President’s Message

I just returned from World of Concrete and the ASCC functions we have that week. During the week, as well as after I returned to Houston, a comment I heard from many people was how great this year’s Kick-Off Bash was. We had over 500 people at the event, from all parts of our industry, including concrete contractors, general contractors, equipment manufacturers, material suppliers, design professionals, ACI members, and a host of others. I believe the ASCC Kick-Off Bash is one of the best networking opportunities of the year, due to this varied crowd. If you have never attended, consider coming next year.

In addition to the Bash, I spent time at our booth, staffed by our ASCC employees and volunteers from our organization. I want to thank all our members who took the time to be at our booth and represent our organization. Every year we have many visitors asking about our organization, and it is great that we have active members interacting with, and explaining the benefits of ASCC. With the help of their efforts we have added 12 new members during and immediately after the show, leading to our highest membership level ever. For new members, welcome to our organization and I look forward to meeting you at one of our functions.

On a final note, several of our committees met and had very energetic and productive meetings. Our committees have made substantial progress towards achieving our Strategic Goals and have action lists for this year towards completing the outstanding items in our plan. They can always use good help, so I encourage you to get involved with one of our committees. ASCC’s 2016 is off to a great start. I hope yours is too.

ASCC’s Dr. Malisch Receives World of Concrete Legacy Award

ASCC concrete construction specialist Dr. Ward Malisch was the recipient of the 2016 World of Concrete Legacy Award. It was presented at a ceremony immediately prior to the show’s opening on February 2. World of Concrete established the Legacy Award to recognize individuals who have made significant contributions to the concrete and masonry industries, and who have left a lasting mark on the success and legacy of the show.

Welcome New Members

Adams Concrete, Inc. Pinedale, WY
Barnsco Decorative Concrete Supply, Dallas, TX
The Bomanite Co., Denver, CO
CCI, Poway, CA
Cemstone Products Co., Mendota Heights, MN
Dakota Underground Co., Fargo, ND
Federated Insurance, Owatonna, MN
Hutch Paving, Inc., Warren, MI
Jon-Don, Inc. Hazelwood, MO
KAHN Co., LLC, Staunton, VA
M.B. Masonry Concrete, Inc., Pikesville, MD
Michael Andrews Concrete LLC, Tecumseh, MI
Modern Concrete, East Providence, RI
Parlisco Concrete Construction, Chesterfield, MI
Paradigm Contractors, Cedar City, UT
Ragone Foundations, Inc., Troy, NY
Reliable Concrete Accessories, Riverside, CA
Victor Concrete, Inc., Riverside, CA
Benefits of Stretch and Flex Programs

Each year, workplace injuries occur as a result of sprains, strains, muscular fatigue or other musculoskeletal disorders (MSDs). These injuries present a significant problem for many employers in our industry, as well as all other industries. The 2014 Bureau of Labor Statistics data indicates that MSDs accounted for 32% of all injury and illness cases across all ownerships. With our industry wide dilemma of an aging workforce, these injuries are unlikely to improve, unless we take action and implement programs designed to prevent and minimize the risks.

One beneficial tool employers can utilize is a simple stretch and flex program. Some of the benefits a stretch and flex program present are:

**Physical Benefits**
- Reducing Tension: Gradual and slow stretching lengthens the muscle, which allows for relaxation of the muscle and improved flexibility.
- Increased and greater range of motion: With greater range of motion, less energy is required for the muscles to do their job, therefore preventing muscle fatigue.
- Posture: Stretching helps to balance out the muscles. Many postural problems are often due to muscular imbalances.
- Circulation: Stretching causes the muscles to relax, reducing the “clamping” effect on the vessels that travel through the muscle. Increased blood flow helps warm the area, which increases flexibility. Just as warm metal bends easier than cold metal, a warmer muscle moves more freely.
- Improved nerve function: Just as the muscles clamp on a blood vessel, they clamp on nerves as well. Tight muscles may result in numbness, slight pain and soreness, or weaker muscles.
• Reduced Stress: Stretching helps relax the muscles that so often accompany stress!

■ Psychological Benefits
• Increased Morale: A stretching program promotes a healthier workplace and is a fun activity. It allows crew members to get together and talk while exercising, which can lead to stronger bonds and friendship.
• Mind Stimulation: A good stretch promotes the release of hormones in the body, giving more energy and causing us to be alert and ready to face the hazards of the workplace.
• Mind relaxation: Taking time to stretch allows the mind to relax from the stresses of the morning or the commute, and focus on what tasks are to be done.
• Promotes a healthy routine: A set routine has been proven to promote a balance in patterns and hormones throughout the body. The set routine of stretch and flex can further add to our health and mental functioning.

■ Business Benefits
• Reduction in incidence severity: Various studies and research has proven that an active stretching program will reduce the severity, and quite possibly, the frequency of workplace injuries.
• Demonstrate Care: By implementing a stretch and flex program, employers can demonstrate another level of care and commitment to their employees. Investing in the care and concern of our human resources will pay!
• Financial Impact: Not only are employees happier and healthier, everyone benefits with employees are happy, productive and healthy. Employers can maintain their costs of insurance, medical claims administration and bills to a minimum. Investing in prevention will save money in the long term.
• Employee Retention: When employers demonstrate and fulfill a true commitment to the health and welfare of employees, it is more likely that they will remain committed and engaged in the success of the company.

