming to the Huntington Convention Center in Cleveland, Ohio, March 2-4, 2017. As the state's Affiliate Association, OPCA will be there! Our booth will be next to the registration desk at the entrance to the exhibit hall. Special invitations have been sent to our members offering free passes into the trade show each of the three days, plus a Welcome & Networking Reception on Friday. We will also

attend the NPCA Affiliates Meeting on Friday. The meeting will include leaders of other state and regional precast associations, as well as their producer membership representatives. We will receive updates on issues affecting our industry and share information on how to best serve our membership.

We are excited to be part of this event, representing our state and membership on the national level.

## 2017 Annual Conference March 20-21



2016 Annual Conference

### HOTEL INFO

**Crown Plaza**  
600 Metro PI N  
Dublin, OH  
(614) 764-2200

OPCA Rate:  
\$112/night  
by  
February 18, 2017

The Ohio Precast Concrete Association will hold its annual conference March 20-21, 2017, at the Crown Plaza Hotel and Conference Center in Dublin, OH.

Registration packets have been sent via email, and are also posted on our website's Events page. The conference will start with registration on Monday at 11:30 p.m., and conclude with the Door Prize drawing at 11:45 on Tuesday. This year, the prize will be a 49" Toshiba Smart TV with 4K Ultra HD (must be present to win.)

Excellent speakers and topics are planned! The Keynote address, "You, Your Business and Your People" by Mary Connors, founder of Connors Davis & Company, is geared to business owners and leaders who want to plan their best future with optimal personnel. Session 2, "The Precast Business Plan," will be presented by Steve Olson. He will use his lifelong career in the industry to discuss matters of business planning, growth, and succession. Other presentations will include updates on crane operator certification and other

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**We're on the web!**  
[www.ohioprecast.org](http://www.ohioprecast.org)

## Annual Conference *(continued from p.1)*

OSHA compliance topics; ODOT News; Secondary Cementitious Materials; ASTM Standards for Precasters; NPCA local initiatives; New Safety Regulations for Walking & Working Surfaces; and more. Exhibitors are always a major highlight of our event, as well.

Member registration is \$25 per person, and exhibitors pay \$350 for the member rate (package includes table booth space, full-page color ad in the conference guide, and 2 attendee registrations). Non-member registration is \$100 per person and \$600 for the exhibitor package. To be included in the OPCA guest room block, hotel reservations must be made by February 18th. The Conference registration deadline is March 8.

Questions? Call us at 937-540-2444 or email [info@ohioprecast.org](mailto:info@ohioprecast.org)



More scenes from 2016

## 2017 OPCA Membership

**DUE**

Invoices for 2017 membership dues were mailed last month. Our rates are the same as last year. To maintain active membership, the annual membership fee is due by January 31, 2017. Current members who have not paid by February 28th will be removed as active.

Members receive an excellent value for their investment. Benefits include: company and contact listing on OPCA's website member page, as well as the quarterly e-Newsletter; discounted attendance to the Annual Conference and training events; and access to crucial industry news blasts through our newsletter and group email server.

If you are not yet a member and wish to join, a link to the applications can be found on the OPCA website member page: [www.ohioprecast.org/members.html](http://www.ohioprecast.org/members.html)

### OPCA Membership Rates:

Precast Producer:	\$500
Associate:	\$300
Professional:	\$75

## OSHA 10-Hour Safety Class Completed

OPCA hosted the OSHA 10-Hour Safety Class for General Industry on Thursday and Friday, January 26-27, 2017, at the Holiday Inn Hotel & Suites Conference Center in Mansfield, Ohio. Fourteen participants attended the class, representing four OPCA Producer Member Companies: Lindsay Precast, Inc., Scioto Valley Precast Co., USA Precast Concrete, Ltd, and J.K. Precast, LLC.

