

The AIR HANDLER

The official Newsletter of:



July 2018

OFFICERS 2018

President:

Jim Lohbeck
Crane Heating & Air Cond.
513-641-4700

Vice President:

Brian Dempsey
American Heating & Air Cond.
513-271-2665

Secretary/ Treasurer:

Ben Arther
A & B Heating Air Conditioning
859-525-0100

Directors:

Barb Burg
Anderson Automatic Htg & Clg
513-574-0005

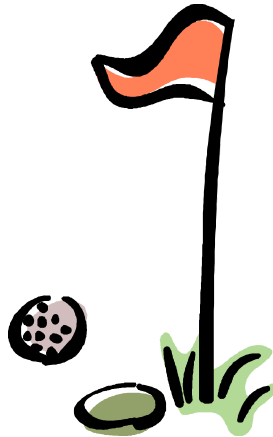
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513-753-3100

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Rusk Heating & Cooling
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Rob Raby
Air Plus Heating & Cooling
513-769-0871

Chris Tucker
Zimmer Heating & Cooling
513-521-9893

ACC GREATER CINCINNATI ANNUAL GOLF OUTING



THURSDAY, AUGUST 23rd
10:00 am Shotgun

ASTON OAKS GOLF CLUB

1 Aston Oaks Drive
North Bend, Ohio 45052

SCRAMBLE FORMAT

\$110 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 15th

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- **The Temperature is Rising** (Article from Federated Insurance)
- Looking for board members for 2019
- Calendar of Events coming up this Fall

The Back Page lists benefits of belonging to ACC Greater Cincinnati

**The office will be closed July 21st - July 29th
for vacation**

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2018 CALENDAR OF EVENTS			Looking toward 2019 . .
AUG	23	ANNUAL GOLF OUTING Aston Oaks Golf Club 10:00 am Shotgun	The Board of Directors has started their search for New Board Members for 2019. There are 4 Contractor and 1 Associate Advisor position to be filled. It only requires 1 Wednesday (approx. 2 hours) a month. If you are interested in giving back to your industry and making ACC Greater Cincinnati a better Organization, please contact Jim Lohbeck @ 513-641-4700 / jlhbeck@craneheatingandair.com or Joyce at the office.
SEPT	12	MEMBERSHIP MEETING	
OCT	10	MEMBERSHIP MEETING	
NOV	14	MEMBERSHIP MEETING	

The Temperature is Rising

Risk Management Corner

This is the time of year we look forward to warmer temperatures, and the sun responds with heating up our day. Those who were laid off for the winter look forward to getting back to work. In other areas, the jackets come off and they enjoy a warmer day. Eventually it gets hot and humid, and that is when it can become dangerous. In 2016 alone, 39 workers died and 3,310 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.

For more information on environment heat exposure, contact the Risk Management Resource Center or your local Federated representative.

¹ U.S. Department of Labor, Bureau of Labor Statistics; <https://data.bls.gov/gqt/InitialPage>. Accessed 4/11/2018

² For 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 for general information and risk management only and should not be considered legal or other expert advice. The recommendations herein may help reduce, but are not guaranteed to eliminate any or all risk of loss. Qualified counsel should be sought regarding questions specific to your circumstances. © 2018 Federated Mutual Insurance Company. All rights reserved.

ACCO Member Minute

**No Report for
Local Only Members**

SUPPORT OUR ASSOCIATE MEMBERS

PLATINUM

COMMERCIAL SPECIALISTS

RANDY GRIMME
Ph: 513-921-2724

CORKEN STEEL PRODUCTS

ANDY RONNEBAUM
Ph: 859-291-4664

FEDERATED INSURANCE

BRENT THOMAS -West
Ph: 423-518-9109
CALEB EASTHAM- Middle
Ph: 513-316-5735
JIM JACQUOT - East
Ph: 513-814-1522

HABEGGER CORPORATION

CARLEY JAMIE
Ph: 513-612-4700

JOHNSTONE SUPPLY

MIKE GRIMME
Ph: 513-772-2665

LENNOX INDUSTRIES INC

SEAN KARDUX
Ph: 513-668-5462

SAFETY PROFESSIONALS

RON GILBERT
Ph: 330-677-4433

TRANE

ELIZABETH LACKMAN
Ph: 859-468-0661

BRONZE

ANDREW BUCHER & CO. INC.

ANDY BUCHER, CPA
Ph: 513-347-3600

BUCHER SERVICES GEOHERMAL DRILLING

BOB BOWMAN
Ph: 513-616-1582

CARR SUPPLY

RYAN KLATT / BRIAN SNELLING
Ph: 513-539-8421

CONTROLS & SHEET METAL

RICK SCHAIBLE
Ph: 513-721-3610

RAPID RECOVERY

KELLY WOODRUM
Ph: 513-478-0016

HI TECH DUCT CLEANING INC.

STEPHEN WLADYSH
Ph: 513-737-3200

PROGRESS SUPPLY INC.

STEVE WILSON
Ph: 513-681-3881

R.E. MICHEL CO. INC.

MARK SUCHER
Ph: 513-541-2444

RACO INDUSTRIES

DON MECH
Ph: 513-984-2101

ROBERTSON HEATING SUPPLY

JEFF WERNER
Ph: 513-563-2000

TRENT'S TIN SHOP

LISA TRENT
Ph: 513-481-0250

2-J SUPPLY CO

JENNY WILK
Ph: 513-541-7000

WEBER-HUFF INC.

BILL HOLLYDAY
Ph: 513-847-1911

WINSTEL CONTROLS

DAN JURKOWITZ
Ph: 513-251-4343

Benefits from ACC GC: cost \$300 /year

- Informational Membership Meetings during the year, Ohio CEU Hour included at no additional charge
- Yearly Local Inspector's Round Table
- Meet the Contractor Night – Interview local students interested in the trade
- Social Outings – Golf Outing / Summer & Winter Outing / Annual Dinner
- Monthly Newsletter
- Website Listing
- Community Outreach Opportunities
- Mentoring Program
- Comradery with other HVAC Companies



ANNUAL GOLF OUTING

THURSDAY, AUGUST 23, 2018

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



\$110 per Player or \$440 per Foursome

Deadline for registration: Wednesday, August 15th

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