Stretch and flex programs can also be used as a time to discuss the day’s events and goals, as well as a time to conduct a pre task plan or safety analysis. On the spot safety meetings can often arise from the discussions of employees while stretching. Encouraging different team members to lead the exercises each day can improve leadership and communication skills of the team members.

One of the beauties of a stretch and flex program is that it can be designed especially for your company’s needs. Resources are available right next door to help get a program started if you wish- insurance carriers, physical therapists and occupational medicine providers can offer insights on proven stretching exercises and programs. Additionally, there are many ASCC members with established programs who would also be happy to share what works best for them!

Near Hit events shared courtesy of the Safety & Risk Management Council to help other members prevent accidents and injuries. If you have a Near Hit that could help your fellow contractors send Bev a brief write-up at bgarnant@ascconline.org. We will not identify your company unless asked to do so.

Guardrail Fell

EE installing 6’ - 2 x 4” guardrail on level 6 south side of deck. The 6’ - 2x 4 slipped out of EE’s hand and fell to ground level hitting a porta-john and going through the roof with a GC EE inside using the toilet. GC EE said he was not hit/hurt. A spotter was in position on the ground but the spotter did not check to see if someone was in the porta-john prior to work taking place above. The porta-john was positioned directly below the outside edge of the building, a poor location.

Event Follow-up

Made sure GC EE was not injured and then began investigation.

Deck Formwork Installation
Unsafe Condition: Dsn/Eng-Hkeeping, unsafe placement, slip/trip hazard
Unsafe Act: Mgmt Sys - Improperly placed/secured mats, tools
Job Factor: Mgmt Sys - lack of communication
Personal/Behavioral Faulty actions

6’ x 2’ x 4’ material slipped out of EE’s hand falling onto porta-john below.

All portable toilets will be moved away from any building perimeter. Loose material used at the edge will be secured with rope as a back-up safety measure. Structures such as porta-johns should be check by spotters prior to beginning overhead work.

Rethinking Effects of Time and Construction Procedures on Compliance with Construction Tolerances

Bruce Suprenant, Technical Director

Most contractors are aware of the criteria established by ACI 117-15 “Specifications for Tolerances for Concrete Materials and Construction” for measuring floor surfaces “within 72 hours after completion of slab concrete finishing operations and before removal of any supporting shores.” The criteria apply for slabs measured by both the F-Number System and the gap under a straightedge methodology. These two requirements were established because the floor surface profile changes with time due to either concrete shrinkage or deflection. And we recognize that the contractor is not responsible for these two issues.
If that is all true, and we agree with the concepts, why do we blame the contractor for the following?

- Drainage issues that occur years after the building is open
- ADA slope non-compliance when the ramp is measured months after construction, at substantial completion, or later
- Retaining walls moving after the wall is backfilled
- Floor elevation changes after the surface has deflected
- Movement of perimeter building elements after post-tensioning

Aren’t these all examples of the same issue supported by the 72-hour time limit and the construction procedure requirement of measuring before removal of any supporting shores? If the surface profiles of slabs on ground and suspended slabs can change with time, why do we not expect ramp and drainage slopes not to change more than 72 hours after construction? If deflection affects the floor flatness and levelness and must be measured within 72 hours, why can the contractor be held responsible for changes in surface elevations years after construction? Finally, if we know retaining walls rotate and deflect after backfilling, and that building elements move after post-tensioning, why do we not acknowledge in ACI 117 that such movements have an influence on location tolerances?

These questions were all posed at the ACI Convention in Denver at a presentation I made during a session sponsored by the ACI 117 Tolerances and ACI 435 Deflections Committees. Unfortunately, contractors are blamed for these issues and we don’t have any criteria in ACI 117 to indicate that out-of-tolerance conditions measured perhaps months or years after construction are often not the fault of the contractor. Yet I have seen attempts made to show that a concrete contractor had not complied with the contract requirements because measurements showed members in a 17-year-old building to be out of tolerance. Seems a bit unreasonable, eh?

Currently there is only one limit on construction procedure in ACI 117 for making measurements to determine compliance with tolerance requirements—the requirement for measuring floor flatness and levelness before removing any supporting shores. It would be appropriate to apply that same limit before measuring floor elevation, but ACI 117 doesn’t do that. Other construction procedures that can affect compliance with tolerance requirements include backfilling walls or post-tensioning operations that can change the location of constructed concrete elements. Again ACI 117 doesn’t address the effects of these procedures.

We need to start rethinking the effects of time and construction procedures on when tolerance compliance should be determined. At the ACI Convention in Denver, I presented issues I have been challenged with over the years. I think there are many more of these situations and would like to hear from contractors who have faced tolerance issues related to time or subsequent construction procedures. Call, email, or see me at World of Concrete and let’s discuss this important issue.

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Legacy Safety “Train-the Trainer”

Webcor Concrete, San Francisco, hosted CEMEX earlier this week as they presented their Legacy Safety Program “Train the Trainer” session. Participating in this session will enable attendees to teach CEMEX’s behavioral-based safety program to their own employees. According to ASCC first vice president Chris Plue “all attendees felt it was a great experience.” A second session is scheduled for Houston April 5 – 6.
19th ANNUAL KICK-OFF BASH at the Officers’ Mess

A*S*C*C – KOB