Sam Lines, Engineering Manager for Concrete Sealants, OSHA Authorized Trainer, and Technical Consultant to OPCA, taught sessions including Introduction to OSHA; Safety and Health Programs; Walking and Working Surfaces; Machine Guarding;

Exit Routes; Emergency Action Plans; Fire Prevention & Protection; Materials Handling; Personal Protective Equipment; Respiratory Protection; Electrical; and Control of Hazardous Energy (Lockout/Tagout). OPCA Executive Director Toni Thompson assisted Sam by presenting Hazard Communication. This class was appropriate for anyone working in the precast and supplier industry. Participants will receive their OSHA 10-Hour Cards in approximately three weeks.

***We are interested in hearing from readers regarding topics for future training courses. Email suggestions to: [info@ohioprecast.org](mailto:info@ohioprecast.org)***

OSHA

Reminder: The OSHA 300A Summary of Work Related Illnesses and Injuries must be posted from February 1 thru April 30 each year.

## Safety Update Facts about Cold Stress from OSHA & NIOSH

During winter, the cold environment forces the body to work harder to maintain its temperature. Whenever temperatures drop below normal and wind speed increases, heat can leave your body more rapidly. **Cold stress** occurs by driving down the skin temperature and eventually the internal body "core" temperature. This may lead to serious health problems, and may cause tissue damage, and possibly death.



Source: NPCA

Some of the risk factors that contribute to cold stress are:

- Wetness/dampness, dressing improperly, and exhaustion
- Predisposing health conditions such as hypertension, hypothyroidism, and diabetes
- Poor physical conditioning/stamina

### Conditions resulting from Cold Stress

Because the body's energy is used to keep the internal core temperature warm, blood flow will begin to shift from the extremities (hands, feet, arms, and legs) and outer skin to the core (chest and abdomen). This shift allows the exposed skin and the extremities to cool rapidly and increases the risk of **frostbite** and **hypothermia**. Combine this scenario with exposure to a wet environment, and **trench foot** may also become a concern.

**Hypothermia** occurs when body heat is lost faster than it can be replaced and the normal body temperature (98.6°F) drops to less than 95°F. Hypothermia is most likely at very cold temperatures, but it can occur even at cool temperatures (above 40°F), if a person becomes chilled from rain, sweat, or submersion in cold water.

#### Early symptoms:

- Shivering ■ Fatigue ■ Loss of coordination
- Confusion and disorientation

#### Late symptoms:

- No shivering ■ Blue skin ■ Dilated pupils
- Slowed pulse and breathing
- Loss of consciousness

**Frostbite** is an injury to the body that is caused by freezing of the skin and underlying tissues. Most often affected areas include the nose, ears, cheeks, chin, fingers, or toes.

#### Symptoms:

- Reduced blood flow to hands and feet ■ Numbness
- Aching ■ Tingling or stinging
- Bluish or pale, waxy skin

**Trench Foot** is caused by prolonged exposure to wet and cold temperatures. It can occur at temperatures as high as 60°F if the feet are constantly wet. Non-freezing injury occurs because wet feet lose heat 25-times faster than dry feet. To prevent heat loss, the body constricts the blood vessels to shut down circulation in the feet. The skin tissue begins to die because of a lack of oxygen and nutrients, and due to the buildup of toxic products.

#### Symptoms:

- Reddening of the skin ■ Numbness ■ Leg cramps
- Swelling ■ Tingling pain ■ Blisters or ulcers
- Bleeding under the skin
- Gangrene (foot may turn dark purple, blue, or gray)

An additional condition is worth mentioning; **Chilblains Ulcers** are formed by damaged small blood vessels in the skin, caused by the repeated exposure of skin to temperatures just above freezing to as high as 60°F.

