

The AIR HANDLER

The official Newsletter of:



July 2017

OFFICERS 2017

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ACC GREATER CINCINNATI ANNUAL GOLF OUTING



THURSDAY, AUGUST 24th
10:00 am Shotgun

ASTON OAKS GOLF CLUB

1 Aston Oaks Drive
North Bend, Ohio 45052

SCRAMBLE FORMAT

\$100 per Golfer

Greens Fee, Lunch, Dinner, Beverages on the Course & Games

Split-the-Pot, Skins & Door Prizes

Associate Members - Contractor and Associate Members will be contacting you for hole sponsorships and games on the course.

REGISTRATION WAS MAILED IN JUNE'S NEWSLETTER.

Registration deadline: Wednesday, August 16th

The *Red's Game* had 120 in attendance. Great time and Great Game!!! Red's won and fireworks were good!!

Congratulations to Bill Van Name and his wife, Jennifer, on the birth of their son Logan Reid on June 23rd! A little early, but both Logan and Mommy are doing fine.

The office will be closed July 25th - July 30th

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2017 CALENDAR OF EVENTS

AUG	24	ANNUAL GOLF OUTING Aston Oaks - 10:00 am
SEPT	13	MEMBERSHIP MEETING

Heat the Country is now going to be

Heat the 'Nati

Please watch the August Newsletter for Sign ups for Techs and Non-Techs. We need more non-techs to sign up so that we don't waste our techs on riding along to do the paperwork. These are strictly a safety check on the furnaces!! More details to come in August!

THE HEAT IS ON

Risk Management Corner

It's not the heat, it's the humidity! Unless you work outdoors, that is. Then it's both. Working outside on a nice summer day can be a pleasure. But if your job takes you outdoors when it's hot and humid, it can stop being pleasurable and become downright dangerous. In 2015 alone, 37 workers died and 2,010 were injured from environmental heat exposure.¹

The dangers of heat

Preparing for and handling working in heat and humidity can provide protection from potentially deadly conditions. Your body is designed to cool itself and normally does a good job. But, if you're exposed to extreme heat for too long, sweat a lot and don't rehydrate, your cooling system may fail. If that happens, watch out! A heat-related illness can start slowly—you may not even realize it's happening—but it can quickly get worse if it's not treated.

Heat-related illnesses and warning signs²

- Basically, **heat cramps** are Charley horses and can be an early warning sign of heat-related illness.
- **Heat exhaustion** symptoms include increased body temperature (as high as 104°F) and cold, clammy skin. Untreated, it can lead to heatstroke.
- **Heatstroke** is life-threatening and can cause brain damage, organ failure, or even death. Body temperature goes over 104°F. The victim may stop sweating even though his/her skin may be hot, and could also become confused or irritable. Medical attention is critical.

Major warning signs of heat related illness include:

- Muscle cramps
- Nausea or vomiting
- Weakness
- Headache
- Dizziness/feeling light-headed
- Confusion

Avoiding the dangers of too much heat

Not everyone reacts to too much heat exposure the same way nor experiences all the classic symptoms of heat-related illness. If your employees ever work in hot conditions, they should know the related risks and preventive measures so they can protect themselves. Practicing basic precautions can help make working in hot weather more bearable and less dangerous.

- Pace yourself when working in the heat—don't overdo it.
- Hydrate with plenty of water or sports drinks, but no alcohol or caffeine.
- Dress appropriately—light-colored, lightweight, loose fitting clothing, including a wide-brimmed hat, if possible.
- Stay out of the midday sun whenever possible. Do the harder work during the cooler parts of the day. Take breaks in the shade.
- Wear sunscreen. A sunburn makes it harder for your body to cool itself.
- Certain medical conditions or medications can make you more vulnerable to over-heating.
- Keep an eye on co-workers. If someone is showing any of the symptoms of heat illness, notify your supervisor immediately.

¹ U.S. Department of Labor, Bureau of Labor Statistics; <https://data.bls.gov/gqt/InitialPage>. Accessed 4/24/2017

²For more thorough information on topics in this article, visit the Mayo Clinic website; <http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048167?pg=1>.

This article is intended to provide general information and recommendations regarding risk prevention only and should not be considered legal advice. Following these guidelines does not guarantee reduced losses or eliminate any risks. This information may be subject to regulations and restrictions in your state. Qualified counsel should be sought regarding questions specific to your circumstances and applicable state laws. © 2017 Federated Mutual Insurance Company. All rights reserved.



ACCO State Report
No report for
Local Only Members

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DAN JURKOWITZ
Ph: 513-251-4343

Quote of the month:

*"There aren't any great men.
There are just great challenges
that ordinary men like you and
me are forced by circumstances
to meet."*

- Adm. William F. Halsey

UPCOMING MEMBERSHIP MEETINGS

- September 13, 2017 - Marc Marchillo - Glenview Golf Banquet Room
- October 11, 2017 - Top Golf - See enclosed Registration
- November 8, 2017 - TBA and Elections for 2018



October Membership Meeting

TOPGOLF West Chester

WEDNESDAY, OCTOBER 11, 2017

1:00 - 3:00 pm

9568 Waterfront Drive, West Chester, OH 45069

Spend an afternoon with your fellow members playing a few golf games! Fun for everyone!

PACKAGE INCLUDES:

- GOLF BAYS - 5 GOLFERS PER BAY
- APPETIZER BUFFETT
- SODA, ICED TEA, COFFEE & WATER
- CASH BAR

AMENITIES:

APPETIZER BUFFET INCLUDES

- Chicken Sliders
- Brisket Sliders
- Southern Cole Slaw
- Kettle Chips

\$60 per person

Deadline for registration: August 31st

ACC Greater TOPGOLF Registration

Company: _____

Phone # _____ Fax # _____

Attendees: _____

_____ # of Attendees x \$60.00 = _____

Please mail registration along with your check made payable to: **ACC Greater Cincinnati**
11020 Southland Road
Cincinnati, Ohio 45240

DEADLINE FOR REGISTRATION: AUGUST 31st (To reserve enough bays)



ANNUAL GOLF OUTING

THURSDAY, AUGUST 24, 2017

ASTON OAKS GOLF CLUB

1 Aston Oaks Drive, North Bend, Ohio 45052
513-467-0070

Sign-In Begins @ 9:15 a.m.
Shot Gun Start @ 10:00 a.m.
Scramble Format

Includes: Golf Cart, Green Fees, Lunch, Drinks,
Dinner, Games, Hole-in-One Contests,
FUN & Door Prizes



\$100 per Player or \$400 per Foursome

Deadline for registration: Wednesday, August 16th

ACC Greater Cincinnati Annual Golf Outing Registration

Company: _____

Contact Person: _____

Phone # _____ Fax # _____

Players:

1) _____ 2) _____

3) _____ 4) _____

____ Would like to make a donation toward ACCO Scholarship Fund \$ _____

Please mail registration along with your check made payable to: **ACC Greater Cincinnati**
11020 Southland Road
Cincinnati, Ohio 45240