#### Symptoms:

- Redness ■ Itching ■ Possible blistering
- Inflammation ■ Possible ulceration in severe cases

### How to Protect Yourself

- Monitor your physical condition and that of your coworkers.
- Wear appropriate clothing. Wear several layers of loose clothing for insulation. Tight clothing reduces blood circulation to the extremities.
- Protect the ears, face, hands and feet in extremely cold or wet weather. Boots should be waterproof and insulated. Wear a hat to reduce the loss of body heat from your head.
- Move into warm locations during breaks; limit the amount of time outside.
- Carry extra socks, gloves, hats, jacket, blankets, a change of clothes and a thermos of hot liquid.
- Include chemical hot packs in your first aid kit.
- Avoid touching cold metal surfaces with bare skin.

#### Sources:

<https://www.osha.gov/SLTC/emergencypreparedness/guides/cold.html>  
and <https://www.cdc.gov/niosh/docs/2010-115/pdfs/2010-115.pdf>

## Ohio Precast Concrete Association

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## OUR PURPOSE

The Ohio Precast Concrete Association (OPCA) is a group of producer members and associated industries cooperating together as an association. The intent being to bring pertinent issues and information that impact the Precast Concrete Industry, to the attention of government agencies which participate in the origination of these issues.

The OPCA is interested in assisting these agencies by providing expert advice and counsel in the development of regulations involving the industry and the general public.

The OPCA producer and associate members whose products and services range from the construction of buildings and highways to the manufacture of precast concrete products for the treatment of commercial and residential waste water. The OPCA member products and services affect the lives of nearly every Ohioan on a daily basis.

Some specific areas of interest being pursued by the OPCA are as follows:

The introduction of new sewage guidelines relating to the specific construction and operation of home waste water treatment products (septic tanks, aerators, etc.) by the Ohio department of health and the Ohio EPA.

The introduction of programs and policies relating to the testing of materials and products being used on Ohio Department of Transportation projects.

The development of quality control procedures and inspections services training by the Ohio Department of Transportation.

The Ohio Precast Concrete Association will be expanding its' scope of interest as membership roles grow and diversify. The need for input, regarding issues and regulations which effect the large segment of the public which it serves, comes to the forefront.

# OPCA Member Companies

## PRODUCER MEMBERS

Carey Precast Concrete  
E.C. Babbert, Inc.  
Encore Precast, LLC  
Everly Concrete Products, Inc.  
Forterra Pipe and Precast  
J.K. Precast, LLC  
Lindsay Precast  
Mack Industries  
MW Concrete  
Norwalk Concrete Industries  
Portage Septic Tank  
Premier Precast Products  
Quaker City Concrete Products, LLC  
Scioto Valley Precast  
Sickels Septic Tanks, Inc.  
Spoerr Precast Concrete, Inc.  
Stiger Precast, Inc.  
Uniontown Septic Tank, Inc.  
United Precast Industries, LLC  
USA Precast Concrete, Ltd.

## ASSOCIATE MEMBERS

A-lok Products, Inc.  
A.L. Patterson, Inc.  
Blackthorn, LLC  
Champion Pump Company  
Concrete Sealants, Inc.  
Consolidated Treatment Systems, Inc.  
EJ USA, Inc.  
EMH, Inc.  
Engineered Wire Products, Inc.  
Euclid Chemical  
EZG Manufacturing  
GCP Applied Technologies  
Gotham Staple Co., Inc.  
Hamilton Kent, LLC  
Hill and Griffith Company  
Infiltrator Systems, Inc.  
Irving Equipment , LLC  
Jet, Inc.  
Lehigh Cement Co.  
M.A. Industries

MEVA Formwork Systems, Inc.  
Mixer Systems, Inc.  
Ohio Electric Control, Inc.  
Polylock, Inc. / Zabel Environmental  
Premiere Concrete Admixtures, LLC  
Press-Seal Corporation  
Sika Corporation  
St. Mary's Cement  
Tuf-Tite, Inc.  
W.P. Hilts & Company

## PROFESSIONAL MEMBERS

Concrete Engineering Solutions  
Delta Engineers  
Knight Insurance, Matt Werner